
Park at: Jeffries Pit Car Park at 06767/86181

Getting there: From Wadebridge take B3314 through Delabole to Rockhead at far end. Go L on Trebarwith Road and first R on Bowthick Hill to bottom (hairpin bend). Go L towards Tintagel, first L towards Trebarwith Strand and shortly L into Jeffries Pit free car park at 06767/86181.

Jeffries Pit to Trebarwith Farm – 0.84 miles

Start from entrance to Jeffries Pit Car Park at 06767/86181 at 400 feet

Go L downhill on the wooded road towards Trebarwith Strand. After 210 yards ignore a FP sign on the L up steps into woods and on to Fentafriddle. At 310 yards, opposite the gate to Gold Path to Trewarmett on R, go L (FP) up a wooded tarmac drive leading to Fentafriddle. *At 0.27 miles, where grass begins on R, note tea party topiary on L.* In a few more yards, as the drive bears L, you enter a very short stretch of wood and immediately on your R is an obscured WM. Go R on a short path through the trees for a few yards to a wooden stile (WM) to a grassy field. Go L uphill on a short swathe; as you follow a wooden fence on the L along the driveway, the sea comes into view to your R. At the top at 0.37 miles at 485 feet, where the driveway bears L uphill, with a wooden kissing gate to your L, bear R along the field perimeter (*views to Treknow ahead and St. Materiana's slightly L of it*) to a sheep stile (WM) on your L to a second field. (*View over stile to Dennis Head and Gull Rock*) **(0.48 miles)**

From here it is almost continuously gently downhill to Backways Cove. Follow the WM gently downhill across the field, heading roughly towards The Rumps in the distance, to a galvanised gate (WM) to a third field. Follow the LH hedge to a gap to a fourth field. Follow the LH hedge to a galvanised gate by a low stone barn (cart shed) at 0.76 miles. Go forward on a track for about 20 yards to a second galvanised gate to a track between hedges, passing a WM on L, to a wooden gate at 0.79 miles to a narrow path between high hedges (*You may have to duck below several fallen trees, no problem*) to a lane from Delabole and go R on it for about 40 yards to a lane from St. Teath. **(0.84 miles)**

Trebarwith Farm to Trebarwith Strand – 1.42 miles

Go R on the lane with Trebarwith Farm (the big house) on your R, then R again towards Trebarwith Strand for about 80 yards. Go L through a kissing gate by a wooden gate, following a sign FP Trebarwith, into a field. Now follow a track downhill and where it forks at 0.94 miles follow a WM L on a path between scrubby hedges. Shortly the path shares its course with a shallow stream for about 30 yards. At 0.99 miles go through open galvanised gates (part of a cattle run) and down to 300 feet. At 1.05 miles the track continues ahead but follow WM L through gap to a field. Follow the LH hedge to an (open) wooden gate at 1.11 miles into a second field. Follow WM across the field, more or less parallel to RH hedge to a gap in the hedge ahead at 1.24 miles. Follow WM on clear path towards Backways Cove and down to a kissing gate by a wooden gate at 1.38 miles. Follow an obvious path through bracken, passing a superfluous WM post at 1.46 miles. Approaching Backways Cove, there is little stream below L and, in season, an abundance of thrift. Pass a collapsed building at 1.53 miles. Down to a wooden FB (Coast Path) on L at 60 feet. **(1.55 miles)**

Here go R, up 8 steps, heading N, and follow Coast Path WMs uphill fairly steeply on a (in places, vertiginous) zig-zag path up to a kissing gate by a wooden gate to the open land of Dennis Point at 1.82 miles. *As you approach the top you get views R to the Delabole giant wind turbines, forward over Trebarwith Bay to quarries (Lanterdan, Lambshouse etc) and to St. Materiana's church.* Continue across Dennis Point to the top at 340 feet (*from here the view includes Prince of Wales engine house to the W, later Gull Rock appears below L*) and on to a steep flight of 203 steps down towards Trebarwith Strand. After the steps, the path continues and at a WM post at 2.20 miles, R heads back to Trebarwith Farm but continue on down, over a wooden stile, to the Port William Inn and on down to Trebarwith Strand. **(2.26 miles)**

