

WP Miles	OSGB	Elev %	Cornwall Coast Description	-1-
A001 251.1	SW3525 3177	26	Cape Cornwall, head S	
A002 251.5	SW3542 3126	75	Head SE past Cam Gloosee Rd	
A003 252.1	SW3621 3065	62 -1%	Hairpin R onto road, head W	
A004 252.5	SW3565 3084	25 -6%	Turn L to S, follow coast path	
A005 252.9	SW3566 3036	50 5%	Hairpin L then R, then head S	
A006 253.6	SW3578 2933	17 -3%	Bear R to S past Waterwheel Pits	
A007 254.1	SW3584 2847	26 1%	Continue S	
A008 254.8	SW3629 2754	17 -1%	Continue S, past Sennen Cove Beach	
A009 255.5	SW3604 2657	42 2%	Bear R to SSW	
A010 255.9	SW3557 2636	18 -5%	Sennen Cove, head W on Cove Hill	
F010	SW3514 2631	10	Little Bo Cafe	
A011 256.4	SW3478 2621	24 1%	Bear L to S from Sennen Cove	
A012 256.7	SW3483 2570	50	Meander S	
Z013	SW3520 2631	11	Bus Stop line 1	
F013	SW3425 2528	32	First / Last Refreshment House	
A013 257.2	SW3424 2526	32 -2%	Bear L to S at Land's End Point	
F014	SW3428 2501	46	The Land's End Restaurant/Bar	
Z014	SW3464 2509	67	Bus Stop line 1/1A	
A014 257.5	SW3436 2491	53 6%	Head SSE on footpath, then join road S	
A015 257.7	SW3451 2464	44 -3%	Zig R around Farm, then Zag L to SE on foot path	
A016 257.7	SW3446 2463	35 -18%	Zag L on foot path then curve R to S	
A017 258.0	SW3471 2425	55 4%	Ahead SE past Lions Den / Pordenack Point	
A018 258.3	SW3495 2401	44 -3%	Bear R, curve L to E at Cam Boel	
P024	SW3851 2213	60	Minack Theatre	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-3-
A038 266.3	SW4461 2342	29 -3%	Ahead, meander NE	
A039 266.8	SW4500 2400	23 -1%	Lamorna Cove, curve R to E	
F039	SW4499 2412	23	Cafe at Lamorna Cove	
Z038	SW4400 2523	54	Bus stop line 1/1A	
Z039	SW4467 2448	54	Bus stop line 1A	
F040	SW4464 2452	52	Lamorna Wink Pub	
A040 267.3	SW4570 2392	17 -1%	Curve L, meander NE	
A041 268.0	SW4633 2475	27 1%	Continue meander NE	
A042 268.6	SW4668 2567	63 4%	Bear R, head NNE on Raginnis Hill	
A043 268.8	SW4682 2590	47 -6%	Bear R on Raginnis Hill	
P044	SW4687 2617	20	Mousehole Methodist Church	
A044 269.0	SW4688 2620	16 -10%	Turn R on Portland Place, meander to The Wharf	
A045 269.1	SW4689 2628	12 -5%	Turn R on N Cliff, meander N	
A046 269.2	SW4699 2640	10 -2%	Ahead (from N Cliff) onto path	
A047 269.2	SW4703 2648	16 7%	Turn R on The Parade, head NNE	
Z047	SW4705 2651	18	Bus Stop line 6/6A	
A048 269.5	SW4730 2687	18 1%	Follow Cliff Rd, meander NNW	
Z049	SW4697 2759	17	Bus Stop line 6 northbound	
A049 270.1	SW4699 2770	8 -1%	Continue N on Cliff Rd	
P049	SW4183 3102	161	Tanglewood Wild Garden	
A050 270.7	SW4654 2837	12 0%	Newlyn, NNW on Lower Green St	
P050	SW4616 2906	14	Saint Peters Church, Newlyn	
A051 270.9	SW4627 2861	11 -0%	Bear R on Strand, harbor to E	
P051	SW4635 2912	8	Newlyn Art Gallery	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-5-
A062 276.5	SW5284 3059	39 2%	Turn R, head S	
A063 276.6	SW5281 3047	26 -11%	Bear L thru trees by You Chill Holidays House	
A064 276.7	SW5282 3027	12 -6%	Meander S, bypass house	
A065 276.9	SW5293 3008	8 -2%	Head ESE nearby farmed field	
P065	SW5310 3000	6	Mount's Bay	
A066 277.1	SW5323 2980	8 0%	Turn L onto gravel road, meander E	
A067 277.2	SW5336 2972	22 9%	Turn R onto path, meander S	
A068 277.4	SW5321 2950	2 -7%	Curve L, meander SE	
A069 277.7	SW5359 2919	5 1%	Curve L, meander NE	
A070 278.0	SW5396 2935	14 2%	Cross local road to Perranuthnoe	
P070	SW5397 2939	18	Car Park and Toilet	
F070	SW5387 2957	34	Victoria Inn/Pub	
P071	SW5376 2954	36	St Piran and St Michael Church	
A071 278.1	SW5415 2930	23 5%	Bear R to SE, then turn R to S	
A072 278.3	SW5419 2912	12 -6%	Turn R on footpath, then sharp L to ESE	
A073 278.4	SW5438 2901	28 7%	Ahead along brush edge	
A074 278.6	SW5460 2881	34 2%	Curve R, then sweeping curve L along cliffs	
A075 278.8	SW5471 2856	19 -6%	Past fissure, curve L to SE	
A076 279.0	SW5498 2835	17 -0%	Ahead, meander S	
B076 279.0	SW5499 2835	19	ALT: Turn L, E, to Acton Castle	
B077 279.1	SW5512 2840	47 21%	Turn L, head N	
B078 279.1	SW5511 2843	48 1%	Acton Castle grounds	
P077	SW5515 2844	53	Acton Castle	
