

The daymark tower was built, probably in the early nineteenth century, as a maritime navigational aid, designed to guide sailors into the River Camel.

From flint tools found on the headland it appears that people lived in this part of Stepper Point as far back as 6000 years ago, and possibly even earlier.

6 Carry on along the Coast Path as it heads south above the sea, dropping downhill, until you come to the place where it turns sharply left around a rocky cove.

i As you walk along here you will hear the hollow boom that tells of caves in the rock below your feet. These are carved out by the sea, which exploits weaknesses in the rock and then enlarges them with the power of its waves as they wash around the cave. Sometimes these collapse, leaving a sinkhole. Pepper Hole, Butter Hole and Fox Hole

along this part of the coast were formed in this way; and at Roundhole Point, to the south of this walk, there is a tremendous example of this. Note the other dramatic rock formations caused by the wave erosion here too.

Leave the Coast Path here, forking left to the track ahead and turning right on this track, following it around to the left shortly afterwards to join the road at Lellizick.

7 Turn right on the road and then pick up the track on your left a moment later, which will lead you quickly back to (3), at Harbour Cove

From here, there is a choice of routes back to Padstow: either along the shoreline, the way you came; or on the far side of the inlet take the track to the right and follow it back to Church Street, past Tregirls Farm, as detailed in the shorter route (2) (above).



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

Other Useful Information

Nearest Refreshments: There are numerous restaurants, pubs, teashops and takeaways in Padstow.

Nearest toilet: Rock Quarry Car Park and South Quay, Padstow.

Ferry: The Padstow to Rock Ferry www.padstow-harbour.co.uk/phc_ferry.html, Tel 01841 532239

OS Explorer Map: 106 Newquay & Padstow



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



It costs at least £1,000 per year to keep a mile of the Coast Path maintained, accessible, improved and promoted for everyone to enjoy. If you would like to support us please become a member, it's less than the price of a pasty or a pint per month.

www.southwestcoastpath.org.uk

Reg charity no. 1163422

Walks on and around the



in North Cornwall



Padstow and Stepper Point

Far-reaching views over the mouth of the River Camel and the Doom Bar, where mermaids wait to lure sailors to disaster! Sandy beaches, secluded coves, holy wells, a daymark tower and some stunning rock formations, there's something for everyone, including an abbreviated route for those looking for a shorter walk.

Distance: 6 miles (10KM)

Start & Finish: Padstow Harbour or Rock Quarry car park (if taking the ferry across from Rock).

Start Postcode / Grid Ref: PL28 8AF / SW 920 755 (PL27 6LD / SW 928 757)

Difficulty Level: Moderate

Terrain: The walking is on tracks and footpath on mostly level terrain. Bring a picnic if the weather's good.

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

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

DIRECTIONS:

For this walk you can drive to Rock and use the Rock Quarry car park. From here you can walk to the Padstow Rock Ferry terminal, which is situated across the road from the main entrance to the car park.

Please note the ferry runs to Padstow harbour at High Tide, but stops further up the path towards Stepper Point at Low tide where you can join the walk at (2).

1 From the harbour take the Coast Path northwards, up the ramp, and follow the path through the park to the memorial ignoring the steps up to the left.

2 At the memorial, continue along the Coast Path and follow it along as it runs above the beach to Gun Point. If you want to go down onto the sand there are numerous small paths leading to the beaches along the way to Harbour Cove, but for this walk, stay with the main path around the dunes.

