



01 CORNWALL TRESCO

▶ Distance: 7 miles/11.4km ▶ Time: 3½ hours ▶ Grade: Moderate

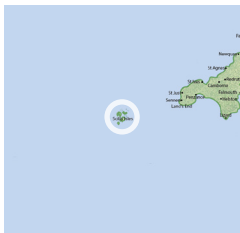
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FEATURE
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The coast path leading
to Cromwell's Castle.



PHOTO: SBF BENSON

PLAN YOUR WALK



ROUTE

Start New Grimsby Quay, Tresco, Isles of Scilly, grid ref SV887152

Is it for me? Clear, well-maintained trails, rocky and undulating at times, particularly in the north of the island. Stretches of paved footpath and quiet lanes
Stiles None

PLANNING

Nearest town New Grimsby

Refreshments The Flying Boat restaurant/café – a short walk from the quay. The Ruin Beach Café in Old Grimsby.

Public toilets New Grimsby Quay, New Grimsby village & Tresco Abbey

Public transport Scilly Travel 01736 334220. Tresco Boat Services 01720 423373 the islands

Maps OS Explorer 101; Landranger 203



CHOSEN BY... JEN & SIM BENSON

The second largest
in the Scilly

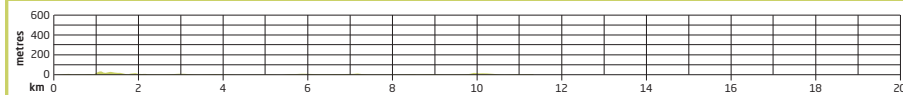
archipelago, the island of Tresco is a place of delightful contrasts. To the north, the rugged coastline is edged with inviting trails that wind around wave-washed rocky headlands; intriguing ruins beckon from the horizons and the stocky, granite tower of Cromwell's Castle commands dizzying views from the very top. Wandering around the south of the island, with its manicured gardens, stylish apartments and Mediterranean plants, feels unlike anywhere else in the British Isles. Keep an eye out for the local wildlife, including Atlantic grey

seals hauled out on the rocky ledges and red-legged oyster catchers flying low over the waves. The beaches here are exquisite: pristine sandy crescents edged by clear blue seas. The centre of the island is a great place for birdwatching, with freshwater pools providing habitat for several rare species.

1 Start

From New Grimsby Quay, with the jetty behind you, turn L and follow the island's north-west coast towards Cromwell's Castle. The trail is winding and undulating, with rocky sections at times. To your L are fine views across to Tresco's neighbouring island, Bryher. ➔

GRADIENT PROFILE



01 CORNWALL
TRESCO► OS Explorer map 101 ► Buy maps at: ordnancesurvey.co.uk/shop

2 ½ mile/1km
Cromwell's Castle stands proudly on the coast, just across a narrow walkway. A spiral staircase leads to the top and fantastic views. From here head inland, ascending to King Charles' Castle, perched on the highest point of the island. This ruined artillery fort was built in the mid-16th century to protect the islands from French invasion. Follow clear paths northwards to regain the rocky coastal path and continue around to the eastern shore, passing the deep sea cave of Piper's Hole, a 17th-century tin mine concealing a freshwater pool.

3 ¼ miles/2km
Gimble Porth is a wide, sandy bay where you can often spot seals. Climbing over the headland at Gimble Point brings you to Old Grimsby – the Ruin Beach Café is on the water's edge. Continue around the bay and ascend to the Old Blockhouse, also known as Dover Fort, another 16th-century fortification.

4 2 ½ miles/4km
From Blockhouse Point follow the coast around Rushy Point and Lizard Point to reach the glorious pale sandy arc of Pentle Bay. Turn R here, following Pool Road and then Abbey Road to make a circumnavigation of Great Pool – there are three entrances to bird hedges on this loop – before



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returning past Abbey Gardens and Abbey Pool to Pentle Bay.

5 4 ½ miles/7.5km
Head south along the coast to reach Tresco's most southerly point, Carn Near, also the low-tide quay. Here you will find Oliver's Battery, a ruined artillery fortification built in the 17th century against opposing Royalist forces on the neighbouring island of St Mary's. At low tide the walk can be started/finished at this point

in order to coincide with boats.

6 5 ½ miles/9km
Finish along the island's western coast, back to New Grimsby Quay. **CW**

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OS MAPS



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