A077 279.4	SW5505 2781	31 2%	Turn L, meander E	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-7-
A097 285.2	SW6212 2592	16 -1%	Continue meander E along cliffs	
A098 285.3	SW6234 2581	16 -0%	Bear R, SE, on Ocean View in Porthleven	
A099 285.6	SW6276 2585	13 -1%	Turn R, E, on B3304	
Z100	SW6281 2585	8	Bus Stop, Line #2	
A100 285.7	SW6288 2583	8 -5%	Turn R on Harbour Rd, head S	
B100 0.0	SW6289 2569	12	ALT: Turn L on Salt Cellar Hill to hotel	
B101 0.1	SW6296 2573	20 9%	Hairpin R on Peverell Terrace	
H101	SW6294 2559	25	An Mordors Hotel, 44-(0)1326-562236	
B102 0.2	SW6296 2549	22 1%	Bear R at Y, head SE	
B103 0.3	SW6298 2544	12 -20%	Turn R on Cliff Rd	
B104 0.3	SW6294 2544	14 4%	Rejoin: Hairpin L on Loe Bar Rd to SE	
A101 285.9	SW6281 2550	3 -1%	Curve L onto Cliff Rd, head E	
A102 286.0	SW6294 2544	13 7%	Bear R on Loe Bar Rd to ESE	
P102	SW6390 2590	52	Penrose	
A103 286.6	SW6360 2490	23 1%	Turn L on path, then meander SE	
A104 287.2	SW6415 2427	17 -1%	Bear R, cross Loe Bar	
A105 287.9	SW6489 2336	37 2%	Bear R, head SSE along Porthleven Sands	
A106 288.7	SW6547 2236	15 -2%	Continue S, bear R (L to Pub)	
F106	SW6571 2243	35	The Halzephron Inn/Pub	
A107 289.1	SW6562 2188	40 5%	Meander S at Halzephron House	
A108 289.3	SW6560 2151	40 -0%	Bear R along cliff edge	
A109 289.6	SW6535 2108	36 -1%	Curve L at Pedngwinian	
A110 290.1	SW6597 2073	5 -4%	Bear L, meander S	
P110	SW6602 2054	4	Parish Church of St Winwalee	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-9-
A122 293.9	SW6648 1590	32 -2%	Curve L to E	
A123 294.2	SW6693 1574	50 4%	Ahead, meander S	
P123	SW6688 1493	33	Vellan Head	
A124 295.0	SW6733 1465	46 -0%	Curve L to SE, follow coast	
A125 295.3	SW6768 1437	41 -1%	Cross ravine, meander W then S	
A126 295.9	SW6752 1351	47 1%	Curve L, head E	
A127 296.4	SW6827 1345	40 -1%	Meander S, then E	
A128 296.5	SW6842 1334	10 -16%	Kynance Cove and Cafe, head E	
P128	SW6844 1334	9	Kynance Cove (and Beach Cafe)	
A129 296.8	SW6881 1314	43 7%	Meander E and S (past car park)	
A130 297.2	SW6928 1298	48 1%	Continue meander S along coast	
A131 297.4	SW6943 1262	23 -6%	Slight R across barrier, head S	
A132 297.5	SW6948 1251	15 -7%	Bear R, curve R around ravine	
A133 297.8	SW6952 1205	26 2%	Ahead S or E for shortcut (0.6 mi) to Lizard	
B133 0.0	SW6954 1205	31	ALT, shortcut: Turn L, head east to Lizard	
B134 0.1	SW6963 1206	43 14%	Meander NE on Lizard Head Ln	
B135 0.5	SW7020 1239	68 4%	Lizard, ahead 0.1 mi to hotel	
A134 298.1	SW6958 1159	24 -1%	Curve L along Lizard Head	
A135 298.5	SW7010 1154	22 -1%	Lizard Point, meander E or turn L for town	
F135	SW7012 1149	13	Polpear Cafe	
C135 0.0	SW7010 1155	23	ALT: Head N on Lighthouse Rd to Lizard	
C136 0.3	SW7035 1196	63 8%	Ahead, N	
C137 0.6	SW7034 1237	70 2%	Turn R, N, on A3083	
C138 0.7	SW7029 1246	71 0%	Turn L, W, on Trenoweth Meadow	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-11-
A144 301.6	SW7226 1454	21 -9%	Leaving Cadgwith Cove, follow cliff path	
A145 302.2	SW7266 1532	45 3%	Meander N	
A146 302.4	SW7266 1567	19 -7%	Sharp U to R, then curve L to E	
P146	SW7250 1580	34	Poltesco	
A147 302.5	SW7276 1574	23 3%	Meander N around Carleon Cove	
A148 303.0	SW7312 1637	30 1%	Bear R on road, head E	
A149 303.2	SW7340 1651	7 -7%	Meander NE on footpath (at Kennack Sands)	
A150 303.6	SW7386 1674	8 0%	Cross bridge over ravine, then head E	
A151 304.1	SW7460 1681	60 7%	Continue E	
A152 304.7	SW7552 1677	52 -1%	Ahead E, Cliff Castle and Carrick Luz to S	
A153 305.1	SW7609 1673	40 -2%	Meander E along cliffs	
A154 305.5	SW7665 1657	40 0%	Curve L to E at Beagles Point	
A155 305.6	SW7690 1656	52 4%	Sharp R to S at wall bend	
A156 305.9	SW7706 1619	41 -3%	Curve L to NE at Pedn Boar	
A157 306.4	SW7777 1632	44 0%	Curve L to N	
A158 306.7	SW7793 1674	54 2%	Bear R, meander N along footpath	
A159 307.0	SW7800 1715	63 2%	Bear R at crossroad, meander NE	
A160 307.4	SW7842 1752	17 -8%	Curve L, N at Chynhalls Point, Cliff Castle	
A161 307.7	SW7823 1799	39 4%	Sharp R, head NE at houses	
A162 307.9	SW7840 1814	11 -12%	Skirt buildings to S, meander E	
