



The Salt Path: discover the cinematic appeal of the South West Coast Path

The South West Coast Path, a 630-mile trail from Minehead in Somerset to Poole Harbour in Dorset, via Devon and Cornwall, offers dramatic cliffs, secluded coves and charming villages. The UK's longest National Trail – a section of the King Charles III England Coast Path – features in director Marianne Elliot's film *The Salt Path*, a heartfelt true story based on Raynor Winn's memoirs. Starring Gillian Anderson and John Isaacs, it follows a couple as they are forced from their home and into a journey of coastal discovery. Visitors can also explore the path's cinematic allure, experiencing stunning landscapes and unique coastal adventures while tracing the route immortalised on screen. Get ready for an adventure!

[England](#)[Southwest England](#)

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West Somerset

West Somerset provides a scenic backdrop for exploring several of the filming locations featured in [The Salt Path](#). From coastal walks to breathtaking views from a hot air balloon, this part of Southwest England is filled with opportunities to be immersed in the journey experienced by the protagonists of the film – whether visitors are drawn to the towering cliffs, peaceful woodland trails or historical landmarks.

Start the adventure in [Minehead](#), the bustling seaside town that marks one end of the [South West Coast Path](#). Nestled on the edge of [Exmoor National Park](#), Minehead is not only a key filming location, but also a popular destination in its own right, offering a mix of coastal drama and rural charm. The town's long, flat, sandy beach invites leisurely strolls, while the historic harbour and vibrant town centre are home to a variety of independent shops and cafes. Don't miss Blenheim Gardens, Minehead's largest park, with its bandstand hosting live performances throughout the summer months.

From Minehead, embark on the inaugural 8.9-mile stretch of the South West Coast Path from [Minehead to Porlock Weir](#). The trail guides walkers through a mix of terrains, from steep cliffs to serene woodlands and tranquil streams in the heart of Exmoor. The soaring cliffs of Exmoor, the highest coastline in England, offer awe-inspiring views and a chance to witness the region's wildlife, including red deer and barn owls. Visitors can choose between the coastal path, which brings them closer to the sea's edge, or an inland route via Selworthy Beacon, providing panoramic views over the surrounding countryside. The path concludes at Porlock Weir, a picturesque village that offers visitors the opportunity to take a well-earned break.

For a truly nostalgic experience, hop aboard the [West Somerset Railway](#), a heritage steam railway that offers a scenic journey through the heart of Somerset's countryside. Originally built in the 19th century and reopened as a heritage railway in 1976, the West Somerset Railway transports passengers back in time aboard a Victorian steam train, crossing West Somerset on a route from Minehead to Bishops Lydeard. Those who want to take the adventure to the skies, [Aerosaurus Balloons](#) in Taunton offers hot air balloon rides over Somerset's rolling hills. These family-run balloon flights, available at dawn and dusk, provide a unique perspective on the area's patchwork of fields and villages.

Cornwall

In Cornwall, visitors can trace the film's journey through its picturesque coastal villages, colourful gardens, and historical landmarks. Start with the [Camel Trail](#), a former railway line running between Padstow and Bodmin. This 12-mile traffic-free path is ideal for cycling or leisurely walks, offering scenic views of the Camel Estuary and the Camel Valley. It's an accessible way to get immersed in Cornwall's landscapes, passing through woodlands and open countryside, while spotting local wildlife. While here, book a tour and tasting of the [Camel Valley Vineyard](#), available on weekdays from April to September.

Not far from the trail, Holywell Bay is another memorable film location, as its dramatic cliffs and rugged coastline serve as a striking backdrop. Visitors can explore the area along the same coastal paths featured in the film, while lovers of art and culture can visit [The Barbara Hepworth Museum and Garden](#) in [St Ives](#). The museum is housed in the studio of Britain's renowned

sculptor, with an adjoining sculpture garden reflecting her connection to nature.

At the far southwestern tip of the county, [Land's End](#) is an iconic spot that offers panoramic ocean views and family-friendly attractions. Wander the cliff-top trails and stare out at the Atlantic Ocean, all while learning about the historic end-to-end journey from Land's End to John O'Groats in Scotland. To delve deeper into Cornwall's rich cultural heritage, try an immersive foraging experience by [Cornish Foraging](#). From collecting seasonal wild foods to discovering hidden coastal secrets, this is a unique adventure. For those interested in farm life, [Callestock Farm](#) near [Truro](#) provides a hands-on farm experience, where visitors can learn about milking, visit newborn calves, and indulge with a traditional Cornish cream tea.

For those wanting a taste of nature, explore the [Lost Gardens of Heligan](#). The enchanting 200-acre garden blends Victorian horticultural artistry with Cornwall's wild beauty, or head to the [Tresco Abbey Gardens](#) on the Isles of Scilly, where rare plants from around the world flourish in a unique coastal microclimate. The Cornish stretch of the King Charles III Coastal Path offers more than just nature though, as it's also home to [Tintagel Castle](#), the legendary birthplace of King Arthur.

Devon and Dorset

The South West Coast Path also winds through Devon and Dorset, showcasing some of England's most spectacular coastal scenery. [Hartland Quay](#) in Devon stars in *The Salt Path*, with its windswept shores and rocky terrain providing a fitting backdrop for the story of resilience and survival.

The Devon section of the South West Coast Path also winds through the 'English Riviera', a region known for its palm-lined promenades, sandy beaches, and world-class seafood, thanks to [Brixham's renowned fish market](#). In the lively seaside towns of [Paignton](#) and [Torquay](#), visitors can explore [Paignton Zoo](#), visit [Kents Cavern Prehistoric Caves](#), or enjoy a steam train ride on the [Dartmouth Steam Railway](#). This stretch offers a mix of peaceful coastal walking and traditional seaside fun, with plenty of opportunities to sample fresh, locally caught seafood at harbourside restaurants, including the Michelin-starred Elephant, overlooking Torquay Harbour.

The path culminates in [Poole Harbour](#) in Dorset, one of the world's largest natural harbours and a gateway to Dorset's coastline. A haven for watersports enthusiasts, it offers everything from sailing and [kayaking to paddleboarding](#). The harbour's vibrant quayside brims with bustling cafés and seafood restaurants, including the Custom House Cafe and Rick Stein Sandbanks.