Tidal Flow Data for Exmouth to Teignmouth relative to Plymouth and Dover

Exmouth	Relative to Plymouth	Relative to Dover	Flow in Estuary	Direction of Tide close to coast, Exmouth to Teignmouth	Estimated Tide Strength Neap/Spring
-1	HW	-6	Moderate Flood	NNE	0203
HW	+1	-5	Weak Ebb	NNE-NE	0407
+1	+2	-4	Moderate Ebb	NE	0408
+2	+3	-3	Strong Ebb	E-NE	0307
+3	+4	-2	V Strong Ebb	E-SE	0206
+4	+5	-1	V Strong Ebb	S-SW	0202
+5	+6 LW -6	HW	Moderate Ebb	S-SW	0303
+6 LW -6	-5	+1	Moderate Flood	S-SW	0306
-5	-4	+2	Strong Flood	S-SW	0509
-4	-3	+3	Strong Flood	SW	0509
-3	-2	+4	V Strong Flood	N	0101
-2	-1	+5	V Strong Flood	N-NE	0203
-1	HW	+6 LW -6	Weak Flood	NE	0203
HW	+1	-5	Slack - V Weak Ebb	NNE-NE	0407
+1	+2	-4	Moderate Ebb	NE	0408
+2	+3	-3	Strong Ebb	E-NE	0307
+3	+4	-2	V Strong Ebb	E-SE	0206
+4	+5	-1	V Strong Ebb	S-SW	0202
+5	+6 LW -6	HW	Strong Ebb	S-SW	0303
+6 LW -6					

Conclusion

From a tidal flow point of view the best time to start a cruise to Teignmouth would appear to be 2 hrs before Low Water Exmouth to get a good Ebb tide and pick up the southerly current for 3-4 hours or so before it turns North approx 3 hours after low or before next high tide which then gives 3 hours to get back and catch the incoming flood tide. Whatever need to be back in the Estuary before the the next High Water

Data taken from Aadmiralty Tidal Atlas and Tidal Stream Atlas of the South Devon Coast by kind permission of Dr Mike Fennessy at coastalresearch.co.uk

Numbers in Red show changes in flow in the Estuary or flow direction along the coast