

Coastal Round Walk 12 – Sennen Cove, Chapel Carn Brea, Gwynver - 8.06 miles

Route Directions – Non GPS Version

Sennen Cove Roundhouse to Chapel Carn Brea – 3.60 miles

Start from the Roundhouse above the harbour. Go inland uphill steeply on lane, path and lane to reach Maria's Lane, opposite Pol-an-Dre. Go L on Maria's Lane to the road. R uphill on footway to CP entrance. Over wooden stile to field and R to wooden stile. L on tarmac path over Mayon Green down to 2 FBs, then up over Escalls Green to lane at 0.98 miles. Go R on lane 30 yards, L (FP) up dead end lane. Cross wooden stile (*no WM*) to field. Follow RH hedge to gap to next field. Head just L of a gate, to a crude sheep stile. Go R (WM) on a green lane to Escalls at 1.34 miles. Cross open area, bear L (*WM hidden*) to gate (*Wellfield*). Through gate to FP sign, keep L of bungalow, through gate, cross field (*Trevedra in view ahead*) to cattle stile (WM). R on lane for 100 yards or so, L on lane (*signed Tregiffian*) for about 50 yards then R over crude stile (FP) to field. Cross NNE (*bull harmless*), over crude stile to next field, on to stile by gate to Trevedra at 1.67 miles. Cross yard, pass farmhouse on L to gap (WM). Diagonally across 2 caravan site fields to gap at far corner. RH hedge to crude stile (WM) to field. Follow RH fence towards Tregiffian. At 2.04 miles R over wooden stile (WM), cross field (*ignore concrete stile*), go R to follow LH fence and hedge down to gap (*or gate*) and up to next field. Bear R uphill for Tregiffian Chambered Tomb, continue along LH fence to stile to next field (WM). RH hedge to gate (WM) to next field. Follow LH fence to stile (WM) to Higher Tregiffian farmyard at 2.60 miles. Cross yard and through gate to a concrete lane to the Lands End to St. Just road. Go L on road (*with care*) to track to Kerrow Farm. R on track to just before Kerrow Farm at 3.03 miles and R (FP sign) up 2 steps to field. Follow LH hedge to gap to grassy track. Go L uphill to 2 steps on L to hunting gate. Through gate, onto Chapel Carn Brea Open Access land, on rough path for 170 yards. R uphill, on clear path winding through heather and furze scrub, bearing L at fork, to toposcope and cairn at summit of Chapel Carn Brea at 655 feet at 3.60 miles.

Chapel Carn Brea to Gurland – 2.17 miles

Retrace steps to Kerrow. Cross track to FP sign to field. Cross to crude step stile to next field. Cross to gate to road. R on road 50 yards, L on track (*sign FP*) into Brea. Pass Avalon on R and at WM on L go R, barn on L, to gate to field. RH hedge to cattle stile to next field. RH hedge to gate (WM) to Brea Vein. Cross yard to track at 4.70 miles, lane to RH bend. Through gate (WM), cross field to sheep stile (WM). Follow narrow path between hedges 45 yards into field (WM). LH hedge through 2 fields to crude stile to Airfield. Follow WM along LH hedge, turning R and L, then along path between fences, and over wooden stile (WM) (*Gurland visible ahead*) to track which bears R to road. L on road downhill. At second R bend, L kissing gate to field. Continue down, on Nanquidno Downs Open Access land, to gate to farm track. L track uphill fairly steeply towards Gurland to where the track continues R uphill at 5.77 miles

Gurland to Sennen Cove – 2.29 miles

Straight over crude stile (WM) to field. Uphill to cattle stile to next field. Cross to cattle stile to next field. Cross to RH corner to gate by telegraph pole to next field. RH fence on clear track, past Tregiffian on L (*views over Whitesand Bay begin*) to lane (WM) at 6.22 miles. R on lane, bends R and L, continues S, passing path to Gwynver Beach on R and small CP on L. At 6.70 miles, go R on track, passing Kingsfield (B&B) on R. After cottage on L, continue on path over scrubby land. *View now is over Gwynver Beach to Aire Point, Maen Dower, Brisons.* At fork, bear R towards cliffs 100 yards. Then bear R for 40 yards, and bear L along Escalls Cliff. *View now over Whitesand Bay to Sennen Cove, Pedn-mên-du, Longships.* At fork at 7.00 miles keep L uphill. At next fork bear R downhill for 20 yards, then bear L uphill along cliff. Narrow path undulates on through scrub. At 7.15 miles, descent towards Whitesand Bay beach starts easy, becomes steep, on a narrow rocky uneven muddy path. Down 4 steps into open and bear R on grass, black boarded chalets on R, down to Coast Path. R for 15 yards and, just before WWII gun emplacement, turn L, down 38 sandy steps to beach at 7.39 miles. Cross beach towards Sennen Cove. Go up 2nd ramp to road by Old Success Inn and go R on road to Roundhouse at 8.06 miles. *At high tide you may need to follow the Coast Path into Sennen Cove.*

A Longer Alternative - Starting from Land's End - Total walk 10.50 miles

Land's End to Sennen: Leave CP along N side of A30. Almost immediately, go L on the signed cycle track, becomes Maria's Lane in due course. Follow the lane to join the described route at Pol-an-Dre on your R.

Sennen Cove to Land's End: Pass the Roundhouse, go through harbour CP, past toilets. Go L for a steepish ascent on the coast path, with flights of 32 and 54 steps up to old Watch House on Pedn-mên-du. The route is clear but, as you come to Land's End, do include Dr. Syntax's Head, most westerly point of Cornwall and, some would say, of England.

Distances in 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 walk page and click for it.