

CORNWALL

Outstanding Circular Walks

Pathfinder® Guides 

Britain's
best-loved
walking
guides

Keymap



Introduction to Cornwall

The Duchy of Cornwall is the far west of England, dipping a toe into the Atlantic as though gingerly testing its waters for warmth. Both its history and landscape are romantic, and as in many areas with such scenery, its people have suffered because of the beauty that surrounded them, for the land was always hard to till while the riches of the coastal waters were never dependable and have always been difficult to harvest with the rocky shore merciless.

It is a sad aspect of the history of Cornwall that its natural resources have often failed with dramatic suddenness. Copper- and then tin-mining ended abruptly in the mid- to late 19th century when it became possible to import ore more cheaply from abroad rather than win it from the county's dangerously deep mines. Many of the old engine-houses of the industry remain as a glorious characteristic of the Cornish landscape. Some mines staggered on



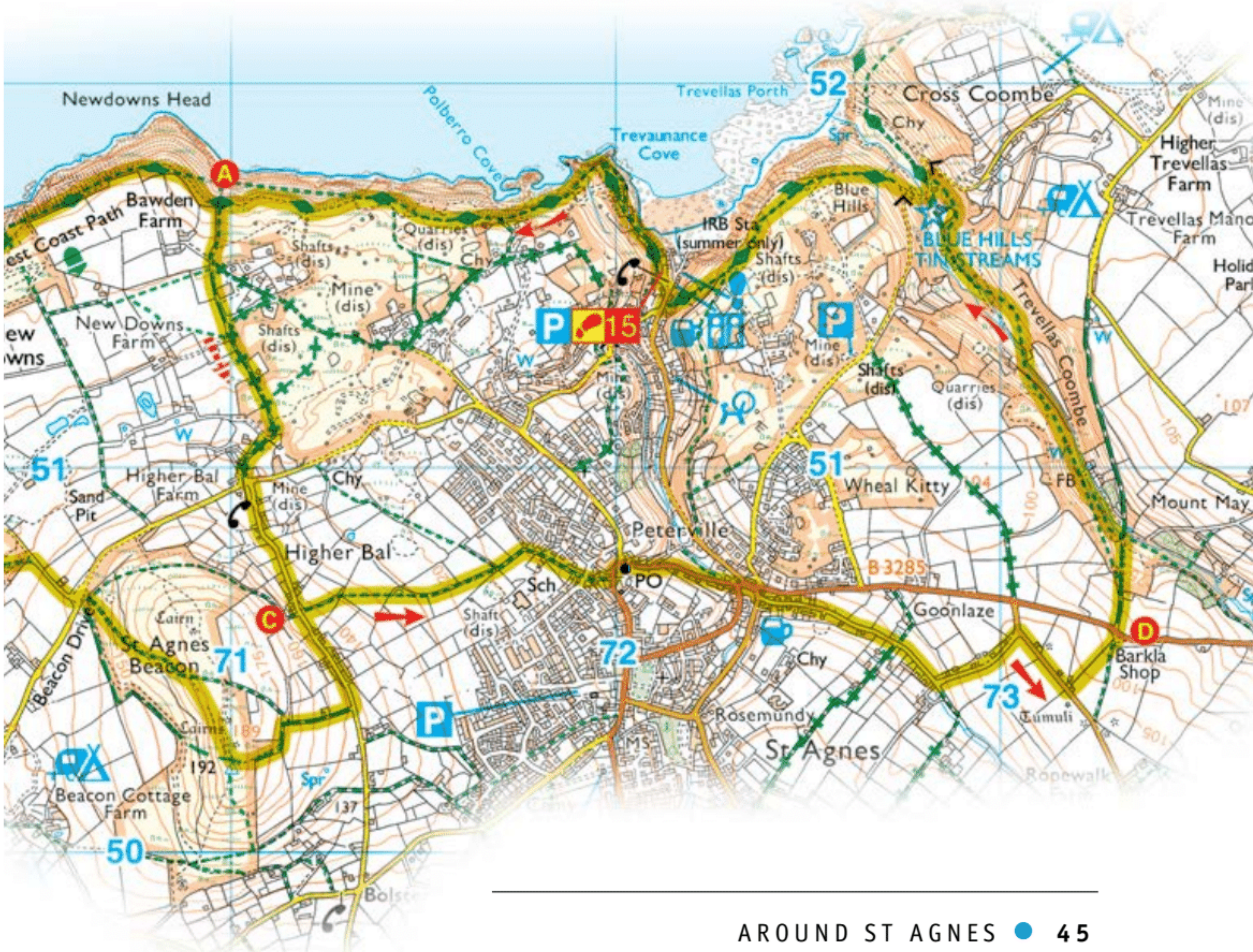
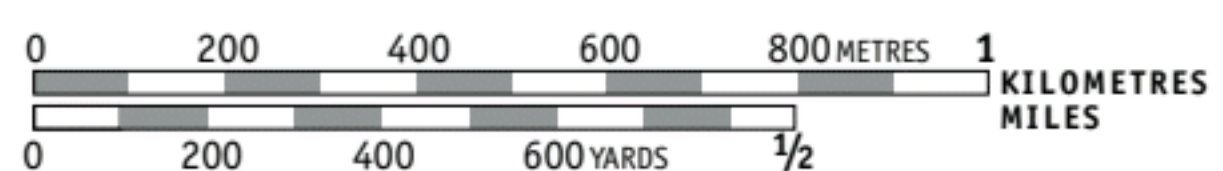
for a few paces, then turn right **D** down a steep bridlepath. Keep on the track until you reach the sign for Jericho Cottage; then turn right over the footbridge, then left to follow the river's right bank past the cottage.

