

## Port Isaac

This walk to Port Isaac will take you majority of the day and it not for the light-hearted. The route takes you inland through St Minver before curving through farmland as you reach Port Isaac. From Port Isaac you walk along the South West Coast Path past Port Quin to Lundy Bay before cutting back through farmland towards The Point. This 13.33mile walk will take you a minimum of five and a half hours.

**Distance:** 13.33miles/21.45km

**Minimum Time:** 5h30

**Ascent:** 1810ft/490m

**Level of difficulty:** \*\*\*\*\*

**Suggested Map:** OS Explorer Map 106: Newquay & Padstow

**Locations with shop/pub:** 5

**Dog Friendliness:** Dogs must be on a lead in some areas. Be aware of cattle and sheep in fields. 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. Large amount of the route is through fields.

**Landscape:** Rolling fields. Woodland. Coastal. Sea views.

**Notes:** Some areas are overgrown and not well signposted. Stunning views at hill tops and along the coast. There is a picturesque view of Port Isaac as you walk along the valley bottom towards it. You can do an optional route around the coast between Port Isaac and Port Quin which will take you about an hour extra as there are many hills to climb up and down, however this route does give you breath-taking views.

[map on next page]



### **Directions (Port Isaac):**

1. Walk back along the drive from The Point following the road round to the left, take the signposted path through the wooden gates to your right and follow the gravelled path. Cross over stiles as you go diagonally through the fields (some stiles are in small gaps in the hedge).
2. When you reach the road turn right onto it and follow the road up to the T-junction. At the junction take the road to the left until you come to a stile on your right, cross over the stone stile and follow the path towards and around the church. Follow the lane as you pass the church on your left and turn right through an archway following the path down the hill. Turn right up the lane through the Holiday Park and follow the path (named the 'Blakes Keiro walk'). Cross over the stiles and through the fields crossing over a small road. Pass the farm barns and walk diagonally through the next field.
3. Cross over the busy road to the next stile/field and follow the left hand side of the fields (there may be cows in the fields). At the lane turn left and walk down it as you cross through a metal gate where the lane becomes a track. Stay along the path up the left side of the field and through the wooden gate. Go through the buildings and along the lane crossing through a metal gate and along the edge of a field. At the end of the field go over the stone stile, and turn right onto the road.
4. Take the lane to the left and walk along it past the white house. Go past the old farm buildings and through the metal gate and along the edge of the field which is signposted. Cross the stream at the bottom of the fields using the stepping stones and follow the path left up the hill and through the wooden gate and passed the house.
5. Turn left down the road and just before the old bridge take the path to the left, which leads you along the valley floor and through an area of woodland where you cross many wooden bridges. Stay walking through the woodland and along the edge of the fields where you will eventually reach a road; turn left onto the road and walk along it. Turn right down the lane towards Trentinney and follow the lane down and up with fantastic views at the top.
6. Turn left onto the road and walk up it towards the farm. Walk through the farm, following the lane and signposts as you walk through some houses and through a metal gate. Walk diagonally through the next field, staying on the path as you do, and in the bottom corner of the field cross over onto the road. Turn left and walk up the hill where you will come to a farm. Follow the track up the hill and through a metal gate where there are sea views. Cross the road and take the lane ahead towards Tresungers Farm.
7. Go left through the metal gate (signposted) in between the farm buildings, down the slope and through the metal gate into the field. Walk along the edge of the fields towards the valley floor where you follow the stream. Cross the bridge to your left over the stream and walk along the path down towards Port Isaac. Along this signposted path there are views of Port Isaac. Turn left onto the road into Post Isaac and walk down the hill towards 'The Slipway Hotel and Restaurant' on you right and 'The Butter Milk Shop' on your left. Turn left up the hill at the fishmongers, taking you past the toilets and the Pottery. Port Isaac has many places to eat if you follow the road to the right past the harbour.
8. Carry on up the hill past Doc Martins house from the hit TV show, with views of the harbour to your left. Take the path leading uphill signposted 'inland path to Port Quin' (there is the option to take the coastal route; to do this carry on up the tarmac hill and take the path turning to your right past the B&B. Stay on the coast path as it rounds

headlands where you will re-join this walk at Port Quin). Follow the path up the hill through the woodland and diagonally through the field, passing by the waymark. Go down the hill through the gap in the hedge (before the gate) which is signposted. You will end up at the valley bottom, cross over the bridge and walk along the path up the hill and through the woodland. Cross over the wooden stile and walk along the edge of the field, over the wooden stile and along the track. Stay on the track as it becomes a path and take the path diagonally through the field towards the houses. Turn right onto the road and walk down the road past the National Trust car park towards the beach at Port Quin (it is here where the coastal route re-joins this walk).

9. Walk up the hill with the beach on your right and take the stile into the field. Stay on the South West Coast Path as it rounds the headland and goes past the blowholes. There are fantastic views as you walk along the path and down to Lundy Bay.
10. At Lundy Bay take the path going up the hill to the left back inland (signposted 'Porteath'). Walk up this path up the hill, over the wooden stile and diagonally through the field; there are sea views behind you at the top of the hill. Go through the metal gate, which is signposted, and walk along the edge of the field, along the lane past the farm houses towards the Bee Centre and over the cattle grid.
11. Turn right onto the busy road and walk along it taking the first left. Walk all the way down the lane, signposted Mesmear Farm. At the bottom of the lane go through the wooden gate and cross over the field. Follow the path to the road and walk along the road back to The Point.



View through a field on the route



View of Port Isaac from the inland valley



View out to sea along the South West Coast Path