

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

Route Directions – Non GPS Version

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

Start from the car park entrance. Go through the car park to a gap. Follow track downhill towards beach to Coast Path granite WM stone at 440 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 fork, at 230 feet at 750 yards, you have a choice of routes. The official Coast Path continues forward as a bridleway but, *for great 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 960 yards you pass a well on your L. *At the little headland at 180 feet at 0.58 miles a steep path goes down to the beach. From this point 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 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 0.75 miles, go through a granite and iron kissing gate. At 1.00 miles a higher track comes in on your L. After about 50 yards, 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 two beaches to Porthcurno and Minack Point. Continue down, with some serious rock scrambling, to the inner rampart of the fort 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 the Lizard, passing an emergency phone. 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 150 feet at 1.58 miles. Almost immediately, go through a metal gate and continue up, with some rocky going, up onto Treen Cliff at 225 feet. 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 1.97 miles.

Penberth Cove to Treen – Woods and fields - 0.65 miles

Cross the massive clapper bridge and follow lane towards Treen, passing ford on L, cellars and cottages on R, for about 60 yards. Go L, down 4 steps, cross a clapper bridge and up 4 steps, pass boat house on R, to a track. R on track, pass cottage on L, to continue on path between scrubby hedges. Path climbs easily, after a while enter woodland. At a fork at 2.16 miles go L uphill with 8 rock steps up. At the next fork, bear R uphill (*steep, rocky and muddy here*).

Leave woods, 5 steps up, over wooden stile to a field at 175 feet at 2.27 miles. R on grassy path along RH hedge to gap and sheep stile (WM) to next field 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. 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 250 feet at 2.62 miles.

Treen to Porthcurno – Over pasture land - 0.93 miles

Continue through village and at R bend after about 75 yards, follow FP sign L and FP sign R between houses to a step stile to field by a galvanised gate. Follow LH hedge (*view north 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 320 feet at 2.89 miles. WM points in wrong direction, bear L across field to a cattle stile to next field at 2.93 miles. Cross this slightly R to a high cattle stile by a gate to Tredrennen Farm at 3.04 miles.

Go L, with house on R, on track to a wooden stile by a gate to a field. 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. Now follow WM slightly R across field to a gap at 3.31 miles. Follow a grassy path downhill through scrub to a wooden gate (WM). Continue downhill between hedges to the drive to Telegraph Museum. Go L on museum drive. Just before museum, go R down 18 steps to a path to 12 steps down to museum CP. Go R to main car park entrance at 3.55 miles.

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.