

## Coast Path Round Walk 36 – Morwenstow, Stanbury Mouth, Eastaway, Morwenstow - 3.68 miles

### Route Directions

#### Morwenstow Churchtown to Stanbury Mouth –1.87 miles

##### Start from the car park by Church and Rectory Farm Tea Rooms at 20574/15250 at 420 feet

Go through the lych gate, down the path past the south porch of the church to a cattle stile to a field. Head uphill to the LH hedge near a gate and it through a gate (or gap) (WM) to a second field. Continue along LH hedge up to another gate (or gap) (WM) to a third field. Follow LH hedge up to a kissing gate on your L to the Coast Path on Vicarage Cliff. (WMs R Marsland 1.75miles, L Hawkers Hut) (0.42 miles)

Go L on the Coast Path, *be wary near the cliff edge, rock falls occur along here. Views are south to GCHQ Steeple Point and to Cambeak.* At 0.53 miles pass an NT sign for Hawker's Hut (down steps). Go through a kissing gate at 0.57 miles, here a path (WM) goes L back to Crosstown but continue on the Coast Path gently downhill. *Off to your R Higher Sharpnose Point is in view, looking quite evil.* At 0.65 miles the path down to Tidna Shute becomes quite steep and stony with 59 intermittent steps (some high risers) down to a WM post at 0.73 miles. Here a path goes L up Tidna Valley, through Tidna Woods to Crosstown but continue with 7 more steps down to a FB over Tidna stream at 125 feet. (0.77 miles)

Up 5 steps to a kissing gate then steeply, in places very steeply and potentially slippery, up to Higher Sharpnose Point lookout at 220 feet at 0.84 miles. Continue more easily up to 255 feet at 0.88 miles. Down steepish to 220 feet then up to round an isolated wooden stile at 0.96 miles. Continue, muddy and slippery, up to a wooden stile at 1.11 miles, across a wooden FB and up 6 steps then over a second wooden FB into the open. Continue uphill to Oldwalls at 410 feet. *GCHQ in view ahead, nice view over left shoulder back to Crosstown.* (1.27 miles)

Down to a kissing gate at 1.36 miles, then up easy on springy turf up to 390 feet, then down to a FB at 360 feet at 1.52 miles. Up 4 steps and up to 19996/13767 at 370 feet at 1.57 miles above Caunter Beach. At this point a WM L is for a path to Stanbury but continue on the Coast Path, soon fairly steep, through rough furzey ground down to 290 feet, becomes really quite steep down at 1.77 miles, and on down to a pair of WMs above Stanbury Beach at 20104/13481 at 145 feet. (1.87 miles)

#### Stanbury Mouth to Morwenstow Churchtown – 1.81 miles

The Coast Path goes R but go L (*FP Inland & WM*) uphill easy and through a wooden gate at 1.96 miles on to a wide grassy track between high hedge on L, tangled woodland on R. At 2.13 miles, the track continues up L (WM) to Stanbury but you should go forward (WM) to a wooden stile (*WM Duckpool green route circular walk*) to a field. Continue uphill, a stream and woodland below R, up to a wooden kissing gate (WM) at 290 feet at 2.17 miles to a path through scrub. Up to a wooden gate (WM) and a FB over a stream at 2.21 miles. Go up 5 steps to a wooden stile to a field. Continue uphill fairly steeply, at an angle away from the LH hedge, just a little N of E, to a wooden stile, a cattle stile and a wooden stile (WM) to a second field at 2.31 miles. Follow the LH hedge to a WM post just before a galvanised gate to a lane at Eastaway at 450 feet. (2.47 miles)

Go L through an (open) galvanised gate to a third field and bear L to cross it diagonally roughly NNW to a WM post, a wooden stile and a cattle stile at 480 feet at 2.55 miles. Continue in same direction, bearing away from the LH hedge, heading to the R of Stanbury, to an (open) wooden gate at 2.64 miles. Follow a track to Stanbury and into the paved farm yard at 2.85 miles. Here go immediately R (WM is then on your R) to a lane. (2.72 miles)

Go L on the lane for 30 yards, then R over a high cattle stile (*FP Crosstown ¾*) and a wooden gate to a field. Cross the field, just W of N, on a clear path to a gate, a cattle stile and another gate and stepping stones over mud to a second field at 2.87 miles. Go straight across towards the LH side of Tonacombe down to a wooden gate (WM) by a galvanised gate to Tonacombe. Cross a track, with massive gate pillars to your R, to a wooden kissing gate to a wide path between hedges. (3.03 miles)

At the end of the path go through another kissing gate to a field. Go straight across the field, heading for Crosstown, to a wooden gate (WM) by a galvanised gate at 3.12 miles to a second field. Follow the RH hedge downhill.  $\frac{2}{3}$  of the way down the field go through a kissing gate and continue down on a narrow sunken path to a wooden gate at 3.21 miles and down 3 steps into woods. Follow a wide track bearing R down through the wood to a FB over a stream at 3.27 miles. Go forward to a wooden gate to NT Tidna and on a few more yards to a WM post. *Here a path goes L down through Tidna Wood to Tidna Shute and the Coast Path.* Follow WM (*Crosstown*) bearing R uphill fairly steeply and up 51 steps to a wooden kissing gate (WM) to a field at 3.33 miles. Continue uphill fairly steeply to the top RH corner to a kissing gate (WM) to a gap to the garden of the pleasant Bush Inn at Crosstown. (3.37 miles)

Pass the Bush Inn on your R and its CP on your L up to the green at Crosstown and on towards the lane to Morwenstow church. Just before it, go L on a track (*FP to coast*) at 3.46 miles. After 175 yards, at 3.56 miles, go R (WM) over a cattle stile and then through a gate to a field. Follow a Rectory Tea Rooms sign and a NT WM along the RH hedge to a wooden stile (WM) at 3.62 miles to a grassy area. Continue to a gate at 3.65 miles and go forward passing Rectory Farm on the L, back to your start point in the CP. (3.68 miles)