

The Rumps and Pentire Point

A walk around The Rumps and Pentire Point takes three hours and gives spectacular views both out to sea, inland down the Camel Estuary and along the North Cornish coastline. As you continue to walk through fields, campsites and along the South West Coast Path the views become increasingly stunning culminating in fantastic scenery at Pentire Point.

Distance: 6.54miles/10.56km

Minimum Time: 3h

Ascent: 1026ft/312.7m

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. Keep your dogs under control along the coast path.

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

Landscape: Sea views. Flat fields. Coastal Paths. Views of the Camel Estuary and of North Cornwall.

Notes: Some areas are very steep. There is a plaque in memory of Laurence Binyon who composed the poem 'For the Fallen' on the cliffs between The Rumps and Pentire Point. It takes about 40 minutes to walk from Pentire Point to Polzeath.

[map on next page]



Directions (Pentire Point):

1. Walk along the drive away from The Point as it goes down and then up and round the hill. Carry along the road until it meets the main road, where you turn left and follow the road the T-junction. Here you cross over the road towards the stone stile ahead of you.
2. Cross over the stone stile and walk through various wooden gates as you pass through the old farm yard. Follow the signposted pathway along the edge of the campsite and through into a field, admiring the sea views to your left as you go. Pass through into another campsite until you reach the road.
3. Cross over the road and walk down the lane ahead towards the farm houses. Stay on the lane as it curves to the left and goes up the hill towards the Lead Mines. (If you wish for a shorter route, which excludes The Rumps, stay on the lane as it goes towards Pentire Farm and follow the path straight ahead where you will join the coast path). Turn into the Lead Mines National trust car park and walk through it joining the path as it heads for the cliff. When you reach the coast path turn left onto it and follow the South West Coast Path along the headland towards The Rumps; there are stunning views as you follow the cliff edge.
4. When you reach The Rumps there is the option to go along the path to admire the headland by taking the path leading down to the right; once you have done this return to the path as it bends to the left. Stay on the South West Coast Path as it comes to Pentire Point; along this stretch of path there is a plaque in memory of Laurence Binyon who composed the poem 'For the Fallen' on these cliffs. Take in the stunning views at Pentire Point before you carry on along the coast path towards Polzeath (it takes about 40 minutes to get to Polzeath from Pentire Point).
5. Once in Polzeath take the lane inland opposite Ann's Cottage, The Point is signposted. Follow the lane as it passes a campsite and crosses over a cattle grid/wooden gate where you will come out at the edge of the golf course. Take the path straight ahead of you walking up the hill and remain on the path which takes you back to The Point.



The lane towards the Lead Mines and Pentire Farm



The view when you first join the South West Coast Path



The view from the plaque in memory of Laurence Binyon