A163 308.0	SW7852 1818	3 -7%	Dolor Point, continue NW on B3294	
H163	SW7851 1817	3	Paris Hotel, 44-(0)1326-280258	
F163	SW7851 1818	3	Lifboat House Restaurant	
P162	SW7845 1821	5	Coverack Harbour	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-13-
A186 315.4	SW7830 2534	10 -4%	High tide, turn R, head S	
B186 0.0	SW7831 2536	7	ALT: Low tide shortcut (save .17 mi), ahead W	
B187 0.1	SW7809 2535	6 -1%	Cross channel, head N	
B188 0.2	SW7810 2541	8 3%	Head N	
B189 0.3	SW7813 2553	19 9%	Rejoin: Bear R to NE	
A187 315.7	SW7813 2500	46 10%	Head S thru fields	
A188 315.9	SW7788 2471	62 4%	Turn R on road, head W	
A189 316.5	SW7702 2488	19 -5%	Turn R, cross Gillian Creek, meander NE	
A190 317.4	SW7813 2553	19 0%	Ahead NE on road	
A191 317.6	SW7832 2569	18 -0%	Turn R, head E along Dennis Head	
C191 0.0	SW7834 2568	18	ALT: Skip Head, Bear L at trees to N	
C192 0.1	SW7841 2575	17 -1%	Rejoin: Turn L, head W	
A192 317.8	SW7860 2564	29 4%	Head E thru trees/brush	
A193 317.9	SW7881 2561	23 -3%	Dennis Head, U-L to return	
A194 317.9	SW7880 2566	19 -11%	Head W to return	
A195 318.2	SW7842 2574	17 -0%	Ahead W	
A196 318.6	SW7797 2617	15 -0%	Turn L to SW at field corner	
A197 318.8	SW7771 2608	29 5%	Turn R to NW within trees	
A198 319.2	SW7718 2631	15 -2%	Meander W thru trees, coast to N	
A199 319.7	SW7649 2638	16 0%	Bear R onto road, meander SW	
A200 319.8	SW7630 2620	25 4%	Bear L, head WSW along roadside	
F200	SW7589 2607	13	Down by the Riverside Cafe	
A201 320.1	SW7589 2604	15 -2%	Cross access to main road, bear L to SW	
A202 320.2	SW7581 2592	25 7%	U-turn to N at inlet	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-15-
A220 322.9	SW7977 3019	43 3%	Ahead N	
A221 326.4	SW8036 3058	28 -2%	Curve L to N at Pennance Point	
A222 326.7	SW8016 3091	22 -2%	Ahead N on road	
F223	SW8022 3115	4	Hooked on the Rocks	
A223 326.8	SW8017 3109	13 -5%	Turn R, E, on Swanpool Rd	
A224 326.9	SW8023 3127	5 -4%	Turn R, ramble E across beach	
F224	SW8024 3130	6	Swanpool Beach Cafe	
A225 327.3	SW8079 3152	5 0%	Ahead NE by Gylly Beach	
F226	SW8089 3169	7	Gylly Beach Cafe	
A226 327.5	SW8087 3172	9 2%	Bear R onto Cliff Rd, head ENE	
A227 327.8	SW8141 3189	13 1%	Ahead on Cliff Rd or L on De Pass Rd to BB (0.1mi)	
H227	SW8135 3195	22	The Lerryn Hotel, +44-(0)1326-312489	
A228 328.2	SW8192 3209	14 0%	Ahead on Castle Dr	
A229 328.3	SW8207 3206	19 3%	Bear R, continue Castle Dr	
A230 328.8	SW8263 3160	9 -1%	U-turn to N, on footpath by Castle Dr	
P230	SW8266 3154	7	Pendennis Point	
P231	SW8242 3178	48	Pendennis Castle	
A231 329.4	SW8214 3228	28 2%	Rejoin Castle Dr, meander SW	
A232 329.7	SW8174 3214	14 -3%	Turn R, (Bar Rd) head NW, cross RR tracks	
P232	SW8155 3238	3	Falmouth Lifeboat	
P233	SW8135 3241	3	National Maritime Museum Cornwall	
A233 329.8	SW8160 3227	6 -4%	Bear L, continue on Bar Rd, head WSW	
A234 330.0	SW8128 3225	7 0%	Head, NW, at T onto Arwenack St	
P227	SW7917 3641	46	Enys Gardens and House	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-8-
A111 290.3	SW6615 2059	7 1%	Cross footbridge near Mullion Golf Club	
A112 290.6	SW6624 2019	22 4%	Bear R onto footpath from parking area	
A113 290.7	SW6643 2002	13 -4%	Join road to E, then curve R to SW	
P113	SW6663 1994	9 3%	Polduh Beach Cafe and Shop	
A114 290.9	SW6639 1975	18 2%	Bear R onto footpath, meander S along coast	
P114	SW6634 1956	34	The Marconi Centre	
A115 291.8	SW6703 1860	53 3%	Bear R on hardtop OR L to Mullion	
F115	SW6701 1871	48	Polurrian Bay Hotel w/Pub	
B115 0.0	SW6704 1860	55	ALT: Turn L, E, to Mullion	
B116 0.3	SW6741 1857	60 1%	Turn L on Nansmellyon Rd (B3296)	
P116	SW6769 1892	63	Mullion Post Office	
B117 0.7	SW6782 1905	68 1%	Turn L, continue (200 ft) on B3296 to hotel	
H117	SW6781 1911	68	Mount's Bay Guesthouse, 44-(0)1326-241761	
P117	SW6787 1920	67	Saint Mellanus Church	
P118	SW6971 2121	76	Bonython Estate Gardens	
P119	SW7076 2657	5	Cornish Seal Sanctuary	
F117	SW6785 1923	66	The Old Inn/Pub	
A116 292.0	SW6680 1835	41 -4%	Ahead, SW, on footpath	
A117 292.3	SW6668 1802	38 -1%	After short hardtop, bear R on track to S	
