

Cornwall

COAST PATH

SW COAST PATH Part 2 – BUDE TO PLYMOUTH

142 large-scale maps & guides to 81 towns & villages

PLANNING – PLACES TO STAY – PLACES TO EAT

HENRY STEDMAN & JOEL NEWTON



6th
edition



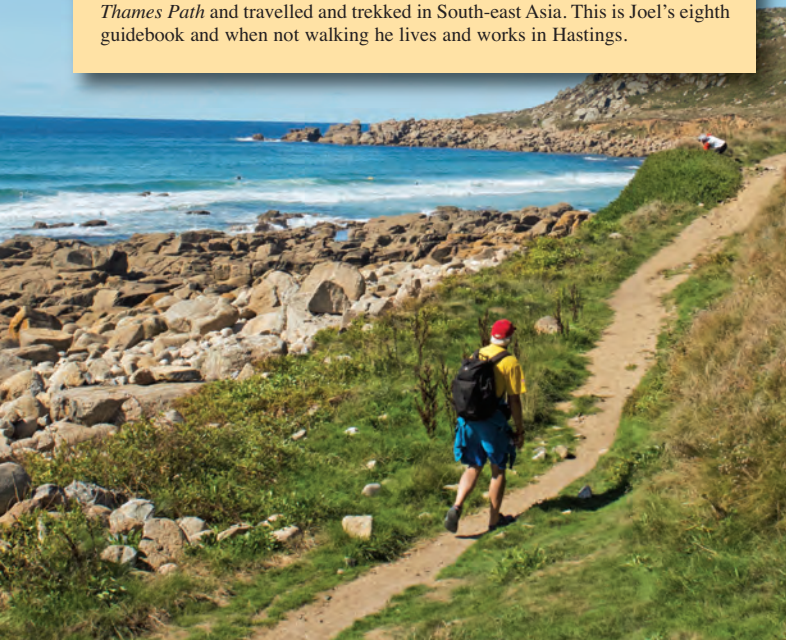
This guide to the coast path from Bude to Plymouth (288¹/₄ miles) covers the Cornwall section of the 630-mile South-West Coast Path (SWCP) and is the second book in this three-part series. It was based on *Cornwall Coast Path – Bude to Falmouth* originally written by **EDITH SCHOFIELD** and expanded by **HENRY STEDMAN** (left) and **JOEL NEWTON** (below) who also researched and wrote the two other books in this SWCP series, plus several other Trailblazer guides. The fifth edition of the book was researched and written by Daniel McCrohan and Joel returned for this sixth edition.

Born in Poole, Dorset, **JOEL NEWTON**, first discovered the South-West Coast Path whilst on a family holiday to Cornwall in the spring of 2007. Later that same year, Joel found himself on a bus to Minehead with a bag that he would



soon discover was far too heavy. Six weeks later he arrived in Falmouth sun-drunk, blistered, happy and with a newfound love for walking national trails. This passion led to Joel ambling along 10 more long-distance paths. Sitting in a café in Hastings, East Sussex, between walks in 2011, a stranger who was also there (stroking a puppy) admitted that he was the author of the guidebook Joel was reading: Trailblazer's *Hadrian's Wall Path*. They got talking and in 2012, Joel, Henry Stedman (the stranger) and Daisy (the puppy, by now a dog) walked, researched and co-authored Trailblazer's three-part series to the


South-West Coast Path. Since then Joel has written the Trailblazer guide *Thames Path* and travelled and trekked in South-east Asia. This is Joel's eighth guidebook and when not walking he lives and works in Hastings.



Cornwall Coast Path (SWCP Part 2)

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Cartography: Nick Hill **Layout:** Daniel McCrohan **Index:** Anna Jacomb-Hood

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Dedication


For Michela


Acknowledgements

Thank you, Joy Salisbury, for the accommodation and lifts and for sharing your knowledge of Cornwall, its beaches and cafés with me. Without your support walking the Cornish coast would have thrown up many more challenges. And thank you for pointing me towards *The Salt Path* by Raynor Winn – a tremendous book! Thanks to Michela Prescott for keeping me company in St Ives and Lizard. (Henry's company wasn't quite the same!) I'm also grateful to all of the campsites who put me up regardless of it being their peak season, and to the staff in the numerous tourist information centres who patiently answered my questions. Thanks also to Henry Stedman, who got me into this game in the first place, and is always willing to offer help and advice when it comes to walking and writing about National Trails.

A big thank you to all the readers who sent in suggestions for this new edition – Louise Connell, Christine Evans, Joen Hermans, Chris Horn, Penny Jose, David Mallinson, Lena Meyer, Andreas Niedermair, Guy De Pauw, Verena & Thomas Rhyner, Philip Scriver, Stephen Smith, Frances Trenouth and Jon Wills. Lastly, and as ever, thanks to all at Trailblazer: Daniel McCrohan for editing and layout, Nick Hill for maps, Jane Thomas and Anna Jacomb-Hood for proofreading and Anna J-H for additional research and the index.

A request

The author and publisher have tried to ensure that this guide is as accurate and up to date as possible. Nevertheless, things change. If you notice any changes or omissions that should be included in the next edition of this book, please write to Trailblazer (address above) or email us at  info@trailblazer-guides.com. A free copy of the next edition will be sent to persons making a significant contribution.

Updated information will be available on:  www.trailblazer-guides.com

Photos – Cover & this page: Porthowan Beach, looking north. **Previous page:** Whitesand Bay. A hiker heads north from Gwnver Beach. **Overleaf:** The beach at Gwythian.

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ABOUT THIS BOOK

This guidebook contains all the information you need. The hard work has been done for you so you can plan your trip without having to consult numerous websites and other books and maps. When you're all packed and ready to go, there's comprehensive public transport information to get you to and from the trail and detailed maps (1:20,000) to help you find your way along it.

- All standards of accommodation; reviews of campsites, hostels, B&Bs, hotels
- Walking companies if you want an organised tour and baggage-carrying services if you just want your luggage carried
- Itineraries for all levels of walkers
- Answers to all your questions: when to go, degree of difficulty, what to pack, and how much the whole walking holiday will cost
- Walking times in both directions and GPS waypoints
- Cafés, pubs, tearooms, takeaways, restaurants and shops for buying supplies
- Rail, bus & taxi information for all villages and towns along the path
- Street plans of the main towns both on and off the path
- Historical, cultural and geographical background information

❑ MINIMUM IMPACT FOR MAXIMUM INSIGHT

Man has suffered in his separation from the soil and from other living creatures ... and as yet he must still, for security, look long at some portion of the earth as it was before he tampered with it.

Gavin Maxwell, *Ring of Bright Water*, 1960

Why is walking in wild and solitary places so satisfying? Partly it is the sheer physical pleasure: sometimes pitting one's strength against the elements and the lie of the land. The beauty and wonder of the natural world and the fresh air restore our sense of proportion and the stresses and strains of everyday life slip away. Whatever the character of the countryside, walking in it benefits us mentally and physically, inducing a sense of well-being, an enrichment of life and an enhanced awareness of what lies around us. All this the countryside gives us and the least we can do is to safeguard it by supporting rural economies, local businesses, and low-impact methods of farming and land-management, and by using environmentally sensitive forms of transport – walking being pre-eminent.

In this book there is a detailed and illustrated chapter on the wildlife and conservation of the region and a chapter on minimum-impact walking, with ideas on how to tread lightly in this fragile environment; by following its principles we can help to preserve our natural heritage for future generations.

Warning: coastal and long-distance walking can be dangerous

Please read the notes on when to go (pp13-16) and outdoor safety (pp74-7). Every effort has been made by the author and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

INTRODUCTION

Synonymous with the sea and the sea's wild storms that created its dramatic coastline, Cornwall is a land of magic, myth and legend, of poetic writing and art. Its known history stretches back 5500 years and has witnessed Phoenician traders, pirates, smugglers and shipwrecks, the rise and fall of the tin-mining and fishing industries and a growing market in tourism which dates back to the days of Victorian villas built for long summer holidays.

The Cornish coast is a holiday paradise that's easily accessible, where you'll enjoy some of the finest coastal walking Britain has to offer

The origins of the coast path lie in Cornwall's smuggling history. By the early 19th century smuggling had become so rife that in 1822 HM Coastguard was formed to patrol the entire British coastline. A coast-hugging footpath was created to enable the coastguards to see into every cove, inlet and creek and slowly but surely law and order prevailed and the smuggling decreased. By the beginning of the 20th century the foot patrols had been abandoned.

Walking the coast path is one of the best ways to experience fully the sights and sounds that make Cornwall unique and special. As well as the sheer physical pleasure of walking, the sea breeze in your hair, the taste of the salt spray on your lips, you are treated to the most beautiful and spectacular views of this beguiling and some-



(Above): The beach at Portreath. The path winds through numerous coves and passes many little villages and beaches on its 288¼-mile journey round Cornwall.

times hazardous coastline. The sky and the light change with the movement of even the smallest cloud over the sea that lies ultramarine and translucent on long hot summer days but becomes leaden and silver with mountainous white-crested waves in sudden storms. Watch for the seals that fool you by swimming under water for long periods, then bob up just when you'd thought they'd gone. You might see dolphins, too, or even a basking shark.

Walking allows you flexibility over the distances you want to cover, your speed depending on your level of fitness. You can be completely independent, carrying all the basics of life – food, shelter and clothes – on your back, or book B&Bs ahead and walk with the knowledge that your creature comforts, hot baths and comfortable beds, will be waiting for you at the end of the day.

As for rest stops, you'll be tempted time and time again. Explore quintessentially Cornish fishing villages or take a quick break on the Isles of Scilly. Try to identify some of Cornwall's profusion of wildflowers. Look into the little

(Below): The ruined engine houses of old tin mines, near Pendeen. You'll see evidence of the once great Cornish tin mining industry (see p181) in several places along the coast.



rock pools that are so full of life. Immerse yourself in contemporary art in St Ives. Investigate tin-mining history in a landscape so important that it has been declared a World Heritage Site. Try surfing or simply take a swim to cool off on a hot day.

