

## **Coastal Round Walk 14 - Porthcurno, Penberth Cove, Treen, Porthcurno - 3.55 miles**

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

#### **Porthcurno to Penberth Cove – Along the Coast Path - 1.97 miles**

Start from the car park entrance at 38423/22584. Go through car park to gap. Follow track downhill towards beach to Coast Path granite WM stone at 38636/22379 at 50 feet at 337 yards. Go L on Coast Path uphill fairly steeply, with 19 rock steps and a short rock scramble, easing off at 500 yards. From here the path undulates to Treryn Dinas cliff castle. At a T at 38789/22431 at 220 feet, the coast path goes R between hedges. At a fork at 38932/22451 at 230 feet at 750 yards, you have a choice of routes. The official Coast Path continues forward as a bridleway but, *for views back over Porthcurno beach and forward to Treryn Dinas*, you should fork R downhill through scrub then up again to the White Daymark (*marks the point where the 1880 Brest cable came ashore*).

At 39094/22411 at 964 yards you pass a well on your L. *At the little headland at 39141/22393 at 180 feet at 0.58 miles a steep path goes down to beach. From here a good view to Treryn Dinas includes the Logan Rock.* There is now a moderate ascent, with some rocky parts and some rock scrambling, up to 39304/22520 at 250 feet at 0.72 miles, where a track goes L to Treen village. Here you rejoin official Coast Path bearing R down along Treen Cliff. At 39330/22498 at 240 feet at 0.75 miles, go through a stone and iron kissing gate. At 39694/22373 at 1.00 miles a higher track comes in on your L. At 39739/22360 at 200 feet at 1.03 miles, a path goes L over a stile to Treen village.

After 15 yards, go R through the outer rampart of Treryn Dinas fort. Pass through 2 more lower ramparts. Bear R for the view over the beaches to Porthcurno and Minack Point. Continue down, with some serious rock scrambling, to the inner rampart of the fort at 39747/22073 at 80 feet at 1.28 miles. *Only serious rock climbers will continue out to the headland to try to reach the Logan Rock.* Return, bearing R after a rock scramble for views to Tater Du lighthouse and Lizard and pass an emergency phone at 39811/22180. After the outer rampart, at 200 feet at 1.50 miles (*detour is 0.47 miles*) go R on the Coast Path. A descent starts soon, crossing a small stream at 39862/222399 at 150 feet at 1.58 miles. At 39887/22407 at 1.59 miles, go through a metal gate, and continue up, with some rocky going, up onto Treen Cliff at 40133/22438 at 225 feet at 1.75 miles. Descent to Penberth Cove now starts, easy at first but becoming steep with 137 steps and a kissing gate. Continue to the capstan at the top of the hard at 40252/22704 at 1.97 miles.

#### **Penberth Cove to Treen – Woods and fields - 0.65 miles**

Over the massive clapper bridge at 40273/22713 at 2.00 miles. Follow lane towards Treen, passing ford on L, cellars and cottages on R, for about 60 yards to 40244/22764 at 2.03 miles. Go L, down 4 steps, cross clapper bridge and up 4 steps, pass boat house on R, to a track at 40213/22741 at 2.06 miles. R on track, pass cottage on L, to continue on path between scrubby hedges. Up easy, after a while enter woodland. At a fork at 40070/227844 at 2.16 miles go L uphill with 8 rock steps up. At fork at 40043/22812 at 2.16 miles, bear R uphill, rocky and muddy.

Leave woods, 5 steps up, over wooden stile to a field at 39908/22904 at 175 feet at 2.27 miles. R on grassy path along RH hedge to gap and sheep stile (WM) to next field at 39837/22954 at 220 feet at 2.33 miles. Follow LH hedge to gap (WM) to next field. Follow LH hedge to granite step stile (*no WM*) to next field at 39628/22988. Follow the RH hedge on a fenced path round 2 sides of the field. At the end, go R over a wooden stile on a track to Treen car park entrance at 39445/23005 at 250 feet at 2.62 miles.

#### **Treen to Porthcurno – Over pasture land - 0.93 miles**

Continue through village and at R bend at 39401/23025 at 2.66 miles, follow FP sign L and FP sign R between houses to a step stile to field by a galvanised gate at 39345/23037 at 2.69 miles. Follow LH hedge (*view N to Chapel Can Brea and Bartinney Down*) to step stile by gap to next field. Follow LH hedge to step stile by gap to next field. Straight across to step stile by gate to next field. Straight across to step stile (WM) to next field at 39033/23079 at 320 feet at 2.89 miles. WM points in wrong direction, bear L across field to a cattle stile to next field at 38969/23082 at 320 feet at 2.93 miles. Cross slightly R to high cattle stile by gate to Tredrennen Farm at 38804/23066 at 305 feet at 3.04 miles.

Go L, with house on R, on track to a wooden stile by a gate to a field at 38772/23018 at 290 feet at 3.08 miles. Ignore yellow WM R and follow other WM diagonally R across field SSW to gap to next field. Here bear L straight across field to step stile by gate to next field at 38637/22893 at 3.21 miles. Now follow WM slightly R across field to gap at 38557/22767 at 3.31 miles. Follow grassy path downhill through scrub to wooden gate (WM) at 38464/22759 at 3.35 miles. Continue downhill between hedges to the drive to Telegraph Museum at 38388/22770 at 3.42 miles. L on Museum drive. Go R down 18 steps to a path to 12 steps down to museum CP. Go R to main car park entrance at 38423/22584 at 120 feet at 3.55 miles.

**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.**