A118 292.4	SW6673 1789	19 -14%	L on Nansmellyon Rd, then quick U to path	
F118	SW6673 1790	21	Porthmellin Cafe	
A119 292.4	SW6670 1783	12 -11%	Sharp L, meander S on track	
A120 292.8	SW6648 1729	52 7%	Cross ravine, meander S	
A121 293.3	SW6604 1678	52 -0%	Slight L at field corner	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-6-
P078	SW5517 2785	48	Tristan Stone	
A078 279.8	SW5561 2797	26 -1%	Bear R on gravel road	
A079 279.9	SW5567 2802	30 6%	Turn R to SE, then sharp L to N	
A080 280.0	SW5582 2790	6 -13%	Head N on footpath thru trees	
A081 280.1	SW5581 2806	15 6%	Curve R along cliff, meander E	
A082 280.7	SW5667 2819	17 0%	Meander E, cross fissure	
A083 281.0	SW5708 2793	33 3%	Hoe Point, meander NE along cliff	
A084 281.3	SW5744 2817	13 -5%	Sydney Cove, head E along Praa Sands	
F084	SW5755 2817	8	Sandbar Pub	
A085 281.6	SW5790 2805	13 0%	Jog L, then in 200 ft jog R	
A086 281.7	SW5795 2809	18 8%	Turn R, meander E (or ahead to Post Office)	
P086	SW5801 2825	31	Post Office	
Z086	SW5805 2830	33	Bus Stop, Line #2	
A087 281.9	SW5823 2791	24 2%	Turn R on hardtop, head SE	
A088 282.1	SW5849 2771	26 0%	Turn R on track, meander SE	
P088	SW6006 3184	68	Godolphin	
A089 282.5	SW5894 2726	50 4%	Bear L to E	
A090 282.7	SW5920 2712	68 6%	Head E leaving parking area	
A091 282.9	SW5938 2699	52 -7%	Bear L to S past ?tower?	
A092 283.2	SW5957 2653	21 -6%	Ahead, then curve L	
A093 283.4	SW5979 2654	49 13%	Bear L, head NE	
A094 283.5	SW5990 2661	62 9%	Bear R to E	
A095 283.8	SW6041 2671	52 -2%	Head E, zigzag down hill	
A096 284.5	SW6147 2660	23 -3%	Meander E along cliffs	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-4-
A052 271.2	SW4629 2898	4 -2%	Turn R, N, on Jack Ln, then R on Creeping Ln	
A053 271.3	SW4639 2908	5 0%	Bear R, NNE, on beach promenade	
H053	SW4688 2972	5	Glencree House BB, 44-(0)1736-362026	
P053	SW4450 3150	126	Trengwainton Garden	
P054	SW4704 3004	23	Penlee House Gallery and Museum	
A054 272.2	SW4755 2988	4 -0%	Follow Battery Rd, curve to N	
F054	SW4767 2994	4	The Dolphin Tavern	
Z054	SW4762 3054	5	Bus Station, all lines	
A055 272.5	SW4754 3035	7 1%	Bear R, cross parking area.	
A056 272.7	SW4769 3051	1 -2%	Follow foot path N (next to RR tracks)	
A057 273.2	SW4824 3108	4 0%	Head E along beach promenade	
A058 273.7	SW4900 3117	4 0%	Continue E, (Morrisons Grocery)	
P058	SW4955 3217	26	Tremenheere Sculpture Gardens	
A059 275.3	SW5136 3105	1 -0%	Cross Red River, then curve R	
A060 275.7	SW5174 3061	8 1%	Mount's Bay, continue E	
B060 0.0	SW5175 3062	9	ALT: Head S to St Michael's Mount	
B061 0.1	SW5170 3050	1 -6%	Continue S, across The Causeway	
B062 0.3	SW5165 3026	0 -0%	Continue S, walk across water	
B063 0.4	SW5155 3007	2 1%	St Michael's Mount, National Trust	
P063	SW5145 2984	26	St Michael's Mount, Benedictine Priory	
F061	SW5186 3061	14	Kings Arms Pub	
P061	SW5206 3065	22	Marizon Methodist Church	
A061 276.1	SW5231 3074	30 4%	Bear R on Higher Fore St	
F062	SW5250 3074	35	The Fire Engine Inn/Pub	
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WP Miles	OSGB	Elev %	Cornwall Coast Description	-2-
P025	SW3850 2250	45	Sennen to Penberth	
P026	SW3841 2271	59	Telegraph Museum	
A019 258.5	SW3524 2391	28 -5%	Curve R along cliff edge past Diamond Horse	
A020 258.9	SW3585 2357	30 0%	Bear L to S	
A021 259.9	SW3629 2213	36 0%	Bear L, at Folly Cove, follow coastline	
A022 260.4	SW3666 2163	45 1%	Curve L along Gwennap Head and Hella Point	
F023	SW3714 2175	22	Porthgwarra Shop	
A023 260.8	SW3722 2177	24 -4%	Turn R, head E leaving Porthgwarra	
A024 261.1	SW3769 2187	46 5%	Bear R, follow coast	
F024	SW3837 2261	53	Cable Station Inn/Pub	
A025 261.7	SW3860 2207	44 -0%	Ahead E at Minack Parking	
Z025	SW3839 2260	51	Bus Stop line 1/1A	
A026 261.9	SW3865 2237	34 -3%	Meander E at junction	
A027 262.4	SW3929 2251	66 5%	Continue E, follow coast	
A028 262.7	SW3974 2234	54 -3%	Continue E, then curve L to N	
A029 263.1	SW4026 2271	17 -6%	Cross Penberth River, head E	
A030 263.2	SW4045 2271	19 1%	Sharp L to N	
A031 263.3	SW4039 2283	44 18%	Turn R, meander E	
A032 263.8	SW4107 2304	26 -2%	Continue meader E	