For food, feast on Cornish pasties and crab sandwiches as you picnic on a clifftop or beach; in picturesque cottage tearooms gorge on scones piled high with strawberry jam and clotted cream. Above all eat fish fresh from the sea, superb shellfish, lobster, crab and scallops. As well as ubiquitous fish and chip shops and beach cafés there are several top-class seafood restaurants in Cornwall, some run by famous TV chefs: Rick Stein has been in Padstow for many years and Jamie Oliver owns a restaurant in Watergate Bay.

The Cornish coast is a holiday paradise that's easily accessible, where you'll enjoy some of the finest coastal walking Britain has to offer.



There will be numerous chances every day to indulge in a cream tea. It's said that Cornish people will put the jam on first and the clotted cream on top of it whereas in Devon they do it the other way around. We say whatever floats your boat is fine.

This book covers the second section (288¹/₄ miles) of the 630-mile South-West Coast Path

❑ The South-West Coast Path

Typing 'Minehead to South Haven Point, Dorset' into Googlemaps, reveals that travelling between the two can be completed in a matter of 3 hours 37 minutes by car, along a distance of 96.6 miles. Even walking, along the most direct route, takes only around 29 hours, so Googlemaps says, with the path an even shorter one at just 89.3 miles.

It is these two points that are connected by the South-West Coast Path (SWCP). This most famous – and infamous – of national trails is, however, a good deal longer than 89.3 miles. Though estimates as to its exact length vary – and to a large part are determined by which of the alternative paths one takes at various stages along the trail – the most widely accepted estimate of the path is that it is about 630 miles long (1014km). That figure, however, often changes due to necessary changes in the path caused by erosion and other factors.

So why, when you could walk from Minehead to South Haven Point in just 29 hours, do most people choose to take 6-8 weeks? The answer is simple: the SWCP is one of the most beautiful trails in the UK. Around 70% of those 630 miles are spent either in national parks or regions designated as Areas of Outstanding Natural Beauty. The variety of places crossed by the SWCP is extraordinary too: from sun-kissed beaches to sandy burrows, holiday parks to fishing harbours, esplanade to estuary, on top of windswept cliffs and under woodland canopy, the scenery that one travels through along the length of the SWCP has to be the most diverse of any of the national trails.

(cont'd overleaf)

to bear in mind are basically common sense: don't wander too close to either the top or bottom of cliffs; take care when swimming; be aware of the tides; and listen to weather forecasts. Your greatest danger on the walk is likely to be from the weather, which can be so unpredictable in this corner of the world, so it is vital that you dress for inclement conditions and always carry a set of dry clothes with you.

How long do you need?

If you're a fit walker who isn't carrying too much and who loves to spend all day on the trail you could manage Bude to Plymouth, or vice versa, a distance of around 288^{1/4} miles (464km) depending on your exact route, in about 20

A fit walker could manage Bude to Plymouth in about 20 days ... but most walkers take roughly three and a half weeks

days. There's nothing wrong with this approach, of course – *chacun à son goût*, as the French probably say. However, **what you mustn't do is try to push yourself too fast, or too**

far. That road leads only to exhaustion, injury or, at the absolute least, an unpleasant time.

If you like your walking holiday to be a bit more relaxed with time to sit on the cliff tops, explore towns and villages, laze in the sun on the beaches, scoff scones in tearooms, visit an attraction or two, or sup local beers under the shade of a pub parasol – as well as have a few rest days – then you'll need to set aside at least one month. Most walkers will fit somewhere between these two extremes, taking roughly three and a half weeks which still allows time for exploring and one or two rest days.

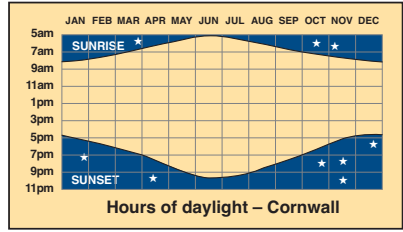
When deciding how long to allow for the walk, those intending to **camp** and carry their own luggage shouldn't underestimate just how much a heavy pack can slow them down. On pp32-4 there are some suggested itineraries covering different walking speeds. For walkers with less time on their hands there are some superb day and weekend walks (see p35 & pp40-1) along parts of the coast path.

The practical information in this section will help you plan an excellent walk, covering every detail from what you need to do before you leave home to



the Atlantic. In the summer these fronts are weaker, less frequent and take a more northerly track.

Mean **wind speeds** are force 3-4 in summer and 4-5 in winter. Gales can be expected around ten days per month between December and February and less than one day per month from May to August.



DAYLIGHT HOURS

If you are walking in autumn, winter or early spring you must take into account how far you can walk in the available light. It may not be possible to cover as many miles as you would in the summer.

The sunrise and sunset times in the table are based on information for the town of Penzance on the 15th of each month. This gives a rough picture for the rest of Cornwall. Please also bear in mind that you will get a further 30-45 minutes of usable light before sunrise and after sunset depending on the weather.

☐ FESTIVALS AND ANNUAL EVENTS

The events and festivities listed take place every year, though the dates may vary slightly. In addition to festivals you are likely to come across bands or groups of singers performing in pubs or in the open air in the main season. Be prepared to join in the Floral Dance if you are lucky enough to be in a village on the right evening.

March to May

- **St Piran's Day (5 March)** Festivities held throughout Cornwall (see box p144).
- **Giant Bolster Festival (May Day Bank Holiday), St Agnes** Re-enactment of the legend of the Giant Bolster culminating in a torchlight procession of giant puppets to the cliff top where the wicked giant was tricked into killing himself whilst proving his love for Agnes.
- **'Obby 'Oss Day (May Day Bank Holiday), Padstow** Festivities and procession as the hobby horse (see box p120) dances through the town.

June to August

- **Polperro Festival (mid June)** Nine days of events including comedy, live music and a fun-run (in case you're tempted)! (☐ polperrofestivalandsights.co.uk).
- **Golowan (mid to late June), Penzance** Ten-day celebration of the midsummer Feast of St John and of west Cornwall's ancient Celtic traditions. Film, theatre, dance, traditional and contemporary music and a lively street procession (☐ golowan.com).
- **Mevagissey Feast Week (late June)** Mevagissey adopted St Peter as its patron saint in 1752 and since then has always held a festival to celebrate the saint's day of 29 June. Considered the longest-running festival in Cornwall, it is a volunteer-run blend of traditional and modern events (☐ mevagisseyfeastweek.org.uk).
- **Looe Festival by the Sea (mid July)** A celebration of the town's links with the sea, including music, food-tastings & boating (☐ loofestivals.org).
- **Lafrowda Festival (mid July), St Just** A week-long culture and music festival with all kinds of music (☐ lafrowda-festival.co.uk).

(cont'd overleaf)





PLANNING YOUR WALK

1

Practical information for the walker

ROUTE FINDING



For most of its length the coast path is well signposted. At confusing junctions the route is usually indicated by a finger-post sign with 'coast path' written on it. At other points, where there could be some confu-

sion, there are wooden waymark posts with an acorn symbol and a yellow arrow to indicate in which direction you should head. The waymarking is the responsibility of the local authorities along the trail who have a duty to maintain the path. Generally they do a good job although occasionally you will come across sections of the trail where waymarking is ambiguous, or even non-existent, but with the detailed route maps and directions in this book and the fact that you always have the sea to one side it would be hard to get really lost.

Using GPS with this book

If you have a handheld **GPS receiver**, or GPS on your **smartphone**, you can take advantage of the waypoints marked on the maps and listed on pp330-5 of this book. Essentially a GPS (Global Positioning System) will calculate your position on the earth using a number of satellites and this will be accurate to a few metres. Some units may come with inbuilt mapping, but while it's possible to buy **digital mapping** (see p47) to import into a regular GPS unit or smartphone, it might be considered about as practical as having internet on a mobile phone – you still end up scrolling and zooming across a tiny screen.

Having said this, it is **by no means necessary** that you use a GPS in conjunction with this guide and you should be able to get by with simply the signposts on the trail and the maps in this book. However, a GPS can be useful if for some reason you do get lost, or if you decide to explore off the trail and can't find your way back. It can also prove handy if you find yourself on the trail after dark when you can't see further than your torch beam. If you do decide to use a GPS unit in conjunction with this book don't feel you need to be ticking off every waypoint as you reach it; you'll soon get bored; you should easily get by without turning on your GPS.

Opposite: Vault Beach (see p268), between Gorran Haven and Dodman Point.



bread and tomatoes, with toast and marmalade or jams to end and all washed down with tea or coffee. This is good for a day's walking, but after a week not so good for your cholesterol level. Sometimes B&B owners offer a continental breakfast option or will charge you less if all you want is a bowl of muesli or some toast. Alternatively, and also if you want an early start, it is worth asking if they would substitute the breakfast for a packed lunch. Most B&Bs will fill your flask with tea or coffee for the day, often without charge.

For **lunch** there are several options. The cheapest and easiest is to buy a picnic lunch or pasty at one of the many shops or bakeries you'll pass. Many B&Bs and hostels are happy to make a packed lunch for you for between £5 and £7. Otherwise you could eat out but you need to plan ahead to make sure the pub or restaurant or beach café is open and that you'll reach it in time for lunch. In

❑ **Traditional Cornish food**

● **The Cornish pasty** Visitors to Cornwall, whether walkers or not, cannot go home without having tried the ubiquitous pasty at least once. For some, once is enough whilst for others it becomes a lifetime's favourite. The pasty, for those who thought it was just a glorified meat pie, is shaped like a letter 'D', the pastry crimped on the curved side, with a filling of sliced beef with turnip (swede), potato and onion with a light peppery seasoning. The pastry is slow-cooked to a golden colour and is glazed with milk or egg.

Originally Cornish tin miners were sent off to work by their wives with their lunch in the form of a hot pasty containing a savoury filling at one end and fruit at the other – a complete meal that could be eaten without cutlery. Today they are mainly savoury. Pasties are eaten widely and available everywhere providing a meal on the run. Such is the iconic status of the pasty that the Cornish Pasty Makers Association was granted Protected Geographical Indication Status in February 2011, so that pasties are recognised as unique to Cornwall. Try one – you might get hooked.

