

Coastal Round Walk 03 – Polzeath, The Rumps and Pentire Point - 5.20 miles

Route Directions – Full GPS Version

Polzeath to Pengirt Cove – 1.29 miles.

Start from the entrance to the beach car park at 93595/78893. Go L on the road, past Ann's Cottage surf shop. Go L following Coast Path sign (*New Polzeath 1/4*) into a CP. Cross back of CP to continue on a track, passing a small ford, to 73811/79027 at 330 yards. Ignore Coast Path sign pointing L and continue on tarmac lane into Polzeath Beach Holiday Park. Follow the lane to 93899/79100 at 0.26 miles. Follow a FP sign L, through gap, and follow WM on narrow stony path, uphill between hedges, into an open meadow. A clear path now follows the RH hedge uphill to 94416/79458 at 0.65 miles. Go R through a gap by a telegraph pole and down to a tarmac lane opposite Trenant Steading Touring Park.

Go L on the lane uphill to a cross roads at 94505/79554 at 0.76 miles. Go forward first downhill and then uphill, on a tarmac farm lane to Pentireglaze Farm. Follow the lane through the farm and follow the NT sign (*Pentire Farm, lead mines and CP*) uphill. At 94114/79939 at 1.14 miles go R at the NT lead mines sign, passing spoil heaps, into the NT donation CP. Keep R to a NT storyboard at 94110/80009 at 1.19 miles. Go R uphill on rough path roughly E over spoil then follow a clear path ENE across an open field to the far corner to a gate at 94250/80075 at 1.29 miles.

Pengirt Cove to leaving The Rumps – 1.57 miles

Go through the gate to a WM post (*R Port Quin 2, L Rumps 1*) (*From here to The Rumps can get muddy in winter*) The Coast Path heads downhill to 140 feet then steeply with steps up to Com Head at 93950/80413 at 240 feet at 1.62 miles. *Views ahead to Rumps and Mouls, L to Pentire Farm, Stepper Point and Trevoise Head.* It then undulates fairly easily to reach a gate at 93487/80858 at 2.13 miles. In 20 yards, a path goes L following LH Cornish hedge but the Coast Path heads downhill on a clear path heading for The Rumps promontory fort.

At 93409/80970 at 125 feet at 2.21 miles the Coast Path bears L but go through the entrance in the main rampart of the fort. *Here you could continue L on the Coast Path but I recommend first climbing the two Rumps.* So, bear R on a path leading to the eastern Rump. You could continue all the way round it counter-clockwise, but I suggest climbing it for the view east. Now head for the western Rump, a 110 foot climb, before returning to the entrance at 93409/80970 at 125 feet at 2.86 miles. On the way down, note the very clear lines of ramparts and the deep caves ahead to your R.

The Rumps to Polzeath Beach Car Park Entrance – 2.34 miles

Bear R to follow a clear path heading SW uphill, rocky in places, with 7 steps up to 235 feet at 2.87 miles. Here, where a path comes in on L, go R uphill, steepish and rocky in places, eventually up to 285 feet at 93015/80726 at 2.98 miles. *From around here there are tremendous views, back over Rumps, Port Isaac Bay etc., L to Bodmin Moor, Roughtor and Brown Willy.* The path now undulates gently to 92544/80599 at 3.30 miles; *the nearby bench, by the Lawrence Binyon Memorial Plaque offers the perfect view of The Rumps, Port Isaac Bay, Tintagel Island etc.*

Gentle undulation continues to Pentire Point at 92394/80477 at 270 feet at 3.45 miles. *Views inland to Bodmin Moor, Roughtor and Brown Willy; ahead down into Polzeath; part R across Padstow Bay to Tregirls and up river to Padstow and the Girder Bridge; R to Stepper Point, Harlyn Bay, Trevoise Head.* Continue on the Coast Path, mostly downhill, by way of Pentire Haven, Pentireglaze Haven and New Polzeath, back to the beach at Polzeath at 5.20 miles.

Possible Shortcuts

1. On the lane to Pentireglaze farm, at 94375/79736 at 0.90 miles, a gate on L leads to a Bridleway downhill directly to Pentireglaze Haven, omitting the Rumps and Pentire Point.
2. Halfway between Com Head and The Rumps, at 93551/80545 at 1.90 miles, a path up L heads uphill through a gate, crosses a field and turns L on a track to Pentire Farm. At the end of the farmyard a path goes R down to Pentire Haven.
3. Halfway between Rumps and Pentire Point, at 93015/80726 at 2.98 miles, a WM points L to a gate leading to Pentire Farm, 1/2 mile. This omits only Pentire Point.

Distances in the directions text are cumulative.

A simpler version of these route directions, without the GPS data, is also available. Return to the walk page and click for it.