A033 264.5	SW4212 2301	26 0%	Slight L around house thru trees	
A034 264.6	SW4220 2314	30 3%	Cross road, meander thru trees	
A035 264.7	SW4228 2308	8 -21%	Bear L at gravel beach, meander E	
A036 265.2	SW4310 2301	38 4%	Turn L at cliff edge, meander ENE	
A037 265.6	SW4365 2324	56 3%	Continue meander E along coast at estate	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-16-
P228	SW7850 3440	21	Penryn Museum	
P229	SW7841 3440	28	Penryn Methodist Church	
P234	SW8062 3292	20	Falmouth Art Gallery	
A235 330.6	SW8073 3298	10 0%	Turn R to pier for ferry to St Mawes	
P235	SW8077 3299	7	St Mawes Ferry (01326-741-194)	
A236 333.4	SW8479 3301	4 -0%	St Mawes Landing	
P236	SW8412 3277	16	St Mawes Castle	
P237	SW8435 3313	55	Lamorran House Garden	
P238	SW8480 3323	20	Roseland Visitor Centre	
P239	SW8370 3960	43	Trelissick Gallery and Gardens	
B236 0.0	SW8476 3301	5	From ferry head W to BB (0.1 mile total)	
B237 0.1	SW8469 3305	14 12%	Cross Lower Castle Rd onto Grove Hill	
B238 0.1	SW8471 3316	24 9%	Just past Chapel Terrace	
H238	SW8472 3317	22	Braganza BB, +44-(0)1326-270281	
F236	SW8483 3316	12	The Rising Sun	
F237	SW8481 3314	11	The Watch House	
F238	SW8487 3313	7	The Idle Rocks	
A237 334.1	SW8550 3221	11 1%	Place Ferry Landing, head W	
A238 334.3	SW8513 3225	11 0%	Ahead to NW alongside field	
A239 334.4	SW8499 3233	18 4%	Slight L to WSW across field	
A240 334.8	SW8452 3205	8 -2%	Curve L at trees, meander S	
A241 335.2	SW8474 3150	14 1%	Turn R, meander S	
A242 335.4	SW8463 3121	18 1%	Hairpin L to NE at St Anthony Head	
P242	SW8460 3114	8	St Anthony Lighthouse	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-14-
F202	SW7583 2621	11	Shipwright Arms Pub	
A203 320.4	SW7584 2623	10 -5%	Turn R, head NE	
A204 320.6	SW7595 2642	1 -4%	Ferry across Helford Passage (01326-250770)	
A205 321.0	SW7634 2690	6 1%	Ferry landing, north side Helford River	
P204	SW7460 2899	93	Potager Garden	
P205	SW7630 2696	14	Helford River Boats ferry (01326-250770)	
P206	SW7635 2693	8	Ferry Boat Inn/Pub	
A206 321.0	SW7638 2693	9 8%	Head E along Helford River	
A207 321.3	SW7683 2699	14 1%	Meander NE (walk woods N to Trebah Manor)	
P207	SW7689 2762	64	Trebah Gardens	
A208 321.7	SW7726 2731	23 2%	Bear R on road (walk woods N to Glendurgan)	
P208	SW7725 2786	66	Glendurgan Garden	
A209 321.9	SW7752 2733	26 1%	Turn R on footpath, meander SE	
A210 322.2	SW7799 2713	6 -4%	Ahead	
A211 322.5	SW7828 2682	12 2%	Curve L at Toll Point, meander NE	
A212 322.9	SW7875 2714	42 5%	Ahead, meander NE	
A213 323.3	SW7927 2756	15 -4%	Ahead to NE	
A214 323.6	SW7944 2783	20 2%	Curve R to E	
A215 323.8	SW7973 2784	5 -5%	Curve R to NW at Rosemullion Head	
A216 324.0	SW7939 2799	31 7%	Bear R to NE around bump-out	
A217 324.4	SW7905 2852	13 -3%	Ahead N along coast (Bream Cove)	
A218 325.1	SW7903 2949	10 -0%	Follow Maenporth Rd around harbor	
P218	SW7889 2959	9	The Cove Restaurant and Bar	
A219 325.3	SW7891 2970	11 0%	Turn R, head E on footpath	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-12-
P163	SW7820 1831	16	St Peter's Chrch	
A164 308.2	SW7822 1840	8 1%	Continue N on B3294 [Coverack Cove]	
A165 308.3	SW7824 1859	15 4%	Bear R, N on coast road (bus stop)	
A166 308.7	SW7861 1903	29 2%	Bear R, meander NE on footpath	
A167 309.3	SW7937 1927	8 -3%	Continue E on footpath	
A168 309.9	SW8025 1948	2 -1%	Curve L to N	
A169 310.4	SW8045 2025	9 1%	Skirt Dean Quarry, meander N	
A170 310.9	SW8045 2093	10 0%	Curve L to NW	
A171 311.1	SW8016 2116	47 10%	Turn R to N on road, go 0.1 mile	
A172 311.2	SW8018 2125	53 6%	Turn R to NE, go 0.2 mile	
A173 311.3	SW8038 2141	63 4%	Bear L, NNE across fields	
A174 311.6	SW8047 2169	34 -10%	Cross road, meander NE, go 0.1 mile	
A175 311.7	SW8055 2186	22 -7%	Bear L, meander NW around fields	
A176 312.0	SW8009 2211	53 6%	Turn R, head N between field	
A177 312.2	SW8006 2239	63 4%	Ahead at crossroad onto footpath between fields	
A178 312.5	SW7980 2266	44 -5%	Turn R, meander NW among trees	
A179 312.8	SW7969 2317	9 -7%	Bear R, meander N (Porthallow Cove)	
