

ICSIH7 2026 Travel & Local Guide

7th International Conference on Social Identity & Health

University of Exeter, UK

Tuesday 23rd – Friday 26th June 2026

Pre-conference workshop: Tuesday 23rd June (time TBC)




Welcome to the 7th International Conference on Social Identity & Health (ICSIH7), hosted at the University of Exeter - one of the UK's most scenic campuses, Exeter University is a leafy hilltop campus with landscaped gardens, surrounded by Gothic architecture, sculpture trails, riverside charm, and views across the city to Dartmoor. Exeter itself combines a historic cathedral, riverside quayside and easy access to beaches and national parks.

For those heading on to the EASP General Meeting in Strasbourg right afterwards, this guide also includes suggested onward travel.

Conference Venue

ICSIH sessions will be held at the University of Exeter Streatham campus:

Streatham Campus (Main University Site)

-  Address: Exeter EX4 4QJ
-  University's main hub — gardens, woodland paths, modern and historic buildings
-  15–20 min walk from Exeter city centre
- [Streatham Campus Map](#)

Getting to Exeter

By Air

- Closest airport: Exeter International ([EXT](#)), about 6 miles from campus

From Exeter Airport to the city/campus:

- Taxi (see local taxi contacts below) to Streatham Campus: around 15–20 minutes in light traffic approx. £25-£30
- Local buses – The 4a bus runs between the airport and the city centre (check current times on [Stagecoach South West](#)). If travelling this way you can get the 4a to Exeter city centre and walk approx. 10 mins to campus, or change buses in the city centre from the 4a to the 4 which will take you to campus.

Nearby larger airports (for more flight options):

Bristol Airport (BRS) – direct coach/train links to Exeter

London Heathrow / Gatwick – rail and coach routes via London or Reading

By Train

- Main station: [Exeter St David's](#)
 - Allow around 10 mins to walk uphill to Streatham campus, or a short bus (number 4 from St Davids station) or taxi ride (approx. 5 mins) to Streatham Campus

Typical direct journey times to Exeter St David's:

- London Paddington → 2–3 hrs
- Birmingham → ~3 hrs
- Manchester → ~3 ½ hrs
- Bristol → ~ 1 ½ hrs

Tickets and planning:

<https://www.thetrainline.com/> (app or website; often cheaper to book in advance; tickets downloadable directly into the app)

Tip: On Trainline and similar sites you can book Exeter → “London Zone 1–6”, St Pancras or Gatwick so that onward Tube/Thameslink travel in London is included in your ticket.

Local train trips from Exeter St David's:

- Exeter St David's → Exmouth (sandy beach, estuary walks): from ~26–30 mins,
- Exeter St David's → Dawlish / Dawlish Warren / Teignmouth (coastal - English Riviera line): ~30–40 mins
- Exeter St David's → Okehampton (for Dartmoor national park): ~35–40 mins

By Coach

- National Express & Megabus use [Exeter Coach Station](#)— easy bus links city-wide using the [trainline website](#) or App

From the coach station it is a short walk to the city centre (~3mins) and Streatham campus (~10 mins) or use local buses or a taxi to campus.

By car – Exeter university is easily reached via

- M5, A30, A38

Those travelling via the M5 leave at [Junction 29](#) for the city and the university.

Parking:

Parking on Streatham Campus is very limited and not guaranteed.

A good option is to use Honiton Road Park & Ride near M5 Junction 29:

- Free parking, then ~3 minute walk to the Stagecoach [number 4](#) bus stop (Old Honiton Road) which will take you from the park and ride directly to the university campus via the city centre and Exeter St Davids train station (see bus section below).

Alternatively there are [several pay-per-day carparks](#) in the city centre and at the train station which charge approximately £7-£12 per day to park depending on location.

Local transport (Exeter)

Buses

- Exeter has an extensive local bus network operated mainly by [Stagecoach South West](#).

