

Rock

A circular walk lasting two and a half hours lets you take in the stunning Cornish coastline and gives you spectacular views along the Camel Estuary. Along the route there are the options to take the Ferry across the estuary to Padstow, or to stop by the St Enodoc church.

Distance: 5.15miles/8.29km

Minimum Time: 2h30

Ascent: 357ft/114.3m

Level of difficulty: ****

Suggested Map: OS Explorer Map 106: Newquay & Padstow

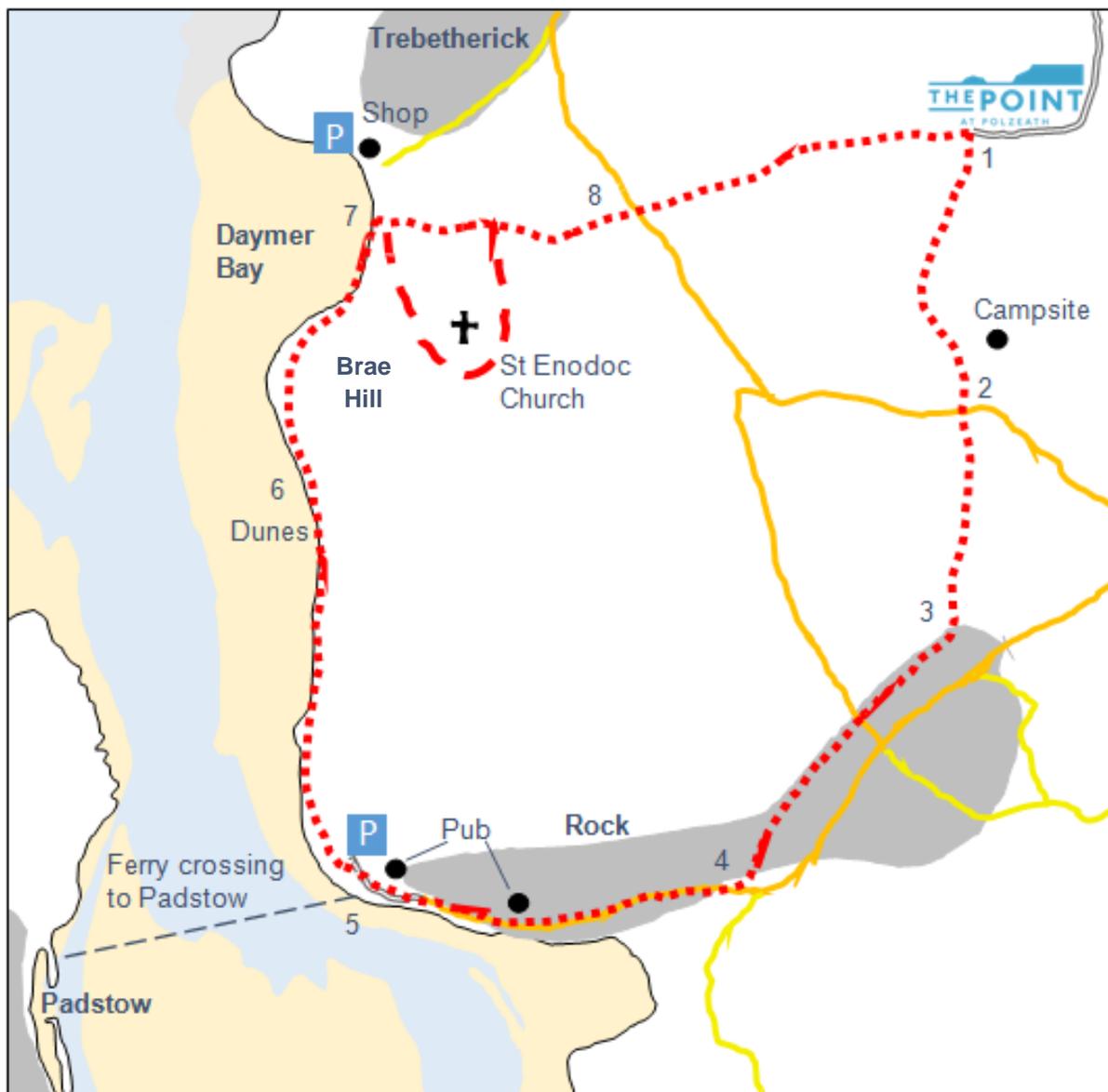
Locations with shop/pub: 3

Dog Friendliness: Dogs must be on a lead in some areas.

Path: Path is relatively flat. Some is on roads. There are many stiles (19).

Landscape: Flat fields, beaches, dunes, estuary views.

Notes: Some areas are badly signposted.



Directions (Rock):

1. Take the footpath south from The Point along the track towards the driving range. Cross over stiles and fields towards the farm buildings (notice views behind you). Pass through the farm buildings turning left into a field. Carry on through the fields towards a campsite. Go through the campsite (you enter the campsite through a small gap in the hedge where there is a stone stile).
2. Go over the stone stile at the edge of the campsite and cross the road. Follow signposts directing you through fields; follow the footpath crossing a small wooden bridge and over the wooden stile. Carry on through the fields and along the sheltered footpath; turn right onto a gravelled lane (which becomes tarmac) at the edge of the village.
3. Look out for a signpost directing you right and turn down towards a wooden gate, crossing the stone stile to the left of the gate. Follow the footpath crossing over the road and down the lane straight ahead. When you come to the triangle follow the lane to the left downhill towards the road.
4. Turn right onto the road and walk down the road towards the estuary. Beware of traffic and admire views of the estuary and Padstow as you walk. Carry along the road past the Camel Ski School and round to the right past the cafes, pubs, shops and restaurants (Blue Tomato, No1 Rock Road, The Rock Inn, White Stuff, The Beach House and Jack Wills).
5. At the car park there are toilets. Before the car park turn left down the slipway (where you can catch the ferry over to Padstow) turning right onto the beach, carry on along the beach if the tide is low enough and round Brea Hill. If the tide is too high walk along the dinghy park and along the coast path through the dunes towards Brea Hill. There are fantastic views of the estuary as you walk along.
6. Walk around Brea Hill along the path and look out for the fantastic views both inland, out to sea and of Stepper Point. Follow the path down onto the beach.
7. Part way along the beach there is a gap in the dunes, walk up the dune and take the path straight ahead following the edge of the golf course. You can go along the paths taking you to St Enodoc church as shown on the map. Stay on the path walking past the golf course and cross over the stile into the field. Walk through the fields towards the houses.
8. Cross over the road onto a signposted gravelled lane; walk to the end of the lane and cross over the stone stile into the field. Here you can see The Point as you walk through the fields. Go through a gap in the hedge at the end of the field and cross a small stream onto the golf course. Follow the footpath through the golf course back up to The Point.



View walking across the sand dunes



View walking around Brae Hill



Bridge over stream by Brae Hill