

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

Route Directions – Non 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. 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*), 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 on your L, through a gate, past the War Memorial, to a gate (*use stile when locked*) at 0.58 miles. *Views are 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 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. *The view east 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. There are two blow holes (*see Interest below*) along the way: first Pepper Hole, soon after the Pepper Pot, on your R at 3.49 miles and then Round Hole, shortly before Trevone Bay, on your L at 5.39 miles.

After Gunver Head, you get two opportunities to head straight down to the bottom, first a broad grassy swathe and then the official waymarked Coast Path. I suggest ignoring these and continuing along the edge of the cliff. If you detour right at the bottom, there is an impressive view of precarious Middle Merope Island. Soon after, at Longcarrow Cove at 89440/76741 at 5.00 miles, be wary of the very dangerous crumbling cliffs. Just before the descent to Trevone Bay, look out for the massive Cornish hedge with a sheep gate in it. 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 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 6.85 miles. (*Trethillick Farm on your 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 7.07 miles. Go R on the lane, up then down, passing Prideaux Place grounds on L, to a road 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 7.46 miles, and at 7.55 miles pass Marble Arch (*steps up to a narrow covered alley*) on your L. At a junction by Cross House 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 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, soon downhill. (*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 fuller version of these route directions, complete with GPS data including 10 figure grid references, spot heights and detailed distances, is also available. Return to the walk page and click for it.