

**7** For the longer walk from Polzeath to Porteath, carry on along the Coast Path and follow it around Corn Head to Pen Girt Cove. Ignore the next path heading inland here, and stay with the Coast Path as it starts to travel east, and follow it past Down Hedge Cove and Carnweather Point towards Lundy Bay.

**8** As you approach Lundy Hole the first path inland travels uphill to the National Trust car park on the road. Ignore this path and take either of the two ahead, both of which lead to the beach below.

**i** If you take the left-hand of these paths, it will lead you past the top of Lundy Hole, where the roof of a sea cave has collapsed leaving an impressive crater with views down to the water churning

through the archway and around its walls, far below. There are a number of these fascinating formations in the Padstow area. (See the Stepper Point Walk).

The secluded beach here is one of Cornwall's gems, with rocks, sand, surf, cliffs and a little tumbling waterfall, and if the weather is good it is the perfect spot for a picnic.

At Lundy beach you leave the Coast Path to take the path which heads directly uphill, towards the road, and follow it through the fields beyond to Porteath, where you can catch the bus at Port Quin Cross. Alternatively you can continue along the Coast Path for another four miles to Port Isaac, before catching the bus back to Polzeath.



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

**Other Useful Information**

**Nearest Refreshments:** During the holiday season there are a number of tearooms in Polzeath, as well as Carters Café & Bar in the Bee Centre in Porteath.

**Nearest toilet:** There are public toilets opposite the Polzeath Beach car park.

**Public Transport:** The Western Greyhound 584 bus runs regularly to Polzeath between Wadebridge and Rock, stopping at the car park by the beach at Polzeath 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



**Polzeath to Porteath**

An Iron Age promontory fort and some Bronze Age burial mounds, a famous wartime poem and a breath-taking sandy cove surrounded by gorse and woodland, with a rocky archway to a collapsed sea cave. There are spectacular views out over Padstow Bay and beyond, as well as a puffin island and volcanic pillow lavas.

**Distance:** (Long) 5 miles (8KM) / (Short) 2½ miles (4.2KM)  
**Start:** Polzeath Beach Car Park / Ann's Cottage Car Park both on Polzeath Beach.

**Finish:** (Long) Port Quin Cross / (Short) Polzeath Beach  
**Start Postcode / Grid Ref:** PL27 6TB / SW 935 789

**Difficulty Level:** Easy / Moderate

**Terrain:** The Path is narrow and stony in places, and the weather can be a bit rough around the exposed headland. Choose between a short walk from the Pentire Farm car park, a longer walk from Polzeath to the Porteath Bee Centre, catching the bus back from Port Quin Cross, or make an even longer walk by continuing along the Coast Path to Port Isaac (see Port Isaac to Porteath walk).

**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](http://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



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](http://www.southwestcoastpath.org.uk)

Reg charity no. 1163422

This is one of the many walks that can be found at [www.southwestcoastpath.org.uk](http://www.southwestcoastpath.org.uk)

## DIRECTIONS:

**1** From the car parks at Polzeath Beach, cross the head of the beach and pick up the South West Coast Path as it starts out towards the headland along the cliff path above the beach.

**1** Before you leave the beach, take a look at the rocks on its southern side. These are Polzeath Slate, an important rock for geologists (see The John Betjeman Walk).

**2** Just after Slipper Point, at Pentire Glaze Haven, the path heads briefly inland around the haven; but turn left with it at the fork to travel around the hill above the beach.

**3** On the far side of the hill, heading briefly inland again around the stream, fork left again and carry on along the Coast Path as it makes its way to Pentire Point and around the headland.

If you are starting the walk from Pentire Farm, take the path that heads south west, to the left as you approach the car park from the road, and just before you reach it. From here follow the

path down to the South West Coast Path, and join the longer walk (3), leaving it again at (6).

**1** In 1936 a speculator bought up a large area of land here, parcelling it up into individual building plots, which were then put up for sale; but enough opposition to the plan was found at local and national level for the National Trust to be able to raise the money to buy the whole estate and maintain it as one of Britain's most beautiful wildernesses.

