

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

### **Route Directions – Non GPS Version**

#### **Kingsand to Rame Head – 2.93 miles**

Start from car park entrance, by Halfway House Inn. Go R on Garrett Street into Cawsand up then down to Cawsand Square. Forward uphill for a few yards to the church. Here go L (*FP sign Coast Path*) uphill steeply on a narrow lane, which becomes a tarmac path at 525 yards, and continues steep for 100 yards up to 110 feet. Down easy, in woodland, to a lane. Lane continues as a track in woodland (*Views Plymouth Sound, Fort Picklecombe, Breakwater, Plymouth*) undulating to a tarmac lane (*Coast Path WM*) at 0.74 miles. Go forward on lane downhill. By Bayfield Cottage on R, at 0.80 miles, where the lane continues to the security gate at Pier Cellars, bear slightly R uphill, becomes steepish, on a track in woodland up to a tarmac lane at 120 feet at 0.93 miles. Go L on the lane, (*Coast Path WM*) still in woodland, uphill to about 200 feet. Now the route undulates easily, passing steps on L down to Old Signal House at 1.21 miles. After leaving the woodland you come to Penlee Point at 170 feet at 1.26 miles. (*Views back up the Sound, along Coast to Wembury, forward to Rame Head*) At this point, there are 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 1.43 miles, go forward, following Coast Path WM, immediately through kissing gate and continue on path uphill. At 1.60 miles, pass path on R up steps to car park. The path now becomes fairly steep for a while up to 300 feet, and then undulates easily. At 2.18 miles, finger post points R through kissing gate, to Rame church R ¼ (worth the detour). At 2.44 miles you pass Rame Head Cottages on your R and the path climbs up to 325 feet on Ramehead Common. Down through scrub, into open. Here the Coast Path turns R (*no WM*) but you should continue down, heading for Rame Head, passing cliff castle ramparts at 250 feet at 2.83 miles. Then up steeply, with 57 rocky steps up, to the Chapel 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 3.09 miles. Fork L (*no WM*) on Coast Path, up to fingerpost 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 260 feet at 3.25 miles. Path undulates to 275 feet at 3.36 miles, where views open up over Polhawn Cove and Whitsand Bay. More undulation then down steeply, with 59 steps down, to 165 feet, then on up to a kissing gate 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 3.68 miles. At a WM 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 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 245 feet at 3.97 miles. Continue uphill moderate to top and through gate pillars to road at 275 feet at 4.06 miles. Forward on road downhill to just after R bend, and just before Trehill, to a kissing gate on L at 240 feet at 4.16 miles. View Cawsand, Picklecombe Fort, Plymouth Sound. Go L through kissing gate (WM) into field. Follow a clear path downhill and into the next field (WM). Continue down, following RH hedge, fairly steeply down to a kissing gate to a lane at Forder 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 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 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 4.99 miles. Go forward on path between scrub, then down, round Cawsand Fort, 23 steps down, to lane at 5.03 miles. *The converted Cawsand Fort is to your R.* Follow WM across lane, through gap between garages, 39 steps down to road at 5.06 miles. Go R on road for about 30 yards then go L down steeply, 97 steps down, to Garrett Street in Cawsand 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.

**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.**