

Coastal Round Walk 31 – Kingsand, Rame Head, Forder, Cawsand - 5¼ miles

Route Directions – Full GPS Version

Kingsand to Rame Head – 2.93 miles

Start from car park entrance, by Halfway House Inn at 43419/50412. Go R on Garrett Street into Cawsand uphill then down to Cawsand Square. Forward uphill for a few yards to church at 43352/50215 at 390 yards. Go L (*FP sign Coast Path*) uphill steeply on a narrow lane, becomes tarmac path at 43397/50109 at 525 yards, continues steep up to 110 feet at 620 yards. Down easy, in woodland, to lane at 83486/49957. Lane continues as track, in woodland (*Views Plymouth Sound, Fort Picklecombe, Breakwater, Plymouth*) undulating to tarmac lane (*Coast Path WM*) at 43903/49605 at 0.74 miles. Forward on lane downhill. By Bayfield Cottage on R, at 43981/49542 at 75 feet at 0.80 miles, where the lane continues to security gate at Pier Cellars, bear slightly R uphill, becomes steepish, on a track in woodland up to tarmac lane at 44117/49357 at 120 feet at 0.93 miles. L on lane (*Coast Path WM*) in woodland, uphill to about 200 feet. Now the way undulates easily, passing steps on L down to Old Signal House at 44167/48922 at 1.21 miles. After leaving woodland you come to Penlee Point at 44168/48838 at 170 feet at 1.26 miles. (*Views back up the Sound, along Coast to Wembury, forward to Rame Head*) *At this point, there steps down on L, here you should go down the steps and bear L & L to make a very short detour down to The Grotto.*

Continue forward on tarmac lane uphill easy which continues as a wide, well made track. Where track bears sharply R at 43928/48902 at 185 feet at 1.43 miles, go forward, following Coast Path WM, immediately through kissing gate and continue on path uphill. *At 43649/48946 at 250 feet at 1.60 miles, pass path on R up steps to car park.* The path now becomes steepish for a while up to 300 feet, then undulates easily. At 42754/48993 at 2.18 miles, *finger post points R through kissing gate, to Rame church R ¼ (worth the detour).* At 42360/48836 at 285 feet at 2.44 miles you pass Rame Head Cottages on R and the path climbs up to 325 feet on Ramehead Common. Down through scrub, into open. Here, Coast Path turns R (*no WM*) but you should continue down, heading for Rame Head, passing cliff castle ramparts at 41877/48474 at 250 feet at 2.83 miles. Then up steeply, with 57 rocky steps up, to the Chapel at 41819/48350 at 330 feet at 2.93 miles. *Panoramic views from here.*

Rame Head to Polhawn Cove - 0.87 miles

Return (57 steps down, down to 250 feet) to the fork at 41921/43547 at 3.09 miles. Fork L (*no WM*) on Coast Path, up to fingerpost at 41948/48637 at 280 feet at 3.15 miles. *R fork signed car park, toilets, emergency phone.* Fork L on the Coast Path, open grass, up to 290 feet, and down steeply to FB at 41854/48767 at 260 feet at 3.25 miles. Path undulates to 41785/48905 at 275 feet at 3.36 miles, *where views open up over Polhawn Cove and Whitsand Bay.* More undulation then down steeply, 59 steps down, to 165 feet. Up to 175 feet, and on to kissing gate at 42040/49139 at 190 feet at 3.59 miles. The path continues up into a field, then down to a kissing gate out of the field at 42153/49223 at 3.68 miles. At a WM at 42184/49267 at 3.71 miles fork L on Coast Path down steeply, with 45 steps down, to a track. Cross the track (*L goes to Polhawn Fort*), then 29 steps down to a WM by Polhawn Cottage at 42160/49403 at 60 feet at 3.80 miles.

Polhawn Cove to Kingsand – 1.33 miles

Bear R on track, fairly steeply uphill, passing on L after about 40 yards kissing gate to Coast Path, up to lane (Polhawn Fort drive) at 42249/49662 at 245 feet at 3.97 miles. Continue uphill moderate to top and through gate pillars to road at 42280/49803 at 275 feet at 4.06 miles. Forward on road downhill to just after R bend, and just before Trehill, to kissing gate on L at 42421/49856 at 240 feet at 4.16 miles. *View Cawsand, Picklecombe Fort, Plymouth Sound.* Go L through kissing gate (WM) into field. Follow clear path downhill and, at 42662/50091, into next field (WM). Continue down, following RH hedge, fairly steeply down to kissing gate to lane at Forder at 42732/50109 at 105 feet at 4.42 miles.

Go L on lane uphill through Forder, becomes very steep. Where it starts to ease off, opposite the drive to Wringford Down at 42686/50407 at 250 feet at 4.62 miles, R (WM) through kissing gate into field. Downhill on clear path, fairly steeply, (*terrific views again*) down to wooden stile, and 10 yards on to fork. Go L to kissing gate at 43062/50373 at 165 feet at 4.87 miles. Through kissing gate (WM) and second kissing gate to field. Down gently (*large Cawsand CP below to R*) to kissing gate at 43251/50407 at 155 feet at 4.99 miles. Forward on path between scrub, then down, round Cawsand Fort, 23 steps down, to lane at 43315/50423 at 130 feet at 5.03 miles. *Converted Cawsand Fort to R.* Follow WM across lane, through gap between garages, 39 steps down to road at 43353/50431 at 110 feet at 5.06 miles. R on road for about 30 yards to 43372/50408 at 110 feet at 5.09 miles. Go L down steeply, with 97 steps down, to Garrett Street in Cawsand at 43416/50437 at 40 feet at 5.10 miles. Go L on Garrett Street downhill to return to the Car Park and the Halfway House Inn at 5.13 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.