

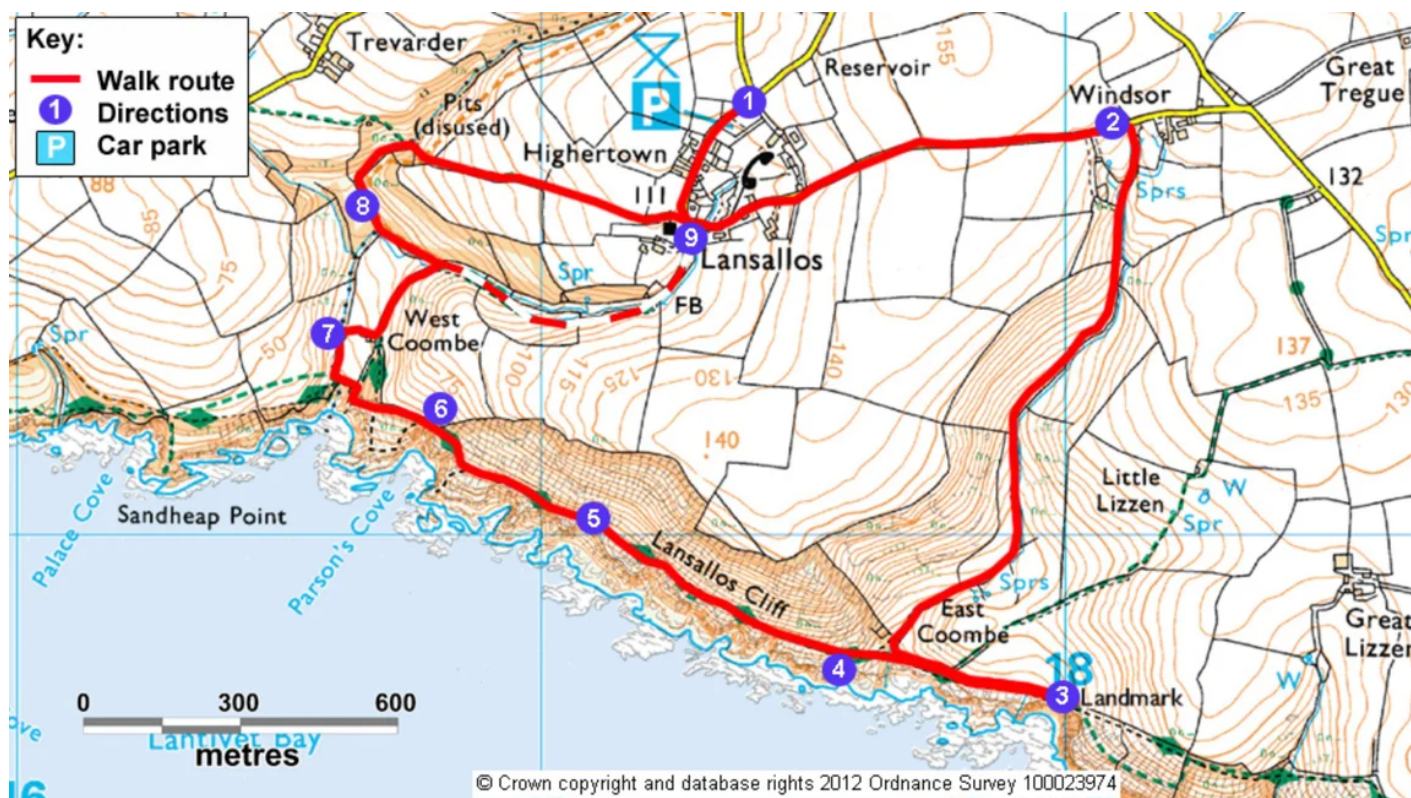
CORNWALL

Lansallos coastal and woodland walk

This trail offers the chance to explore a stretch of coastline with secluded coves and beaches. Heading slightly inland the soft, rolling hills separate the coast from farmland and the sunken lane at Lansallos Cove. Visitors can discover the smugglers' track that conjures up images of smugglers and wreckers hauling carts laden with contraband.

! Safety notice

Beware of incoming tides and dangerous currents if on the beach. Cliffs are dangerous and children should be supervised.



Information

Address: Lansallos, Cornwall, PL13.

OS map: Landranger 201, Explorer 107

Activity: Walking

Moderate: Narrow paths that can be muddy after wet weather, uneven and steep slopes, steps and stiles. For further details, please see section marked Terrain.

Dog friendly

Full trail: Miles: 3.8 (km: 6.08)

Access: Challenging

Duration: 1 hour 50 mins - 2 hours

Terrain

The South West Coast Path and woodland walk contain stiles and narrow paths that can be muddy after wet weather. Steps and steep slopes from Lansallos to East Coombe. Wide, gravel path, uneven and steep slopes in places on optional section towards Lansallos village. Access to cove along narrow and uneven path.

Total steps: 9

Start point: Lansallos car park, grid ref: SX173517

1. Leave the car park and turn left down the hill. Pass the church and follow the road round to the left, continuing for 0.5 miles (0.75km).
2. Go through the wooden gate on the right marked 'To the coast path (East Coombe)'. After a short flight of steps, the path bears left until you reach the stream. Turn right and follow the streamside path downhill.
3. The path joins the coast path at the bottom of the valley. You can take a short 0.5 miles (0.75km) detour turning left, over the wooden bridge, to the small white daymark, now replaced by a modern buoy marking the submerged Udder Rock.
4. Return from the daymark and walk along the coast path marked Polruan.
5. Continue along the coast path for 0.75 miles (1.2km).
6. Follow the sign marked Polruan to reach Lansallos Cove.
7. From Lansallos Cove, take the path up the valley (West Coombe) and through a gate at the top. Cross the bridge and at the T-junction go left for 0.75 miles (1.2km) on the woodland walk (go to Step 8). Alternatively, go right for the gentle sunken lane for 0.75 miles (1.2km) avoiding tall stiles up to Lansallos village (go to Step 9).
8. Woodland walk: Follow the path through the woods and up the hill. At the T-junction turn right. Follow the path around the fields and over three distinctive Cornish stiles to the church.
9. At the church in Lansallos village, head up the hill towards the car park.

