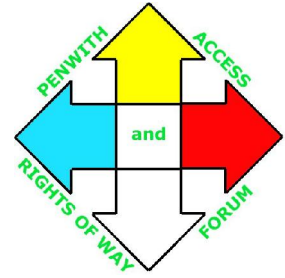
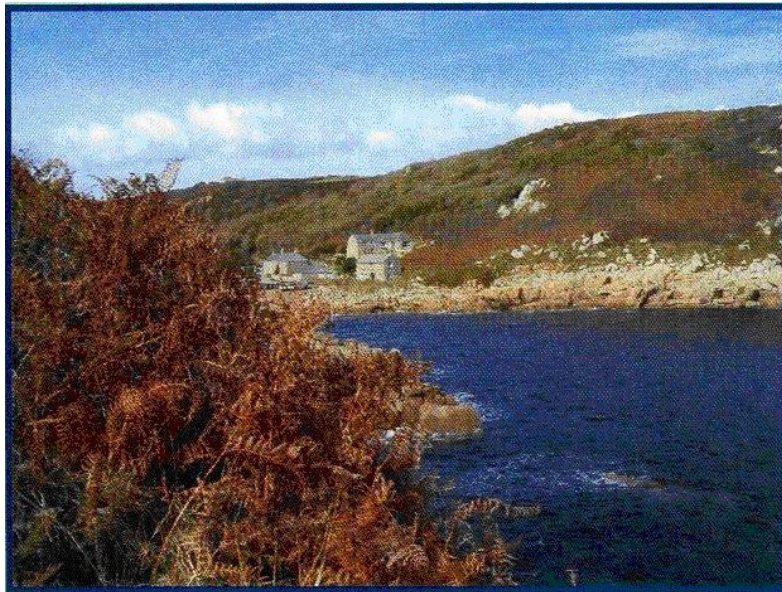


PAROW

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.



A Circular Walk from Treen



A Circular Walk from Treen

This delightful walk has been compiled by Penwith Access and Rights of Way Forum (PAROW) which is a local and unique organisation working in partnership with Penwith District Council, Cornwall County Council and all other interested user groups. It aims to improve access to the countryside for everyone and encourage tourism to support local businesses. Funding comes from the Rural Key Fund, Penwith District Council and Cornwall County Council.

This route offers the chance to enjoy some fine coast path walking in West Cornwall, providing the opportunity to visit the world famous Minack Theatre, The Submarine Telegraphy Museum, the beautiful beach at Porthcurno and the picturesque fishing village of Penberth, passing Logan Rock on the way.

The walk is just over 3½ miles long and takes a couple of hours of gentle ambling to complete. There are a few stiles and some of the Coast Path sections are steep and rocky, but the views are fantastic.

Starting from the pay and display car park at Treen, take the track opposite the shop (signed 'National Trust – Private') and follow it to a metal farm gate, to the left of which is a small wooden stile. Cross over this and through the Camp Site follow the track straight ahead and then go diagonally right across the grass to reach a stile in the left hand boundary hedge. Cross this stile and go diagonally right to the next stile and continue, in a similar direction across the fields to climb 3 more stiles. The path is now heading straight for the sea and crosses a field with a large rock on the left. Over a granite stile and through an area of scrubby bushes brings the way out on to the Coast Path. Turn right here and follow the path downhill, ignoring the path off to the left. It is possible to see The Minack Theatre across the valley and the rugged Logan Rock to your left. Continue downhill until the footpath joins a wider track.

Option 1

If you wish to make a detour into Porthcurno, turn right for civilisation and refreshments.

Maybe visit the Submarine Telegraphy Museum, where there are displays depicting communication operations during the Second World War.

Across the valley is The Minack Theatre which, in the 1930s was carved out of the cliffs by a remarkable woman called Rowena Cade.

Meanwhile - back on the wider track to the South of Porthcurno our circular route is to the left following the path downhill to the sea. It may well not be possible to resist a visit to the beach! However, if you do, turn left at the granite way marker which is about 40 yards inland from the Life Guard Hut. The direction of Penberth ¼ mile is indicated to the right. Follow this path, which is part of the South West Coast Path, uphill towards a cable warning sign near a World War Two gun emplacement. A little further along the path is a junction of ways by a large granite boulder. Turn right here and remain on this path for some time, ignoring any paths which lead off this route. Just to check - the sea should be on your right!

