

Rôskestal Walk

Distance	2¼ miles (3.75km)
Estimated time	1¼ hours
Difficulty	Easy

A brief stroll through a rocky wilderness of plunging crevasses and soaring buttresses, where buzzards wheel over the downs above and nesting seabirds call from the ledges. The coastline has been sculpted and hollowed by the crashing waves which wash around the islets just offshore and through the caves they have carved at the base of the spectacular cliffs. People have lived and worked in this area for many thousands of years, and the heathland is littered with faint remnants of prehistoric dwellings, fortifications and field systems, overlaid with other overgrown relics of later periods.

1. From the Porthgarra car park turn left towards the sea and pick up the South West Coast Path on your right above the tiny boulder beach. Follow the path around Gwennap Head to carry on around the cove at Porth Loe.

2. Stay with the Coast Path as it pulls out around Pellitras Point and Black Carn, carrying on above Folly Cove and cutting across the headland Carn Barra to Ardensawah Cliff beyond.

3. Take the bridleway on your right, turning about-face to cut back across the open heathland on Rôskestal West Cliff. For a longer walk take the next bridleway on the left to Arden-Sawah Farm and follow the route described from here in the Bosistow Walk above; but otherwise ignore all the paths on the left to continue to the track heading back to Gwennap Head, bearing left onto it to return to the car park.

St Levan Walk

Distance	1½ miles (2.5km)
Estimated time	1 hour
Difficulty	Easy

An easy walk eastwards through the heathland to St Levan, where the medieval church perches high above the fifth-century saint's original chapel and the bracken-clad hillside plunges to the tiny beach with its white sand and turquoise water. Bring a picnic and make a day of it!

The granite steps between the chapel and the well are very old and were restored in 2003, more than 60 years after they were rediscovered. The St Levan Stone in the medieval churchyard was considered to be a sacred monument by the pagans worshiping here before the saint arrived, and the tall cross beside it was erected to sanctify it. According to legend, the stone was split in two by a blow from St Levan's staff, and he prophesied that no-one would ever ride a loaded pack

horse through the two halves of the rock unless the world was about to end. There are five ancient Celtic crosses in the churchyard, each pointing the way from a local settlement, and there are others in the fields to mark the routes.

1. From the car park turn left, bearing left at the gift shop, and turn right on the road beyond to pick up the South West Coast Path on the right through an archway formed of the feathery fronds of the Mediterranean salt- and sand-loving tamarisk bushes. Carry on through the heathland, forking left to stay high when the path splits.

6. When it forks again, bear left to visit St Levan's Church and then return to this spot to take the path downhill towards Porth Chapel.

Reaching the South West Coast Path, turn right to follow it back to Porthgarra and the car park; but before you do, take time to visit the tiny hermit's cell a few steps down towards the beach, carrying on down this path if you want to visit the beach itself before returning to Porthgarra.

Text by Ruth Luckhurst and the SWCP team. Photo by Tim Jepson



The Cove at Lamorna provides walkers with afternoon teas, lunches, dinners and free car parking. The House itself is of historical interest as it was built in 1854 for John Freeman, who owned the quarry in the cove. In the late 1800s it became a temperance hotel and in the early 1900's was home to Alfred Munnings. The book "Summer in February" by Jonathan Smith details the story of Munnings and other famous Newlyn artists when they used Lamorna as base for painting and partying. The book has been made into a film with Dan Stevens and Dominic Cooper heading the cast.

Produced by the South West Coast Path Team with support from:



The European Agricultural Fund for Rural Development:
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Walks on and around the
South West Coast Path NATIONAL TRAIL
from The Cove Cornwall at Lamorna

Gwennap Head Walks

Four walks around the South West Coast Path starting from Gwennap Head; but with as many as seven different loops all leaving from the Porthgarra car park, there are many possible mix-and-match routes, providing a walk for every occasion! There are cliffs and blowholes, saints and seabirds, theatres and underwater communications systems, all spread around an area of heathland dotted with the relics of the past and fringed with crystal waters lapping on sandy coves.