● **Cornish cream tea** This is another walkers' favourite and you'll never be far from places offering this afternoon treat of scones, jam and clotted cream (thick, spreadable cream made by heating milk to evaporate the liquid) accompanied by a pot of tea; surely the cheapest decadent food available. Choose carefully and check that the scones are made on the premises or you may be disappointed. Prices start at around £5 and usually include two scones, a pot of tea, and plenty of jam and cream!

● **Fish** The fishing industry has been one of the biggest influences on the culinary traditions of Cornwall, and local favourites such as stargazy pie, sometimes referred to as 'starry gazey' pie, made with fish heads sticking out of the crust looking towards the sky, are on some menus. Fish pie is widely served, usually a good option washed down with a pint of the local ale. Even if you're on a tight budget the ubiquitous fish and chips can be satisfying if cooked with fresh fish. At the other end of the scale there are plenty of restaurants around the coast offering mouth-watering dishes concocted from locally caught fish. Species found in Cornwall's inshore waters include Dover sole, plaice, turbot, brill, gurnard, pollock, lemon sole, ray, cod, whiting, red mullet, John Dory, mackerel, sea bass and many more. There's also shellfish: lobsters, crabs, scallops, langoustines, clams and mussels, which are often fished for from the smaller coastal villages.

For further information about Cornish food and farmers' markets in Cornwall visit: [☞ foodfromcornwall.co.uk](http://foodfromcornwall.co.uk).

meals in the hostels, you will need about £30-35pp per day. If you eat the meals provided in some YHA hostels expect to pay around £6.50 for breakfast, about the same for a packed lunch, and approximately £10 for an evening meal.

On the nights when you have to stay in a **B&B** there won't be the facilities to cook for yourself, so you will have to eat out. For these days budget in the vicinity of £60-70pp if you can make do with a simple packed lunch and fish and chips for dinner, or £80-plus if you intend eating lunches and dinners at cafés, pubs and restaurants. (See also pp21-2).

Don't forget to set some money aside for the **inevitable extras**: postcards, stamps, washing and drying clothes, entrance fees for various attractions, cream teas, beer, buses and taxis, any changes of plan.

Itineraries

All walkers are individuals. Some like to cover large distances as quickly as possible, others are happy to stroll along, stopping whenever the fancy takes them. You may want to walk the coast path all in one go, tackle it over a series of weekends or use the trail for linear day walks; the choice is yours.

To accommodate these differences this book has not been divided into rigid daily stages which can lead to a fixed mindset of how you should walk. Instead, it's been designed to make it easy for you to plan your own perfect itinerary.

The **planning map** (opposite the inside back cover) and **table of village and town facilities** (pp36-9) summarise the essential information and make it straightforward to devise a plan of your own. Alternatively, to make it even easier, have a look at the **suggested itineraries** (pp32-4) and simply choose your preferred type of accommodation and speed of walking. There are also suggestions for those who want to experience the best of the trail over a day (see p35) or a weekend (see p40), or who want to plan a series of day walks from a fixed base (see box p40).

The **public transport maps** on pp52-3 and **service table** (pp54-5) may also be useful at this stage. Having made a rough plan, turn to Part 4 where you will find: summaries of the route, full descriptions of accommodation, places to eat and other services in each village and town; as well as detailed trail maps.

WHICH DIRECTION?

Although the route in this book has been described from Bude to Plymouth, it doesn't make much difference whether you walk the coast path in a clockwise or anti-clockwise direction. There is virtually the same amount of ascent and descent either way and the prevailing south-westerly wind will be in your face for one half of the walk and behind you for the other whichever way you go.

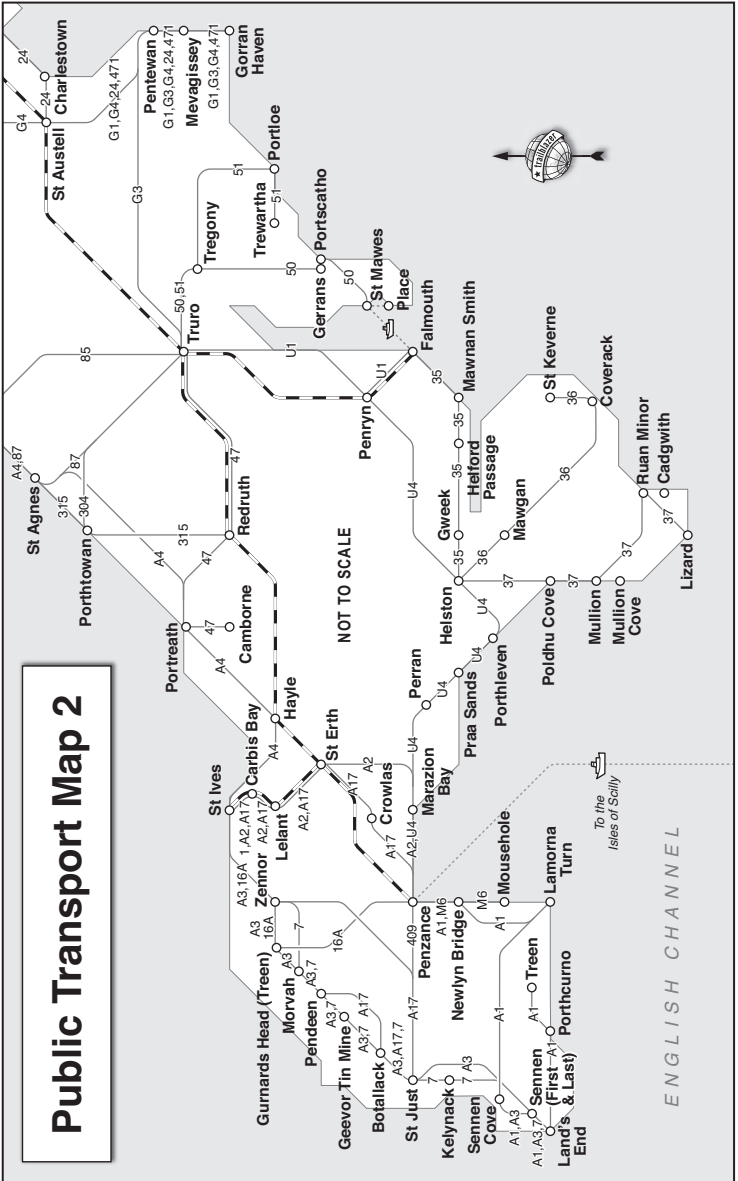
If you're walking solely on the north coast, or solely on the south, it may be worth walking west to east so that the wind is predominantly behind you.

TOWN FACILITIES

| Eating Place ✓= one ✓✓= a few ✓✓✓= three + (✓✓) = seasonal | Food Store | Campsite | Hostels YHA or H (Ind Hostel) (YHA)=seasonal | B&B-style accommodation ✓= one ✓✓= two ✓✓✓= three + | Place name (Places in brackets are a short walk off the coast path) |
|--|--------------|--------------|---|--|--|
| ✓✓✓ | ✓✓ | ✓✓ | H | ✓✓ | Bude & Upton |
| ✓✓✓ | ✓ | ✓✓ | | ✓✓ | Widemouth Bay |
| ✓(✓✓) | | ✓ | | ✓✓ | Crackington Haven |
| ✓✓✓ | ✓ | ✓ | (YHA) | ✓✓✓ | Boscastle |
| ✓ | | ✓ | | ✓✓ | Bossiney |
| ✓✓✓ | ✓✓ | ✓ | (YHA) | ✓✓✓ | Tintagel |
| ✓✓ | ✓ | | | ✓ | Trebarwith Strand |
| ✓✓ | | ✓ | | ✓ | Port Gaverne |
| ✓✓✓ | ✓ | | | ✓✓✓ | Port Isaac |
| ✓✓✓ | ✓ | ✓✓ | | ✓ | Polzeath |
| ✓✓✓ | ✓✓ | ✓ | | ✓✓✓ | Padstow |
| ✓✓ | ✓ | | | ✓✓ | Trevone |
| ✓ | | | | ✓ | Harlyn Bay |
| | | ✓✓ | | | Mother Ivey's Bay |
| (✓) | ✓ | | | | Constantine Bay |
| ✓ | | ✓ | YHA | | Treyarnon |
| | ✓ | | | | Porthcothan |
| ✓✓✓ | ✓ | ✓✓ | | ✓✓✓ | Mawgan Porth |
| ✓✓✓ | | ✓ | | | Watergate Bay |
| ✓✓✓ | | ✓ | | ✓✓✓ | Porth |
| ✓✓✓ | ✓✓✓ | ✓ | H | ✓✓✓ | Newquay |
| ✓✓✓ | ✓ | ✓ | | ✓✓ | Crantock |
| ✓✓ | (✓) | ✓ | | | Holywell |
| ✓✓✓ | ✓✓✓ | ✓ | (YHA) | ✓✓✓ | Perranporth |
| ✓✓✓ | ✓✓ | ✓ | | ✓✓✓ | (St Agnes) |
| ✓(✓) | ✓ | ✓ | | ✓ | Porthtowan |
| ✓✓✓ | ✓ | | YHA | ✓✓ | Portreath |
| ✓✓✓ | | ✓ | | ✓ | Gwithian |
| ✓✓✓ | ✓✓✓ | ✓ | | ✓✓✓ | Hayle |
| ✓✓✓ | ✓✓✓ | ✓ | H | ✓✓✓ | St Ives |
| ✓✓ | | ✓ | | ✓✓ | (Zennor) |
| ✓ | | | | ✓✓ | (Gurnard's Head/Treen) |
| ✓✓✓ | ✓ | ✓ | | ✓✓✓ | (Pendeen/Trewellard) |
| ✓ | | ✓ | | ✓ | (Botallack) |
| ✓✓✓ | ✓✓ | ✓ (Kelynack) | (YHA) | ✓✓✓ | (St Just) |
| ✓✓✓ | ✓✓ | ✓ | H | ✓✓✓ | Sennen Cove/Mayon |
| ✓ | | ✓ | H | ✓✓ | Land's End |
| ✓(✓) | | | | ✓✓✓ | Porthcurno |
| ✓✓ | | ✓ | | ✓ | Treen |
| ✓✓ | | | | ✓✓ | Lamorna |
| ✓✓✓ | ✓snacks only | ✓ | | ✓✓✓ | Mousehole |
| ✓✓✓ | ✓ | | | ✓✓ | Newlyn |
| ✓✓✓ | ✓✓✓ | ✓ | YHA/H | ✓✓✓ | Penzance |