This lovely section ends at the Blue Hills Cornish Tin Streams, a working tin museum a little upstream from Trevellas Porth. The cove is a refreshing place to paddle, *but bathing is dangerous at any time*, and is overlooked by the dramatic ruins of engine-houses. Where the path meets the made-up road, turn left and then right off the road at the hairpin bend to round a stile and gate and follow the Coast Path up to the top of the cliff. This is the most arduous climb of the route, and soon afterwards you will see the beach of Trevaunance Cove below, the coastal path descending to the starting point by **The Driftwood Spars**.

SCALE 1:25 000 or 2½ INCHES to 1 MILE 4CM to 1KM


stile and reach the B3285.

Cross the road with care and turn left



Zennor to St Ives by the Coffin Path

*A fine walk along one of the most spectacular parts of the Cornish coast. The inland section is hardly less enjoyable, a clearly marked path linking farmsteads, each about ½ mile (800m) apart. Many of the small fields, and their stone hedges, date from prehistoric times. Although some of the inland path is labelled as a part of the Tinnors' Way, it is known locally as the Coffin Path. The coastal path lives up to its name, often dipping down almost to the shoreline before soaring up again to the clifftop. The walk can be shortened after point **A** below.*

 The route starts by the church steps. Turn left ('No Through Road'), then right at a sign 'Field Path'. There is a gate between the churchyard wall and a converted barn which leads to a meadow with a path alongside the wall on the left. It is a very easy path to follow, as it progresses in a more-or-less straight line over a series of well-signed stone stiles and cattle-grids which are easily seen ahead. If in doubt head for the next farmstead. At Tremedda cross a Cornish stile, then a track, then another stile; follow the yellow arrows towards Tregerthen. Pass to the right of the farm at Tregerthen to a narrow enclosed path which still follows the line of the phone line quite closely. The path continues to be clearly marked, with yellow arrows on posts by most stiles.

Pass through the farmyard at Wicca. Follow the farm track to Boscubben **A**, and after the farm take the track to the left.



From Zennor Head

walk **25**

 **Start**

Zennor

 **Distance**

8¾ miles (13.9km).

Short version

5¼ miles (8.3km)

 **Height gain**

1,310 feet (400m).

Short version

770 feet (235m)

 **Approximate time**

4½ hours.

Short version 2½ hours

 **Route terrain**

Level field paths on outward route; Coast Path muddy all year round in places; bouldery and difficult underfoot from Tregerthen to Zennor Head

 **Parking**

Car park at Zennor (honesty box), 5 miles (8km) south-west of St Ives


 **Dog friendly**

On lead in fields and through Treveffa

 **OS maps**

Landranger 203 (Land's End & Isles of Scilly), Explorer 102 (Land's End)

 **GPS waypoints**

 SW 454 385

A SW 473 394

B SW 501 405

C SW 501 410

D SW 472 405

E SW 448 392

Memorial **C**, but it is worth taking the extra few steps for the memorable view. *Should you wish to visit Padstow keep on the coastal path. To rejoin the route take the first right turning from North Quay, and then right again, passing the Post Office on your right. Take the right fork, pass Prideaux Place, and go under the bridge.*

Climb up on the edge of the fields with the hedge on the left. This is a pleasant field walk, giving occasional glimpses of Padstow and its river. It soon reaches the perimeter wall of the Prideaux Place Deer Park. Turn right on to the lane **D** and where this becomes level, after about 500 yards, there is a footpath sign and steps on the left.

Climb these and cross the field diagonally. Cross a track and then a stone stile into another field which is also crossed diagonally. Cross straight over the next small field and the following one diagonally, noticing the lovely view. Head for the buildings over the next field. There are now two more fields to cross before reaching a track which leads left to the settlement of Crugmeer.

Turn to the right for a very short distance before taking a lane on the left leading towards some old buildings. Pass by these and continue along the lane which passes in front of Porthmissen Farm then descends steeply to Trevone Bay and the **Madrips Café**. ●



Trevose Head from Trevone



track which soon meets with the lane.

