

two short legs to allow for the rock projecting at the foot of the east wall.”

The church is open daily from 7.30am until dusk.

From the gate turn right and drop onto the path, which skirts the woods at the foot of Brea Hill, to follow it through the golf course, watching out for golf balls as you go.

7 When you come to the footbridge, there is a choice of routes.

Carrying along the tarmac drive through the golf course will bring you eventually to a small path, which leads to the Jesus Well, where Enodoc lived and baptised his converts.

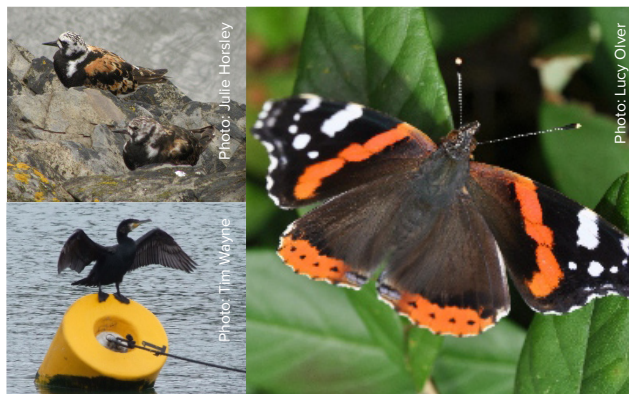
i The well is also said to have been visited by Jesus in his teens, when according to some

traditions he travelled up through the south west to Glastonbury with his uncle, Phoenician tin merchant Joseph of Arimathea.

From the well retrace your steps to the drive, this time taking the lane opposite, which heads south towards the estuary, turning right onto the road at the bottom to return to the car park.

For a shorter route back from the footbridge, without a detour to the Jesus Well, pick up the way marked footpath, which returns to the car park via the golf course. Take care to stay on the path, which is marked out with white stones, and be on your guard throughout for flying golf balls.

8 When you reach the road, turn right and then right again to return to the car park.



Wildlife: There is plenty of wildlife to see around North Cornwall including, Turnstones, Red Admirals and Cormorants.

Other Useful Information

Nearest Refreshments: There are numerous restaurants, pubs and teashops in Rock

Nearest toilet: There are public toilets in Rock Quarry Car Park

OS Explorer Map: 106 Newquay & Padstow

Walks on and around the



in North Cornwall



Sir John Betjeman Walk

A gentle walk through the dunes beside the golden beaches on the eastern bank of the River Camel, taking in Poet Laureate Sir John Betjeman's grave in the churchyard of the tiny St Enodoc Church. The route passes Brea Hill, site of the Bronze Age burial mounds and later a Roman encampment, and there is an optional detour to the holy well used by the Welsh hermit Enodoc to baptise his converts. The walk is mostly flat and travels through sandy grassland.

Distance: 3¾ miles (6KM)

Start & Finish: Rock Quarry Car Park

Start Postcode / Grid Ref: PL27 6LD / SW 927 757

Difficulty Level: Easy

Terrain: The walk is mostly flat and travels through sandy grassland

JohnBray
Cornish Holidays

This leaflet was produced by the South West Coast Path Team working in partnership with John Bray Cornish Holidays who have helped to fund the improvements on this walk.

johnbray.co.uk



If you enjoyed this walk, please help us keep it fantastic. Text **SWCP88 £2 / £5 / £10** to 70070 to donate now. Eg: SWCP88 £5



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www.southwestcoastpath.org.uk

Reg charity no. 1163422

This is one of the many walks that can be found at
www.southwestcoastpath.org.uk

DIRECTIONS:

1 From Rock Quarry Car Park take the path at the far end, on the estuary side, and go through into the dunes to pick up the South West Coast Path heading to your right, above the beach and towards the sea.

i The Late Poet Laureate Sir John Betjeman, buried at St Enodoc Church a little way ahead, called this shoreline “a mile of shallow pools and lug worm casts”. There are long stretches of golden sand on both sides of the estuary, and between them stretches the Doom Bar, which has been responsible for many a shipwreck. Local legend attributes this to the wrath of the Mermaid of Padstow (see the Stepper Point Walk), who placed a curse on all sailors venturing here after a local lad shot her, mistaking her for a seal.

Rock Dunes are a Site of Special Scientific Interest for the number of unusual species, which thrive in the maritime grassland. These include rare plants like Sea Spurge, with its waxy green leaves climbing long thin stems like ladders to the tiny yellow flowers growing in cups at the top, as well as the Dense Silky-Bent Grass with its knobby stalks and hairy heads.