F179	SW7972 2315	13	Five Pilchards Inn/Pub	
A180 313.3	SW7968 2391	42 4%	Ahead N	
A181 313.8	SW7994 2452	19 -3%	Continue N	
A182 314.2	SW7999 2509	2 -3%	U-turn at Nare Point, head S then W	
A183 314.5	SW7957 2488	15 3%	Meander W thru trees	
A184 315.1	SW7872 2522	4 -1%	Meander W (Gillan Harbour)	
A185 315.3	SW7840 2517	18 4%	Turn R, down road to beach, meander NW	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-10-
C139 0.7	SW7026 1249	70 -2%	Turn R, N, on Lighthouse Rd (hotel 100 ft)	
H139	SW7028 1251	71	The Caerthillian BB, +44-(0)1326-290019	
P139	SW7028 1246	70	Post Office	
F136	SW7030 1253	72	Smuggler Cafe	
F137	SW7050 1256	76	Lizard Pasty Shop	
F138	SW7038 1261	76	Regent Cafe	
F139	SW7036 1249	73	Coast Coffee Bar and Bistro	
B136 0.0	SW7038 1254	75	ALT, shortcut: Head E on Beacon Terrace	
B137 0.2	SW7067 1256	75 0%	Bear L, curve R on Church Cove Rd	
B138 0.4	SW7102 1259	65 -3%	Bear L on Chrch Cove Rd	
B139 0.5	SW7113 1267	57 -6%	Landewednack castle	
B140 0.7	SW7141 1274	30 -9%	Rejoin: Turn L, head N	
P161	SW7043 1158	48	Lizard Lighthouse	
A136 298.8	SW7057 1160	25 1%	Turn R, meander N	
A137 299.1	SW7075 1202	36 2%	Sharp R, meander E - Housel Bay	
P137	SW7119 1192	54	Lizard wireless station	
A138 299.5	SW7132 1198	54 3%	Curve R, meander E	
A139 299.7	SW7156 1192	34 -8%	Joint Green Lane, head N	
A140 299.8	SW7153 1206	45 8%	Bear R, meander N along footpath	
P140	SW7149 1252	44	Lizard Lifeboat Station	
A141 300.2	SW7142 1275	28 -2%	Cross Church Cove Rd, continue N on footpath	
A142 301.1	SW7190 1384	34 1%	Meander NE, note historic rings	
A143 301.4	SW7201 1437	49 3%	Turn R, meander NE on roads staying R	
F143	SW7218 1457	17	Cadgwith Cove Inn/Pub	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-17-
A243 335.5	SW8473 3129	32 11%	U-turn to SW	
A244 335.6	SW8471 3120	31 -1%	Turn L, meander E	
A245 336.1	SW8545 3143	41 1%	Ahead, meander NE	
A246 336.7	SW8611 3201	29 -1%	Continue NE alongside beach cliff	
A247 337.3	SW8702 3222	13 -2%	Curve L to N at Killigerran Head	
A248 337.8	SW8691 3289	10 -1%	Ahead N (Towan Beach)	
A249 338.5	SW8772 3358	11 0%	Meander N	
A250 339.6	SW8789 3519	6 -0%	Head W on The Luggar Rd	
P250	SW8726 3517	52	St Gerrans Church	
P251	SW8774 3525	10	Post Office	
F250	SW8765 3524	20	The Boathouse Restaurant	
A251 339.7	SW8769 3525	15 4%	Turn R on Parade, head N	
A252 340.2	SW8781 3600	10 -1%	Turn R, head E (at Hidden Hut Cafe)	
F252	SW8781 3601	11	Hidden Hut Cafe	
A253 340.5	SW8818 3600	6 -1%	Curve L to N at Pednvanadn Point	
A254 340.9	SW8819 3671	16	Bear R, head N alongside Porthbean Beach	
A255 341.4	SW8864 3712	6 -2%	Meander N at Great Stephen Point	
A256 342.2	SW8942 3800	18 1%	Curve L to NNW	
A257 342.3	SW8931 3814	44 15%	Turn R on Rocky Ln, meander E	
A258 342.6	SW8985 3819	11 -6%	Head E on footpath by Pendower/Carne Beach	
A259 343.3	SW9080 3826	21	Slight R to SE at beach end	
A260 343.8	SW9136 3772	21 0%	Curve L to E, then curve R to S	
A261 343.9	SW9155 3762	27 3%	Ahead to S	
A262 344.3	SW9170 3717	75 10%	Curve L to N at Nare Head	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-19-
A283 349.7	SW9718 4127	37 15%	Enter forest, follow road NNE	
B283 0.0	SW9740 4143	8	ALT: Turn R, N, to Caerhays Castle	
B284 0.2	SW9708 4154	38 9%	Caerhays Castle parking	
A284 350.0	SW9748 4143	7 -9%	Cross bridge, then turn R to E on footpath	
P284	SW9711 4162	33	Caerhays Castle	
A285 350.2	SW9764 4110	36 8%	Head S, then curve L to E at greens	
A286 350.5	SW9811 4090	32 -1%	Meander SW	
A287 350.8	SW9834 4066	40 2%	Meander E at Greeb Point	
A288 351.3	SW9906 4068	27 -2%	More meander E	
A289 351.6	SW9947 4048	17 -2%	Turn R, S, on footpath at Hemmick Beach	
B289 0.0	SW9948 4049	18	ALT: Shortcut, E on road to skip Dodman Point	
B290 0.3	SW9998 4038	90 14%	Turn L to N at Penare Farms	
B291 0.5	SX0002 4067	97 2%	Turn R to SE	
B292 0.8	SX0036 4058	94 -1%	Rejoin, path to E slightly downhill	
A290 352.0	SW9969 3981	39 3%	Hairpin L to E, then meander SE	
A291 352.5	SX0015 3932	84 7%	Dodman Point, turn L to E then loop N	
A292 352.9	SX0032 3994	81 -0%	Bear R to N at Penvor Point	
