

CORNWALL

Carnewas at Bedruthan coast walk

A moderate walk along a remarkable stretch of the north Cornwall coast. Along the way, you'll take in views of the dramatic cliffs overlooking Bedruthan Steps and the sheltered Porth Mear cove.



Information

Address: Carnewas, near Bedruthan, St Eval, Wadebridge, Cornwall PL27 7UW

OS map: MapExplorer 106; Landranger 200

Activity: Walking

Moderate: Moderate terrain along natural, uneven surfaces. For further details, see section marked Terrain.

Dog friendly: Please keep dogs on lead as there is livestock in surroundings fields. Dog bins located at Carnewas and Park Head car parks.

Full trail: Miles: 4.5 (km: 7.2)

Access: Challenging

Duration: 1 hour 30 mins

Terrain

Following coast and farmland footpaths. Moderate terrain along natural, uneven surfaces. Route includes slopes, steps and unfenced cliff top. Sturdy footwear is advised. Be aware of dangerous tides at both Bedruthan and Porth Mear beaches.

Total steps: 10

Start point: Carnewas car park, Bedruthan, grid ref: SW850690

1. From Carnewas car park, follow the path which runs from the information board, turning right towards the coast path, and continue down the stone steps. Alternatively, start with a short detour along the path straight ahead and through the gorse, for dramatic views along the coastline in both directions before heading to the right and joining the path down the steps.
2. At the bottom of the steps you'll find a viewing area overlooking the beach. Please note the beach stairs are closed due to a cliff fall and there is currently no access to Bedruthan beach. Continue up the stone steps to re-join the coast path, with views of the beach and stacks to the left.
3. Continue along the coast path, past the earthworks of Redcliff Castle towards Park Head, eventually walking through a tamarisk hedge. Go through a kissing gate and then continue straight on, with the hedge on the right.
4. Keep following the path until it forks after a bench. Choose either a slightly lengthier and sturdier scenic walk to the left by the cliff edge taking in the headland, Bronze Age barrows and another cliff castle. Alternatively, for a shorter route cut across fields on the grassy path to the right.
5. On arrival at Porth Mear, with a view of Trevevor Head and the lighthouse, descend the path and then go through a kissing gate. To access the beach cross the footbridge.
6. Re-join the path and continue heading inland along the valley (if not spending time on the beach turn right to join the path following the valley). Take in the sound of the stream to the left whilst noticing the increased amount of shelter and milder air that the valley enjoys.
7. Go through another kissing gate and continue diagonally across two grazing fields towards a gate with a stone stile next to it, which sits to the left of two National Trust holiday cottages.

8. Go through the gate and follow the tarmacked lane straight ahead of you towards the Park Head car park. As you reach the car park turn right, through a kissing gate, and follow the right hand edge of the fields through two more gates. Note: If starting your walk from Park Head you'll begin by going through the kissing gate at the far end of the car park and following the right hand edge of the fields through two more gates.
 9. Turn immediately left after the second gate, and follow the path along the left hand side of two fields until you reach a further kissing gate.
 10. Go through the gate, back onto the path you took from Carnewas, with a view of Diggery's Island. Turn left to return back along the coast path to Carnewas.
- End point: Carnewas car park, Bedruthan, grid ref: SW850690
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