(cont'd overleaf)

Public Transport Map 2



[See public transport maps on previous pages]

Buses (*cont'd*)

Hopley's Coaches (☎ 01872-553786, 📧 hopleyscoaches.com)

304 Truro to **Porthtowan**, Mon-Sat 1/hr

315 Redruth to **St Agnes** via **Porthtowan**, Mon-Sat 5-6/day

Plymouth City Bus (☎ 01752 662271, 📧 plymouthbus.co.uk)

11/11A **Plymouth** to **Padstow** via Saltash, Liskeard & Bodmin Parkway,
Mon-Sat 2/hr, Sun 4/day

12/12B **Bude** to **Plymouth** via Launceston, Mon-Sat 6/day

Bude to Launceston, Sun 6/day

48 **Plymouth** to Wembury via Plymstock, Mon-Sat 6/day

70/70A **Cremyll** to **Plymouth** via **Kingsand, Cawsand** & Torpoint Ferry,

Mon-Sat 1/hr, Sun 6/day

70B **Portwrinkle** to **Plymouth** via Torpoint Ferry, Mon-Sat 1/hr

72 **Plymouth** to **Looe** via Saltash & St Germans, Mon-Sat 7/day

Looe to **Polperro**, Sun 5/day

73 **Polperro (Crumplehorn)** to Liskeard via **Looe**, Mon-Sat 1/hr, Sun 7/day

75 Seaton to Torpoint via **Dowderry**, Mon-Sat, 6/day

Stagecoach (📧 stagecoachbus.com)

3 **Plymouth** to Dartmouth, daily 1/hr

6A **Bude** to Exeter via Launceston & Okehampton, Mon-Sat 2/day, Sun 1/day

85 Barnstaple to **Bude** via Holsworthy, Mon-Sat 1/day

St Ives Bus Company (📧 stivesbuses.co.uk)

1 **St Ives** to **Carbis Bay**, Mon-Sat approx 1/hr

Travel Cornwall (Summercourt Travel; ☎ 01726-861108, 📧 travelcornwall.uk.com)

409 **Penzance** to **St Just**, Mon-Sat 6-7/day

415 **Newquay** to **Holywell** via **Crantock**, Mon-Fri 3/day

471 **St Austell** to **Gorran Haven** via **Pentewan & Mevagissey**, Mon-Sat 1-2/day

481 **East Looe** to **Polruan** via **West Looe & Polperro (Crumplehorn)**,

Mon-Fri 5/day

482 **Polruan** to Bodmin via **Polperro (Crumplehorn)**, Wed 1/day

West Penwith Community Bus Association

(WPCBA; ☎ 01736-787385, 📧 communitybus.co.uk)

7 **Land's End** to **Zennor** via **Sennen, Kelynack, St Just, Botallack, Geevor, Pendeen & Morvah**, Mon-Sat 5/day

Trains

GWR – Great Western Railway (☎ 0345-7000 125, 📧 www.gwr.com)

● **St Erth** to **St Ives** via Lelant Saltings, **Lelant & Carbis Bay**, Mon-Sat 2/hr in summer, Sun 1/hr, pm only in winter

● **Newquay** to **Par**, Mon-Sat 6/day, Sun 6/day in summer

● **Truro** to **Falmouth Docks**, Mon-Sat 1/hr, Sun 10/day

● **Liskeard** to **Looe** (Looe Valley Line), Mon-Sat 10/day, Sun 8/day

● **Plymouth** to **Penzance** via Liskeard, Bodmin Parkway, **Par**, **St Austell**, **Truro**, **Redruth**, **Hayle** & **St Erth**, daily 1/hr

THE ENVIRONMENT AND NATURE

The Cornish coastline provides a diverse range of habitats – ocean, beaches, sand dunes, steep cliffs, cliff-top grasslands and heathland – resulting in a rich variety of wildlife. For the walker interested in the natural environment it is a feast for the senses.

It would take a book several times the size of this one to list the thousands of species which you could come across on your walk. What follows is a brief description of the more common species you may encounter as well as some of the more special plants and animals which are found in Cornwall. If you want to know more refer to the field guides listed on pp47-8.

Nature conservation arose tentatively in the middle of the 19th century out of concern for wild birds which were being slaughtered to provide feathers for the fashion industry. As commercial exploitation of land has increased over the intervening century, so too has the conservation movement. It now has a wide sphere of influence throughout the world and its ethos is upheld by international legislation, government agencies and voluntary organisations.

Conservation schemes (see box on pp66-7) are outlined on the premise that to really learn about a landscape you need to know more than the names of all the plants and animals in it. It is just as important to understand the interactions going on between them and man's relationship with this ecological balance.

Flora and fauna

FAUNA

In and around the fishing villages

The wild laugh of the **herring gull** (*Larus argentatus*) is the wake-up call of the coast path. Perched on the rooftops of the stone villages, they are a reminder of the link between people and wildlife, the rocky coast and our stone and concrete towns and cities. Shoreline scavengers, they've adapted to the increasing waste thrown out by human society. Despite their bad reputation it's worth taking a closer look at these fascinating, ubiquitous birds. How do they keep their pale grey and white plumage so beautiful feeding on rubbish?





Above, clockwise from top left : 1. Herring gull. 2. Oystercatchers. 3. Puffin. 4. Razorbill. 5. Atlantic grey seal (© Joel Newton). 6. Black headed gull. 7. Great black-backed gull. (All ©BT).

C4 Some butterflies of Cornwall

Peacock
Inachis io



Small Tortoiseshell
Aglais urticae



Brimstone
Gonepteryx rhamni



Small Pearl-Bordered Fritillary
Boloria selene



Common Blue
Polyommatus icarus



Painted Lady
Vanessa cadui



Small Copper
Lycaena phlaeas



Red Admiral
Vanessa atalanta



Large Garden/
Cabbage White
Pieris brassicae



Meadow
Brown
Maniola jurtina



Clouded Yellow
Colias croceus



Mesembryanthemum



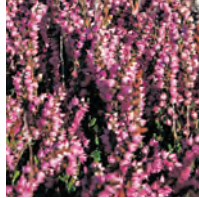
Tree Echium
Echium (species)



Sea Holly
Eryngium maritimum



Bell Heather
Erica cinerea



Heather (Ling)
Calluna vulgaris



Thrift (Sea Pink)
Armeria maritima



Rosebay Willowherb
Epilobium angustifolium



Common Vetch
Vicia sativa



Forget-me-not
Myosotis arvensis



Rowan (tree)
Sorbus aucuparia



Hottentot Fig
Carpobrotus edulis



Red Campion
Silene dioica

MINIMUM IMPACT & OUTDOOR SAFETY

Minimum impact walking

By visiting Cornwall you are having a positive impact, not just on your own well-being, but on local communities as well. Your presence brings money and jobs into the local economy and also pride in and awareness of Cornwall's environment and culture. Cornwall receives over four million visitors annually (with the coast path attracting at least a quarter of those) who bring an estimated £1.8 billion into the regional economy.

However, the environment should not be considered only in terms of its value as a tourist asset. Its long-term survival and enjoyment by future generations will only be possible if both visitors and local communities protect it now. The following points are made to help you reduce your impact on the environment, encourage conservation and promote sustainable tourism in the area.

ECONOMIC IMPACT

Support local businesses

Rural businesses and communities in Britain have been hit hard in recent years by a seemingly endless series of crises. Most people are aware of the country code – not dropping litter and closing the gate behind you are still as pertinent as ever – but in light of the economic pressures there is something else you can do: **buy local**.

Look and ask for local produce to buy and eat; not only does this cut down on the amount of pollution and congestion that the transportation of food creates (the so-called 'food miles'), but also ensures that you are supporting local farmers and producers; the very people who have moulded the countryside you have come to see and who are in the best position to protect it. If you can find local food which is also organic so much the better.

It's a fact of life that money spent at local level – perhaps in a market, or at the greengrocer, or in an independent pub – has a far greater impact for good on that community than the equivalent spent in a branch of a national chain store or restaurant. While no-one would advocate that walkers should boycott the larger supermarkets, which after all do provide local employment, it's worth remembering that businesses in rural communities rely heavily on



visitors for their very existence. If we want to keep these shops and post offices, we need to use them.

The website www.foodfromcornwall.co.uk lists the various **farmers' markets** and farm shops in Cornwall.

ENVIRONMENTAL IMPACT

A walking holiday in itself is an environmentally friendly approach to tourism. The following are some ideas on how you can go a few steps further in helping to minimise your impact on the environment while walking the South-West Coast Path.

Use public transport whenever possible

More use of public transport encourages the provision of better services which benefits visitors, local people and the global environment. During peak periods traffic congestion in Cornwall is a major headache and you're doing yourself (and everyone else in the vehicle with you) a big favour by avoiding it. There's detailed information in this book on public transport services; turn to pp52-6 to make good use of it.

Never leave litter

Litter is a worldwide problem that is unsightly, pollutes the environment and kills wildlife. **Please** carry a rubbish bag with you so you can dispose of rubbish in a bin at the next town rather than dropping it. You can even help by picking up a few pieces of litter that other people leave behind.

