

068 YHA Trevarnon Bay Trevose Head

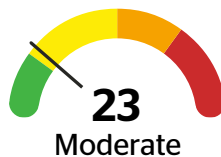
Coast walk

Distance: 5 miles (8km) **Ascent:** 120m (420ft)

Time: Allow 2h 15m to 3h 30m

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

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



A walk along picturesque coastline. From the hostel head to the coast path and turn right. Follow the path around Trevarnon Point and on to the beach at Constantine Bay. Cross the sands onto Booby's Bay. Continue along the coast path, pass Round Hole and Trevose Head (with the lighthouse). Pass Cat's Cove, turn right to leave the coast path when you meet the road to the lifeboat station, then turn left down the road past Trevose Farm. Take the footpath alongside the golf course, at the road turn right, pass the club house and onto the shaded footpath that follows the southern perimeter of the golf course. Continue up and over the dunes onto the beach, then turn left onto the coast path back to the hostel.

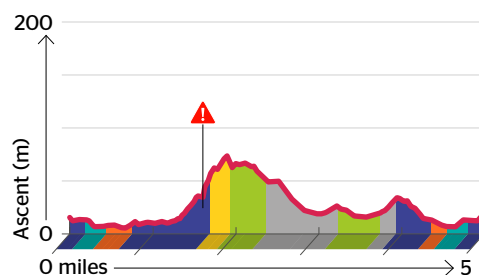
may be a little overgrown. Some may find the path through the dunes at Constantine Bay to be arduous.

Navigation

Follow the South West Coast path and footpath signs. The path through the dunes at Constantine Bay is difficult to find.

Terrain

Mostly grassy or sandy paths, rocky in places, with some long sections of tarmac. Some sand dunes and a short section of beach.



Hazards

Caution on the road sections, without pavements, although they are fairly quiet.

Accessibility

There are no stiles on the route. There are gates and paths less than one metre wide and single steps no more than 10cm. The path on the south side of the golf course is narrow and

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




Points of interest (see map)


The South West Coast path is stunning, look out for **1** Round Hole and **2** Trevose Head lighthouse.

Facilities (see map)

Toilets, food and drink available at the southern end of Constantine Bay. Ice creams and drinks available after Trevose Farm and on the beach at Booby's Bay.

Seats on route (see map)

 **Not wheelchair accessible**

 **Not a touch free route**

 **Not pushchair 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 (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).
- 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

Share your walks



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.