A293 353.4	SX0040 4057	86 1%	Slight R to NE at Vault (or Bow) Beach	
A294 354.2	SX0152 4097	17 -6%	Curve L to N	
A295 354.4	SX0173 4121	8 -3%	U-turn to W at Maenease (or Pen-a-maen) Point	
A296 354.7	SX0129 4154	14 1%	Bear R to N onto Curch St in Gorran Haven	
P296	SX0126 4161	14	Saint Just Gorran Haven Church	
A297 354.8	SX0121 4165	21 5%	Turn R to N on Cliff Rd	
A298 355.1	SX0141 4198	40 5%	Head N on footpath	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-21-
P317	SX0201 4723	23	St Austell, Pentewan All Saints Church	
A318 360.2	SX0201 4717	18 -6%	Turn L, head E on footpath	
A319 360.6	SX0255 4736	8 -2%	At Gamas Point, curve L, then turn R to N	
A320 360.7	SX0253 4755	42 17%	Jagged R turn to NE	
A321 361.1	SX0302 4784	8 -6%	Turn L to NW at field corner	
A322 361.4	SX0321 4829	49 9%	Enter trees, then turn R to E	
A323 361.6	SX0338 4829	34 -8%	Hairpin R to S at trees exit	
A324 361.7	SX0350 4807	33 -0%	Meander NE from field's boundary	
A325 361.9	SX0380 4816	28 -2%	Sharp L to NNW	
P325	SX0397 4795	18	Black Head	
A326 362.0	SX0374 4825	46 17%	Turn R, meander N	
A327 362.3	SX0383 4870	58 3%	Turn L, E, at field edge	
A328 362.7	SX0333 4892	84 5%	Turn R on road, head NW	
A329 362.8	SX0327 4900	86 2%	Bear R on track, meander NNW	
A330 363.1	SX0321 4952	30 -11%	Ahead N	
A331 363.4	SX0321 4995	20 -2%	Continue N	
A332 363.8	SX0313 5061	13 -1%	Porthpean, continue N	
B332 0.0	SX0313 5061	15	DIVERSION: Turn L to NW, avoid cliff fall	
B333 0.0	SX0308 5065	22 13%	Turn R on Porthpean Beach Rd, meander N	
B334 0.3	SX0328 5093	42 6%	Hairpin R to E between hedges	
B335 0.3	SX0335 5091	35 -1%	Rejoin: Turn L to NE	
P332	SX0319 5069	11	Porthpean Beach	
A333 364.6	SX0388 5151	12 -0%	Head N on Charlestown Rd	
A334 364.8	SX0383 5170	16 2%	U-turn onto Quay Rd, head S	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-23-
A351 370.3	SX0932 5212	18 2%	Turn R to SW in Polkernis, then meander S	
F351	SX0930 5210	16	Sams On The Beach in Polkernis	
A352 370.4	SX0941 5205	40 19%	Zig R to SW within trees	
A353 370.4	SX0936 5201	42 4%	Zag L to E	
A354 370.5	SX0944 5202	48 8%	Zig R to SW	
A355 370.6	SX0925 5187	32 -6%	Meander S alongside fields	
A356 371.0	SX0922 5138	17 -3%	Continue S	
A357 371.5	SX0926 5064	38 3%	More continue S	
A358 371.9	SX0926 4996	17 -3%	Turn L at cliff edge, meander E	
A359 372.3	SX0968 4976	57 9%	U-turn to NNE at Gibbin Head	
P359	SX0979 4975	70	Gribbin Head Daymark Tower	
A360 372.6	SX1004 5015	13 -8%	Turn R, head NE	
A361 372.8	SX1020 5044	9 -1%	Curve R to E	
A362 373.0	SX1037 5049	13 2%	Meander E at The Grotto, then curve R to S	
A363 373.1	SX1050 5032	12 -1%	Curve L to E	
A364 373.4	SX1084 5046	34 6%	Ahead E, follow cliff path	
A365 373.6	SX1122 5065	15 -4%	Cross ravine, meander N	
A366 373.7	SX1127 5080	21 4%	Enter bush, then zigzag down/up, meander NE	
A367 373.8	SX1141 5081	17 -3%	Head E	
A368 374.1	SX1173 5094	36 5%	Curve R, then sweeping curve L along cliffs	
A369 374.1	SX1181 5095	20 -19%	Ahead NW or turn R to St Catherine's Castle	
P369	SX1185 5093	13	St Catherine's Castle	
A370 374.3	SX1168 5110	36 8%	Sharp U to R, then on Readymoney Rd	
A371 374.5	SX1196 5116	24 -4%	Ahead NE on Tower Park	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-25-
A387 377.1	SX1457 5096	43 -7%	Ahead E	
B387 0.0	SX1490 5099	96	ALT: Turn R, head S - nearer cliff edge	
B388 0.1	SX1489 5083	49 -29%	Slight curve L to S	
B389 0.2	SX1499 5070	52 2%	Gentle curve R to S	
B390 0.4	SX1503 5048	52 0%	Rejoin, ahead to E at Percarrow Head	
A388 377.4	SX1493 5100	105 17%	Turn R, head S	
A389 377.6	SX1509 5069	68 -11%	Bear R, head SW	
A390 377.8	SX1504 5048	53 -7%	Turn L, head E at Percarrow Head	
P390	SX1510 5030	5	Fowey Estuary	
A391 377.8	SX1515 5046	36 -13%	Curve L to N at Percarrow Head	
A392 378.0	SX1520 5062	41 3%	Ahead to NNE	
A393 378.3	SX1560 5096	40 -0%	Continue NE	
A394 378.6	SX1591 5127	38 -1%	Curve R to E	
A395 378.8	SX1627 5124	33 -1%	Ahead E at gap by field	
A396 379.1	SX1663 5129	23 -3%	Sharp curve L to NNE at Lansallos Cove	
