

CORNWALL

Walk to Trevoze Head from the bus stop

Jutting out into the ocean, the headland at Trevoze offers far-reaching views and the chance to spot a variety of wildlife. This circular walk takes you from the bus stop at nearby Harlyn and along a trail to explore this spectacular coastal landscape.



Information

Address: Harlyn Bay, near Padstow, Cornwall, PL28 8PD

OS map: Explorer 106

Activity: Walking

Moderate: This trail includes uneven terrain and some slopes and steps. For further details, please see Terrain section.

Dog friendly: Dogs are welcome but must be kept under control. Please pay attention to signs on the headland, particularly between March and September when ground-nesting birds inhabit the area.

Full trail: Miles: 5.1 (km: 8.16)

Access: Challenging

Duration: 1 hour 45 mins

Terrain

The majority of this trail runs along the South West Coast Path, following coastal and farmland footpaths that are uneven in places and can become muddy during wet weather. The route includes slopes, steps and unfenced cliff edges. Sturdy footwear is advised.

Total steps: 9

Start point: Harlyn Bridge bus stop, Harlyn. Grid ref: SW 87909 75362

1. From the bus stop, follow the road towards the sea. After walking over the hump-backed bridge, join the South West Coast Path (SWCP) signposted to the right. This will take you onto the beach. Walk along the top of the beach, looking out for the signposted path that will lead you up to the cliff.
2. Follow the SWCP, keeping the beach on your right-hand side. You'll pass through three kissing gates before reaching a gap in the wall.
3. Turn right onto a narrow road, then rejoin the footpath through another kissing gate to the right of a private residence. Follow the path, passing the house on your left, then climb over the stile.
4. Continue along the SWCP as it winds around a small headland, keeping the sea to your right. There are some benches along this stretch where you can sit and enjoy the views. You'll eventually pass through another kissing gate and cross a track that leads to the beach from Mother Ivy's Bay campsite.
5. Stay on the SWCP, following a field corridor until you emerge at the end of an access road. Pick up the footpath again to the left of a white bungalow. This section passes along three field boundaries, before emerging on the track that leads to the Padstow Lifeboat Station (to the right).
6. Cross the track and pick up the SWCP again as it continues around the edge of the headland. You'll pass the Trevose Head Lighthouse (owned by Trinity House), before reaching a disused quarry and Dinas Head. Both of these are worth exploring.
7. Keep following the coast path – watch out for a huge hole just beyond the quarry. You'll soon see Constantine Bay ahead of you. When you come to a hedge just before some private residences, turn left and follow the footpath inland.
8. You'll pass a field that's used as a car park in summer (indicated by an information board to the right). Walk to the end of the track, cross the road and continue along the

footpath until it rejoins the SWCP on the Harlyn side of the headland.

9. You're now back on the section of SWCP that approaches the Padstow Lifeboat Station. Turn right (keeping the sea to your left) and retrace your steps back to Harlyn. End point: Harlyn Bridge bus stop, Harlyn. Grid ref: SW 87909 75362
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