- The lasting impact of litter You may think a small piece of rubbish has little effect but consider the following: silver foil lasts 18 months; textiles hang around for 15 years; a plastic bag lasts for 10 to 12 years and an aluminium drinks can will last for 85 years on the ground, or 75 years in the sea. An estimated one million seabirds and 100,000 marine mammals and sea turtles die every year from entanglement in, or ingestion of, plastics.
- Is it OK if it's biodegradable? Not really. Even a bit of orange peel takes six months to decompose. Apple cores, banana skins and the like are not only unsightly but they encourage flies, ants and wasps and can ruin a picnic spot for others.

Consider walking out of season

By walking the coast path at less busy times of the year you help to reduce over-use of the path at peak periods. Many fragile habitats, such as dunes, are unable to withstand the heavy use and consequent trampling. You also help to generate year-round income for local services and may find your holiday a more relaxing experience; there'll be less stress involved in finding accommodation and fewer people on the trail.

Erosion

Erosion is a natural process on any coastline, but it's accelerated by thousands of pairs of feet. Do your best to **stay on the main trail** and use managed foot-paths wherever possible. If you are walking during the winter, or a particularly

4 ROUTE GUIDE & MAPS

Using this guide

The trail guide and maps have not been divided into rigid daily stages since people walk at different speeds and have different interests. The **route summaries** below describe the trail between significant places and are written as if walking the coast path from Bude to Plymouth. To enable you to plan your own itinerary, **practical information** is presented clearly on the trail maps. This includes walking times, all places to stay, camp and eat, as well as shops where you can buy supplies. Further **service details** are given in the text under the entry for each place. For a condensed overview of this information see the **town and village facilities table** on pp36-9.

For **overview maps** and **profiles** see the colour pages at the end of the book.

TRAIL MAPS

[for map key see p338]


Scale and walking times

The trail maps are to a scale of 1:20,000 (1cm = 200m; 31/8 inches = one mile). Walking times are given along the side of each map and the arrow shows the direction to which the time refers. Black triangles indicate the points between which the times have been taken. **See important note below on walking times.**

The time-bars are a tool and are not there to judge your walking ability. There are so many variables that affect walking speed, from the weather conditions to how many beers you drank the previous evening. After the first hour or two of walking you will be able to see how your speed relates to the timings on the maps. Note also that time spent on ferry crossings is not included on time-bars.

Up or down?

The trail is shown as a dashed line. An arrow across the trail indicates the slope; two arrows show that it is steep. Note that the arrow points towards the higher part of the trail. If, for example, you are walking from A (at 80m) to B (at 200m) and the trail between the two is short

 **Important note – walking times** Unless otherwise specified, **all times in this book refer only to the time spent walking.** You will need to add 20-30% to allow for rests, photography, drinking water etc. When planning the day's hike count on 5-7 hours' actual walking.



and steep it would be shown thus: A — — — >> — — — B. Reversed arrow heads indicate downward gradient.

Other features

The numbered GPS waypoints refer to the list on pp330-5. Other features are marked on the map when pertinent to navigation. To avoid cluttering the maps and making them unusable not all features have been marked each time they occur.

ACCOMMODATION

Apart from in large towns where some selection of places has been necessary, the maps show almost every place to stay that is within easy reach of the trail and willing to take one-night stays. Details of each place are given in the accompanying text. For **B&B-style accommodation** the number and type of rooms is given after each entry: **S** = single room (one single bed), **T** = twin room (two single beds), **D** = double room (one double bed), **Tr** = triple room (three single beds or one double and one single) **F** = family room (usually a double and bunk beds, or a double and two singles). Thus family rooms can usually also be used as a double or twin.

Rates quoted are **per person** (pp) per night unless indicated otherwise; rates are usually discounted for longer stays. The rate for single occupancy (sgl occ) of a double/twin is also shown where appropriate. Some places either do not accept single-night bookings at peak times or they charge extra for them. Most B&Bs don't accept credit/debit cards but most guesthouses, hostels and hotels do, as do most of the large holiday parks. The text also mentions whether the premises have **wi-fi** (WI-FI); if a bath (♫) is available for at least one room; and whether **dogs** (🐕) are welcome. Most places will not take more than one dog in a room and only accept them subject to prior arrangement. Some make an additional charge (usually per night but occasionally per stay) while others may require a deposit which is refundable if the dog doesn't make a mess.

Prices for **camping** vary but for backpackers many sites charge for two people in a small tent although some charge per pitch and per person.

The route guide

[For the route guide from Devon along the coast path north of Bude see p321]

BUDE

[Map p81]

Bude is a small, compact seaside town with plenty of charm and character that sprawls out from its famous beach, Summerleaze.

Summer and bank holidays are when this normally sleepy little town springs into life and it can become quite hectic. However, arrive at any other time and you shouldn't have any trouble booking accommodation

and making your way around town. Built in 1830, the town's small **castle** (☎ 01288-357300, 🌐 thecastlebude.org.uk; 10am-5pm; free entrance) is worth exploring. Its heritage centre contains exhibitions on shipwrecks and lifeboats as well as displays on the Bude Canal and the geology of the Cornish coast. Inside too is the Willoughby

For classic British seaside fish ‘n’ chips you need look no further than *Sizzlers* (daily noon-3pm & 4.30-9pm).

Transport

[See also pp52-6] **Bus-wise**, for destinations north of Bude, Stagecoach’s 85 goes from here to Barnstaple, where you’ll find the nearest **railway station**. Alternatively, their 6A runs to the main rail hub at Exeter

via Launceston and Okehampton. Plymouth City Bus No 12 heads to Launceston and Plymouth, while First Kernow’s No 95 calls here en route between Wadebridge and Boscastle and their 96 between Wadebridge and Crackington Haven.

For a **taxi**, you could try contacting either Trev’s Taxi (☎ 07799-663217, 📧 trevstaxi.co.uk) or Bayside Taxis (01288-358076, 📧 baysidetaxis.co.uk).

BUDE TO CRACKINGTON HAVEN

MAPS 1-5

The first **10 miles (16km, 4-5hrs)** start benignly enough following a grassy cliff-top for about a mile before unexpectedly meeting a road with a small cluster of houses, **Upton**.

The next port of call is **Widemouth Bay** (pronounced ‘Widmouth’) the first of many beaches popular with surfers and sun-seekers alike and adequately supplied with cafés and places to stay.

Once past these early distractions the hard work begins with a punishing ascent onto **Penhalt Cliff**, the first of several more ups and downs (Millook, Chipman Point and Castle Point) on the trek to **Crackington Haven**.

Despite these testing beginnings there is still time to appreciate the beautiful green cliffs that slope down to the waves below and, once you reach Crackington, you’ll be rewarded with a lovely village tucked around a sheltered cove and a sense of satisfaction at completing what for most people will have been a strenuous first day’s walk.

UPTON

[MAP 1]

Upton is a satellite village of Bude so it is not surprising to find several places to stay and thus is worth considering, especially if everywhere in Bude is fully booked. There is a handful of accommodation options including two excellent campsites: *Upper Lynstone Camping* and *Cerenety Eco Campsite* – for both see p80.

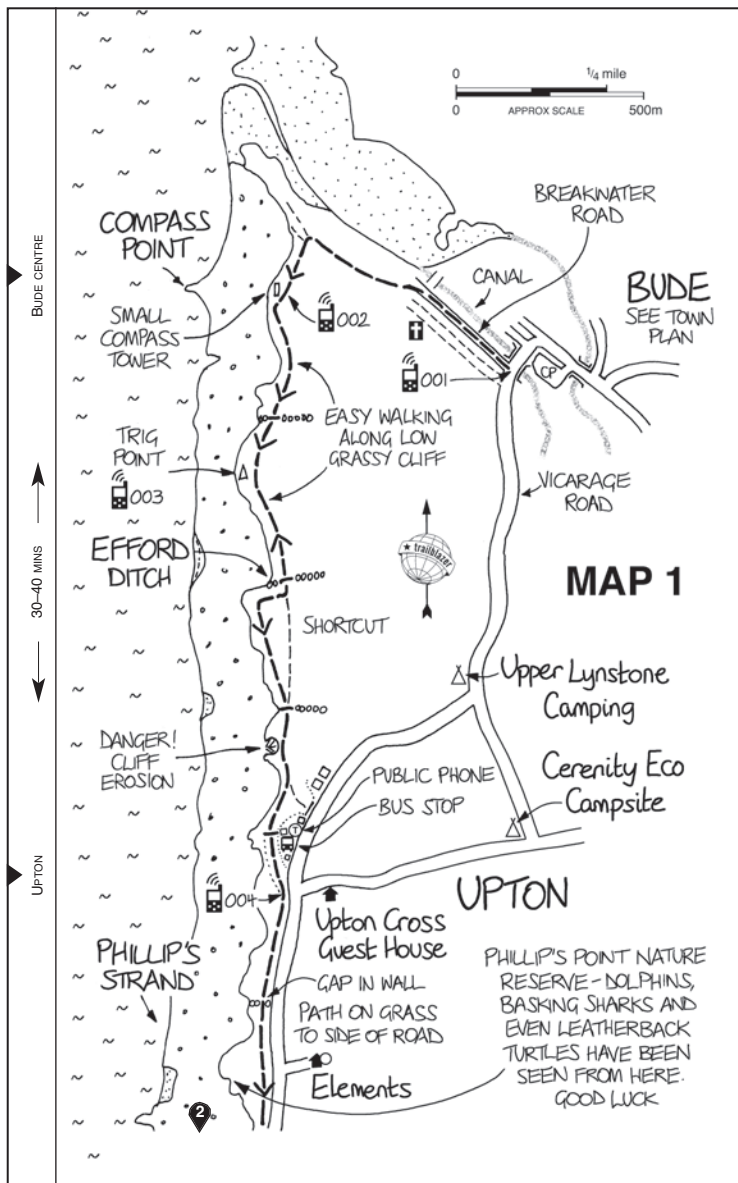
Advertised on a sign beside the road *Upton Cross Guest House* (☎ 01288-355310, 📧 uptoncrossbandb.co.uk; 3D or T/1Tr; ☂; wi-fi; 🐾; from £35pp, £50 sgl occ) is a lovely B&B. The owner will run

guests into Bude for an evening meal and is used to walkers.

