

## **Coastal Round Walk 29 – Polkerris, Readymoney Cove, Saints Way – 6.59 miles**

### **Route Directions – Non GPS Version**

#### **Polkerris Beach to Readymoney Cove - on the Coast Path – 4.39 miles**

##### **Start from Polkerris beach and harbour.**

Leave the Polkadot café to your R and follow the coast path, past the toilets, steeply up through woodland carpeted with wild garlic, with 29 steps up, then into the open at 150 feet. The path continues to climb, in fields, to 200 feet. It then undulates down to around 50 feet before climbing again past Little Gribbin to 210 feet. Then, after undulating to 140 feet, it climbs easily to the daymark on Gribbin Head at 260 feet.

You now descend fairly steeply to a hunting gate and undulate until you reach duckboards at the first of the two coves at Polridmouth. *Here a track goes off L up to Menabilly Barton and a small CP.* Continue to the back of the second cove and cross a stream on stepping stones. *At the far side of the beach a path heads off to the L to the National Trust's Coombe Farm and a CP.* There is now a climb, steepish in places and with a number of steps, up to Lankelly Cliff and Southground Cliffs, before winding your way down to Coombe Haven, on the National Trust's Coombe estate. *Here another path goes off L to the NT's Coombe Farm.*

From here the path is easy, climbing gradually only to 150 feet before descending steadily down towards Readymoney Cove. Halfway down you pass a path on your right down to Catherine's Castle (*worth a look, not least for the view across the Fowey estuary to Polruan*). There is then a fairly steep bit, rocky in places, down through woodland to a lane to Readymoney Cove at 4.39 miles

#### **Readymoney Cove to Polkerris, mostly by the Saints Way - 2.20 miles**

Return on the lane to a Coast Path and Saints Way (SW) sign. Follow SW sign, uphill fairly steeply on a mostly rocky surface on a sunken track (*Love Lane*) through woodland. After a while, a path goes L up steps to NT Coombe Farm. Here there is a SW WM (*Tregaminion*). Continue up through woods, now moderate, then easy, but fairly stony, (*on NT Love Lane estate*) to a T. Here go L on the road up to another T at Coombe Lane at 225 feet at 0.54 miles. Go R on Coombe Lane, following SW sign downhill easy on road, down to 200 feet. At T ahead on Prickly Post Lane, continue for 25 yards to Lankelly Farm.

Go L on a path, following a SW sign, beside Lankelly Farm, then immediately keep L of tall leylandii hedge, on a path between wire fence and hedge, downhill easily. At the end of the farm garden, go through a gate, downhill on a track with a pig field on your L. Continue to stepping stones over a stream at 150 feet. Cross the stream and go through a narrow kissing gate. Now follow a WM L, under a bridge, and continue up on a deeply sunken track, which becomes fairly steep uphill through woodland (*could be very muddy*), up to a sheep stile (SW WM). Here the path continues up moderate to 250 feet at 1.10 miles.

Now it's downhill easily, with wire fence on L, hedge on R, to a kissing gate (WM) at 175 feet at 1.31 miles. The path continues up easily, then moderate, past Trenant on the L, crossing a driveway, and continues easily up to a sheep stile (WM) to a field. Continue uphill, following the LH hedge on a grassy track up to about 230 feet. (*Here Tregaminion appears ahead*) Now it's downhill moderate, becomes steepish to a wooden gate, continues down steeply, with 76 steps down, to a FB over a small stream at 145 feet at 1.56 miles. A level path, with field fence on R, to a kissing gate (WM), then 4 steps down, and on to a FB, 2 steps up, at 1.71 miles. Continue uphill moderate on a fenced-off path through a paddock up to Tregaminion. Go through a galvanised gate (SW WM) and across a yard to a second galvanised gate (SW sign). Bear R on a track, and continue up to Tregaminion farmhouse (*B&B*) at 1.81 miles.

Track bears L up to a T with a road by the gate to Tregaminion church at 225 feet at 1.88 miles. (*SW WM Polmear 1½, Fowey 2½*) Go R on the road downhill for about 150 yards, to a FP sign on your L at 1.95 miles. *Here you leave the Saints Way.* Go L through an iron gate to a field, and follow a track uphill easy across the centre of the field. Downhill easily now to where paths fork, and continue forward to a Coast Path WM, and downhill into woods. Follow a WM R, downhill steeply down through wild garlic woodland, zigzagging down, with 29 steps. Go L at a Coast Path WM, and continue down steeply. Go L at a fork (*toilets sign*) down to the beach at Polkerris at 2.20 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.**