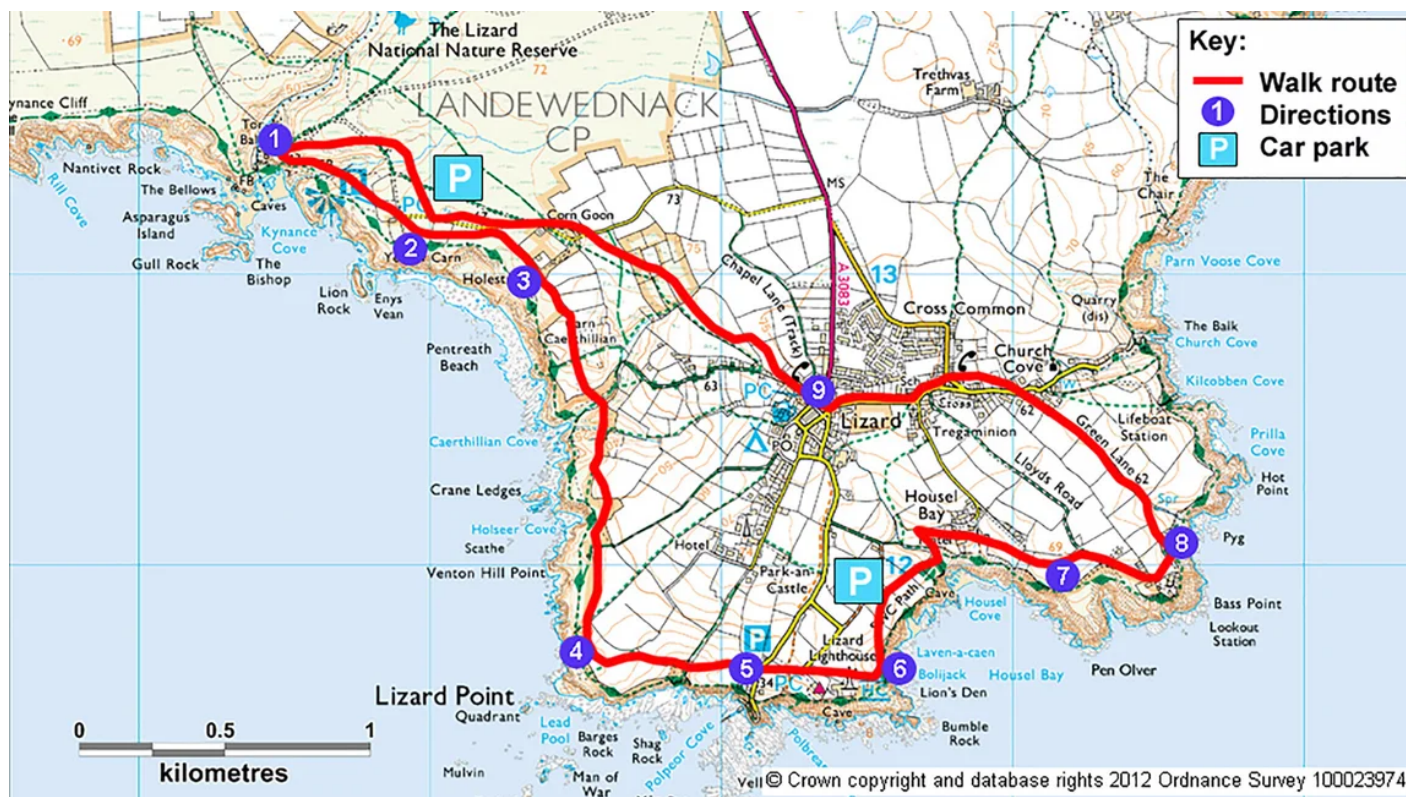


CORNWALL

The Lizard coastal walk

This trail around the Lizard Peninsula, the most southerly tip of mainland Britain, takes in dramatic cliff scenery, rare wildflowers and an interesting coastal history.



Information

Address: National Trust Car Park, Kynance Cove, Helston, TR12 7PJ

OS map: Landranger 203

Activity: Walking

Challenging: Some slopes and steps. For further details, please see Terrain section.

Dog friendly: A seasonal council-enforced dog ban on some beaches, including Kynance Cove, 10am - 6pm throughout July & August.

Full trail: Miles: 7 (km: 11.2)

Access: Challenging

Duration: 3 hours

Terrain

The trail is along sandy beaches and stony cliff top paths. Some slopes and steps. Height gain of over 700ft (220m).

Total steps: 9

Start point: Kynance Cove, grid ref: SW703125

1. Set out from Kynance Cove, heading towards Lizard Point. Take the steps out of the cove at the east end of the beach.
2. Walk up the hill from the beach and through the car park where you can rejoin the coast path.
3. Follow the cliff path, passing above Pentreath beach. Continue along the coast path taking in some of the coastal views along the route.
4. Look down towards the disused Victorian lifeboat station at Polpeor Cove.
5. Continue on to Lizard Lighthouse, which is just round the headland from Lizard Point.
6. Continue on to Lions Den, a 39ft (12m) hole in the cliff created when a cave collapsed one night in the mid-1800s.
7. Follow the trail to Pen Olver. With its stunning views it's the perfect spot for a picnic.
8. From Bass Point Old Signal Station, head left inland to Lizard village.
9. Pass the village green taking a path back towards Kynance Cove.

End point: Kynance Cove, grid ref: SW703125