

### Coast path and countryside walk

Distance: 4.5 miles (7.3km) Ascent: 178m (584ft) Time: Allow 2h to 3h 30m

Map: OS Explorer 1:25k (103) The Lizard

Start/Finish: OS Locate SW 782 181 what3words //daffodils.hiker.wished

A stunning route through picturesque Coverack village and along beautiful coastline. From the hostel go down the steps, turn left onto the road and downhill. After the first bend take the footpath on the left, turn left to the seafront road. Turn right, bear left onto a small path towards the harbour and head up the steps. Turn left at the road then turn right behind the Paris Hotel. Follow the narrow cliff top path, turn right up the steps and continue above the park. Turn left onto the road then bear left to follow the Coast Path. Bear left to visit Chynhalls Point, then return and carefully pick your way up Chynhalls Cliff. Continue to Black Head and Beagles Hole then take the upper path to head inland. Follow the track and road around to the left. Enter Treleaver Farm opposite the large barn and follow signs through fields. At the road before Trewillis Farm turn right and as the lane bends to the right cross the field ahead. Join the footpath and turn left, cross steppingstones, continue to the road and turn left. Bear right at the two large gate stones, emerge in a field with a view of Coverack and keep to the left. Head through the small gap in the hedge in the far-left corner and onto a track. Cross the road to the hostel driveway.

#### Hazards

Caution on the short road sections without pavements. Narrow path near the Paris Hotel with an unfenced drop. May be livestock near Treleaver Cliff and Trewillis and ponies near Chynhalls Point and Beagles Point.

### **Accessibility**

There are stiles on the route and gates and paths less than one metre wide. The ground is uneven and muddy with slippery rocks. Steep, rocky scramble on Chynhalls Cliff. This, and the hill to and from the village, can be avoided – from the hostel driveway turn left onto the road then immediately right onto the track. Pass the garages, go through a gap in the hedge and keep to the right of the field. Turn left at the road, then right onto the footpath to pass the sculpture park and join the route to Black Head at the top of Chynhalls Cliff. With the alternative beginning the route becomes 3.7 miles, with 100m of ascent and is graded 27.

### **Navigation**

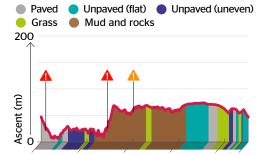
The route follows roads, tracks and well signposted and established or well-trodden paths with obvious stiles.

#### Terrain

Paved roads, uneven, muddy and rocky paths and sections of grass and across fields. The Coast Path is mostly muddy with rocks.

The ascent of Chynhalls Cliff is quite steep and very rocky, with muddy patches. Short boardwalks in places.

Moderate





# Points of interest (see map)

Within the Cornwall Area of Outstanding Natural Beauty, Coverack is a pretty historic fishing village with, 1 beach, 2 harbour and 3 play park. 4 Great view from the site of an ancient fort on Chynhalls Point. **5** Former Coast Guard lookout post. 6 Terence Coventry Sculpture Park.







Facilities (see map)

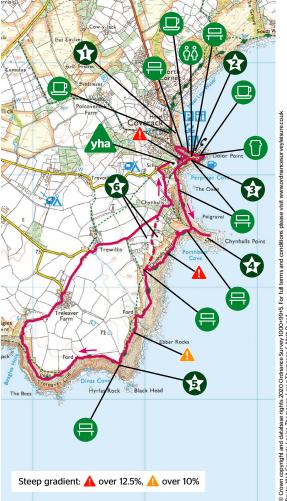
Toilets, pub, fish and chip shop and cafés in Coverack.



Seats on route (see map)

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

Scan or click to view this route on the OS Maps App — also a route profile and GPX







accessible route





accessible



stile free



# Thank you for choosing to walk from our hostel. We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks — an easy, moderate, and more challenging option. They have all been graded — the higher the grade, the more challenging the route.

## Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- For further information on how to stay safe visit adventuresmart.uk

**In case of emergency** call 999 (or text 999 if pre-registered) and use OS Locate or what3words to provide a detailed description of your location.

For more walks or information on route grading and timings go to yha.org.uk/walks

If you encounter problems with this route contact walking@yha.org.uk



Scan or click to shop for OS maps online osmaps.com/yha



# **Countryside Code**

### **Respect everyone**

- Be considerate to those living in, working in and enjoying the countryside.
- Leave gates and property as you find them.
- Do not block access to gateways or driveways when parking.
- Be nice, say hello, share the space.
- Follow local signs and keep to marked paths unless wider access is available.

#### **Hazards**

- Take extra care and stay alert where a right of way crosses a railway line.
- When walking on a road without a
  pavement keep to the right-hand side,
  so that you can see oncoming traffic.
  Keep close to the side of the road, and
  walk in single file if necessary. It may
  be safer to cross the road well before a
  sharp right-hand bend so that oncoming
  traffic has a better chance of seeing you.
  Cross back after the bend.
- Give wild animals, livestock and horses plenty of space.

### **Protect the environment**

- Take your litter home leave no trace of your visit.
- Do not light fires and only have BBQs where signs say you can.
- Always keep dogs under control and in sight.
- Dog poo bag it and bin it any public waste bin will do.
- Care for nature do not cause damage or disturbance.

### **Enjoy the outdoors**

- · Check your route and local conditions.
- Plan your adventure know what to expect and what you can do.
- Enjoy your visit, have fun, make a memory.

# What to wear

- Comfortable clothing suitable for the conditions.
- Use several layers, so you can add and remove clothing to regulate your temperature.
- · Extra warm clothes in case it gets colder.
- Hat, gloves and scarf.
- · Sun hat, sun cream and sunglasses.
- · Waterproof jacket and trousers.
- Cushioning comfy socks.
- Comfortable well fitting trainers, walking shoes or boots.

# Kit

- Map and compass.
- Water, lunch and snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Torch and spare batteries.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

### You might also want to take

- Picnic blanket.
- Waterproof baseball cap, if you wear glasses.
- Walking poles.
- Tissues and hand sanitiser.