The university is served by Service 4 (Pennsylvania – Cranbrook) which runs:

Exeter St David's station → city centre → Streatham Campus → Honiton Road Park & Ride

Every ~12–20 minutes from early morning (4am) to late evening (midnight) on weekdays and weekends.

There are also several different services that run across the city – use the stagecoach app or website (see link above) to find the best route for your needs – generally a single bus ticket costs £3.00 for an adult and a day travel ticket to travel all day within Exeter costs £5.50.

Taxis and ride-hailing

Note: Exeter has **very limited** Uber coverage and availability can be patchy. Local taxi companies are generally more reliable:

Apple Taxis: <https://www.appletaxisexeter.co.uk/>

1st Call Taxis: <http://www.1stcallexetertaxis.co.uk/>

Epic Taxis (good for airport and longer runs): <https://epictaxi.co.uk/>

Taxis are usually available outside Exeter St David's station and in the city centre.

Getting around by bike & on the water

Exeter sits at the head of the **Exe Estuary**, with a well-developed network of cycle paths and watersports options.

Exe Estuary Trail (cycle/walk)

- Mostly flat, largely traffic-free route linking **Exeter, Topsham, Exton, Lymstone, Exmouth, Starcross and Dawlish Warren**
- Approx. **16–26 km** depending on how much you do; suitable for most abilities and family friendly
- Can be done as a **loop** using the Starcross–Exmouth ferry and local trains

Info:

<https://www.walkwheelcycletrust.org.uk/find-a-route-on-the-national-cycle-network/exe-estuary-trail/>

<https://www.visitdevon.co.uk/east-devon/trail/exe-estuary-cycling-trail/>

Bike hire

- **Saddles & Paddles** – on Exeter Quay (hybrids, e-bikes, tandems; also kayaks and canoes)
<https://www.sadpad.com/>
- **Darts Farm Cycle Hire** – between Exeter and Topsham, right on the estuary trail
<https://www.dartsfarm.co.uk/whats-on/bike-hire>
- **Route 2 Bikes** – near Topsham; good for relaxed estuary rides
<https://www.route2bikes.co.uk/>

Kayaking & paddleboarding

- **Kayak Hub Exeter** – kayak and paddleboard hire on the canal
<https://www.kayakhub-exeter.co.uk/>
- **AS Watersports** – kayaks, canoes, SUPs, lessons and trips
<https://aswatersports.co.uk/>
- **Sea Kayak Devon** – sea-kayaking trips from Exmouth and Dartmouth (for those with a bit more time)
<https://www.seakayakdevon.co.uk/>
- **Wheatland Farm** – local guide to paddling the Exeter Canal
<https://www.wheatlandfarm.co.uk/2021/06/02/paddle-the-exeter-canal/>

Beaches near Exeter

All of these make easy half-day or day trips.

Beach	Travel time (from Exeter)	How to get there	Highlights
Exmouth	~30 mins by train from St David's	Direct local trains (very frequent)	Long sandy beach, watersports, promenade
Teignmouth	~35 mins by train	Coastal line via Dawlish	family-friendly, Watersports friendly, private boat hire
Dawlish Warren	~30 mins by train	Same coastal line	Dunes, nature reserve, bird watching

Beach	Travel time (from Exeter)	How to get there	Highlights
Budleigh Salterton	~25–30 mins by car/bus	Bus/drive via Exmouth	Pebble beach, quieter, great for walks
Sidmouth	~45 mins by car/bus	Bus from Exeter city centre	Dramatic red cliffs, Regency seafront, shops

Tips: The southwest has some great places to eat and you will find many independent cafes and restaurants along the way – here are a few to get you going:

Darts Farm

Rock fish – Buddleigh, Exmouth, Exeter

Crab Shack Teignmouth

Teignmouth Tapas and Jazz bar

Dawlish café?

