

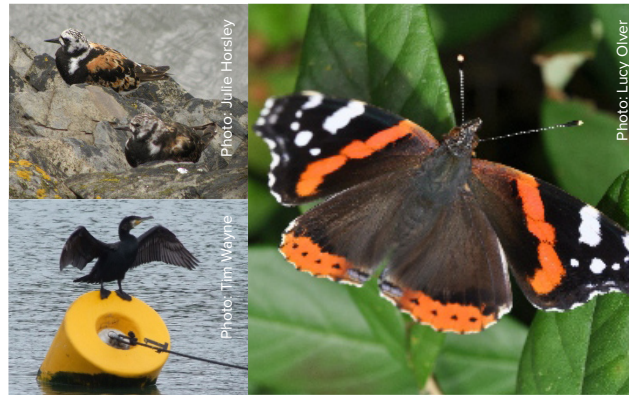
your way from there around Pennywilgie Point to Lundy Bay.

i The sandy beach at Epphaven can only be reached by means of the coast Path, and at low tide it is a delightful secluded cove with caves and rock pools.

Lundy Bay, too, is a stunning place, with its rocks and surf and tiny waterfall, as well as the heathland on the steep hillside above and the trees lining the valley away to the west. On the far side of the beach is Lundy Hole, a natural archway through to a remarkably open cave, said by locals to have been made by the devil when he was pursuing St Minver, but known by geologists to have been formed by the collapse of a sea cave (see the Polzeath to Porteath walk, and the Stepper Point walk). Sand from the beach used to be hauled up the cliff-face here by horse-powered pulleys.

7 Reaching Lundy Bay, turn off the coast path and take the path heading

directly uphill on your left, climbing southwards to the top of the hill and then following the path to the road beyond to Port Quin Cross at Porteath, where you can catch the bus back to Port Isaac. Alternatively, you can continue along the Coast Path for another 4½ miles to Polzeath (see the Polzeath to Porteath walk) and catch the bus back from there.



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

Other Useful Information

Nearest Refreshments: There are a number of restaurants, pubs and tearooms in Port Isaac, as well as Carters Café & Bar at the Bee Centre in Porteath.

Nearest toilet: There are public toilets at the Cliff Top car park in Port Isaac.

Public Transport: The Western Greyhound 584 bus runs regularly between Wadebridge and Rock, stopping at the car park by Polzeath beach as well as Port Quin Cross in Porteath (by the Bee Centre) and Port Isaac. (Central Garage westbound and the Pea Pod eastbound).

For bus details phone Traveline on 0871 200 22 33

OS Explorer Map: 106 Newquay & Padstow

Walks on and around the



in North Cornwall



Port Isaac to Porteath

An invigorating walk around some rocky headlands, with secluded coves along the way and spectacular views across Port Quin Bay to the Mouls, where puffins, gannets and kittiwakes nest. Also featuring a nineteenth century crenelated folly, an abandoned village and the remains of a once-thriving antimony mine at Gilson's Cove.

Distance: 4½ miles (7¼KM)

Start & Finish: Cliff Top Car Park, Port Isaac

Start Postcode / Grid Ref: PL29 3AB / SW 998 810

Difficulty Level: Moderate

Terrain: The Coast Path rises and falls dramatically along this part of the coastline, and there is a lot of steep ascent and descent, much of which is up and down winding flights of steps.

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



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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

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

DIRECTIONS:

Port Isaac is the setting for the TV series 'Doc Martin', it is popular as a tourist destination, and therefore finding a place to park your car can be difficult in the main holiday periods. There is more parking at the car park at the top of the village.

From the Cliff top car park, near the centre of the village, follow the South West Coast Path westward around to the harbour.

1 From the south side of the harbour in Port Isaac, turn right up Roscarrock Hill past Doc Martin's home and follow the narrow lane past the Wesleyan Chapel to the end of the road. Turn right, towards the cliffs, and go through the kissing gate and up the steps beyond. Follow the South West Coast Path around Lobber Point and with it drop down into Pine Haven.

