

Lundy Bay

A two and a half hour circular walk from The Point to Lundy Bay takes you through some of the beautiful Cornish countryside towards stunning sea views along the South West Coast Path and at the beach itself. This route goes through Polzeath, which is home to many of our 'Things to do' activities, before returning to The Point.

Distance: 6.15miles/9.9km

Minimum Time: 2h30

Ascent: 700ft/213.4m

Level of difficulty: ***

Suggested Map: OS Explorer Map 106: Newquay & Padstow

Locations with shop/pub: 2

Dog Friendliness: Dogs must be on a lead in some areas. Polzeath Beach (Hayle Bay) has seasonal access for dogs.

Path: Some of the route is along roads and some is along the cliff edge. Some areas of the path are uneven.

Landscape: Sea views, fields. Relatively flat apart from descent down to Lundy Bay.

Notes: It takes one hour to walk from The Point to Lundy Bay. There is a very short section along a busy road just before the Bee Centre. The walk can be extended to include Pentire Point (as shown on map).



Directions (Lundy Bay):

1. Go along the road back away from The Point, walking down and then up the hill. Take the path leading off the road on your right following the signposted direction through the wooden gate. Carry on through the field towards the wooden gate, cross over the road and walk up the lane in front of you past Mesmear.
2. At the end of the lane cross the road towards the Bee Centre (busy road!); turn through the gates and in the Bee Centre. Follow the lane towards the farm buildings admiring the views to your right. Stay on the lane as you pass through a wooden gate and then go through the left metal gate into a field, walking along the edge of the field and through the gate. Admire the sea views as you walk down the field towards and over a wooden stile;
3. Follow the path down the hill and you will come out at Lundy Bay. Turn left onto the coast path signposted 'Rumps', follow the path as you pass Downhedge Cove and through a wooden gate. You will come to a wooden bench with fantastic views.
4. At the wooden gate take in the views around you and follow the signs left for the Lead Mines. Here you have the option to carry along the coast path to The Rumps and Pentire Head, you will re-join this route at the cove before Pentireglaze Haven. Walk through the car park and turn right up the lane towards Pentire Farm. At the edge of the farm there is a wooden gate leading you downhill towards Pentireglaze Haven, signposted 'to coastal footpath'; follow this until it reaches the coast path.
5. Admire the sea views as you meet the coast path. This is where you re-join this route if you walked around the headland. Follow the coast path back towards Polzeath walking along the cliff face; you can walk along the beach if the tide is low enough however there is seasonal beach access for dogs. Walk into Polzeath following the path.
6. Go along the road inland (The Point is signposted). Stay on the lane as you walk past the campsite as it becomes a path and you reach the edge of the golf course. Take the path left and follow it along the edge of the golf course and back to The Point.



The road leading away from
The Point



Lundy Bay



Bench along the South West
Coast Path