

## CORNWALL

# Polruan coast and creek walk

Travelling high above Lantic Bay, with spectacular views over its wide beaches and clear turquoise waters to Gribbin Head, this energetic circular walk circles the mouth of the Fowey Estuary. It takes in some of Polruan's many historic features before looping around above the tranquil Pont Pill creek to the quay at Pont Pill, returning to the car park via Lanteglos Church.

## ! Cliff edges

Be aware of cliff edges and unstable cliffs. Keep children supervised at all times.



## Information

Address: Lantic Bay car park, Bodinnick Heights, Bodinnick, Lanteglos, Polruan, Cornwall PL23 1LX. Grid ref: SX149513

OS map: Explorer 107

Activity: Walking

Moderate: Rugged, and can be strenuous. Walk may be muddy, with steep ascents and descents, and steep flights of steps. For further details, please see Terrain section.

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

Full trail: Miles: 4.5 (km: 7.2)

Access: Challenging

Duration: 2 hours 30 mins

## Terrain

South West Coast Path, rugged in places, some steep ascents and descents. Woodland paths: may be muddy, and there are some steep flights of steps. Walk can be strenuous at times.

## Total steps: 8

Start point: Lantic Bay car park, Bodinnick Heights, Bodinnick, Lanteglos, Polruan, Cornwall PL23 1LX. Grid ref: SX149513

1. From the entrance to the Lantic Bay National Trust car park turn left on the lane and walk to the junction. Picking up the footpath through the field on the opposite side of the road at the top, follow it as it turns left and head towards the coast.
2. Turn right on the South West Coast Path and carry on along it as it rollercoasters high above Great Lantic Beach. A detour on the path downhill will take you to the beach: it is hard work, but well worth the effort.
3. The path reaches its highest point above Blackbottle Rock. Carry on to Polruan, turning left on St Saviour's Hill to pick up the footpath on your left and walk past the Coastwatch lookout and St Saviour's Chapel.
4. From the lookout follow South West Coast Path waymarkers and walk downhill to come out on Battery Lane. Follow this to the right, turning right on West Street and continuing along East Street.
5. Turn right up the steps signed to Hall Walk and then left on the path at the top, to walk through the woods above the river, ignoring the first path uphill to the right but staying high past the paths dropping to the river.
6. On the road turn left, following the sign to Pont and Bodinnick.
7. Coming to the sign to Lanteglos church, turn right towards the church, unless you want a detour downhill to Pont. Again, it is steep but is an interesting diversion. Follow the path to the church.

8. Turn left on the road beyond the church and return to the car park.

End point: Lantic Bay car park, Bodinnick Heights, Bodinnick, Lanteglos, Polruan, Cornwall  
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