

CORNWALL

Pentire headland walk

Enjoy a walk that takes in the spectacular Pentire Point and the Rumps. On a clear day, this section of the South West Coast Path offers views of Stepper Point to the south with Doyden and Tintagel Castle to the north. Keep your eyes peeled for grey seals and peregrine falcons often seen on this stretch of the North Cornwall coast.



Information

Address: Pentireglaze, New Polzeath, PL27 6QY

OS map: Explorer 106

Activity: Walking

Moderate: Follows mostly natural, grassy tracks and coastpaths. For further details, see section marked Terrain.

Dog friendly: Dogs are welcome but must be kept on a lead as the walk passes through grazing areas for sheep and cattle.

Full trail: Miles: 3.4 (km: 5.44)

Duration: 2 hours - 3 hours

Terrain

The route follows natural, grassy tracks and coastpaths which can be uneven in places. There are several sections that involve steps and the path can get muddy after heavy rain. Be aware of cliff edges and keep children and dogs supervised.

Total steps: 4

Start point: Pentireglaze car park, PL27 6QY

1. Exit the car park through the courtyard and turn right at the road. Head up the hill and at the junction turn left. Follow the farm road over the cattle grid (or through the gate) and continue on the road until you reach a right turn signed to Lead Mines. Follow this track a short distance until you reach the small car park. Leave via the path to the right of the pay and display machine. You will cross a small field and pick up the coast path through a wooden gate.
2. Turn left and follow the coast path for approx. 2 miles ignoring all signs and routes inland. You will follow the South West Coast Path around the entire headland and eventually find yourself at the beach at New Polzeath (Pentireglaze Haven).
3. As you reach the beach at Pentireglaze Haven (known locally as Baby Bay), the coast path runs just above the beach. Continue to follow the path, then turn left and take the track and then bridleway that leads inland. You will pass through several gates; please be mindful to close them after you as cattle and sheep graze on the fields here. The path follows the right hand edge of two farmed fields and then becomes a track between two hedgerows.
4. After half a mile you will reach a road junction with the option to take a footpath to your left (keeping you off the road). Follow the footpath down a gentle slope and across a footbridge. This brings you to the orchard opposite the main Pentire car park. Follow the path ahead that zig zags out of the orchard, cross the road and you'll be back at the car park and welcome facilities.

End point: Pentireglaze car park, PL27 6QY