Up on a hill a quarter of a mile further on but reached from the cliff path is *Elements* (☎ 01288-352386, 📧 elements-life.co.uk; 1S/8D/2F; wi-fi; £40-80pp, sgl £55-65), a boutique hotel with well-equipped rooms and restaurant, which makes a great place to stop for lunch or a coffee. They have a small sauna and gym, and the **restaurant-café** (daily 10am-9.30pm) is very good.

📌 Important note – walking times

Unless otherwise specified, **all times in this book refer only to the time spent walking**. You will need to add 20-30% to allow for rests, photography, checking the map, drinking water etc. When planning the day’s hike count on 5-7 hours’ actual walking.



Where to stay

Campers should head for **Headland Caravan and Camping Park** (☎ 01840-770239, 📧 headlandcaravanpark.co.uk; Easter/Apr-Oct; WI-FI; laundry); they charge £6.50-7.50 per walker. Annoyingly, the showers are on those 20p timers that all campers hate.

Those intending to stay at **YHA Tintagel** (Map 11; ☎ 01840-770334 or ☎ 0845-371 9145, 📧 tintagel@yha.org.uk; Apr-Oct; 22 beds, from £15pp; self-catering only) will need to keep going past Tintagel for 30 minutes to Dunderhole Point. In a fantastic position perched right on the cliff top, the building was once the manager's office for the quarry workings on the cliffs. There are four bunk-bed dormitories, with communal bathroom facilities, plus one twin room in an annexe with a sink but no private bathroom.

For **B&B** accommodation, if money is tight you could do far worse than stay at **Castle View** (☎ 01840-770421, 📧 castleviewbandb@aol.com; 1S/1D/1T, shared bathroom; ☹; £22.50-25pp, sgl occ £25-30); it may not be as chic as some of the others on offer in the village but the view is great, the service friendly and it's close to the path.

At the right-angle bend in the road, **Pendrin Guest House** (☎ 01840-770560, 📧 pendrintintagel.co.uk; 2S/6D/1T; WI-FI; from £41pp, sgl from £45) accepts credit/debit cards. Practically next door is the more modern **Bosayne Guest House** (☎ 01840-770514, 📧 bosayne.co.uk; 3S/3D/1T/1F; ☹; WI-FI; from £35pp, sgl £40). Both places welcome walkers and cyclists.

Trevenna Lodge (☎ 01840-770264, 📧 trevennalodge.com; 3D/1F; ☹; WI-FI; £39.50-44.50pp, sgl occ from £70) is a well-run establishment that likes to source local ingredients for the tempting breakfast menu. Nearby is **The Avalon** (☎ 01840-770116, 📧 theavalonhotel.co.uk; 7D; WI-FI; £47-58pp, sgl occ from £69). Some rooms have hand-crafted gothic beds. Walkers are welcome and they also provide luggage transfer.

A couple of the town's nice old pubs have rooms too. In the heart of things, **King**

Arthur's Arms (☎ 01840-770628, 📧 kingarthursarms.co.uk; 5 flexible rooms; WI-FI; from £33pp) has decent rooms but it can get a bit hectic downstairs. On Fore St, **Ye Olde Malthouse** (☎ 01840-770461, 📧 malt-housetintagel.com; 1S/4D/1T/1Tr; ☹; WI-FI; 🍷; £40-62.50pp, sgl from £60) boasts rooms befitting a building steeped in such character. Another pub on the same strip is **The Cornishman Inn** (☎ 01840-770238, 📧 cornishmaninn.com; 1S/4D/3T/3F; WI-FI; £40-50pp, sgl from £60).

The Wootons Inn (☎ 01840-770170, 📧 facebook.com/TheWootonsInn; 5D/3T/2F; ☹; WI-FI; 🍷) is a pub with rooms that was being given a full refurb at the time of research. Room rates prior to the refurbishment were £50-55pp.

Amongst the several hotels in town is **The Tintagel Arms Hotel** (☎ 01840-770780, 📧 thetintagelarmshotel.co.uk; 5D/1T; ☹; WI-FI; 🍷; from £27.50pp, sgl occ from £45), on Fore St, provides pleasantly refurbished rooms, some with four-poster beds, and a small heated outdoor swimming pool.

The enormous **Camelot Castle Hotel** (☎ 01840-770202, 📧 camelotcastle.com; approx 50 rooms, various sizes; ☹; WI-FI; 🍷; £45-175pp) is impossible to miss and although it's more suitable for tour groups, the prices for the cheapest rooms aren't extortionate.

Where to eat and drink

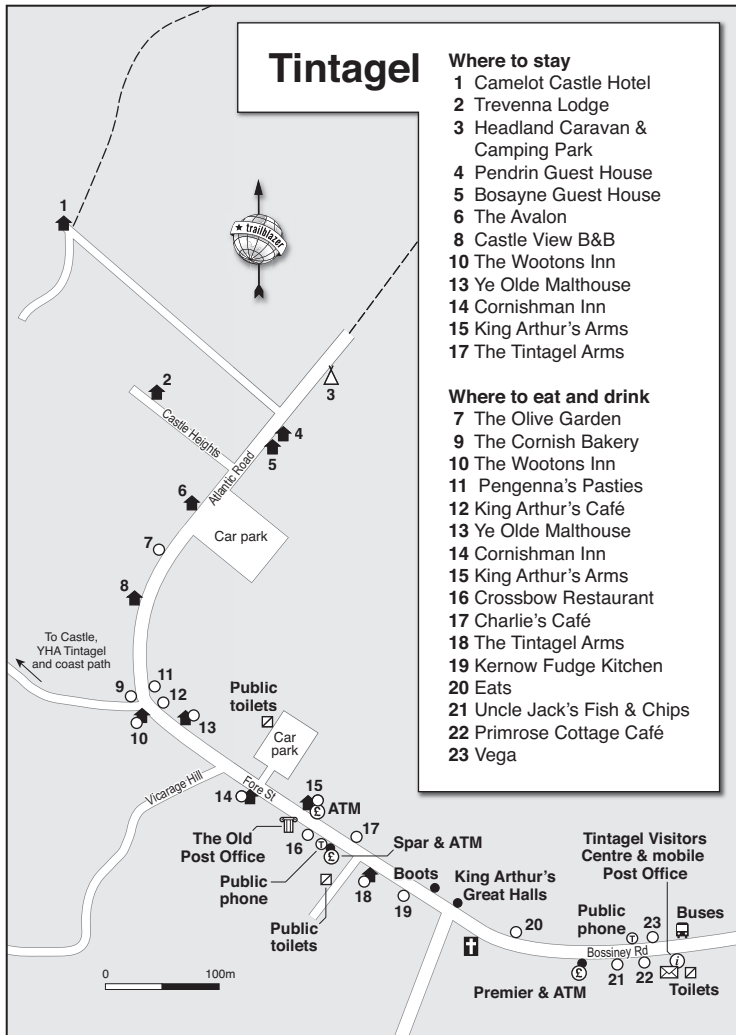
Tintagel is full of pubs and cafés, pretty much all of which offer free WI-FI for customers.

One of the first places you'll come to is **The Cornish Bakery** (📧 thecornishbakery.com; daily 8am-6pm); bustling and busy. Fear not if there's a queue. It's a chain you'll come across again on the CCP; just wander along Fore St and Bossiney Rd and take your pick of the others.

On Fore St, you'll find the cute **Charlie's Café** (daily 10am-5pm) with breakfasts (£5-7), sandwiches (£3-6) and cream teas, plus a decent wine list; and **King Arthur's Café** (daily 10am-5pm): down-to-earth, with full-English breakfasts and the like, but also good coffee.

Next door is *Pengenna's Pasties* (daily 10am-5pm), a regional chain that crops up all along the coast; produce is prepared and cooked on the premises. The pasties are best bought freshly made so get there early. There is some outdoor seating

in a back garden. Hunger allowing it's worth continuing to Bossiney Rd where you will find *Primrose Cottage Café* (summer daily 8.30am-6.30pm, winter closed) serving the omnipresent cream teas, as well as lunches, but also *Eats* (☎ 01840-770244;



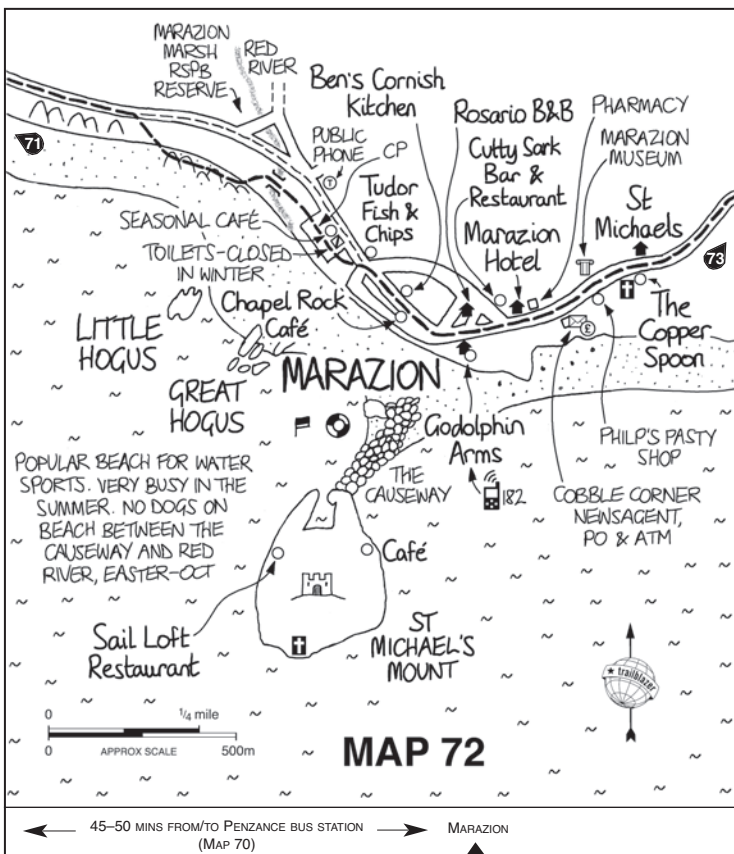
MARAZION [MAPS 72 & 73]

The name derives from the Cornish *marghas byhgan* or 'small market' from the days when the village held two markets, the *marghas byhgan* and the *marghas yow* or 'Thursday market'. Over time these have become Marazion and Market Jew, the latter now the name of the main street in Penzance.

