

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

Route Directions – Non GPS Version

Polzeath to Pengirt Cove – 1.29 miles.

Start from the entrance to the beach car park. Go L on the road, past Ann's Cottage surf shop. Go L following Coast Path sign (*New Polzeath ¼*) into a CP. Cross back of the CP to continue on a track, passing a small ford, to 330 yards. Ignore Coast Path sign pointing L and continue on tarmac lane into Polzeath Beach Holiday Park. Follow the lane to 0.26 miles. Follow a FP sign L, through a gap, and follow a WM on narrow stony path, uphill between hedges, into an open meadow. A clear path now follows the RH hedge uphill to 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 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 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 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 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 very muddy in winter*) Go L, following the Coast Path downhill then steeply with steps up to Com Head at 240 feet at 1.62 miles. *Views ahead to the Rumps and Mouls, L to Pentire Farm, Stepper Point and Trevoze Head.* It then undulates fairly easily to reach a gate at 2.13 miles. In 20 yards, a path goes L following the LH Cornish hedge but the Coast Path heads downhill on a clear path heading for The Rumps promontory fort.

At 2.21 miles the Coast Path bears L but go through the entrance in the main rampart of the fort. *From 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 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 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 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 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 takes you to Pentire Point 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 beach and up river to Padstow and the Girder Bridge; R to Stepper Point, Harlyn Bay, Trevoze 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 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 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 heads off right down to Pentire Haven.
3. Halfway between Rumps and Pentire Point, at 2.98 miles, a WM points L to a gate leading to Pentire Farm, ½ mile. This omits only Pentire Point.

Distances in the directions text are cumulative.

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.