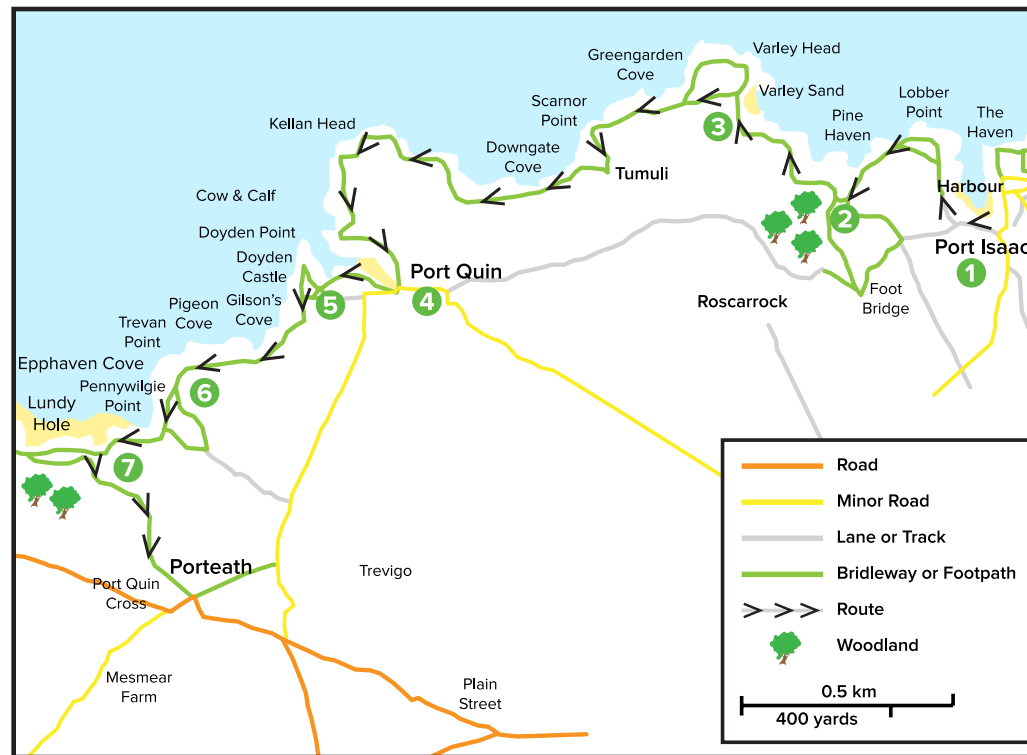
2 Ignoring the path up the valley to your left, carry along the Coast Path as it climbs the steps ahead of you. The path follows the fence up and down around the ragged coastline for the next mile or two, giving you a wonderful workout with breath-taking views!

3 At Varley Head follow the Coast Path as it continues to rollercoaster around Greengarden Cove and then Downgate Cove.

1 The Coast Path cuts across the back of Varley Head, but this is open access land, which means that you may wander freely around the headland beyond, if you want to linger and admire the coastal views. You are asked to keep dogs on leads however, to protect ground-nesting birds as well as livestock, whose grazing has an important part to play in the conservation management of the headland. The grassland, arable field margins and seed-bearing crops on the farmland here are being managed for farmland birds, such as the corn bunting and the Cornish national bird, the chough, as well as to protect wildflowers and important archaeology.

At Scarnor Point, just before you go down the steps to Downgate Cove, there are two Bronze Age burial mounds above you on the hillside.

As you round Kellan Head, there are tremendous views over the natural harbour at Port Quin, and the handful of cottages nestling in the valley at its head. On the headland opposite is Doyden Castle, a folly built by Samuel Symmons early in the nineteenth century so that he and his friends had a private venue for their drinking and gambling habits. In striking contrast, the formal Doyden House,



on the hillside behind it, was built by a former governor of Wandsworth Prison, as his retirement home a century later, after he'd spotted the site from a fishing boat and recognised its panoramic potential.

Doyden Castle is now owned by the National Trust as a holiday rental. Please remember to respect the privacy of anyone staying here.

4 Dropping down into Port Quin, turn right on the road to pass the slipway.

i It is said that Port Quin was abandoned twice over

the centuries: once when the pilchards failed, and once when all the men were lost at sea and the women could not carry on without them. A few yards up the road to your left as you reach Port Quin are the tumbledown remains of just a few of the abandoned cottages, built into the rock face. Before the village was abandoned there were as many as 94 people living here, in 23 different houses. At the back of the beach, as you carry on past the slipway, there are the fish cellars where the pilchards were salted.

Carry on up the hill and around the sharp right-

hand-bend, to pick up the footpath over the stile on your right into the field towards Doyden Castle. Head towards the fenced shafts on the cliff top at Gilson's Cove, beyond the folly.

Doyden Castle was used in the filming of the original TV series Poldark, based on the novels by Winston Graham, and was portrayed as the house of the doctor Dwight Enys.

The fenced shafts are the old antimony mines. Antimony is a lustrous grey metal which is too brittle to be used by itself, and so soft that objects made of it would wear out rapidly;

but it was used in the production of pewter, and as a black pigment for both make-up and painting.

5 From the mineshafts follow the Coast Path past Pigeon Cove and up to Trevan Point.

i On the rocky summit of Trevan Point there are great views across Port Quin Bay. The island of The Rumps, on the far side of the bay, is called the Mouls, where there are breeding colonies of a number of seabirds, including puffins, gannets and kittiwakes. In 1946, the 815-ton coaster Sphene was wrecked when she struck the Mouls in heavy seas and sank in the bay ahead of you. Her cargo of coal went down with her, but the crew all safely abandoned ship. Nowadays it is a popular site for divers and the Mouls is a favourite venue for boat trips and sea safari's from the River Camel.

Unlike the rest of the coastline around here, which is predominately slate, the headland at The Rumps is formed of volcanic rock, and there is the remains of a prehistoric promontory fort on its twin humps (see the Polzeath to Porteath Walk).

6 At Trevan Point carry on along the Coast Path, ignoring the path heading inland, and drop down to Epphaven Cove, making