



South West Coast Path
NATIONAL TRAIL

See, Hear and Taste some of England's best on the South West Coast Path

Discover **England's South West Coast Path**

The Wild West Coast



Sennen Cove



Porthcurno



USEFUL TRANSPORT LINKS

- Airports**
Bristol Airport bristolairport.co.uk
Exeter Airport exeter-airport.co.uk
Gatwick Airport gatwickairport.com
Heathrow Airport heathrow.com
Newquay Airport newquaycornwallairport.com
- Train Links**
GWR gwr.com
Cross Country Train crosscountrytrains.co.uk
South West Trains southwesttrains.co.uk
Eurostar eurostar.com
- Coach Travel**
National Express nationalexpress.com
- General**
Traveline travelinesw.com
- Ferries**
ferries.co.uk



Land's End



West Cornwall



Newlyn



- Ferry Terminals
- Airports
- Eurostar

Photo credits anticlockwise: ??????, ??????, Jim Tarbox, Jennifer Row and ??????. Cover photo David Chapman.

The walk of a lifetime

South West Coast Path Association

southwestcoastpath.org.uk

This itinerary is available as 3, 5 and 7 days.
To download the .pdf please visit
southwestcoastpath.org.uk/WildWestCoast

The Wild West Coast

West Cornwall:

Mounts Bay to St Ives

FIVE-DAY ITINERARY

Dip into Cornwall's most prominent arty hubs and stride along a rugged coastline that's home to World Heritage Mining sites and teeming with wildlife.

Day One

AM

Browse the seaside galleries of arty Marazion then castaway to the sea-bound St Michael's Mount. At low tide you can walk across the causeway in the footsteps of pilgrims and a legendary giant; at high tide, hop aboard a boat or amphicraft to the island fortress where you can hunt for the giant's stone heart, be spellbound by storytellers, stand in the firing line of bygone battles and explore subtropical gardens.

PM

Gaze out over Mounts Bay as you amble the easy two miles (3.2km) from Marazion to Penzance before a visit to the classic and contemporary galleries of this creative, bohemian town. Browse original Newlyn School art from the 1880s at Penlee House, then discover ambitious contemporary projects at Newlyn Art Gallery & The Exchange. Finish the day with a fish supper; choose from turbot, brill, pollock, ling, hake and haddock, freshly landed by neighbouring Newlyn's fishing fleet.

Day Two

AM

Drive, cycle, or take the bus (No. 6) along the coast road for three miles (4.8km) and enjoy a morning coffee in dinky Mousehole, dubbed the 'loveliest village in Cornwall' by Dylan Thomas. Stock up on artisan produce from the harbour-side deli, buy hand-crafted pewter jewellery (containing Cornish tin) and brush up on the legend of Tom Bawcock and the Mousehole Cat. But don't linger too long; drive another three miles on to Lamorna Cove and graze on your picnic during a 3.7 mile circular walk (6km) through the magical Monterey pines and Victorian market gardens of the Kemyel Crease Nature Reserve. [If you're travelling by bus, walk the three miles (4.8km) along the coast path from Mousehole to Lamorna Cove and then head inland to the mystical Merry Maidens stone circle. From here you can catch the No. 1/1A bus onto Porthcurno.]

PM

By car it's just over six miles (9.7km) from Lamorna to the white sands of Porthcurno, which scored a huge role in the BBC TV adaptation of Winston Graham's famous Poldark novels. At the Porthcurno Telegraph Museum you can step back in time to when this beach was at the forefront of global communications (the first undersea communication cables were laid between the UK and America from this very beach). Then take a cliff-side pew at the famous Minack Theatre for an alfresco performance, or just admire the sublime views, subtropical gardens and exhibition centre.

Day Three

AM

It's four miles (6.4km) or 20 minutes by bus (No. 1A) to Land's End, where you can pose for a souvenir picture on the westerly tip of England. If you don't care for the 'theme park' attractions that have cropped up at this popular landmark, backtrack one mile along the South West Coast Path (1.6km) to

the serene beauty of Nanjizal. With any luck you'll be the only soul here, staring out to the rock formation of the Diamond Horse and the sparkling waters slipping through the narrow 'Song of the Sea' rock arch.

