

064 YHA Trevarnon Bay Padstow

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

Coast walk

Distance: 18.1 miles (29.1km) **Ascent:** 531m (1,742ft) **Time:** Allow 8h 15m to 9h 30m (caution slow walkers, over 12h)

Map: OS Explorer 1:25k (106) Newquay & Padstow

Start/Finish: OS Locate SW 858 741 **what3words** ///hockey.chairs.swept



This is a beautiful walk from Trevarnon Bay along the South West Coast Path to Padstow. The return is back along the coast with a few inland short cuts. From the hostel head to the coast path and turn right. Follow the coast path north around Trevoze Head to cross Harlyn Bridge. Continue along the coast path past Roundhouse Point and Stepper Point on your way to Padstow. Leave the harbour area via Market Strand and along Duke Street, then left onto Church Street. At the top of Church Street bear left on the B3276 and then turn right by the entrance to Prideaux Place. Take the shortcut across fields to Trethillick Farm, continue along the wide track as far as the road at Porthmissen, then left downhill to Trevone Bay. Follow the coast path back as far as the Lifeboat Station just beyond Long Cove. Take the road to the left, turn left, then right and left onto the coast path back to the hostel.

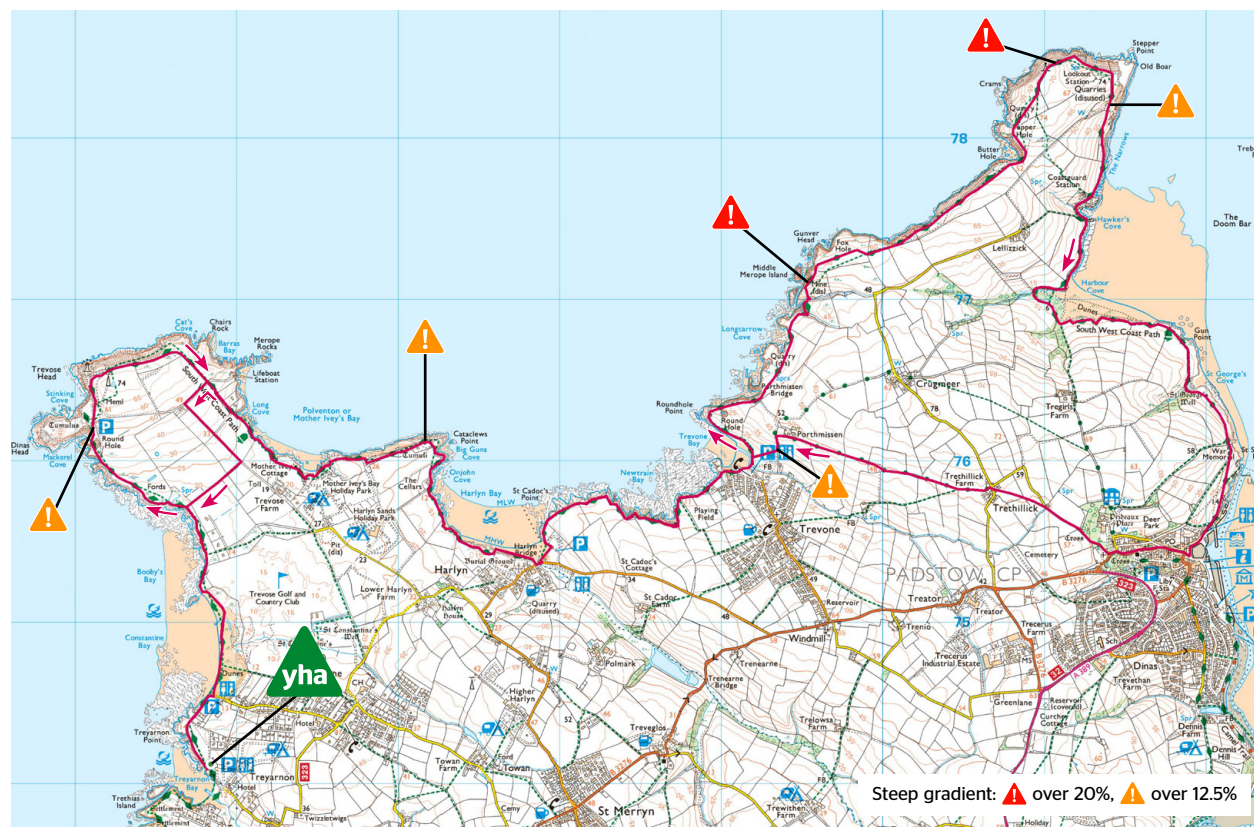
Hazards

Caution required on the road sections and near cliff tops. Caution if you choose to amend this route, many inland footpaths marked on the OS map are impassable or overgrown and many of the roads are dangerous to walk.

Accessibility

There are stiles and steps on the route and gates and paths less than one metre wide. The terrain is mostly paved or crushed stones up to 4cm but with small sections of beaten earth or rough grass. Bus runs from Padstow to Constantine Bay, a short walk from the hostel, check times before leaving.

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.



Points of interest

The entire coast walk is beautiful with wonderful view points, notably Trevoze Head, Harlyn Bay, Stepper Point and Padstow. Harbour and shops at Padstow.

Facilities

Plenty of food and drink options and toilets at Trevarnon Point, Harlyn Bridge, Trevone Bay and Padstow.



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 (cornwall-tides.com).
- 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).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

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

Share your walks



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- 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

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.