The iconic island of **St Michael's Mount** (see box p210) attracts huge numbers of visitors every year. The village itself is quaint and has much to satisfy the curious wanderer. The little **Marazion**

Museum (Easter-Oct 10am-4pm; £1), inside the Town Hall building, was once the jail and a typical cell has been reconstructed. Of interest to nature lovers is the **RSPB Nature Reserve** (☎ 01736-711682; open 24hrs; free, but donations welcome) on Marazion Marsh, which has Cornwall's largest reed bed.

Cobble Corner Newsagents and **shop** (daily 7am-6.30pm) houses the **post office** (Mon-Fri 9am-5.30pm, Sat 9am-12.30pm) and has a free **cash machine** inside. Nearby, there's a **pharmacy** (Mon-Fri



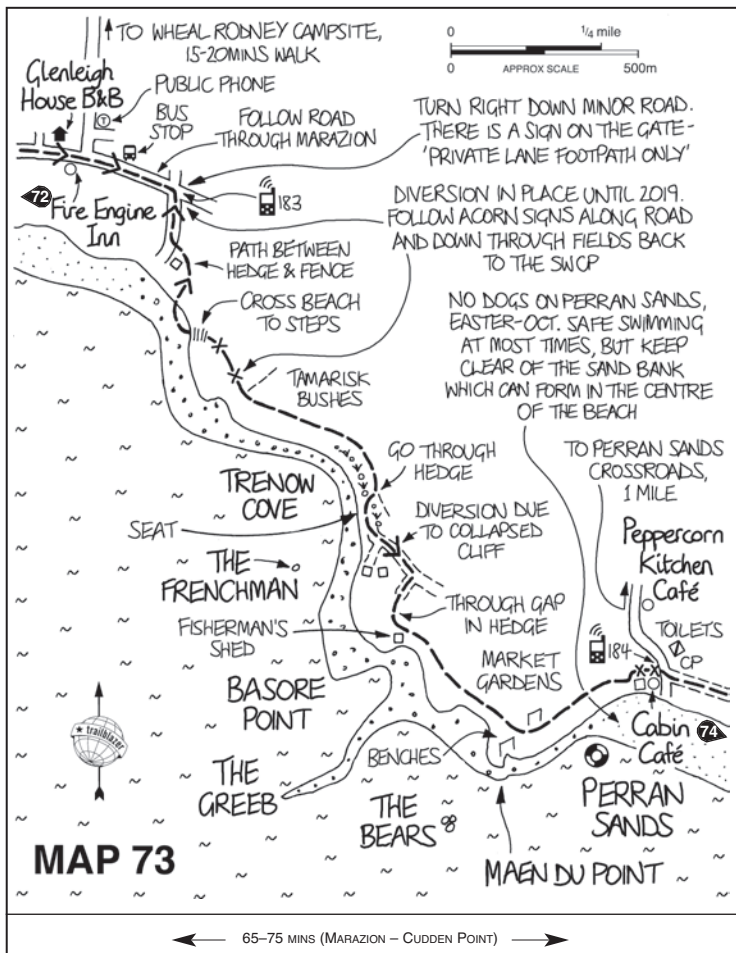
9am-1pm & 2-5.30pm, Sat 9am-noon), as well as **Philp's Pasty Shop** (Mon-Sat 9am-4pm, Sun 10am-4pm). Pasty fans will remember Philp's from Hayle; they're one of the best.

Where to stay

The nearest place to camp is **Wheal Rodney Holiday Park** (off Map 73; ☎ 01736-

710605, ☒ whealrodney.co.uk; tent & 2 people £15-23; Easter-Oct), a 15-minute walk inland from the path. They have a **shop** (daily 9am-7.30pm) and an indoor pool on what is a nicely appointed site.

There are several options if you want to stay in Marazion. **Rosario B&B** (☎ 01736-711998, ☒ rosario-marazion.co.uk; 1S/2D/1T; 🐾; WI-FI; £45-50pp, sgl occ rate



Rest (☎ 01503-272259; Easter to Nov 10am-5.30pm), with patio seating and great sea views. Curiously, Talland Bay was dubbed the Playground of Plymouth in the 19th century owing to its popularity with daytripping Victorian city-dwellers.

A further jaunt out to the point brings you the first glimpses of **St George's Island** (aka **Looe Island**) which you can actually walk to a couple of times a year when the tide is particularly low. According to local legend, Jesus of Nazareth visited Looe Island with Joseph of Arimathea in order to buy tin – though presumably he didn't need to wait for the tide in order to walk out. Soon after you spy the island the town itself comes into view, and is eventually reached after a steady but longwinded stroll through fields and the suburb of **Hannafore**.

LOOE

Looe is a medium-sized Cornish coastal town divided – East Looe and West Looe – by the river of the same name and united by an old stone Victorian bridge. It was mentioned in the *Domesday Book* and enjoyed brief prosperity in the 14th century as a boatbuilding town and commercial port, but only really grew in the 19th century with the Victorians' insatiable appetite for seaside holidays. Nevertheless, Looe still has a fishing industry and is known as a national centre for shark angling.

The town, like many in the county, pretty much falls asleep in winter, though it's renowned for its New Year celebrations when many of the local residents don fancy dress to party in the streets.

As with many of these Cornish coastal towns, there are few official attractions as such though the **Old Guildhall**, right in the heart of East Looe, is one of the oldest buildings here (it was constructed around 1450) and now houses the **Museum** (Sun-Fri 11am-4pm, Sat 11am-1.30pm; £2), providing a quick run-through of this historic port's lengthy past.

Services

The **tourist information centre** (☎ 01503-262072, ☐ looeguide.co.uk; Easter-Sep Mon-Sat 10am-3pm, Oct to 2pm, winter unstaffed but open mornings for leaflets) is in the heart of East Looe, just off the main Fore St. As well as being very helpful and friendly they also provide **internet** (£1.50/30mins) – which is slightly cheaper than at the **library** (Map 122; ☎ 0300-123 4111, ☐ cornwall.gov.uk/library; Tue 9.30am-6.30pm, Wed & Thur 9.30am-5pm,

Fri 9.30am-1.30pm, Sat 10am-1pm; wi-fi; internet £1.80/30mins), across the water at Millpool in West Looe.

Services on East Looe's Fore St include Boots **pharmacy** (Mon-Sat 9am-5.30pm), a Co-op **supermarket** (Mon-Sat 8am-8pm, Sun 9am-6pm), and more than one **ATM**. For **camping** gear, there's a **Mountain Warehouse** (Mon-Sat 9am-5pm, Sun 10am-5pm) on Fore St.

Where to stay

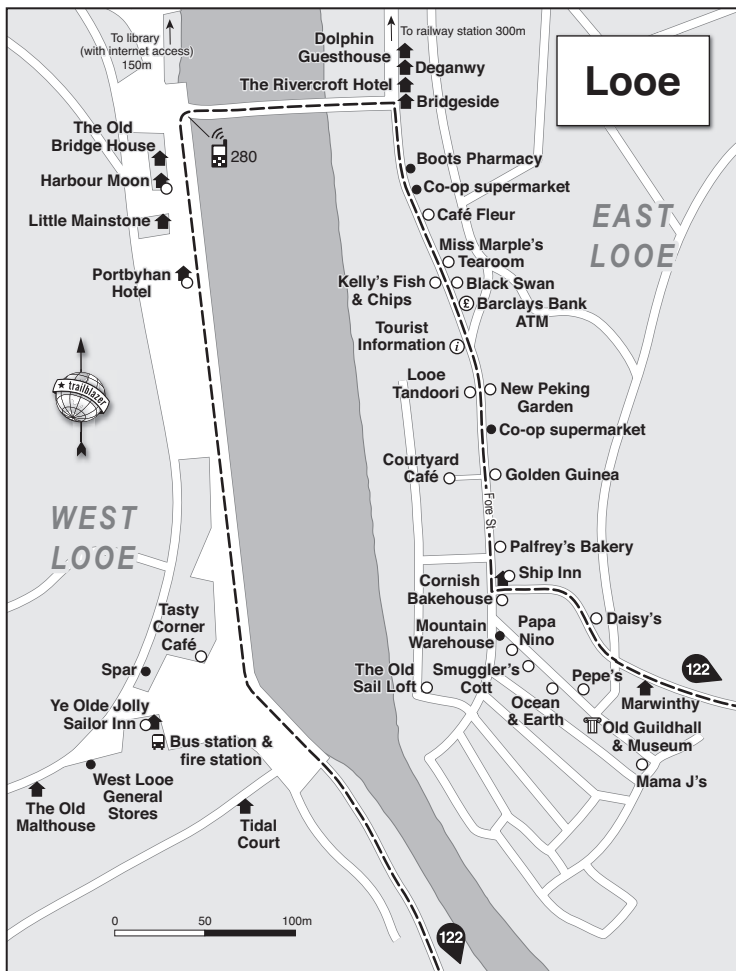
The nearest **campsite** to Looe is **Bay View Farm** (Map 122; ☎ 01503-265922, ☐ looebaycaravans.co.uk; 2 people & tent £17-26; 🐾) which overlooks Looe Bay and St George's Island from a peaceful perch right by the coast path. As well as normal tent pitches they also rent out wooden 'camping snugs' (sleep 2-4) for £35-50.

In central Looe, there's accommodation on both sides of the river.

West Looe There are a few **B&B** options near the bus station. Two of the better ones are **Tidal Court** (☎ 01503-263695; 2S/1T/3D/4Tr; ☪; wi-fi; £25-30pp, sgl £35-45pp), at 3 Church St, and **The Old Malthouse** (☎ 01503-264976, ☐ oldmalthouselooe.com; 3D; wi-fi; from £65pp, sgl occ £110) on West Looe Hill.