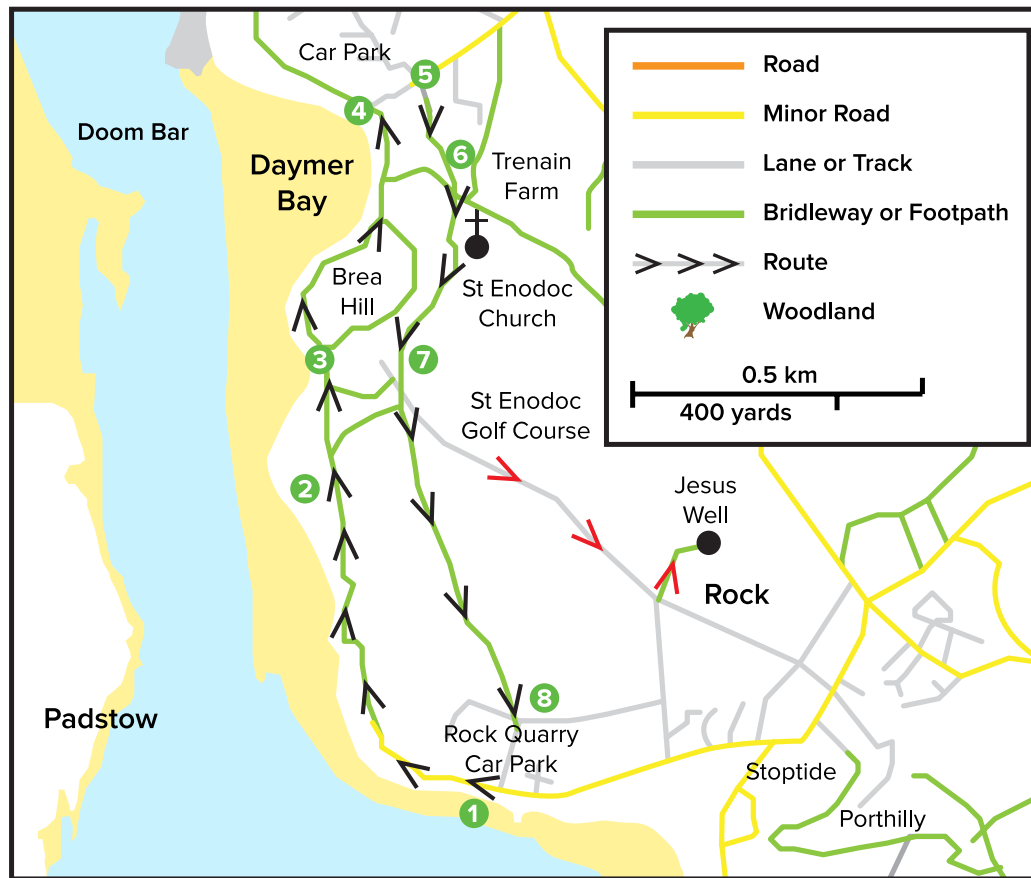
There are also many wild herbs, as Betjeman noted in the same poem: “As winds about the burnished path through ladies’ finger thyme and bright varieties of saxifrage...”

This richness of plant life encourages an equal diversity of insects: “Hoverflies remain more than a moment on a ragwort bunch,” says Betjeman, and talks of “Red Admiral basking with their wings apart”.

2 When the path forks, bear left, to carry on above the water towards Brea Hill.

i Brea Hill was a Roman encampment, providing a good lookout point over the Camel; but the Romans were by no means its first residents. Bronze Age people were also drawn to it for its vantage point, a millennium or two before them, and there are burial mounds on its summit from that period, and rough paths leading up the hillside towards them.

3 As you approach Brea Hill, various paths head away around the back of it on your right, and down to the beach on your left, but ignore these and carry on along the path around the front of the hill, climbing gently over its lower slopes. From here keep



going around the shoreline towards Trebetherick. As you near the beach at Daymer Bay, a path snakes downhill onto the sand.

A detour via this path takes you down over some fascinating rock, and from there you can head across the beach to the car park at the far end.

i The area is also a Site of Special Scientific Interest for its rock, which are of considerable geological significance. These are

exposure Harbour Cove slates and Polzeath slates, and both of these are unusually rich in fossils, which have helped to give an accurate date to the local rock beds of the geological Devonian period.

If you opt to stay on the path above the beach, follow it to the car park at the far end of the beach.

4 In the car park turn right through onto Daymer Lane. Carry on along this

road for a short distance until you come to the private road signposted to St Enodoc Church.

5 Follow the lane between the houses and onto the little footpath beyond, leading out onto the heath. Stay with the path, ignoring the paths that cross yours and the others that fork from it, until you get to St Enodoc Church, on your left, about a quarter of a mile beyond Daymer Lane.

6 It is a small detour here up to the church, where Sir John Betjeman’s grave is on the right just after the gate. Take advantage of the seating dotted around the churchyard to enjoy the estuary views, which so inspired him.

i St Enodoc, sometimes known as St Gwinnodock, was a hermit who arrived here from Wales and lived in a cave near the Jesus Well, on the far side of the golf course, and tradition has it that he baptised the converts at the well. After his death his shrine was moved to the site of the present church here dated from around the twelfth century.

The current church is thought to date from around the fifteenth century. Between the fifteenth and nineteenth centuries it was so deeply buried in drifting sand that the vicar and his parishioners had to descend into the sanctuary through the roof to attend to services. The sand was removed and the church restored in the nineteenth century. According to a later incumbent’s son, “the sands had blown higher than the eastern gable, the wet came in freely, the pews were mouldy-green and worm eaten and bats flew about, living in a belfry. The communion table had