

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

Route Directions – Non GPS Version

Landewednack Church to Cadgwith Cove – 1.75 miles

Start from CP below Landewednack Church. L down hill steeply towards coast, passing attractive thatched cottages. After 300 yards, above the cove, L through kissing gate (WM), to join the Coast Path, with a moderate climb up to a red and white wooden daymark at 175 feet. From here the way undulates between 90 and 210 feet though mostly a little below 200 feet. The high point is before the Devil's Frying Pan. After the Devils' Frying Pan the path then descends fairly gradually to the hard at Cadgwith Cove at 1.75 miles.

Cadgwith Cove to Carleon Cove – 1.16 miles

Continue on the road, uphill fairly steeply, passing Cadgwith Cove Inn, and go R following Coast Path sign up to the old Watch House on R (*great views back over cove*). Path continues up to around 200 feet. 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, opposite Poltesco Farm. Detour R here, through NT CP, to see remains of old Poltesco Mill. Return through CP and follow road to Poltesco House at 3.22 miles. Go L on lane down to bridge over river and restored Poltesco Mill at 3.26 miles. Lane climbs 100 feet steeply, then gently to Ruan Minor. There go L through gate and stile to N entrance to St. Ruan Church at 3.65 miles.

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

St. Ruan to Landewednack Church CP – 2.00 miles

R on road uphill 85 yards then go L (*FP sign*) downhill on path to FB over a stream at 130 feet. Over cattle stile and wooden stile (WM), into field. Straight up hill, fairly steeply, SW. At top keep L of barns of Bruggan Farm to high wooden stile at 215 feet. Up track between house and barns, bear R on drive to lane at 4.21 miles. L (WM) downhill on lane for 65 yards. L over stone stile and wooden lift stile (*sign St. Ruan Well 50 yards*). Cross field to metal fence enclosure. Through a very tight metal kissing gate to St. Ruan's Well at 4.30 miles.

Go immediately over high sheep stile. Cross road (*FP sign*) for 15 yards to cattle stile and wooden stile at 4.32 miles. Follow WM bearing R across large field, telegraph pole on L, to cattle stile (WM) (*may be very muddy*) at 4.48 miles. Follow RH hedge to St. Grade church. Over wooden stile 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 4.68 miles. L on grassy track to gate 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 5.01 miles. Hard R on muddy track through trees to open gate to field at 5.03 miles. Follow the WM straight across field to step stile at 5.10 miles. Path, on top of massive hedge, winds its way to 5.33 miles. Down sheep stile to track to Trethvas Farm.

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

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.