Nearby, and one of several places that claim to be the oldest pub in Looe, **Ye Olde Jolly Sailor Inn** (☎ 01503-263387, ☐ jollysailorlooe.co.uk; 3D/2T; ☪; wi-fi; £25-40pp), built in 1516, has low-beamed ceilings and bags of character.

Nearer to the bridge – and thus with great river views – are **Little Mainstone**

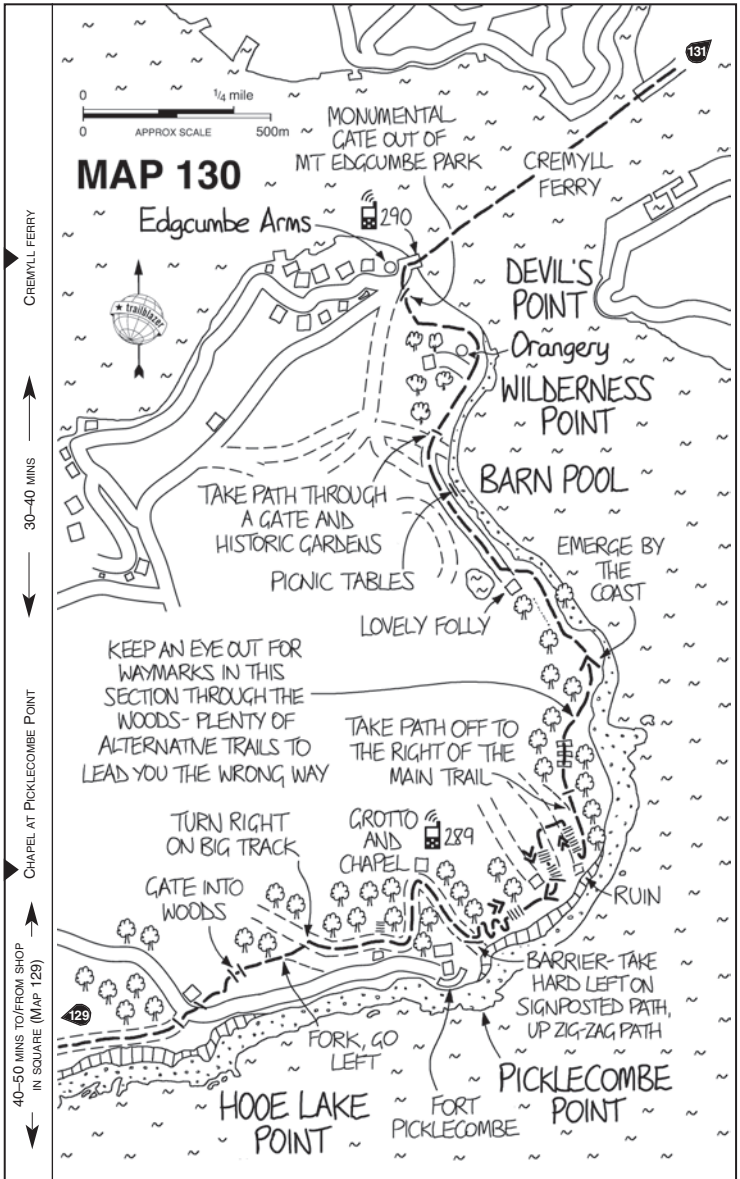


(☎ 01503-262983, 📧 littlemainstone-looe.com; 1T/4D; £29-31pp; Jan-Nov) and *The Old Bridge House* (☎ 01503-263159, 📧 theoldbridgehousehotel.co.uk; 2S/5D/2T; wi-fi; £40.50-67pp, sgl £48-59), who prefer two-night minimum stays in summer.

Next to those two is *Harbour Moon* (☎ 01503-265600, 📧 info@theharbour

moon.co.uk; 1S/3D/1T; 📶; wi-fi; from £30pp, sgl from £50), a very friendly bar and bistro with rooms.

A **hotel** worth considering is the modern *Portbyhan Hotel* (☎ 01503-262071, 📧 portbyhan.com; 4S/18D/12T/10F; 📶; £35-110pp) which charges more for rooms with a riverside view.



APPENDIX C: TAKING A DOG ALONG THE PATH

The South-West Coast Path is a dog-friendly path and many are the rewards that await those prepared to make the extra effort required to bring their best friend along the trail. However, you shouldn't underestimate the amount of work involved in bringing your pooch to the path. Indeed, just about every decision you make will be influenced by the fact that you've got a dog: how you plan to travel to the start of the trail, where you're going to stay, how far you're going to walk each day, where you're going to rest and where you're going to eat in the evening etc etc.

The decision-making begins well before you've set foot on the trail. For starters, you have to ask – and be honest with – yourself: can your dog really cope with walking 10+ miles (16+km) a day, day after day, week after week? And just as importantly, will he or she actually enjoy it?

If you think the answer is yes to both, you need to start preparing accordingly. For one thing, extra thought also needs to go into your itinerary. The best starting point is to study the Village & Town Facilities table on pp36-9 (and the advice below), and plan where to stop, where to eat, where to buy food for your mutt.

Looking after your dog

To begin with, you need to make sure that your own dog is fully **inoculated** against the usual doggy illnesses, and also up to date with regard to **worm pills** (eg Drontal) and **flea preventatives** such as Frontline – they are, after all, following in the pawprints of many a dog before them, some of whom may well have left fleas or other parasites on the trail that now lie in wait for their next meal to arrive. **Pet insurance** is also a very good idea; if you've already got insurance, do check that it will cover a trip such as this.

On the subject of looking after your dog's health, perhaps the most important implement you can take with you is the **plastic tick remover**, available from vets for a couple of quid. Ticks are a real problem on the SWCP, as they hide in the long grass waiting for unsuspecting victims to trot past. These removers, while fiddly, help you to remove the tick safely (ie without leaving its head behind buried under the dog's skin).

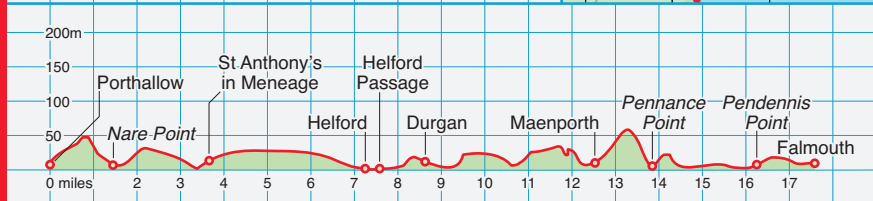
Being in unfamiliar territory also makes it more likely that you and your dog could become separated. All dogs now have to be **microchipped**, but make sure your dog also has a **tag with your contact details on it** (a mobile phone number would be best if you are carrying one with you).

Dogs on beaches

There is no general rule regarding whether dogs are allowed on beaches or not. Some of the beaches on the SWCP are open to dogs all year; some allow them on the beach only outside the summer season (Easter or 1 May to 30 September); while a few beaches don't allow dogs at all. (Guide dogs, by the way, are usually excluded from any bans.) If in doubt, look for the noticeboards that tell you the exact rules. A useful website for further details is cornwall-beaches.co.uk/dog-friendly. Where dogs are banned from a beach there will usually be an alternative path that you can take that avoids the sands. If there isn't an alternative, and you have no choice but to cross the beach even though dogs are officially banned, you are permitted to do so as long as you cross the beach as speedily as possible, follow the line of the path (which is usually well above the high-water mark) and keep your dog tightly under control.

Whatever the rules of access are for the beach, remember that your dog shouldn't disturb other beach-users – and you must always **clean up after your dog**.

Finally, remember that you need to bring drinking water with you on the beach as dogs can over-heat with the lack of shade.



Maps 94-96, Porthallow to Helford

7¼ miles/11.75km – 1¾-2¼hrs

Maps 96 & 96a-d, Helford to Helford Passage

10 miles/16km – 3-4hrs

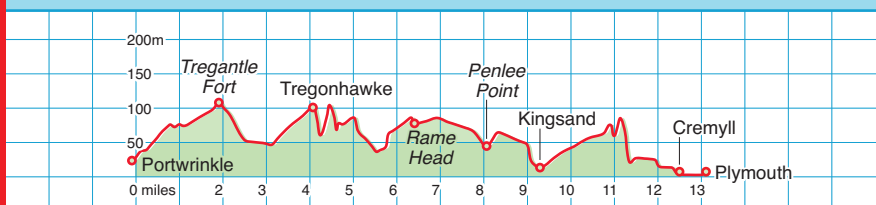
Maps 97-100, Helford Passage

to Falmouth

10 miles/16km – 2-2¾hrs

NOTE: Add 20-30% to these times to allow for stops





Bude **Maps 125-130, Portwrinkle to Plymouth**
13¼ miles/21.25km – 4¼-5¾hrs

NOTE: Add 20-30% to these times to allow for stops

Portwrinkle **Plymouth**

Cornwall Coast Path

SOUTH-WEST COAST PATH – PART 2

(12 = MAP NUMBER – SEE KEY OVERLEAF FOR PAGE NUMBER)

See 'Exmoor & North Devon Coast Path SWCP-1' guidebook

48x-55x
START

Bude
Upton

Widemouth Bay 2
Millook 3
Crackington Haven 4
Dizzard 5
Bossiney 10
Tintagel 11
Port Isaac 12
Polzeath 13
Port Gaverne 14
Wadebridge 15
Bodmin 16
Lostwithiel 17
St Blazey 18
Fowey 19
Polperro 20

Callington 122
Torpoint 123
Looe 124
Polperro 125
126
127
128
129

FINISH
Plymouth



See 'Dorset & South Devon Coast Path SWCP-3' guidebook



ENGLISH CHANNEL



Ferry to the Isles of Scilly



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* also includes the route across the North Devon border: Hartland Quay to Bude.

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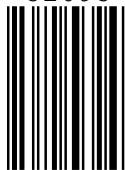
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