

Trebetherick

This four mile walk, perfect for families, takes you along the South West Coast Path around the headland at Trebetherick Point. The route has stunning views of the Camel Estuary and invites you to view a variety of beaches while crossing through Polzeath, Trebetherick, Daymer Bay and St Enodoc church.

Distance: 4.05miles/6.52km

Minimum Time: 1h45

Ascent: 317ft/96.6m

Level of difficulty: **

Suggested Map: OS Explorer Map 106: Newquay & Padstow

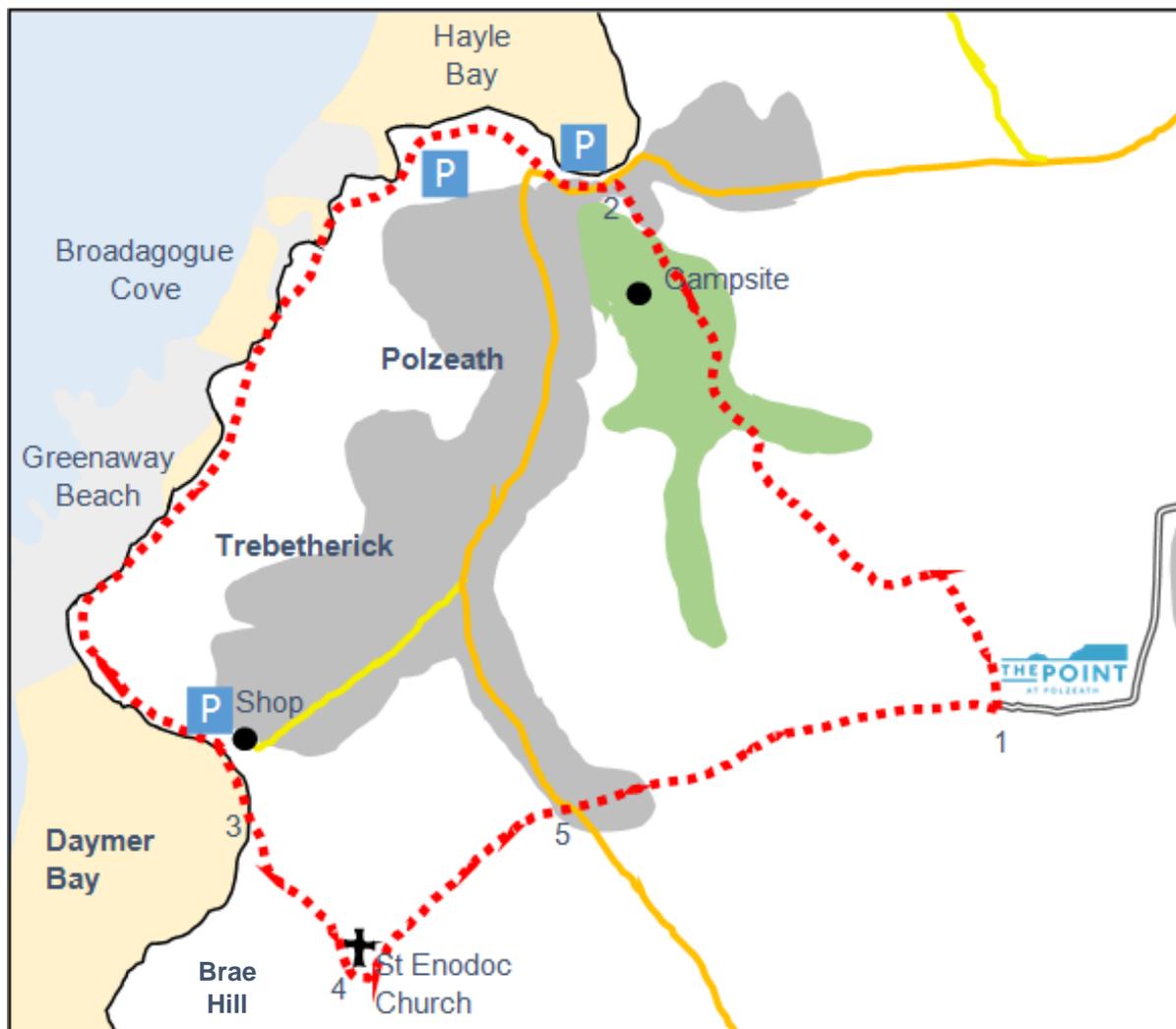
Locations with shop/pub: 3

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

Path: Some of the route is along the South West Coastal Path which is gravelled in some areas and relatively flat.

Landscape: Relatively flat. Sea views. Fields. Golf course. Dunes.

Notes: You go through Polzeath which has seasonal beach access for dogs. This walk gives spectacular views of the Camel Estuary and out to sea towards Newland Island.



Directions (Trebetherick):

1. Follow the public footpath across the golf course towards Polzeath. Follow the gravelled path, crossing the cattle grid, as it becomes a lane and walk past the campsite; at the end of the lane you will come out opposite Polzeath beach.
2. Turn left up the road and take the path to your right leading towards the coast along the South West Coast Path. Stay on the path as you go round a car park and walk over the wooden bridge at the top of the field; admire the views of Polzeath beach and out to sea as you follow the path. Stay on the path as you walk along the cliff edge, past Greenaway, and towards Daymer Bay where there are stunning views of the Camel Estuary and Padstow. Walk through the car park and down the steps onto Daymer Bay.
3. Walk along the beach towards Brea Hill and look out for a gap in the dunes on your left. Follow this path up into the dunes and then take the paths leading you towards St Enodoc Church.
4. When you get to the church take the path leading up to the left and follow this path straight to the edge of the golf course. Carry on around the edge of the golf course where you will come to a stile, cross the stile and walk diagonally through the fields. You will come to a stone stile that leads you over a road.
5. Cross over the stone stile and the road towards a gravelled lane. Walk to the end of the lane, which is signposted, and over the stone stile. From here you can see The Point. Follow the path through the fields towards The Point where you cross over a wooden stile onto the golf course. Follow the public footpath back up to The Point.



View out to sea before
Broadagogue Cove



View inland of the Camel
Estuary including Brae Hill
and Padstow



St Enodoc church in the
foreground with Stepper Point
in the background