



## YHA Treyarnon Bay Mawgan Porth

### Coast walk

**Distance:** 13.7 miles (22km) **Ascent:** 538m (1,765ft)

**Time:** Allow 6h 30m to 7h 30m (caution slow walkers, over 10h)

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

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

Along the South West Coast Path around numerous dramatic and rocky coves with clear blue and turquoise seas to Mawgan Porth. The return route is back along the coast path, so turn around when it suits you. From the hostel head to the coast path and turn left to Treyarnon Bay. Cross the beach and continue along the coast path. Cross Porthcothan Beach using the road and continue past Pentire Steps and Carnewas Point to Mawgan Porth. Re-trace your steps to the hostel. There is a significant descent from Trerathick Point to Mawgan Porth, which will need to be ascended on the return leg. Alternative turning points include Porthcothan (4.5 total miles) and Carnewas (11 total miles).

### Hazards

Caution required on the road sections and near clifftops. 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 steps on the route and gates and paths less than one metre wide. The terrain is mostly paved or crushed stones up to 4cm with small sections of beaten earth or rough grass. Some sandy beaches.

### Points of interest

The entire walk has many spectacular coves and bays. Porthcothan and Mawgan Porth have nice beaches. Good view of a row of small islands on the beach after Park Head.

### Facilities

Toilets, shop selling food and drink, café and pub at Porthcothan. Toilets, National Trust shop and tea room at Carnewas Point. Shops, cafés, takeaway food, pub and toilets at Mawgan Porth.

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





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](https://www.metoffice.gov.uk)).
- Check the tide times for coastal routes ([cornwall-tides.com](https://www.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/emercyncsms](https://relayuk.bt.com/emercyncsms)).
- 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](https://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](https://adventuresmart.uk)

**For more walks or information on route grading and timings go to [yha.org.uk/walks](https://yha.org.uk/walks)**

If you encounter problems with this route contact [walking@yha.org.uk](mailto:walking@yha.org.uk)



Scan or click to shop  
for OS maps online  
[osmaps.com/yha](https://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.