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Trebarwith Strand to Treknow – 0.52 miles

Leave Trebarwith Strand on the road and continue uphill easy to the far end of second car park at 2.52 miles. (No FP sign or WM) Go L then R through a gap into open land (overflow car park), downhill. Follow a reasonably clear path ahead up the LH slope of the valley, through long grass then bracken towards Treknow. At 2.62 miles note a gold path sign, then 3 steps up, over a cattle stile, 3 steps down and a narrow path continues up first through bracken then scrub. Stepping stones cross a tiny stream then there are 4 steps up to a wooden stile (damaged WM) at 2.68 miles. 20 yards on there is some potentially muddy ground. The path continues up fairly steeply through scrub up to an unnecessarily high wooden stile. Soon there is a junction of paths (WM post) at 2.72 miles. R passes a redundant cattle stile on its way to the lower part of Treknow. Go forward up 8 steps to a field. Follow WM uphill towards a terrace of cottages at Treknow to a wooden gate by a galvanised gate (FP) (2.78 miles)

Treknow to the Tintagel to Camelford road – 0.50 miles

Go R and follow the tarmac lane uphill with cottages first on L, then L and R. At a T at 2.85 miles go R, with Parwin Cottage on R, for 30 yards to the main road through Treknow, opposite Martha's Harbour. Go L uphill and, at 2.94 miles, immediately before The Old Barn on R, go R over a fairly high cattle stile and follow a short path roughly ENE between walls to a wooden stile (WM) to a field. Cross to a wooden stile (WM) to a second field. Immediately go L and R through a gap and follow a short track to a galvanised gate to the L of a shed to a third field. Follow LH hedge to a small white painted gate to a high cattle stile (WM) at 3.06 miles to a fourth field. Follow RH hedge roughly ENE, bearing L to a wooden stile, a wooden lift and a cattle stile (FP) to a road (Tintagel to Camelford). (3.17 miles)

Opposite is a cattle stile (FP); ignore it and go L on the road, immediately passing the Tintagel Methodist Cemetery on your R and, round a L bend shortly before Sea View Farm to the L, at 3.28 miles, go R over a high cattle stile (FP) and through a wooden gate into a field. *View half R of Port Isaac Bay and the Rumps and Mouls.* (3.28 miles)

Tintagel to Camelford road back to Jeffries Pit – 0.63 miles

Follow the LH hedge downhill to a ruined shed. To the L of the shed climb a 5-bar fence to a high sheep stile and a wooden stile (beware barbed wire) to a second field. Go diagonally slightly L downhill roughly towards a single tall slim turbine behind Fentafriddle to a wooden stile and 5 steps down to a lane from Trelake to Trewarmett. Cross the lane diagonally L to a wooden stile to a field. Follow the LH hedge downhill, becomes fairly steep, to a wooden stile (*barbed wire*). *View R before the stile to Gull Rock.* Here you enter the Trebarwith Nature Reserve. (3.61 miles)

A narrow path winds downhill through the luxuriant vegetation of the woods. In places it is fairly steep, in others the footing is somewhat uneven. You soon come to a step stile (*care, rocks a bit*) over very short hedge, then in 10 yards pass a WM post. A few yards further on white painted Old Millfloor comes into view below. The path passes behind and above it. After a gap at 3.66 miles you pass a wooden hut on your L, 2 steps down then 4 steps down. There is a wooden barrier on R, the path continues with below R a waterfall on the Trebarwith brook. Down to a clapper bridge over a minor cascade at 3.70 miles at about 270 feet. On the other side there are 6 steps up to a wooden stile, then up steeply and pass a WM post. L crosses a wooden FB and on to Trewarmett, but go R and up 44 steps, on 15 yards then 14 more steps up to a wooden gate (sign FP gold path) to the road up from Trebarwith Strand at 3.71 miles. Go L on the road back to Jeffries Pit. (3.89 miles)