Chip shop at Buddleigh

Fresh fish shop in Exmouth

~Buddleigh buy fish on the beach from ex marine dude who goes fishing and cuts it up there and then for you on the beach....

Dartmoor National Park – walks & wild swimming

Dartmoor national park is – blurb here – facts above sea level – how long – can wild camp – tors etc?

ideal for a **day trip** from Exeter: open moorland, granite tors, rivers and ancient woodland.

Getting there

Train: **Exeter St David's → Okehampton** (~35–40 mins)

From Okehampton you can walk directly from the station onto the moors, or cycle or connect to local buses / pre-book a taxi to popular walking areas.

Dartmoor National Park information:

<https://www.dartmoor.gov.uk/>

Wild swimming (for experienced, confident swimmers)

Always check local conditions, respect safety signage and be aware of cold water and currents.

Some well-known spots (reachable by car/bus + walk):

- [Sharrah Pool](#) – a series of river pools and small falls in woodland
- [Spitchwick \(Deeper Marsh\)](#) – large river meadow, popular in summer
- [Cadover Bridge](#) – gentle stretch of river with grassy banks
- [Tavy Cleave / Double Waters](#) – more remote gorge swimming for experienced walkers

Scenic walks

- [Haytor & Hound Tor](#) – iconic granite tors with 360° views
- [Wistman's Wood](#) – ancient, moss-covered oak woodland with local myths and “haunted” stories
- [Bellever Forest and Tor](#) – riverside and forest walks with archaeology and views

Local walking guides and route suggestions are listed on the Dartmoor NP website and Visit Dartmoor. (provide links here)

Saunas & relaxation

If you fancy hot-cold therapy the SouthWest offers plenty of options:

- [Exmouth & Teignmouth CIC Beach Saunas](#) – wood-fired saunas straight onto the beach; sea plunge between sessions – include after work sessions, wellbeing Wednesdays and full moon dips.
- **Wild Spa Devon** – woodland sauna and outdoor bathing experiences a short drive from Exeter
<https://www.wildspadevon.co.uk/> (check for exact location and availability)
- In the city centre, the local authority leisure centre [St Sidwells point](#), offers a gym, pool and spa facilities that can be used at a daily / session rate.

Food, cafés & culture in Exeter

Around campus (Streatham)

The university has a range of cafés and food outlets, including:

- **Forum Kitchen** – central social/eating space with rotating independent food traders
- **Comida** (Devonshire House) – wraps, salads, coffee
- **Super Savour Kitchen** (Devonshire House) – budget-friendly hot meals (often ~£2 specials)
- **La Touche Café** (Building: One) – hot lunches, soups, sandwiches
- Various **Barisca Coffee Co.** outlets across campus

Details and opening times:

<https://www.exeter.ac.uk/departments/campusservices/eatandshop/eatanddrink/alloutlets/>

In the city

A few popular places (you can pick and choose which to include):

- [Al Farid](#) – Moroccan & Lebanese mezze off Cathedral Green
- [Dinosaur Café](#) – small Turkish café; very friendly and good value
- [Namaste](#) – vegetarian South Indian restaurant
- [Herbies](#) – long-standing vegetarian/vegan restaurant
- [The Old Firehouse](#) – atmospheric pub, famous for huge pizzas and live music
- [The Fat Pig](#) – small gastropub with its own smokehouse and gin still
- [Mango's](#) (by the Quay) – café with cakes, brunch and views over the water
- [Topsham Brewery & Taproom](#) (Exeter Quay) – craft beer, street-food style menu
- [Rockfish Exeter](#) - right next to the water on the Quayside, a great place to enjoy fresh, sustainable seafood

Exeter Quayside is a lovely area for an evening: converted warehouses, pubs, restaurants, climbing/bouldering centre, kayak hire, Pedalos on the river, and regular outdoor events in summer.

Gandy Street and **Fore Street** are good for independent shops, cafés and bars; Gandy Street is said to have inspired Diagon Alley in *Harry Potter*.