Distance: 1¼ - 5¼ miles (1¾ - 8¼ km)
Estimated time: 1 - 2½ hours
Difficulty: Easy - Strenuous
Starting point: Porthgarra Car park - fee payable.
It is recommended to drive to Porthgarra. Directions included in walk.

OS Explorer map 102 Land's End, Penzance & St Ives

This is one of the many walks that can be found at
www.southwestcoastpath.com

Directions

From The Cove Cornwall take the Lamorna Valley road inland. At the junction with the B3315 turn left signposted Lands End. Follow this road for over 5 miles. After the turning to Porthcurno look for the minor road on the left as the B3315 turns sharp right at Polrigga. Take the turning signposted Porthgarra 1½ miles. Continue on this road winding past Roskestal Farm until you reach Porthgarra. Follow the signs to the Pay and Display car park.

Numbers referring to points of interest in the walks are not necessarily in chronological order!

Lookout Walk

Distance 1¼ miles (1.75km)

Estimated time 1 hour

Difficulty Easy

A short loop around the stunning granite cliffs of Tol-Pedn-Penwith ('The Holed Headland of Penwith') where the sea washes dramatically through the blowhole of an underwater cave and two giant cones warn ships of the wicked Runnel Stone just offshore. Look out for climbers on the famous Chair Ladder crag, and the colony of breeding gannets on the nearby cliffs. Many rare seabirds pass through here, too, such as Manx and Sooty's Shearwaters, as well as skuas, petrels and whimbrels.

1. From the Porthgarra car park turn left towards the sea and pick up the South West Coast Path on your right above the tiny beach. Follow the path around Gwennap Head, past the lookout station, ignoring the track leading inland just after the lookout, to carry on to the cove at Porth Loe.

2. Take the next path to the right here, bearing right when another path joins from the left, to pick up the track back to the car park.

