

# 01 CORNWALL BOSCATTLE

Distance: 7 miles/11.3km Time: 3¼ hours Grade: Moderate



SOUTH WEST



Boscattle's sinuous harbour.

PHOTO: VIVIANNE CROW



## CHOSEN BY... VIVIANNE CROW

It's hard to single out one highlight from this figure-of-eight walk – there are so many. Boscattle is a delightful village with an unusual curving harbour cradled between headlands. Then there are the cliffs... every twist and turn of the South West Coast Path will have you reaching for your camera. The return route heads inland on quiet country lanes to join a woodland path through the tranquil Valency Valley. As if all that wasn't enough, there's a witchcraft museum, links with novelist Thomas Hardy, and Boscattle Farm Shop and Café. This popular spot, metres from the

coast path, serves up veggie breakfasts, quiches and cakes made on site, and burgers using home-reared meat.

### 1 Start

From car park, turn L along road. After bridge, turn R, by river towards harbour. On reaching wall, clamber L up to SWCP and follow it R, through gate out to lookout tower on Willapark. Take converging path L to resume SWCP. Take first path L (before steps) over Forrabury Stitches to St Symphorian's Church.

### 2 1¼ miles/2km

Turn R at gate through churchyard down to lane. Turn L to main road. Carefully cross L into lane and zag to Old

## PLAN YOUR WALK



**Start/parking** Cobweb P&D car park in Boscattle, grid ref SX100912, postcode PL35 0HG

### ROUTE

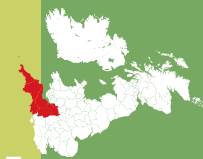
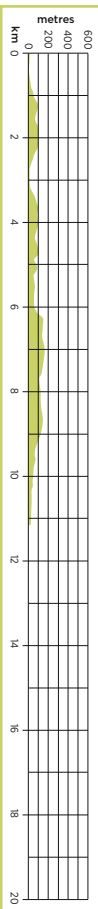
**Is it for me?** Cliffs, including one section with steep drops; steep ups and downs on coast path; otherwise mostly easy-going field paths; quiet roads and woodland paths

### PLANNING

**Nearest town** Camelford  
**Refreshments** Boscattle Farm Shop and Café, Hillsborough Farm. Pubs and cafés in Boscattle. Try The Cobweb Inn (01840 250278)  
**Public toilet** In car park over Forrabury Stitches to Newquay-Bude to Start (geocornwallbus.co.uk)  
**Maps** OS Explorer T11; Landranger 190

Road, following it L to meet main road again.

## GRADIENT PROFILE



# 02 CORNWALL BANTTHAM & HOPE COVE

Distance: 11½ miles/18.5km Time: 5½ hours Grade: Challenging



SOUTH WEST



PHOTO: FIONA BARLTROP



## CHOSEN BY... FIONA BARLTROP

Grassy cliff tops, sandy beaches, wonderful views and two popular pubs are the ingredients for this beautiful coastal walk. Like a double-ended lollipop, it comprises two loops, one at either end of a linking section, with shorter options possible.

### 2 ½ mile/1.3km

Follow CP gently up grassy cliffs. Path soon runs alongside Thurlestone golf course passing Broad Sand then Yarmouth Sand. From Warren Point there's a good view S across Bigbury Bay to headland of Bolt Tail in distance. Off South Milton Sands is Thurlestone Rock, a stone arch. Thurlestone village takes its name from Anglo-Saxon word for pierced or 'thurled' stone (Durdle Door arch has same derivation).

Along W side of Banttham Ham descend steps to beach and cross to lifeguard hut (Banttham Surf Life Saving Club) at far end. NB Dogs not allowed on beach 1 May-30 Sept.

### 1 Start

From car park walk back towards ticket hut and just before it turn back sharp L to follow track (private road), with white gate at entrance. signed for Banttham Ham. Keep R at fork to follow path round perimeter via Hams End, views of River Avon to R.

