

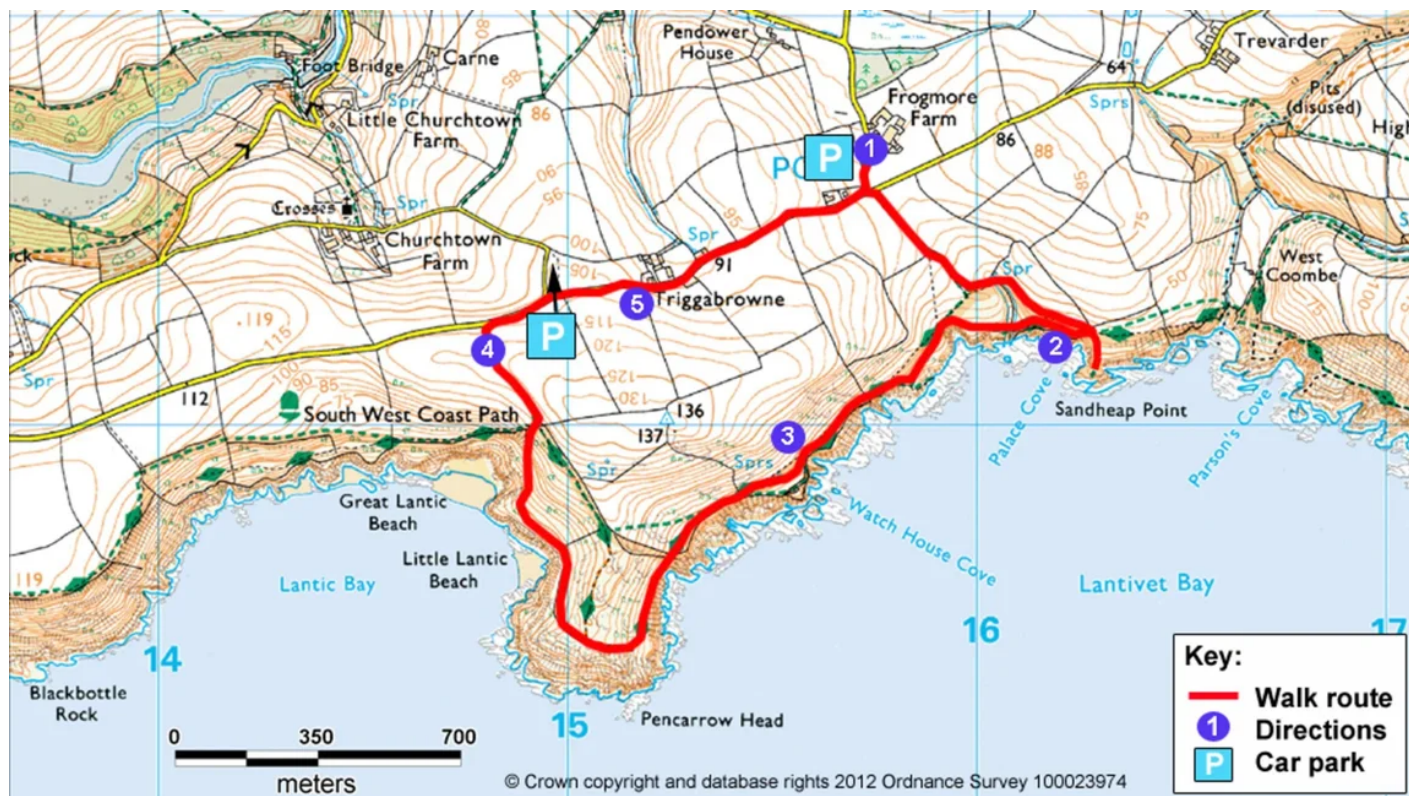
## CORNWALL

# Lantivet Bay circular walk

This walk takes in the beautiful bays of Lantivet and Lantic. Clamber over clifftops, spend some time on the beach and to discover a landscape with a rich fishing and smuggling heritage.

## ⚠ Dangerous cliffs

Be aware of cliff edges and unstable cliffs. Keep children and dogs supervised.



## Information

Address: Near Polruan, Cornwall

OS map: Explorer 107

Activity: Walking

Moderate: A coastal walk with some steep climbs and rocky pathways. For further details, please see Terrain section.

Dog friendly: Dogs are welcome all year round, but please keep under control due to livestock, and clean up after them.

Full trail: Miles: 2.8 (km: 4.48)

Access: Challenging

Duration: 2 hours

## Terrain

Some steep climbs, rocky outcrops and step-stiles.

Section walking along narrow road; can be muddy after wet weather. If on the beach, beware of incoming tides and dangerous currents.

## Total steps: 5

Start point: Lantivet Bay car park, grid ref: SX156518

1. Leave the National Trust car park, cross over the road and go through the gate marked 'Lantivet Bay'. Follow the path, cross a second road and go through the large gate opposite. At the end of this lane bear left and follow the path, crossing a stream and descending a slope to arrive on the cliffs above Palace Cove.
2. From Palace Cove, walk west along the coast path. Passing Lantivet beach below, where sand and seaweed was once taken by cart for use on Frogmore farm fields.
3. Continue west along the coast path above the Watch House to Pencarrow Head.
4. At this point you can either turn northwards up the spine of the headland, or continue along the coast path above Lantic Bay. If you decide not to explore the beach, follow the coast path to arrive at a fork in the path; turn inland and up to join the path across the fields to the road.
5. Turn right just before you reach the road, and follow the path until you reach Lantic car park. Then continue along the road with care. After passing Triggabrowne the road drops back down and round to Lantivet Bay car park.

End point: Lantivet Bay car park, grid ref: SX156518