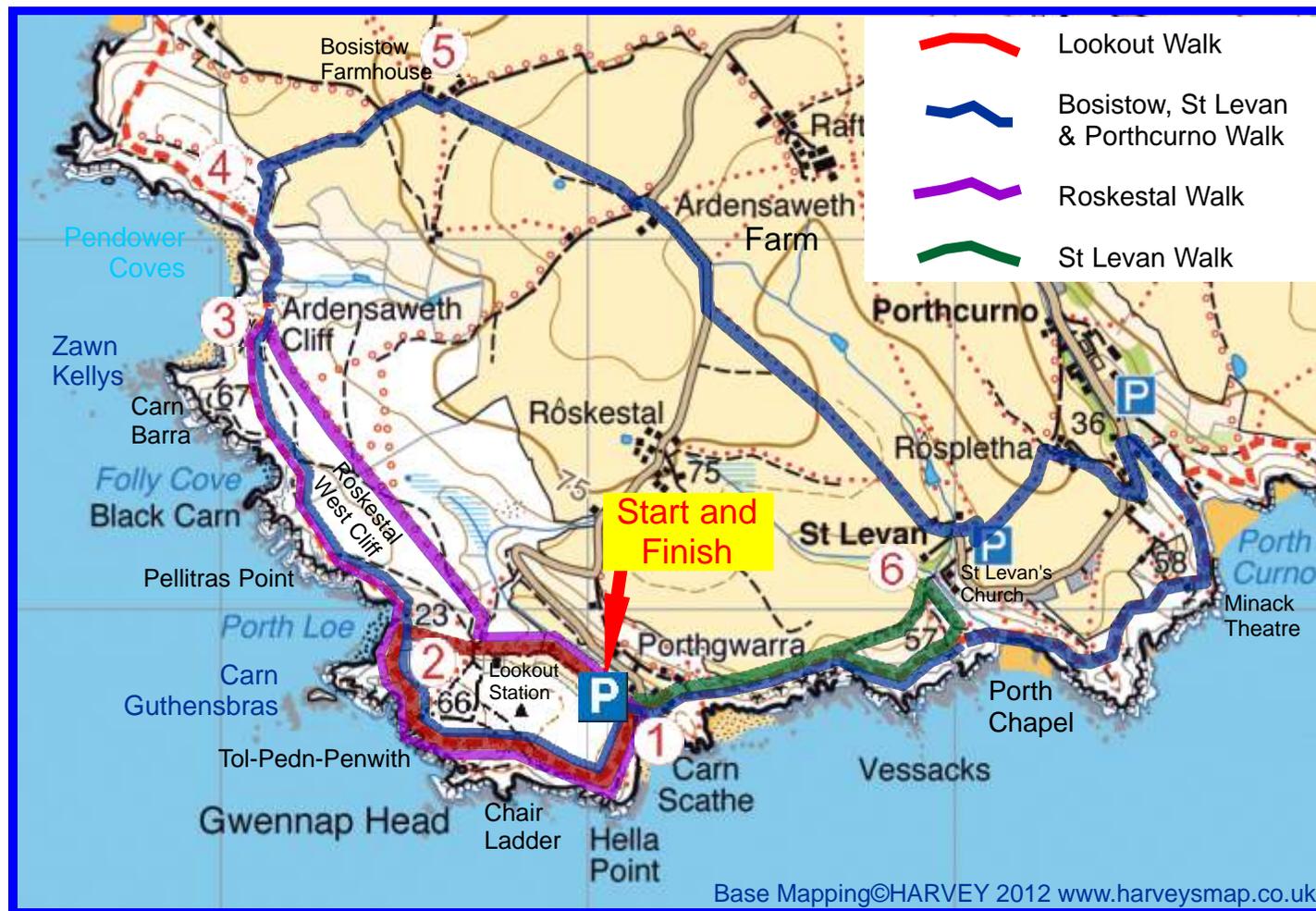
Bosistow, St Levan & Porthcurno Walk

Distance 5¼ miles (8.25km)

Estimated time 2½ hours

Difficulty Strenuous

A longer loop westwards around the coast, crossing inland to Porthcurno before returning along the South West Coast Path above the sandy cove at Porth Chapel. At Porthcurno the Submarine Telegraphy Museum celebrates a century of international communications centred on this tiny hamlet, after the first undersea cables connecting Britain with her Empire were run from here in 1870. The Minack Theatre is perched dramatically on the cliffs above, with Treryn Dinas and the Logan Rock a spectacular backdrop to the open-air performances that have been taking place here since the first production, 'The Tempest', was put on in 1932. At Porth



Chapel the fifth century hermit St Levan built himself a tiny hermitage on the hillside, with a holy well nearby, and a hamlet grew up around the medieval church on the top of the hill.

1. From the Porthgarra car park turn left to drop down the road towards the sea and pick up the South West Coast Path on your right above the tiny beach. Follow the path around Gwennap Head to carry on around the cove at Porth Loe. Stay with the Coast Path as it pulls out around Pellitras Point and Black Carn, carrying on above Folly Cove and cutting across the headland Carn Barra to walk above Zawn Kellys and on to Pendower Coves.

4. When the path starts to pull out around the far side of the cove and the open heathland on your right gives way to fields, take the path leading inland to a grassy lane. Carry on along the lane and then the road, ignoring the track from the left a short way on, to bear right around Bosistow Farmhouse.

5. Take the footpath on the right before the farmhouse, going through the left-hand hedge of the first field and crossing the next two diagonally to turn left on the road before Arden-Sawah ('Silver Stream') Farm. Fork right at the junction and walk past a footpath along a lane on your left to take the next footpath on the left, on a gentle right-hand bend. Follow the hedge through two fields, carrying on ahead through the third and fourth to follow the hedges again to come out by St Levan's Church.

6. For a shortcut follow the road seawards from the church, bearing right to drop down to the South West Coast Path and then turning right to return to Gwennap Head. For the full route to Porthcurno, however, take the footpath leading to the north-east from the churchyard, coming out between the farm buildings at Rospletha. Turn right on the road and follow the dog-leg around to the left to pick up the footpath on the right. On the Coast Path turn right and follow the acorn waymarkers back to the car park at Gwennap Head.