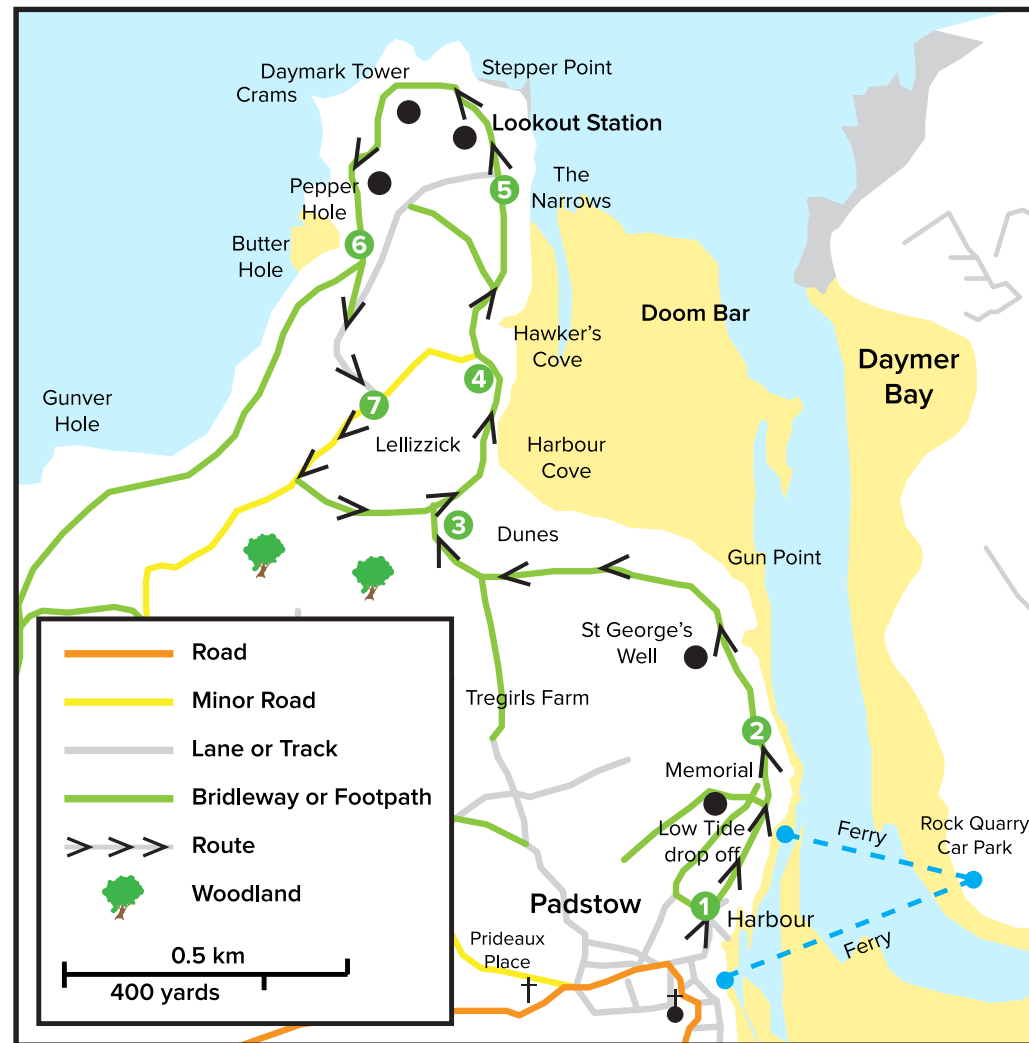
i St George's Well, supposedly off the path above the beach, is one of the many holy wells in Cornwall. In early times, sources of water were highly prized, especially

by travellers, and the Celts and Romans ascribed healing properties to their springs and wells. Saints arriving by sea a few centuries later, would have had cause to bless these as welcome drinking fountains.

There is said to be another well, dedicated to St John, near the daymark tower later in the walk. This one is believed to have been marked by a beacon chapel, although nothing now remains of either.

Rather more recent (from the start of the nineteenth century, in fact) are the ruins of a Napoleonic gun emplacement and fortification at Gun Point, a little further on from St George's Well.

Looking out across the estuary, at low tide the sand on this side of the water extends almost to the Doom Bar. According to a traditional ballad, the Mermaid of Padstow fell in love with local lad, Tom Yeo, who mistook her for a seal (or so he said), and shot her. In the awful rage of a woman scorned, she called up a mighty storm, wrecking all the ships in the harbour and throwing a huge sandbar across the river to imperil all future sailors venturing in. Look out for her on the rocks at Hawker's Cove.



From Gun Point the path turns slightly inland around the edge of Harbour Cove until it reaches a small inlet, where a track joins it from you left.

(For the short version of the walk, turn left onto this track and follow it back to Padstow, dropping onto the road southwards at Tregirls Farm and ignoring

the tracks leading away on both sides shortly afterwards. When you come to the houses, follow Tregirls Lane around to the left as it becomes Church Street and then turn right Dukes Street to reach the centre of Padstow again).

3 For the longer walk, turn right to follow the track towards the beach

for a short distance, until you come to a small gap in the bushes ahead of you, with the Coast Path acorn way marker in amongst the vegetation. Follow the narrow footpath through the bushes, emerging a short while later onto another path which again hugs the shoreline above the sandy beach.

Follow the path northwards to Hawker's Cove.

i The first Padstow lifeboat, built by the Padstow Harbour Association, was stationed here, before the Padstow branch of the RNLI was formed in 1855. In 1931 a new boathouse was built and a roller slipway, but by 1967 silting up became a problem and the lifeboat was moved to Trevose Head, a few miles to the west.

4 Ignore the road to your left and Coast Path way markers between the houses until you are on the footpath on the far side of the settlement. Carry on along this towards the point.

5 At the quarry, a path joins from your left. Ignore this and carry on along the Coast Path as it heads uphill to the point. Carry on along the path around the point to the daymark tower.

i The other path to the left at the quarry, heading uphill, leads to the lookout station and a World War II pillbox beside it. If you walk this way, the path continues over the headland and will return you to the main path at the daymark tower.