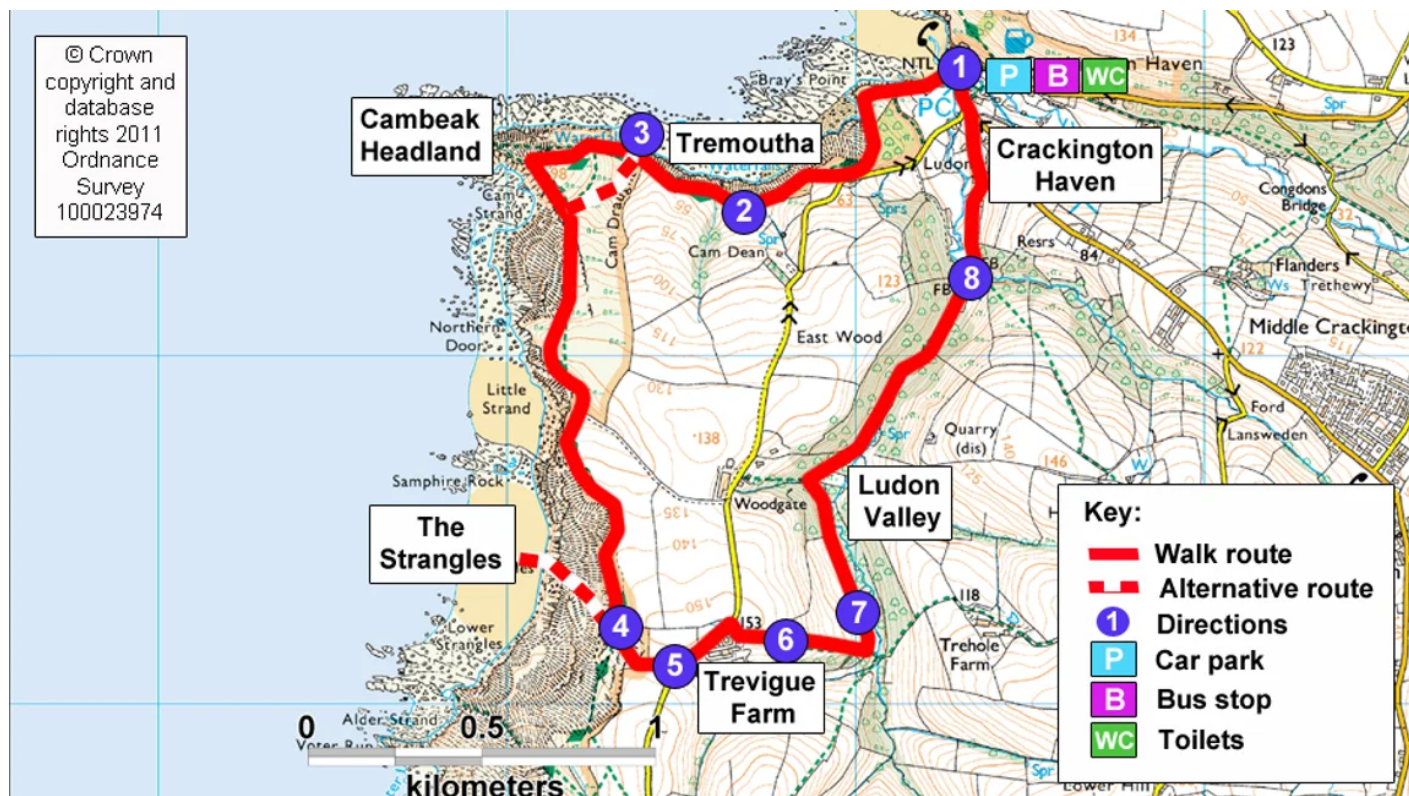


CORNWALL

Crackington cracker walk

Explore a scenic stretch of North Cornwall's coastline on a walk leading you from Crackington Haven's sandy beach to memorable vistas of Cambeak Headland and the cliffs beyond, before returning via the sheltered woodlands of Ludon Valley. Intriguing rock formations and varied wildlife are just some of the highlights you'll discover on the way.



Information

Address: Crackington Haven, Bude, Cornwall, EX23

OS map: Landranger 190; Explorer 111

Activity: Walking

Moderate: Route includes some slopes, steps, stiles and unfenced clifftop. For further details, please see Terrain section.

Dog friendly: Dogs are welcome.

Full trail: Miles: 3 (km: 4.8)

Duration: 2 hours

Terrain

Paths are mostly uneven natural surfaces and walking may be strenuous in places. Route includes some slopes, steps, stiles and unfenced clifftop. Optional extension of 0.5 mile to Strangles Beach, which is remote and can have dangerous currents. Allow plenty of time around low tide.

Total steps: 8

Start point: Crackington Haven car park, grid ref SX143968

1. From the car park in Crackington Haven (not National Trust), cross the road bridge and follow the South West Coast Path south (clearly marked with an acorn symbol).
2. The path climbs to cliffs above Tremoutha before descending into a series of small, hanging valleys, with footbridges crossing the streams.
3. Just below Cambeak Headland there is an option to cut up a permissive path through a spur valley to your left, rejoining the main coastal trail a short way further on. The coast path itself climbs a steep slope to Cambeak Headland where there are far-reaching views. Continue on the coast path with the vast under-cliff and bays of Little Strand beach and Strangles beach below you.
4. Optional route: When you reach a sign pointing to Strangles car park (200m inland), there is a path to your right to Strangles beach. This route is steep in places, with steps and a rocky descent, but it rewards you with golden sands, intriguing rock formations, smooth striped pebbles and interesting flotsam and jetsam.
5. Follow the path off the coast path and inland to a minor road, then bear left, skirting around the north side of Trevigue Farm to a pond on the left.
6. Walk towards the white cottage on the right and go through the gate set in a stone wall to the left of the white cottage. Descend into the Ludon Valley across open fields.
7. Turn left at the valley bottom and head north alongside a stream towards Crackington. Stay on the path as it enters woodland, keeping the water to your right.
8. Cross two footbridges at the far edge of the woodland before following a quiet residential track back to the car park.

End point: Crackington Haven car park, grid ref SX143968