

Coastal Round Walk 04 – Padstow, Stepper Point, Trevone, Padstow - 7.78 or 8.16 miles

Route Directions – Full GPS Version

Padstow to Stepper Point – Along the Camel Estuary - 3.22 miles

Start at the Harbour Office at the N end of the South Quay car park at 91935/75396. Follow R round the harbour. After the red-brick Rowing Club and TIC building on R, bear L on a tarmac path uphill, passing a Coast Path sign (*Hawker's Cove 2 miles*), and pass through gate into the open. Rather than continue on tarmac, bear slightly L uphill on a grassy swathe. *Views open out over Camel Estuary to Rock.* At the top go R on a track, passing memorial benches, through a gate, past a War Memorial, to a gate (*use stile when locked*) at 135 feet at 0.58 miles. *Views are now across the estuary to Brea Hill, Daymer Bay, Trebetherick, Pentire Point, Newlands, and forward to Stepper Point.*

Hare the Coast Path proper begins (WM). It undulates gently, passing St. George's Cove and Tregirls beach, which stretches for half-a-mile to Harbour Cove. *If you wish, you can cut out an uninteresting inland bit by taking a narrow path down to the beach, at 91648/76858 at 1.29 miles, and rejoining the official path at Harbour Cove.* The path then continues to undulate through the hamlet of Hawker's Cove, with its converted lifeboat house and attractive Coastguard Cottages. There is then a long climb, 270 feet in all, in two stages, up to Stepper Point and its impressive chimney-like daymark at 255 feet. *The view E from here is to Pentire Point, SE to Roughtor and Brown Willy, W over Harlyn Bay to Trevoise Head and the Quies rocks.*

Stepper Point to Trevone Bay – Along the North Coast – 2.56 miles

The route, from Stepper Point to Trevone Bay, is mostly on grass and, as a result, quite easy going. There are, however, a couple of steep bits, down from Gunver Head and up again towards Longcarrow Cove. You will pass two blow holes along the way: first Pepper Hole, soon after the Pepper Pot, on your R at 90809/78073 at 3.49 miles and then Round Hole, shortly before Trevone Bay, on your L at 89032/76344 at 5.39 miles.

After Gunver Head, at 210 feet, you get two opportunities to head straight down to the bottom, the first a broad grassy swathe at 89570/77132 and then the official Coast Path waymarked at 89529/77085. I suggest ignoring both of these and continuing along the edge of the cliff. If you detour right at the bottom at 89493/77011, there is an impressive view of precarious Middle Meropie Island. Soon after, at Longcarrow Cove at 89440/76741 at 5.00 miles, be wary of the very dangerous crumbling cliffs. Shortly before the descent to Trevone Bay, look out for the massive Cornish hedge with a sheep gate in it at 89245/76386. When you get to the small beach car park at Trevone Bay at 5.78 miles, a short detour up to the grassy car park ahead will take you to toilets and a seasonal café.

Trevone Bay to Padstow (choice of two routes)

Lower route - By Trethillick – Across Fields and down Padstow back streets - 2.00 miles

Return on the lane, past the Coast Path sign, fairly steeply up to a track on your R at Porthmissen Farm at 89341/76164 at 5.98 miles. (*To avoid a bit of lane you could go through the field car park to a gap by a gate at the top L end of the field*) Go R on the track, heading roughly ESE, past the farm on L. Follow the track to a cross-roads at 90668/75842 at 6.85 miles. (*Trethillick Farmhouse on L, Padstow Farm Shop on R*) Go R on the road (*signed Wadebridge, Padstow*) for 20 yards.

Go L on the grass between a garage and a small barn to a slate cattle stile into a meadow. Cross this on a clear path to another slate cattle stile to the next field. Bear slightly R on a clear path, past a telegraph pole, to a gap and cattle stile to a tarmac lane at 90997/75727 at 190 feet at 7.07 miles. Go R on the lane, up then down, passing Prideaux Place grounds on L, to a road at 91401/75446 at 7.38 miles, with the southern entrance to Prideaux Place on your L. Go L downhill and bear R down Church Street, passing St. Petroc's church on your R at 91525/75426 at 7.46 miles, and at 91662/75461 at 7.55 miles pass Marble Arch (*steps up to narrow covered alley*) on your L. At the junction by Cross House at 91716/75473 at 7.58 miles, bear R on Duke Street. At the bottom, cross Market Place and take a pedestrian alley to the harbour. Go R round the harbour to the Harbour Office at South Quay at 7.78 miles.

Higher Route – by Crugmeer – 2.38 miles

Follow the lower route past Porthmissen Farm and continue on the tarmac lane to Crugmeer. At the grassy triangle, bear R and turn R on the road for 40 yards to a post box on L at 90105/76509 at 5.56 miles. Go L on lane for 150 yards and, where lane becomes track, go R (*FP sign*) over a slate cattle stile into a field. Follow a clear path across 7 fields and 7 more stiles (*6 slate cattle stiles, 1 scruffy hybrid*) climbing gradually to 240 feet, to Tregirls Lane. Go R on this tarmac lane, becomes downhill. (*At 91424/75705 you could vary the route back into Padstow by going L at a FP sign on a track and path to the war memorial at St. Saviour's Point*) The lane goes under Deer Park bridge and passes Prideaux Place on your R and continues to Church Street. (*After passing Prideaux Place, you could also take either Fentonluna lane or High Street*) Go L on Church Street and continue to Padstow Harbour Office at 8.16 miles.

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.