

## **Coastal Round Walk 40 – Constantine Bay, Mother Ivey’s Bay, Trevoze Head – 4.76 miles**

**Start from the beach end of Constantine Bay beach car park at 85923/74533.**

### **Constantine Bay to the Coast Path at Mother Ivey’s Bay – 2.35 miles**

Take the sandy track towards the beach for about 60 yards to 85872/74549. Go R (*no WM*), roughly N on a narrow sandy path into dunes. The path winds through marram grass for about 350 yards, where a clear path goes L down to the beach. Here go R uphill, at first roughly E on a narrow sandy path through marram grass. Shortly go up 12 steps and continue downhill on a narrow path through scrub and brambles, with the golf course ahead and left, heading roughly E but bearing roughly SE down to a kissing gate. The path continues ESE, with the golf course on the L and gardens and houses on the R, gently uphill between hedges, tight and overgrown in some places. At 0.63 miles pass a WM post where a track comes in on the R. Pass a grassy car parking area on the L at 0.75 miles and continue to a kissing gate and on for a few yards to the road to Harlyn, opposite Trevoze Golf Club at 86737/74523 at 125 feet. **(0.80 miles)**

Go L on the road (*with some care because, as the road bends R downhill, you pass in front of the first tee*) and follow it downhill to a small lay-by on the L just before the end of the golf course at 0.98 miles at 86788/74772. Go through a small gap on the L onto the golf course and head for the RH hedge to follow it uphill NNW, with the course on your L, to a WM post by a raised tee. **(1.17 miles)**

### **St. Constantine Detour, distance included in total.**

Follow the WM L roughly W along the RH hedge, crossing a track to the maintenance yard, to another WM post after 250 yards. Follow this WM left, roughly S, to cross a bridge over a small stream. St. Constantine’s Holy Well is to your L, steps down to it at 86519/74958 at 1.37 miles. Continue S to cross a second bridge over a tiny stream and climb steeply up a dune to the fourth tee at 86504/74898 at 90 feet at 1.41 miles. To your left are the remains of St. Constantine’s Church. Retrace your steps to the start of the detour. **(1.62 miles)**

Go L to follow RH hedge roughly NNW. At 1.76 miles you cross a short bit of sandy track and continue along the LH hedge, the golf course now to L and R. At 1.90 miles at 86532/75461 you pass on your R an overgrown roughly circular embankment with a green in it. Maps show this as ‘pit’ but it looks very much like a ‘round’, an iron age farmstead enclosure. Continue to a golf course track at 1.96 miles, go L and through an open gate to a small unofficial CP and on to the lane to Trevoze Head. **(1.97 miles)**

Go L on the lane downhill. At 2.19 miles go through an open gate onto Trevoze Head private toll road. A few yards on, immediately after a wooden gate to a house on your R, go R (*no WM*) through a wide opening to cross an open area with a large shed on your L. Continue on a track, with a field on the L, to a small open area at 2.31 miles, with Mother Ivey Cottage to your R. Here you join the Coast Path. Continue forward, passing a Coast Path WM at 2.33 miles, go through a gap that was a kissing gate and out on to the cliffs above Mother Ivey’s Bay. **(2.35 miles)**

*There are seats just to the L from which there are superb views. To the L you see Art Deco Polventon, the new Padstow Lifeboat Station and Merope Rocks. Ahead you see Gulland island. Looking R across Mother Ivey’s Bay you see Cataclews Point, Trevone Bay, Stepper Point, Newlands island and Pentire Point.*

### **Mother Ivey’s Bay back to Constantine Bay – 2.41 miles**

The Coast Path is now perfectly straightforward and needs no detailed directions but here are a few notes. From here to the lighthouse on Trevoze Head is a steady easy climb of a couple of hundred feet with, surprisingly for the coast path, several wooden stiles, a couple of them quite high. On your way up to Trevoze Head you pass Polventon, the white art deco house. A little further on you cross the lane down to the lifeboat station, perhaps worth the detour. As you approach the high point on Trevoze Head, you may notice a lot of concrete platforms, perhaps of WWII military use. High point is 245 feet. **(3.02 miles)**

Coming down from Trevoze Head, if you don’t like the idea of the steep steps down to the former Dinas Head Quarry, they can be avoided by staying on the track up through the car park. The main descent is on grass and very easy going, passing the impressive 'Round Hole' on the way down to Booby’s Bay. It may surprise that, at the beginning of Constantine Bay, you have to take wooden steps down to the beach and cross that. Map OS107 seems to suggest a route across the dunes but that has been superceded. At the far end of the beach, take the ramp up and back to the car park. **(4.76 miles)**