PM

Carve out at least an afternoon to spend in Sennen Cove, an easy mile's walk along part of the South West Coast Path (or a two mile/3.2km drive from Land's End). Here you can take a surf lesson, visit the Lifeboat Station and dive into the local art scene at the Roundhouse and Capstan Gallery. A very short climb above the town takes you beyond the former coastguard lookout to the cliffs overlooking Gamper Bay and the wreck of RMS Mulheim. End the day with fish and chips on the beach or seafood in Sennen's swanky surfside restaurant.

Day Four

AM

Drive five miles (8km), or take the No. 7 community bus (or the No. 300 bus during summer) to the old mining town of St Just, to embark on a five-mile walking loop (8km) via Cape Cornwall – an iconic promontory where the Atlantic currents divide. Gaze out to seabird breeding colonies on Brison Rocks and enjoy panoramic views to Land's End and some of the Cornish Mining World Heritage coastline, before sipping local ale in an atmospheric 14th Century pub.

PM

Park a couple of miles from St Just at Pendeen (or take the No. 7/300 bus), for an easy three-mile stroll (4.8km) around some of the key monuments of this granite and mining coast. With every footstep you can imagine the camera rolling from scenes in Poldark and steam coming from the mining chimneys. Here you can clap eyes on the sea-lashed engine house at Botallack mine, go underground at Geevor Tin Mine and see a working beam engine in action at Levant mine.

Day Five

AM

Drive or hop on the bus (No. 7/300) to beguiling Zennor (six miles/9.7km from Pendeen), where DH Lawrence once lived and a legendary mermaid is said to have lured a local chorister into the cobalt seas. Witness the fabled 15th Century Mermaid Chair in St Senara Church and hunker under the low-granite ceilings of the historic Tinnars Arms, before striking out on one of the finest four-hour Coast Path walks in all of Cornwall, along 7.5 miles of coast path (12km) to St Ives ('tough walk' warning).

PM

Spend your final afternoon in St Ives. This fishing town cum artists' colony is now one of the UK's most popular seaside destinations. Take in the highlights on the St Ives Town Trail (1.9miles/3km), from the pearly sands of Porthminster and Porthmeor, to the Tate St Ives, Barbara Hepworth Museum and Sculpture Garden and the Leach Pottery. But don't miss out on the lesser-known galleries where you can meet local artists. Finish your tour with a sundowner in one of Cornwall's oldest inns before dinner at one of the many fine eateries.



LOCAL KNOWLEDGE

Accommodation: While Penzance and St Ives have the widest selection of accommodation, there are plenty of cosy inns with rooms tucked away on this part of the coastline. There are also well-equipped campsites just footsteps from the South West Coast Path. If you want a single base for the five days, opt for a self-catering cottage within easy reach of the main town hubs.

Food & drink: Newlyn is home to Cornwall's biggest fishing fleet, so whether you fancy fish and chips or a seafood feast, fish lovers will be in foodie heaven. Penwith is also home to an abundance of wild ingredients from samphire to three-cornered leeks, as well as locally-reared meats.

Transport: It's best to have a car if you want to explore the nooks and crannies of the area, but the hubs of St Ives and Penzance have excellent rail links. There are also bus services that link Penzance and Land's End (No. 1/1A), Penzance and St Ives (No. 16/16A) and St Ives and Pendeen via Penzance (No. 17/17A). The West Penwith Community Bus Association runs a bus service (No. 7) between Zennor and Land's End, which is particularly useful for Coast Path walkers. Better still, during the summer, the No. 300 bus serves the whole coast between St Ives and Land's End. For easy bus and train journey planning and timetable information visit www.travelinesw.com.

www.visit-cornwall.com



TOUR OPERATORS



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Membership

You are sure to fall in love with the South West Coast Path when you walk it, you may even be hooked while planning your adventure. If you'd like to support the South West Coast Path Association and protect and promote this beautiful trail, we have an Overseas Membership for just £29 that gives you masses more information about the Path including the Complete Guide to the South West Coast Path in your language. Please join us! **Find more information at southwestcoastpath.org.uk**

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