

Route: Coast Path to Millook, Trebarfoote, Poundstock, Trevisick, Higher Penhalt

Interest: Millook Haven Rock Strata, Millook Valley Nature Reserve, Trebarfoote, Poundstock Church

Route Directions

Start from the small car park on Penhalt Cliff, S of Widemouth Bay, at 18862/00472 at 345 feet.

Penhalt Cliff to Trebarfoote – 1.45 miles

Views from the car park and nearby cliffs: N over Widemouth Bay to GCHQ Steeple Point, Higher Sharpnose Point and Lundy Island. S only over Millook Haven to Bynorth Cliff and Dizzard Point.

Go R on the road for 40 yards, then follow the Coast Path sign (Millook ¼, *more like* ½) R on path to 12 steps up to a wooden kissing gate. A grassy path follows the cliff along a fenced field. *Beware, crumbly cliff along here. Note jagged Crackington Shale on shore below.* After ¼ mile go through a wooden gate, *view opens out down to Millook Haven. The path becomes steep and stony, can be difficult in places.* There are 4 odd steps on the way down then 20 more steps down to the lane at Millook (*Coast Path signs*). Go R on the lane down to a bridge over a stream with Millook Haven (*worth exploring*) to your R. **(0.43 miles)**

Follow the road (*sign Coast Path*) bending L uphill for 100 yards and, just before the R bend, go through a wooden gate (FP and WM) onto a well made gently undulating track heading SSW. Go through an open gate at 0.66 miles, into coppiced woodland. At 0.71 miles pass a path (WM) which goes L over a bridge over a stream to attractive Mill Farm. The track climbs a little, a scrubby hedgerow on the L, woodland on the R. At 1.01 miles, with a white house on the L on the other side of the stream, a signpost shows FPs back to Millook and R to Cancleave, but follow the other FP forward (*signed The Den*) to a FB by a ford. **(1.04 miles)**

Cross the FB to a WM post. WM R goes alongside the river to The Den but follow another WM forward, passing the white house on your L, on a clear path bearing R uphill into woodland again, *this could be muddy at times.* You will reach a well made track at 18205/99051 at 220 feet at 1.15 miles. Here go L (WM) on the track. Go through an open gate at 1.27 miles, leaving the woodland of Millook Valley Nature Reserve. As you continue up, at the top at 345 feet at 1.36 miles, the view opens out to the L to Millook and Penhalt Cliff and beyond to Steeple Point. The track now goes gently downhill, passing on the L at 1.45 miles a gate to a path directly back to Millook. The track now bears R passing a barn on the L at Trebarfoote. **(1.46 miles)**

Trebarfoote to Poundstock – 1.46 miles

Continue on the track, passing Trebarfoote House on your L, passing a pond on the L and at 1.53 miles out onto a well made wooded track (*Trebarfoote drive*) now winding gently uphill. At 1.66 miles, a short uncared-for former avenue of pollards begins. You reach 370 feet at 1.79 miles where the track bears L. *Shortly after, note a shooting stand in the field on your L.* At 2.05 miles from a galvanised to a field on L there is your first view of the tower of Poundstock church. Cross a cattle grid, leaving the Trebarfoote Estate, and the track now becomes a narrow tarmac lane. At this point a path goes back R to Tregole. **(2.15 miles)**

Follow the tarmac lane between high hedges. This becomes steepish downhill, passing Silvertown on the L at 2.40 miles, down to a bridge over a stream at 185 feet at 2.57 miles. Now it's uphill up to 2.70 miles then, where the lane bears R at 2.76 miles, continue forward downhill on a wide rough grassy track to a wooden gate (WM) at 2.81 miles. The wooded track continues downhill to pass a thatched cottage (Dolberry) on your L to a small wooden gate at 2.85 miles to the lane to Poundstock. Go L on the lane downhill to the lych gate to Poundstock churchyard at 180 feet at 2.86 miles. *Note a boarded up well across the lane on your L.* Go through a wooden gate and the lych gate, up the path, passing the Gildhouse on your L, to the S porch to the church at 2.87 miles. Continue up the path to the north gate (*iron kissing gate*) from the churchyard to the lane that goes R to Bangors at 245 feet. **(2.92 miles)**

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Poundstock to Penhalt Cliff – 1.18 miles

The car park is just 100 yards up the lane to Bangors, on the R. Go L on the lane downhill, passing Lyndale, an interesting barn conversion on your R. After 50 yards or so, where the lane bears L back down to the lych gate, go forward (dead end sign) downhill and at 2.97 miles you come to a FP sign. R is to Wanson Mouth (up this and off to the R is St. Neot's Well) but continue forward (FP Millook 1 mile) downhill steepish on a narrow tarmac lane. At the bottom at 140 feet at 3.14 miles a bridge crosses Wanson Water. A track now continues uphill between high hedges. Where it forks, at 3.30 miles, the L fork heads for Millook, but go R on the track to a galvanised gate to Trevisick, now up to 200 feet. (3.32 miles)

Go though the gate into the yard in front of the house and barn and shortly go L through a wooden gate, leaving a small cob-walled barn on your R, on a stony track, bearing R uphill up to a galvanised and corrugated iron gate (WM) to a field at 3.35 miles. Follow the WM, bearing a little left, uphill roughly NW, to a kink in the far hedge and a galvanised tube stile (WM) to a second field at 3.45 miles. Follow the LH hedge and, after about 100 yards, go L over a wooden stile (WM) and R on a muddy grassy track, still uphill. At 3.64 miles a track goes R over a filled-in cattle grid to Lower Penhalt but continue forward through a (probably open) galvanised gate at 3.67 miles and on up on what is now a well-made track, passing the entrance to Higher Penhalt on the L, up to a fork at 3.74 miles. Take the R fork to the lane from Widemouth Bay to Millook at 4.02 miles. Go L on lane back to the CP start point at 345 feet. (4.10 miles)