

### 3 3-1 St Ives to Zennor Head

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**Distance** 7.2 miles 11.6 km

**Terrain** mostly good paths with several rough parts – occasional need for hands; several sections boggy

**Grade** flat in St Ives, then undulating; ascent helped by granite block steps on steepest sections; altitude gain 450 m, loss 390 m

**Food and drink** Trevalgan caravan site and Treveal Farm both 1 km offroute, Tremedda Farm barely offroute

**Summary** a spectacular introduction to the SWCP; rugged granite cliffs, wide sea vistas, high moors and heaths; remote Zennor (offroute) worth visiting



- From the train station, immediately cross the car park heading to the coast. Descend a flight of steps and turn left to join the SWCP as it heads north on a shore-hugging road called The Warren.
- About 200 m from the station, at a fork with Westcotts Quay, bear right to join Pednolva Walk. Continue for 100 m and once you reach West Pier on your right, go straight on to Wharf Road.
- Continue around the harbour onto Quay Street, to the junction with Smeaton's Pier with its lighthouse. At low tide you can instead cross the harbour on sand if you prefer. You can also visit the lighthouse.
- At the end of Quay Street, turn left onto Wheal Dream and follow it to the St Ives Museum.
- Continue on the SWCP (with waymarks occasional) around the coastal edge of a large car park beside Porthgwidden Beach. Go ahead to reach St Ives Head with its National Coastwatch Lookout: see photo on page 67.
- On the hill to your left stands St Nicholas Chapel which you can detour to visit, rejoining the SWCP afterwards. Continue hugging the coast around the headland, going past the Tate St Ives on your left with Porthmeor Beach on your right.

*North-east across St Ives Harbour*



- At the end of the beach, 250 m past the Tate, spot a bowling green and be sure to skirt it closely, keeping it on your right. 

If travelling clockwise: from the bowling green, emerge onto Beach Road on your right, and continue in the clear direction towards St Ives.

- The path is now tarmac, and then grass. Head straight on for 30 m, then after 25 m swing left on the path as you pass a shelter on your right.



- After a gentle uphill then downhill, reach a more sustained incline that climbs 50 m over a 1 km stretch. After some stones and boulders, reach Clodgy Point: a sign on a low granite block indicates this is an Area of Outstanding Natural Beauty.

- From here all the way until Mousehole (near Penzance), paths may tempt you to right and left. Stay on the main path by remaining alert to waymarks, with the general aim of keeping near to the coast but not too close.

- Continue for 1 km to reach Hor Point, where the path runs about 20 m inland from the cliff edge: ignore the path that heads down to your right unless you wish to incur the extra 50 m of descent and ascent.

- The path dips slightly then climbs to reach Pen Enys Point; detour here for good views around the head of the point 30 m to your right, though you may need to fight through undergrowth.



*Marker near start of path*



- Over the next 1 km pass a sign to Trevalgan Touring Park (about 1 km inland), then a beach and three small coves far below. Finally, with the help of two boardwalks, reach Carn Naun Point.

- Here the path again cuts across the headland as you pass a trig point on your left. (As of 2019, a diversion took you further inland on a brief signed detour.) You are now slightly over half-way to Zennor Head, and on a clear day Pendeen Watch (lighthouse) is visible 11 km further on.



- Follow the path as it swings south-west and descends steeply towards River Cove. The path doglegs right then left before it crosses the small footbridge, then zigzags left and right before starting a brief climb to reach a low green National Trust sign for Treveal – a large area that includes Iron Age and other heritage sites.

*Headland on the way to Zennor*



- Pass the Carracks, large offshore islands on which seals may be basking, and continue uphill past Economy Cove to reach Mussel Point. You are now about 2 km beyond the trig point on Carn Naun.
- Follow the path south for about 500 m along the cliff-tops above Wicca Pool. Here granite was mined and shipped to St Ives in the early 1400s to build St Ives church, and the novelist D H Lawrence (who lived at Higher Tregrethen) swam nearby.



Marker at the optional turn-off to Zennor

- The path now swings east and a low green sign informs that you are on Tregrethen Cliff; the site was acquired by the National Trust in 1962, paid for by local subscription.
- The promontory of Zennor Head is now clearly visible ahead, reached by 2 km of undulating path. The rocky headland is barely 10 m off-route, so it is easy to explore and/or to shelter there.
- Stay on the path as it turns to rise south-west for 20 m, and at weathered granite tors turns south-east, rising steeply to a junction – a climb of 5 m over 30 m.



- Here the SWCP turns 90° right at a low granite National Trust sign, but if you are staying in Zennor, instead head straight on for 500 m.  
If travelling clockwise: ensure you turn left at this junction, or turn right if you are staying at Zennor.
- At Zennor, you can stay in the Tinnars Arms or a local B&B. Explore the local church with its mermaid chair and fable. Impressive Neolithic sites are about a mile away uphill, so may require a longer stay.
- With the stone gateway that marks the way to Zennor in front of you, turn right at the low granite sign.

