

## **Coastal Round Walk 03 – Polzeath, The Rumps and Pentire Point - 5.20 miles**

### **Route Directions – Full GPS Version**

#### **Polzeath to Pengirt Cove – 1.29 miles.**

Start from the entrance to the beach car park at 93595/78893. Go L on the road, past Ann's Cottage surf shop. Go L following Coast Path sign (*New Polzeath 1/4*) into a CP. Cross back of CP to continue on a track, passing a small ford, to 73811/79027 at 330 yards. Ignore Coast Path sign pointing L and continue on tarmac lane into Polzeath Beach Holiday Park. Follow the lane to 93899/79100 at 0.26 miles. Follow a FP sign L, through gap, and follow WM on narrow stony path, uphill between hedges, into an open meadow. A clear path now follows the RH hedge uphill to 94416/79458 at 0.65 miles. Go R through a gap by a telegraph pole and down to a tarmac lane opposite Trenant Steading Touring Park.

Go L on the lane uphill to a cross roads at 94505/79554 at 0.76 miles. Go forward first downhill and then uphill, on a tarmac farm lane to Pentireglaze Farm. Follow the lane through the farm and follow the NT sign (*Pentire Farm, lead mines and CP*) uphill. At 94114/79939 at 1.14 miles go R at the NT lead mines sign, passing spoil heaps, into the NT donation CP. Keep R to a NT storyboard at 94110/80009 at 1.19 miles. Go R uphill on rough path roughly E over spoil then follow a clear path ENE across an open field to the far corner to a gate at 94250/80075 at 1.29 miles.

#### **Pengirt Cove to leaving The Rumps – 1.57 miles**

Go through the gate to a WM post (*R Port Quin 2, L Rumps 1*) (*From here to The Rumps can get muddy in winter*) The Coast Path heads downhill to 140 feet then steeply with steps up to Com Head at 93950/80413 at 240 feet at 1.62 miles. *Views ahead to Rumps and Mouls, L to Pentire Farm, Stepper Point and Trevoise Head.* It then undulates fairly easily to reach a gate at 93487/80858 at 2.13 miles. In 20 yards, a path goes L following LH Cornish hedge but the Coast Path heads downhill on a clear path heading for The Rumps promontory fort.

At 93409/80970 at 125 feet at 2.21 miles the Coast Path bears L but go through the entrance in the main rampart of the fort. *Here you could continue L on the Coast Path but I recommend first climbing the two Rumps.* So, bear R on a path leading to the eastern Rump. You could continue all the way round it counter-clockwise, but I suggest climbing it for the view east. Now head for the western Rump, a 110 foot climb, before returning to the entrance at 93409/80970 at 125 feet at 2.86 miles. On the way down, note the very clear lines of ramparts and the deep caves ahead to your R.

#### **The Rumps to Polzeath Beach Car Park Entrance – 2.34 miles**

Bear R to follow a clear path heading SW uphill, rocky in places, with 7 steps up to 235 feet at 2.87 miles. Here, where a path comes in on L, go R uphill, steepish and rocky in places, eventually up to 285 feet at 93015/80726 at 2.98 miles. *From around here there are tremendous views, back over Rumps, Port Isaac Bay etc., L to Bodmin Moor, Roughtor and Brown Willy.* The path now undulates gently to 92544/80599 at 3.30 miles; *the nearby bench, by the Lawrence Binyon Memorial Plaque offers the perfect view of The Rumps, Port Isaac Bay, Tintagel Island etc.*

Gentle undulation continues to Pentire Point at 92394/80477 at 270 feet at 3.45 miles. *Views inland to Bodmin Moor, Roughtor and Brown Willy; ahead down into Polzeath; part R across Padstow Bay to Tregirls and up river to Padstow and the Girder Bridge; R to Stepper Point, Harlyn Bay, Trevoise Head.* Continue on the Coast Path, mostly downhill, by way of Pentire Haven, Pentireglaze Haven and New Polzeath, back to the beach at Polzeath at 5.20 miles.

#### **Possible Shortcuts**

1. On the lane to Pentireglaze farm, at 94375/79736 at 0.90 miles, a gate on L leads to a Bridleway downhill directly to Pentireglaze Haven, omitting the Rumps and Pentire Point.
2. Halfway between Com Head and The Rumps, at 93551/80545 at 1.90 miles, a path up L heads uphill through a gate, crosses a field and turns L on a track to Pentire Farm. At the end of the farmyard a path goes R down to Pentire Haven.
3. Halfway between Rumps and Pentire Point, at 93015/80726 at 2.98 miles, a WM points L to a gate leading to Pentire Farm, 1/2 mile. This omits only Pentire Point.

**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.**