

## CORNWALL

# Polruan to Polperro rollercoaster walk

A strenuous rollercoaster walk high above turquoise seas and white sandy beaches, through prime fishing and smuggling territory with a fine heritage of tales and legends. Most of the land on this walk is in our care, and our conservation work has encouraged an abundance of wildflowers and butterflies.

## ! Cliffs

Be aware of cliff edges and unstable cliffs – keep children supervised



## Information

Address: Polruan Quay, near Fowey, South East Cornwall

OS map: Explorer 107

Activity: Walking

Challenging: A coastal path with some steep ascents and descents. For further details, please see Terrain section.

Dog friendly: Dogs are welcome under close control as farm livestock may be present

Full trail: Miles: 6.8 (km: 10.88)

Access: Challenging

Duration: 3 hours 30 mins

## Terrain

Coast path, narrow and stony in places, with some steep ascent and descent including flights of steps.

## Total steps: 9

Start point: Polruan Quay, Fowey, PL23 1PA. Grid ref: SX125510

1. From Polruan Quay walk up the slope to turn right onto West Street and then left onto Battery Lane, passing the coastguard hut and then the lookout station to come out on the open ground at St Saviour's Point (also known as The Peak).
2. Having picked up the South West Coast Path, follow it as it forks left and walk east through the car park, bearing right down a signposted lane to the fields above the coast. From here, the coast path climbs above Blackbottle Rock, giving tremendous views over Great and Little Lantic Beaches to Pencarrow Head, and then descends to sweep around above Lantic Bay and rise once more to Pencarrow.
3. Staying with the coast path behind the 19th-century Watch House, carry on past the path to the Lantivet Bay car park.
4. From the bottom of the path to Frogmore Farm and Lantivet Bay car park, the coast path passes through Sandingway and continues above Palace Cove.
5. From Palace Cove, the coast path descends to Lansallos Cove.
6. Walking a short distance up the valley, turn right through the wicket gate and go through a field, crossing the stile beyond to carry on to East Coombe.
7. Ignoring the paths inland at East Coombe, carry on along the coast path to Raphael Cliff, from where a natural rock arch is visible on the shoreline, and on again to Chapel Cliff.

8. There are a number of small paths leading off in both directions between Chapel Cliff and Polperro. Stay on the coast path all the way into Polperro, heading inland through the village to catch the bus at Crumplehorn.
  9. Look around in this small fishing village and explore its lively atmosphere.
- End point: Polperro, grid ref: SX206509
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