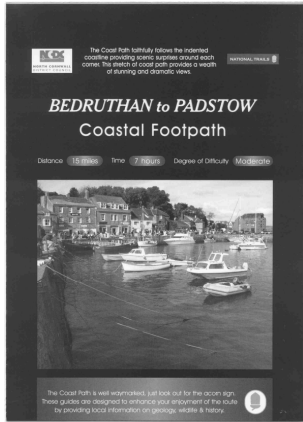


Bedruthan to Padstow

50p



Distance: Approx. 15 miles

Time: Allow 7 hours

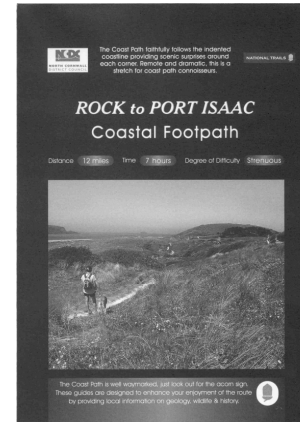
Terrain: Coastal footpath, moderate.

Info: This 15 mile moderate walk passes the dramatic coastal setting of Bedruthan Steps and then the many spectacular coves and beaches that can be found all the way to Padstow. Passing Trevoze Lighthouse and stepper point this walk incorporates a wide variety of landscapes that lead you into the magnificent Camel Estuary and your final destination of Padstow.

An order form can be downloaded from the www.visitboscastleandtintagel.com website, and is on page 23 of our Coast Lines newspaper.

Rock to Port Isaac

50p



Distance: Approx. 12 miles

Time: Allow 7 hours

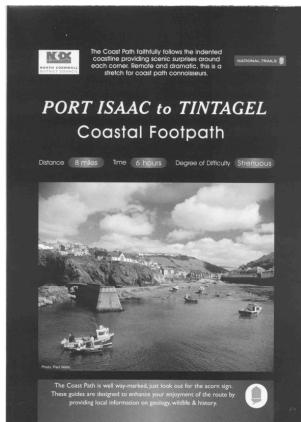
Terrain: Coastal footpath, strenuous.

Info: This 12 mile strenuous walk starts from the sand dunes of Rock and passes the delightful beach of Daymer Bay and the hidden church of St. Enodoc. The path then continues round the dramatic peninsular of Pentire and magnificent views can be glimpsed from the Rumps across Port Isaac bay to Tintagel and beyond. Continuing along this remote stretch of the Coast Path takes you to the sleepy village of Port Quin steeped in legend and your final destination of the historic and picturesque fishing village of Port Isaac.

An order form can be downloaded from the www.visitboscastleandtintagel.com website, and is on page 23 of our Coast Lines newspaper.

Port Isaac to Tintagel

50p



Distance: Approx. 8 miles

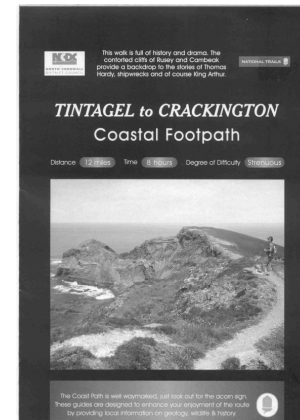
Time: Allow 6 hours

Terrain: Coastal footpath, strenuous.

Info: This 8 mile strenuous walk takes you from the historic and picturesque fishing village of Port Isaac and leads you along one of the most remote, dramatic and untouched stretch of Coast Line in Cornwall. Steep and secluded valleys lead you past the National Trust property at Dannonchapel and the secluded beach of Tregardock. Peace and quiet is almost certainly achieved along this remote and rugged stretch of Coast Line and a steep descent of steps lead you down in to the valley where the vast sandy beach of Trebarwith Strand lies. The path then takes you to the mysterious and enchanting village of Tintagel steeped in Arthurian myth and legend.

Tintagel to Crackington

50p



Distance: Approx. 12 miles

Time: Allow 8 hours

Terrain: Coastal footpath, strenuous.

Info: This 12 mile strenuous leads you from the mysterious village of Tintagel past the beautiful beach of Bossiney and on to the picturesque village of Boscastle. Leaving Boscastle you embark on another remote stretch of the Coast Path leading you past the waterfall of Pentargon and on to the highest cliff in England (731ft), High Cliff. This trail leads you to a final destination of the peaceful village of Crackington Haven.

An order form can be downloaded from the www.visitboscastleandtintagel.com website, and is on page 23 of our Coast Lines newspaper.