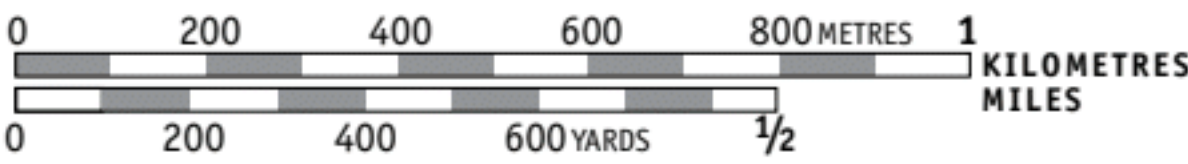
Turn right **C** to pass the farmhouse and campsite at Higher Kenneggy.

After a while the lane becomes a lovely enclosed path; where this enters more open land on Kenneggy Cliff keep ahead steeply downhill (slippery) to meet the Coast Path **D**. Turn right and continue on to gain a good view of the wicked rocks known as The Enys which shelter Bessy's Cove, more popularly known as Prussia Cove.

Prussia Cove

Apparently as a boy the infamous smuggler John Carter enjoyed playing the game known as King of Prussia, which is how his hideout came by this name.

Pass a path (left) that drops to the beach, and continue on the Coast Path along the stony track that leads right up to the curious granite-built house (Porth-enalls). The track passes its entrance and follows its drive towards Prussia Cove. At the cove fork left off the drive **E**, following the Coast Path, bear right where directed, then over a stile and left back towards the cove. Where a steep path on the left descends to the beach, keep right on the Coast Path to pass the picturesque coveside cottages. It then reaches some even more characterful fishermen's retreats,



one of which is thatched. The path continues on and follows every nuance of this tortuous shoreline, up hills and down dales, but every step is another scenic delight.

Cudden Point

The National Trust owns the magnificent headland of Cudden Point and from here the view across Mount's Bay opens up. St Michael's Mount holds centre stage with Penzance just to the left. Perranuthnoe is in the right foreground, its church tower prominent. It is important to look back as well – the Lizard is well seen from here.

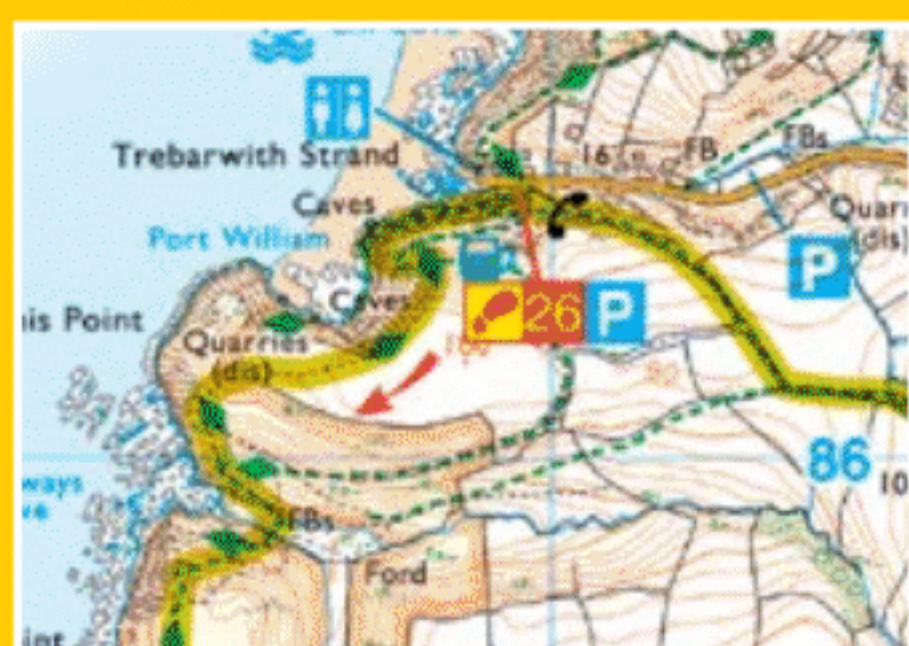
Approaching Perranuthnoe the path descends to a kissing-gate in a tamarisk bank. The Coast Path is now clearly waymarked through fields back to the starting point; the lovely **Cabin Beach Café** and garden will be found between the car park and beach. ●

SCALE 1:25000 or 2½ INCHES to 1 MILE 4CM to 1KM

Outstanding Circular Walks in **CORNWALL**

185 miles of stunning walking with 25 routes off the mighty South West Coast Path, comprising rocky headlands, secretive coves and sinuous estuaries from the rugged North Atlantic beauty of Marland Mouth via Arthurian Tintagel, the amazing dunes of The Kelseys, Lizard Point, Portloe and Fowey, to the Tamar at Mount Edgcumbe; with inland interest on Bodmin Moor and prehistoric Mên-an-tol.

Pathfinder® Guides



- ▶ 28 great country walks from 4 to 11 miles
- ▶ Clear, large scale Ordnance Survey route maps
- ▶ GPS references for all route waypoints
- ▶ Where to park, good pubs and places of interest en route

www.pathfinderwalks.co.uk

OS maps and walking guides for the surrounding area



£12.99