



27 CORNWALL TREEN TO LAND'S END

▶ Distance: 7¼ miles/12.5km ▶ Time: 4 hours ▶ Grade: Moderate



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FEATURE
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Flower-topped cliffs at Treen, with Logan Rock headland beyond.

PHOTO: FIONA BARLTROP

CORNISH CLIFFTOPS



CHOSEN BY...
FIONA BARLTROP

There is, arguably, no finer coastal walking anywhere along the South West Coast Path than the half-dozen miles either side of Land's End. The lichen-encrusted granite cliffs, especially on the southern side, are quite spectacular. Of particular note is Porthcurno Bay, rightly considered the most beautiful in Cornwall with its turquoise-tinged sea and light golden sands backed by the impressive cliffs. Cut into the cliffs here is the unique open-air Minack Theatre with the Logan Rock

headland on the opposite side of the bay. There's many a wondrous view on this walk which covers the exhilarating stretch of coastline between Penberth and Land's End, but perhaps the loveliest of all is that from Treen cliff-top of Pednvouder beach with the aforementioned headland beyond. The ideal is to arrive at Land's End around sunset, for which this most westerly point of the English mainland is renowned! If you'd like a longer walk, stay on the bus to the Lamorna turn, then walk down the lane to Lamorna Cove and follow the Coast Path westwards from there. ➔

Land's End at sunset.

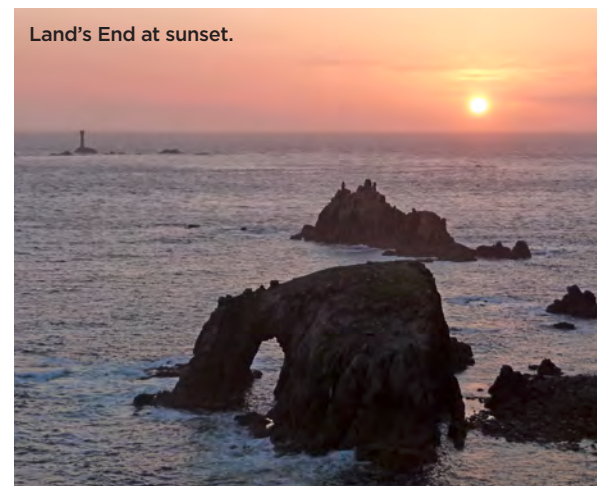


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► OS Explorer map 102 ► Buy maps at: ordnancesurvey.co.uk/shop



1 Start
Alight from the bus at the Treen stop and head past the pub to the café and car park. Follow the track/path along the R side of the car park and continue in a south east direction via fields and woodland down to Penberth Cove, a small, picturesque fishing cove with an old capstan at the head of a granite cobbled slipway.

2 ¾ mile/1.2km
Turn R to follow the South West Coast Path (SWCP) over Cribba Head. Heading westwards you cross the base of the Treryn Dinas headland with its Iron Age cliff castle and the Logan Rock – an example of a logan or rocking stone, said to weigh 80 tons. You might like to make a detour out onto the headland. Continuing on the Coast Path you soon come to a junction where the SWCP goes straight ahead. For

the best views of Treen Cliff and Pednvouder beach (accessed by a steep path and popular with naturists!) take the footpath to the L which runs closer to the cliff edge, rejoining the SWCP a bit further on. Before long you descend to Porthcurno and its popular beach. Porthcurno played a key role in global communication. The first submarine telegraph cable was laid under the beach here in 1870 connecting Britain to India and in time there were as many as fourteen cables linking Britain with the world.

3 2½ miles/3.7km
It's a steep climb up to the Minack Theatre and its car park, but the views back are more than ample reward. The theatre is open to day-time visitors. Continuing westwards you'll pass Porth Chapel and thereafter descend to Porthgwarra. Note the tunnel in

DON'T MISS...

 **Book a performance at the open-air cliffside Minack Theatre (www.minack.com).**

the rock that leads down to the slipway; this was used by farmers for bringing up seaweed (for use as fertiliser) by horse and cart.

4 3¼ miles/6km
The next few miles to Land's End are superb – wonderful granite cliff scenery. Look out for the big hole in the cliffs – 'Tol-Pedn-Penwith' – not far from the Gwennap Head coastwatch station (you'll pass it if you keep to the path nearest the cliff edge). The nearby cone-shaped navigation markers line up with the Runnelstone buoy to warn vessels of the hazard of the Runnel Stone.

5 7¼ miles/11.6km
From the Land's End hotel and tourist complex, carry on northwards for a short distance to the First and Last House and most westerly point, then retrace your steps and make your way to the car park. **CW**

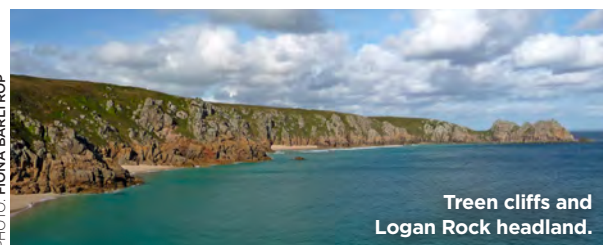


Fishing boats at Penberth Cove.

PHOTO: FIONA BARLTROP



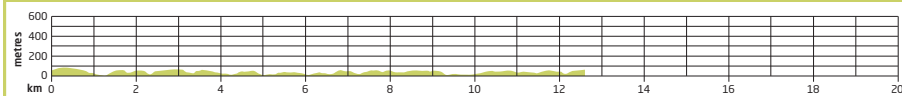
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Treen cliffs and Logan Rock headland.

PHOTO: FIONA BARLTROP

GRADIENT PROFILE



PLAN YOUR WALK



ROUTE

Start/parking Treen bus stop, grid ref SW394232. Car parks at Land's End and Treen

Is it for me? Mostly cliff-top walking on well-signed Coast Path; field and woodland paths and short stretches of tarmac **Stiles 4**

PLANNING

Nearest town St Just
Refreshments Choice at Treen, Porthgwarra Cove and Land's End
Public toilets Treen, Penberth Cove, Porthcurno, Porthgwarra and Land's End
Public transport

Bus 1/1A from Land's End to Treen – three a day; www.firstgroup.com

Maps OS Explorer 102; Landranger 203

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