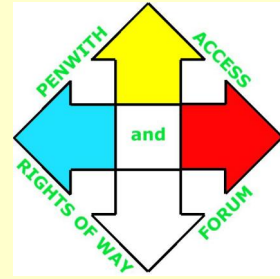


## Two Short Walks Around Porthgwarra 3.5miles



These are two short walks, totalling 3.5 miles in length, that start from Porthgwarra Cove and which give cliff top views towards the Lizard and the Isles Of Scilly. The return part of the first walk is suitable for wheel chair users and pushchairs who may easily reach the Cliff top Coastwatch Station. There is a pay and Display car park at the start of the walk and toilets in season.



To reach Porthgwarra from Penzance take the A30 towards Land's End and just after Drift turn left on the B3283 for St Buryan and Porthcurno. Do not turn left off of the B3315 for Porthcurno but continue towards Land's End and at a sharp right hand bend turn left onto the road signposted to Porthgwarra.

### The Slipway Porthgwarra Cove

#### PAROW

Penwith Access and Rights of Way - this is a local community based organisation working with a wide range of partners including the West Cornwall Local Action Group and Cornwall Council to improve access to the countryside for both local people and visitors, with a particular interest in access to Penwith's diverse collection of Ancient and Historic Sites. It also aims to help encourage tourism for the benefit of local businesses and to offer people the opportunity to carry out practical conservation tasks.



The European Agricultural  
Fund for Rural Development:  
Europe investing in rural areas



South West RDA

CORNWALL  
DEVELOPMENT COMPANY



## Walk One — A Walk to Cliffs and Coastwatch Station

From the pay and display car park at Porthgwarra walk back towards the cove and follow the Coast Path sign to the right, onto a path that climbs up the side of the cove. From the path there is a good view down into the cove and the entrance to the tunnel through the rock that is an alternative access to the foreshore. The cove with its 'smugglers' tunnel has featured in many television and cinema films. Continue up the path and through the kissing gate onto the Porthgwarra Site of Special Scientific Interest (SSI), a great place to see wild birds and flowers. As the path levels off for the last time look to the South West and you will see a Buoy half a mile out to sea. This is the Runnel Stone's Buoy marking the outer limit of the treacherous Runnel Stone's Reef which can be clearly seen in a heavy Ocean swell or when a strong tide is running. This part of the coast is well known as a transit route for migrating sea birds in Spring and Autumn and in Summer seals, Dolphins and Basking Sharks are often seen as well as resident Gannets diving for fish.



The 'smugglers' tunnel



Continue along the coast path which heads right towards the Coastguard lookout building on the skyline. The two conical structures were used to accurately position the Runnel Stone's Buoy before the days of radar or GPS. The Trinity House Vessels, that are responsible for maintaining our countries Marine Buoys and Lighthouses, would line up the tops of the two cones to get the exact position to place the Buoy.



The Logan Stone

As you walk along the path and pass through an imaginary line from the cones to the buoy, look about 25 meters ahead and just to the left of the track—you will see a large humped piece of granite. It is a logan or rocking stone. Because of its size, to get it to rock, it requires an adult to carefully climb up and stand on it.



Below the logan stone is a lower path that disappears around a granite outcrop and leads to a hole in the ground, that is the collapsed roof of a cave. Be very careful, especially with children, when approaching the hole because there is a drop of over 100 feet to the floor of the cave. When the tide is in and with a strong wind blowing in off of the sea, there is often spray being blown out of the hole. It is best to walk clockwise around the hole to continue but extreme caution must be used when crossing the land bridge in windy conditions. If at all in doubt the walker should retrace their steps back to the logan stone.



The collapsed sea cave

Having regained the upper path, continue to the lookout building that is manned by volunteers from the National Coastwatch Institute (NCI). The NCI has taken over many former HM Coastguard lookouts, initially in Cornwall but now nationwide. In front of the lookout is a topograph showing significant landmarks in the area. If it is a clear day the Seven Stones lighthouse can be seen as a pimple on the horizon. This is where the tanker 'Torrey Canyon' foundered in April 1967.

Take the tarmac track down from the lookout to return to the start. In the migration season the heath and valleys are often used as resting points for land birds blown too far to the West and exceptionally North American birds who have been blown on gales or have hitched a lift on a ship! Wheelchair users will find the tarmac route is the best way to reach the NCI lookout.



