

Coastal Round Walk 19 – Landewednack, Cadgwith, Poltesco, St. Ruan 5.99 miles

Route Directions – Full GPS Version

Landewednack Church to Cadgwith Cove – 1.75 miles

Start from CP at 71170/12663 at 150 feet. Go L down hill steeply towards coast, passing attractive thatched cottages. Above the cove, at 71422/12754 at 305 yards, go L through kissing gate (WM), to join the Coast Path, with a moderate climb up to a red and white wooden daymark at 71379/13021 at 175 feet. From here the way undulates between 90 and 210 feet (the high point before the Devil's Frying Pan) though mostly a little below 200 feet. After the Devils' Frying Pan the path descends fairly gradually to the hard at Cadgwith Cove at 72175/14553 at sea level at 1.75 miles.

Cadgwith Cove to Carleon Cove – 1.16 miles

Continue on the road, uphill fairly steeply, passing Cadgwith Cove Inn, and at 72183/14602, follow Coast Path sign R up to the old Watch House on R at 72310/14506 (*great views back over cove*). Path continues up to around 200 feet. At 72536/14843 after 800 yards, be careful of a brief potentially slippery rock descent. From Enys Head it's downhill most of the way to a NT Poltesco sign above Carleon Cove. You should detour here, down to the rocky beach to see the former Serpentine Works at 2.91 miles.

Carleon Cove to St. Ruan – 1.08 miles

From the NT Poltesco sign go uphill through thorny scrub, passing Carleon House on R. Continue up through woods, then down to bridge over Poltesco River and up to road at Poltesco, at 71490/15760 at 60 feet at 3.13 miles, opposite Poltesco Farm. Detour R here, through NT CP, to see remains of old Poltesco Mill at 72549/15807. Return through CP and follow road to Poltesco House at 72447/15728 at 3.22 miles. Go L on lane down to bridge over river and restored Poltesco Mill at 72422/15692 at 3.26 miles. Lane climbs 100 feet steeply, then gently to Ruan Minor. At 72060/15261 at 200 feet at 3.62 miles go L through gate and stile to N entrance to St. Ruan Church.

Leave churchyard by W gate. Bear L on road (*to Cadgwith*), passing FP and Spar for few yards to a buckled FP sign at 3.79 miles. Go R on track, passing a Methodist chapel on R, CP on L, downhill, passing houses for about 70 yards. At last house on R, down 5 steps, track becomes path between hedges. At 71829/15109 at 3.86 miles, cross cattle stile. Up easy, wood on R, field on L, path turns L downhill at seat. At 71756/15087 at 150 feet at 3.91 miles, over a cattle stile, path continues, field on L. Path becomes track, down to minor road at 71664/15020 at 115 feet at 3.99 miles.

St. Ruan to Landewednack Church CP – 2.00 miles

R on road uphill 85 yards. At 71601/15018, L (*FP sign*) downhill on path, house on R, to FB over stream at 120 feet. Over cattle stile and wooden stile (WM), into field at 71566/14991 at 130 feet. Straight up hill, steepish, SW. At top keep L of barns of Bruggan Farm to high wooden stile at 71467/14834 at 215 feet. Up track between house and barns, bear R on drive to lane at 71435/14782 at 220 feet at 4.21 miles. L on lane (WM) for 65 yards, to 71460/14730 at 200 feet. L over stone stile and wooden lift stile (*sign St. Ruan Well 50 yards*). Cross field to fence enclosure. Go through very tight metal kissing gate to St. Ruan's Well at 71524/14680 at 210 feet at 4.30 miles.

Go immediately over high sheep stile. Cross road (*FP sign*) for 15 yards to cattle stile and wooden stile at 71543/14667 at 225 feet at 4.32 miles. Follow WM bearing R across large field, telegraph pole on L, to cattle stile (WM) (*muddy*) at 71407/14449 at 250 feet at 4.48 miles. Follow RH hedge to St. Grade church. Over wooden stile at 71234/14333 at 250 feet at 4.64 miles. *Or take sunken track to front (W) of church.* Through gate (*or over sheep stile*) to churchyard. Round S side of church to exit gate on W side at 71194/14313 at 245 feet at 4.68 miles. Go L on grassy track. to gate at 71095/14225 at 210 feet at 4.79 miles to minor road at Anvoaze Farm.

L on road 375 yards, part way round L bend, just before Gwavas Farm, at 71277/13951 at 210 feet at 5.01 miles. Hard R on muddy track through trees to open gate to field at 71251/13931 at 215 feet at 5.03 miles. WM straight across field to step stile at 71150/13898 at 230 feet at 5.10 miles. Path, on top of massive hedge, winds its way to 71020/13581 at 250 feet at 5.33 miles. Down sheep stile to track to Trethvas Farm.

After 50 yards, L on farm track (*FP sign Lizard*) at 70975/13573 at 5.35 miles. *Track can be very muddy but passable with care. Alternative Route: After 50 yards cattle stile on R, FP to Cross Common, Lizard Town).* Just before end of track go R over cattle stile (*FP sign*) to field at 71092/13392 at 215 feet at 5.50 miles. Follow FP sign along LH hedge to cattle stile at 71121/13266 at 220 feet at 5.58 miles. Follow LH hedge in next field to crude stile and wooden lift at 71134/13050 at 220 feet at 5.73 miles. Bear R downhill, through gap, heading roughly for the tower of Landewednack church, follow clear path through gorse, bramble, thorn. At 71146/12966 at 180 feet at 5.79 miles path continues down to Church Cove but WM R, down 2 steps, muddy, 15 yards to wooden stile and down to stepping stones over stream at 71151/12954 at 160 feet at 5.80 miles. Up step stile (WM), bear L on grass uphill moderate into field on reasonably clear path, church tower in view again, up to 210 feet, down to cattle stile by gate at 71169/12833 at 205 feet at 5.89 miles. Follow wide grassy muddy track, becomes regular track downhill to CP at 5.99 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.