Quick reference – at a glance

Need	Best option	Quick tip
Getting from airport to city	Taxi or bus from Exeter Airport	Budget ~£20 for a taxi to campus in light traffic

Need	Best option	Quick tip
Arriving by train	Exeter St David's station	10–15 mins walk or Stagecoach 4 bus to campus
Bus between station, city & campus	Stagecoach 4	Runs every ~12–20 mins
Nearest beaches	Exmouth, Dawlish Warren, Teignmouth	~30–35 mins by direct local train
Dartmoor access	Train to Okehampton	Great for walks; plan routes in advance
Onward travel to EASP	Exeter → London → Paris → Strasbourg	Book early for better fares; consider rail for lower carbon

A little further afield (if you have extra days)

If you are hiring a car or staying longer, you might also consider:

- [Stonehenge](#) – roughly on the route between London and Exeter; pre-booking required in summer
- [Eden Project](#) (Cornwall) – large biomes, sustainability exhibits and gardens
- [Tintagel Castle](#) (North Cornwall) – dramatic cliff-top ruins associated with Arthurian legend
- [Killerton House](#) (National Trust) – stately home and gardens just outside Exeter
- [Powderham Castle](#) – historic estate on the Exe estuary, reachable by car or bike/train + short walk

Car hire is available from Exeter (city centre and sometimes the airport). Costs vary, but as a rough guide a small car is often **£40–£70 per day**, plus optional collision damage waiver. Check fuel policies and insurance small print carefully.

Onward travel to EASP (Strasbourg)

ICSIH7 ends: Friday 26 June

EASP General Meeting begins: Tuesday 30 June (Strasbourg, France)

Recommended travel window: 27–29 June

- Option 1 – Train + Eurostar (lower carbon, scenic)
- Exeter → London
 - Exeter St Davids → London Paddington (~2.5 hrs)
 - Exeter St Davids → London Waterloo (~3.5hrs)
- Cross London to St Pancras International
 - Paddington or Waterloo → St Pancras by Tube (~20–30 mins)
 - Tube map: <https://tfl.gov.uk/maps/track/tube>
- Eurostar: London St Pancras → Paris (Gare du Nord)
 - Around 2.25–2.5 hours
 - Book via Eurostar or Trainline
- Paris → Strasbourg (TGV)
 - From Paris Gare de l'Est, TGV to Strasbourg: ~1.5–2 hours
- Option 2 – Fly + train
 1. Fly from Exeter / Bristol / London to Paris (CDG)
 2. From CDG → Strasbourg by TGV (no need to cross Paris if you book a direct CDG–Strasbourg service).

Tickets:

<https://www.thetrainline.com/>

<https://www.raileurope.com/>

Some info re travel options:

If your schedule allows, travelling by train between Exeter, London and Strasbourg can reduce your travel-related carbon emissions by an order of magnitude compared with flying, while avoiding airport queues and offering a more relaxed journey.

For short-haul routes within the UK and between the UK and near-Europe, several independent comparisons show that rail journeys typically emit around 10 times less CO₂ per passenger than flying.

Research commissioned for routes such as London–Paris/Brussels similarly finds that travellers who fly generate about ten times more emissions than those taking Eurostar-style rail services.

Domestic rail is also far lower-carbon than driving: UK data suggest rail produces around one-tenth the emissions per passenger of the same journey by car on major intercity routes.

In practice, this means:

Exeter → London → Paris → Strasbourg by train is one of the lowest-carbon ways to travel between ICSIH7 and EASP, and the total door-to-door time is often comparable to flying once airport transfers and check-in/security time are included.

For those who need or choose to fly, combining a flight with a TGV from Paris CDG → Strasbourg still keeps part of the journey on rail.

For those wishing to track their carbon footprint please use the Trainline Carbon Calculator (UK & near-Europe): <https://www.thetrainline.com/trains/carbon-calculator>