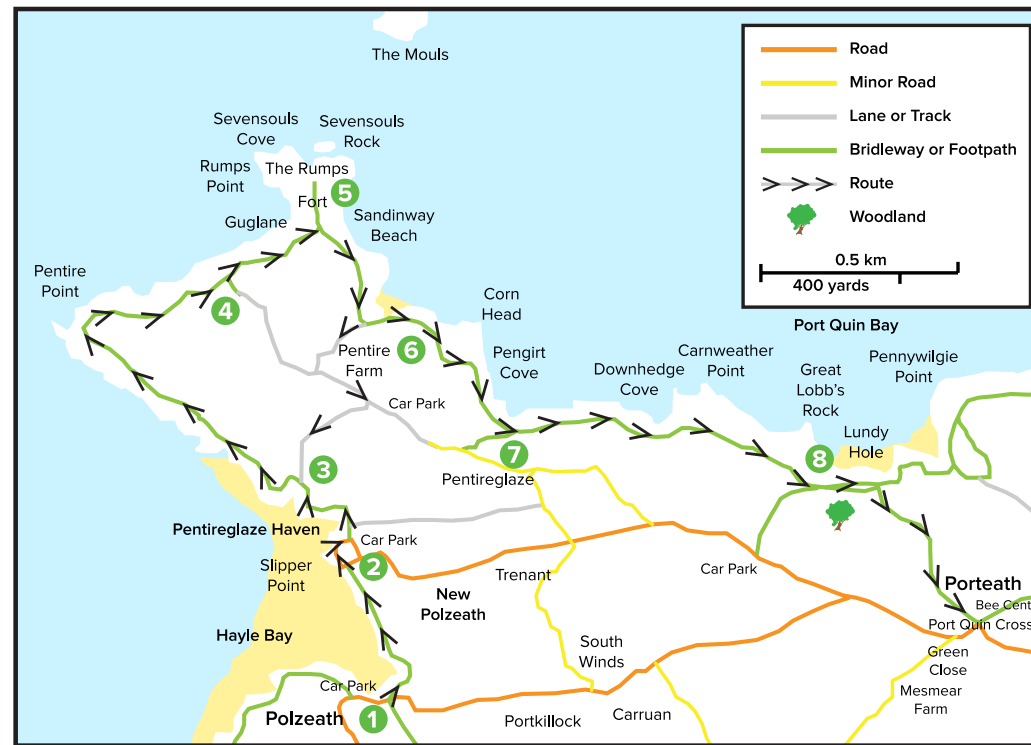
Look out for the plaque, just around Pentire Point, commemorating the occasion when poet Laurence Binyon sat on these cliffs and was moved to compose "For the Fallen", which was published by the Times newspaper in September 1914. The plaque quotes the fourth stanza of the poem:

"They shall grow not old,  
as we that are left grow old

Age shall not weary them,  
nor the years condemn

At the going down of the sun  
and in the morning

We will remember them".



Look out for dolphins and basking sharks here in the summer, and the breeding colonies of sea birds on the islands, which are especially popular with puffins, gannets and kittiwakes.

**4** Before you reach The Rumps another path leads away to the right, but ignore this one too, to carry on to the rumps.

**1** Note how the rocks have changed form the thin layers of soft slate to the dark, hard basaltic (volcanic) rock very clearly visible on

the twin headland ahead of you.

Geologists have suggested that the layers of rock on the Padstow area lay on the bed of the ocean in the Mid Devonian period some 397-385 million years ago. At the end of this time the Upper Devonian period began here with the eruption of volcanoes deep beneath the seabed. The seawater cooled the molten lava, causing it to form the 200-foot pillow lavas at Pentire Point. Have a look at the rocks beside the

path as you descend through the small gorge to The Rumps: see how different the rock looks, with its knobby surface and the tiny holes where the hot air was forced out of the volcano far below.

Archaeologists have found evidence of people living in a promontory fort here as long ago as the second century BC, and you can see the remains of the three lines of ramparts dividing The Rumps from the rest of the headland. It is thought that the outermost one

was built at a later date to further defend the inner two, and it was probably topped with a wooden palisade. There would have been timber bridges across the ditches, and a complex gatehouse, which would have been of wood originally, but later rebuilt in stone, with timber gates.

There have been traces of roundhouses found between and beyond the two inner ramparts and evidence suggesting that the earliest inhabitants here were involved in spinning and weaving, as well as trading with people from as far away as the Mediterranean.

**5** From The Rumps the path turns south once more, climbing uphill around the wall.

**6** At its highest point a path leads off to the right, across the peninsula, while the Coast Path carries on straight ahead.

Turn right here if you started the walk at Pentire Farm, and follow the path around the wall and back to the car park.