At the National Trust sign on Treen Cliff, take a few moments to sit on the granite bench and admire the sensational views.

Option 2

At this point it is possible to shorten your walk.

Turn left at the bench and walk away from the sea to follow the well trodden path back to Treen, where delicious food is served during licensing hours at The Logan Rock Inn.

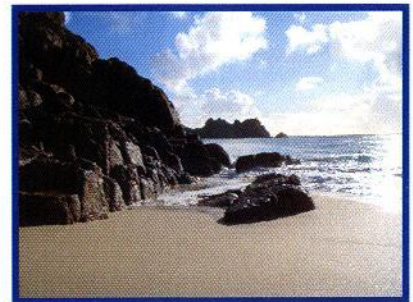
To continue with the longer route stay on the cliff path. At a meeting of several ways, it is possible to take a detour to the right and visit Logan Rock.

This local attraction, The Logan Rock is a finely balanced rocking stone which weighs 60 tons. In 1824 it was dislodged from its pinnacle by a boisterous group of sailors lead by Lt Goldsmith. The local people were so outraged by the prank, they ensured that the Admiralty made Lt Goldsmith replace the rock, at his own expense. Pictures of the event can be seen at the Logan Rock Inn.

Follow the path in an easterly direction, straight ahead, dropping downhill to cross a small wooden bridge and continue for some considerable distance. From here the views are fantastic and Tater Du Lighthouse, near Lamorna Cove can be seen. Inland to the North East, the tower of St Buryan Church is visible. Being the tallest tower in the area, it is a distinctive mark on the skyline from many of the footpaths and bridleways in Penwith.

When the path reaches Penberth Valley, there is a steep descent down into the cove.

Penberth Cove, owned by The National Trust, still has a small fleet of working fishing boats. The recently restored winch is used to draw the boats up from the sea.

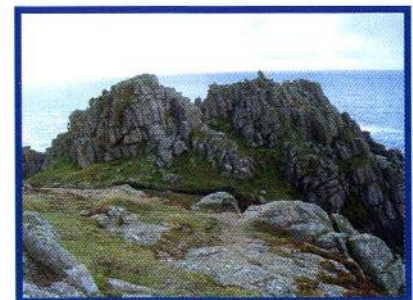
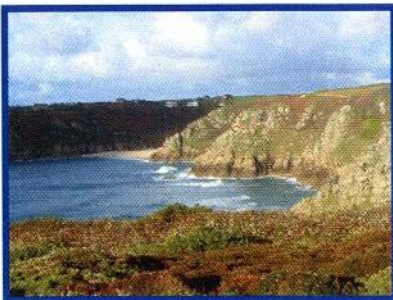


Cross the river and leave the cove following the tarmac road to pass a lovely thatched cottage. Over a small bridge the road widens and on the left is a Footpath sign, follow the track up towards a house and bear left. After about 50 yards the path bears right,

uphill, with an area of Gunnera (Giant Rhubarb) on your right. These huge plants grow well in the mild climate.



Carry on through the trees and up the hill to a wooden stile at the top. Have a glimpse behind you to see the sea above the trees. Cross the field to another stile, once over this keep to the left hand hedge until reaching an opening in the top right hand corner of the field. Continue to follow the next left hand hedge to climb over a stile in it. Now keep to the right hand hedge to a way marker. Turn left and follow a wire fence for about 50 yards to climb a wooden stile on the right leading onto a track which takes you back to the car park.



Treen Circular Walks ~ 3 1/2 miles

Follow 

Sylv's Map is not to scale. For accuracy please use OS Explorer.

△ Telegraph Museum

B3315 To Lands End

To St. Buryan

The Logan Rock Inn

Treen Shop

camp site

Penberth

Porthcurno



Bench

Treen Cliff

Cribba Head

Penberth Cove

Minack Theatre

Porth Curno

Logan Rock