## PLAN YOUR WALK



**Start/parking** Banttham Beach car park, TQ7 3AN, grid ref SX667437

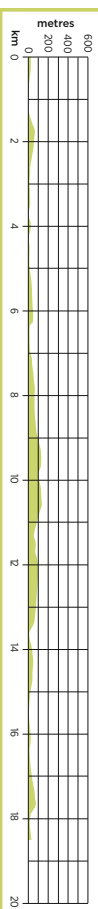
### ROUTE

**Is it for me?** Quite gentle walking along well signed Coast Path, with easy gradients; some ups and downs on inland sections

### PLANNING

**Nearest towns** Kingsbridge & Salcombe  
**Refreshments** Sloop Inn, Banttham (01548 560489), Hope & Anchor, Hope Cove (01548 561294), Gastrobus/Gastropizza vans, Banttham Beach car park, and Beachouse Café, South Milton Sands (01548 561144)  
**Public toilets** Banttham Beach car park, South Milton Sands, Hope Cove  
**Public transport** Tally Ho bus 162, Kingsbridge-Hope Cove (0300 012 0779)  
**Maps** OS Explorer OL20; Landranger 202

## GRADIENT PROFILE



# 02 CORNWALL BANTHAM & HOPE COVE

OS Explorer map OL20 Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

## 3 2½ miles/3.8km

From Leas Foot, Sand continue on CP S for another 1½ miles - gentle walking with lovely views - to Hope Cove.

## 4 4 miles/6.2km

Continue past Hope & Anchor. At S end of Cove as road bends L turn R by old lifeboat house and slipway. Head up steps and follow Coast Path through trees and out onto open grassy slopes. Across neck of Bolt Tail is Iron Age fort embankment. Go through gap and continue out to Bolt Tail looping back along coast to re-cross bank above Redrot Cove. Continue on CP to gate at top above Hugh's Hole - fine views from here northwards over Bigbury Bay. Follow surfaced path, keeping R at fork, continuing to NT's Bolberry Down car park.

## 5 6½ miles/10km

Turn inland along lane, descending to Bolberry. L at T-junction and then fork R carrying on down past Bolberry House Farm. Go up lane between hedges and as it bends R keep ahead along path called Sweethearts Lane. At T-junction turn L along track, then R up steps, footpath signed for Galmpton.

## 6 7½ miles/11.8km

At intersection at top turn L. Further on access road leads down to T-junction. Cross road and carry on down steps to



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DATE WALKED

TIME TAKEN

YOUR RATING

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**VIEW THE WALK ON OS MAPS ONLINE:**

[walk1000miles.co.uk/cwroutes](http://walk1000miles.co.uk/cwroutes)

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# 01 CORNWALL BOSCASTLE

OS Explorer map 111 Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

## DON'T MISS...



The Museum of Witchcraft and Magic contains exhibits devoted to witch trials, alchemy and Freemasonry, as well as a chalice owned by the early 20th-century occultist Aleister Crowley.

## 3 1¾ miles/2.8km

Turn R at main road and go L immediately after bridge to begin second loop - with river on L now. Just after Museum of Witchcraft, take lane R. Ignore one path down to harbour and then fork R.

## 4 2¼ miles/3.5km

Go R at ridge crest. At wooden barriers, use gate on R, walk beside wall on L for 30m then bear L through wall gap and kissing gate. Follow wall on L, through another gate back out on to cliffs.

## 5 3 miles/4.8km

Gap in wall on R gives access to path leading to Boscastle Farm Shop and Café. After visiting, return to SWCP and continue roughly N, soon crossing bridge above Pentargon Waterfall. Next part of the walk heads out across Beeny Cliff, described in a poem by Thomas Hardy. He met his first wife, Emma, when

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he was working at nearby St Juliot's Church as an architect's assistant. As path cuts across cliff, with ground dropping away steeply to sea below, some walkers may find this section unnerving. Route climbs to bench overlooking Fire Beacon Point and heads E.

## 8 6 miles/9.7km

After passing driveway on L, fork R on rough track. This becomes woodland path heading downstream with River Valency. Dense oak woods cover the valley slopes, while a variety of butterflies, including rare pearl-bordered fritillaries, flit among the wildflowers in the riverside meadows. After 1.6km in valley, fork R, back to start. [OS](http://www.ordnancesurvey.co.uk)

## 6 4¼ miles/6.9km

About 600m past bench, turn R just before kissing gate at top of short rise. Walk beside fence on L. Reaching road near North Lodge, turn R.

## 7 5¼ miles/8.4km

Turn R at B3263. In a few metres, take dead-end lane L, providing views of rolling farmland and woods.

**VIEW THE WALK ON OS MAPS ONLINE:**

[walk1000miles.co.uk/cwroutes](http://walk1000miles.co.uk/cwroutes)

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