## Walk Two — a Walk to the Minack Theatre with an inland return

Follow the Coast Path signs in the opposite direction to the previous walk. Once you have climbed to the top of the cliff follow the path that stays closest to the sea. This will lead down to the beach at Porth Chapel above which is the ancient well of St Levan.



The beach at Porth Chapel

Continue the steady climb up the other side and take the path leading to the headland. Here you will find what looks like the base of a large missing flagpole. It is the remains of a radio mast for listening in to radio transmissions. If you look across the bay to the East you will see the Lizard with a wind farm on it. Near the wind farm is the early 1900's Marconi was experimenting with radio transmissions to America. The cable telegraph company in Porthcurno was obviously interested so they set up a listening post!

Continue along the coast path to the Minack Theatre. You can return to Porthgwarra the way you came or alternatively walk up the approach road to the Minack and turn left onto the unclassified road to St Levan Church, which is well worth a visit. In the churchyard are memorial plaques to Peter Shore, a minister in Harold Wilson's government and to Charles Groves, well known for his dictionary of music. There is also a granite boulder with a large split in it. Legend has it that when a donkey with panniers can be driven through the gap then the world will end! From the church retrace your steps for 40 yards and turn right at a Way Marker for Porthgwarra which eventually rejoins the path by which you left Porthgwarra. .





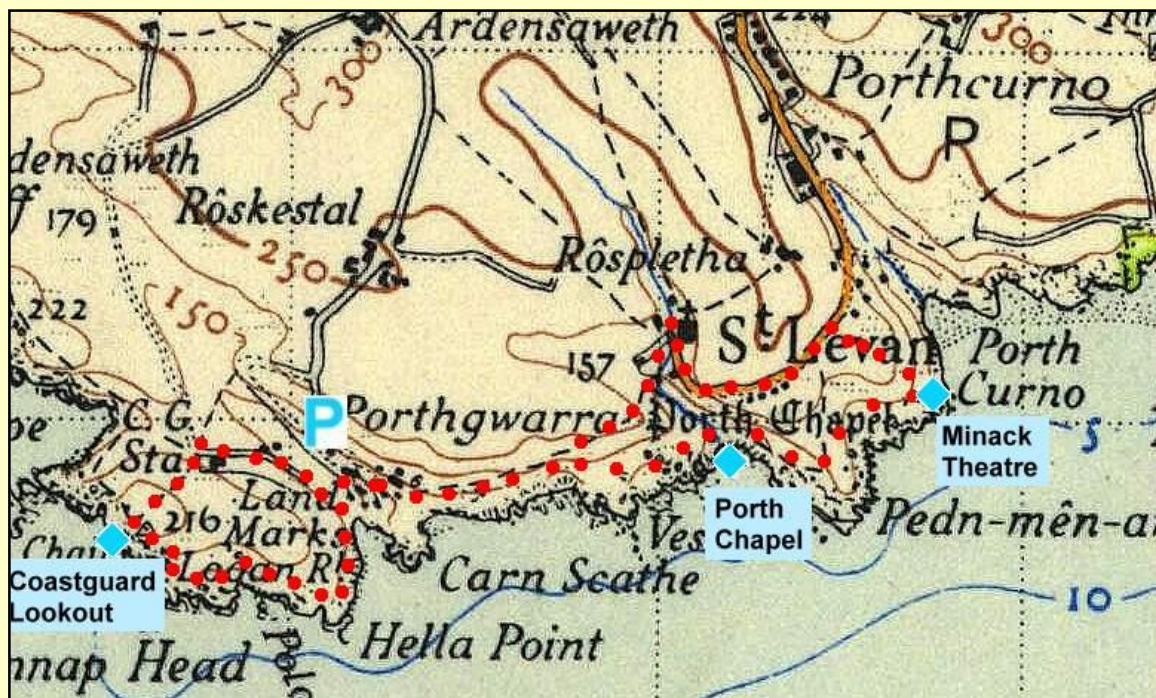
The Church at St Levan

The Beach and cliffs looking towards the Logan Rock





## MAP



For Detailed Map Please Use OS Explorer 102

Also see Map displayed on PAROW Web Site  
[www.parow.org.uk](http://www.parow.org.uk)