P396	SX1660 5120	8	Lantivet Bay and Lansallos Cove	
A397 379.1	SX1668 5136	36 16%	Hairpin R to S	
A398 379.2	SX1667 5124	26 -9%	Curve L to E	
A399 379.4	SX1684 5115	35 5%	Ahead, ESE	
A400 380.0	SX1766 5079	24 -1%	Meander E, over creek footbridge	
A401 380.5	SX1841 5055	72 6%	Continue E	
A402 381.4	SX1976 5034	23 -4%	Ahead E, over creek footbridge	
A403 381.5	SX1989 5035	34 9%	Ahead to E at junction	
A404 381.7	SX2018 5052	53 6%	Bear L, meander NE	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-27-
A420 384.0	SX2262 5161	17 1%	Turn R, meander SE on footpath	
A421 384.7	SX2350 5126	43 3%	Meander SE	
A422 385.0	SX2404 5107	18 -4%	Curve L to NE, Hore Stone to S at sea	
A423 385.4	SX2403 5161	40 4%	Another curve L to NE, Portnalder Bar	
A424 385.8	SX2449 5187	20 -4%	Ahead ENE at creekbed	
A425 386.0	SX2486 5200	16 -1%	Bear R for cliff path, ahead for level path	
P425	SX2503 5217	39	Lammana Chapel, 6th century monastery ruins	
A426 386.3	SX2521 5225	20 1%	Ahead, follow Marine Dr in Looe	
A427 386.9	SX2569 5290	13 -1%	Curve L onto Hannafore Rd	
A428 387.0	SX2551 5303	26 6%	Bear R along westbank of East Looe River	
P428	SX2540 5320	10	Parish of Saint Martin	
A429 387.2	SX2536 5332	11 -4%	Bear R to N onto Quay Rd	
A430 387.4	SX2535 5357	12 0%	Turn R, cross East Looe River	
B430 0.0	SX2544 5359	13	ALT: Turn L, N, on Station Rd to BB	
B431 0.2	SX2541 5395	16 1%	Turn R on Shatta	
B432 0.3	SX2547 5398	23 11%	Meneglaze BB	
H432	SX2548 5399	24	Meneglaze BB, +44-(0)1503-269227	
A431 387.5	SX2544 5358	12 -0%	Turn R to S on Fore St	
A432 387.7	SX2552 5329	10 -1%	Turn L on Castle St, meander E	
A433 387.7	SX2560 5326	18 10%	At crossroads, ahead onto East Cliff	
P433	SX2559 5321	11	Old Guildhall Museum and Gaol	
A434 387.8	SX2572 5324	28 8%	Ahead E on footpath	
A435 387.9	SX2583 5331	36 7%	Bear R to NE	
A436 388.2	SX2618 5363	31 -1%	Merge onto local road, follow coast NE	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-29-
A451 392.9	SX3275 5411	113 13%	Bear R, meander E	
A452 393.2	SX3315 5401	96 -4%	Meander E	
A453 393.6	SX3367 5395	114 3%	Ahead E	
A454 393.7	SX3382 5387	77 -21%	Bear L, meander NE	
A455 394.1	SX3437 5415	96 3%	Bear R, curve to S	
A456 394.2	SX3439 5409	75 -28%	Curve L, head E	
A457 394.6	SX3500 5400	66 -1%	Curve R to S	
B457 0.0	SX3505 5399	63	DIVERSION: Ahead E	
B458 0.1	SX3527 5398	37 -12%	Rejoin: Meander E	
A458 394.7	SX3509 5388	24 -26%	Turn L to E at cliff edge	
A459 395.0	SX3551 5393	33 2%	Turn R on Donkey Ln, meander S	
A460 395.0	SX3553 5384	14 -20%	Ahead on Finnygook Ln	
P461	SX3585 5384	14	Finnygook Beach	
A461 395.4	SX3601 5392	40 5%	Turn R on path	
B462 0.0	SX3726 5355	65	ALT: Bear R to avoid Tregantle Fort/Range	
B463 0.2	SX3749 5366	66 1%	Turn R, head E alongside B3247	
B464 0.8	SX3839 5356	84 2%	Ahead E alongside B3247	
B465 1.0	SX3874 5356	90 2%	Curve R to S alongside B3247	
P465	SX4180 5640	31	Antony	
B466 1.3	SX3890 5318	96 2%	Curve L to SE alongside B3247	
B467 1.4	SX3902 5306	89 -4%	Turn R, SW, on Military Rd at edge of Tregantle	
B468 1.5	SX3893 5296	81 -6%	Rejoin, head SW on hardtop	
A462 396.2	SX3726 5354	63 2%	Thru row of trees, then menader E	
A463 396.7	SX3782 5329	40 -4%	Curve L, then head E: Beware Tregantle Range	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-31-
A485 402.7	SX4274 4898	79 -1%	Ahead E	
A486 403.6	SX4414 4882	32 -3%	Curve N on Earl's Dr at Penlee Point	
A487 404.0	SX4410 4935	57 5%	Bear R (off Earl's Dr) to NNW thru trees	
A488 404.2	SX4390 4960	33 -7%	Ahead, NW thru trees	
A489 404.7	SX4339 5019	29 -1%	Ahed onto Pier Ln	
A490 404.7	SX4335 5020	21 -7%	Turn R onto The Square (Garret St) in Cawsand	
P490	SX4331 5021	26	St Andrew's Church	
A491 404.9	SX4342 5047	11 -4%	Turn R on Market St	
A492 405.0	SX4346 5050	9 -4%	Turn L on Heavitree Rd, meander N	
A493 405.3	SX4345 5053	11 5%	Turn R, meander NW on path	
A494 405.0	SX4348 5062	20 10%	Cross Kingsway onto path, head NE	
A495 405.5	SX4400 5102	22 0%	Follow green, then shimmy to next green	
A496 405.7	SX4416 5122	36 5%	Join gravel road, head NE	
A497 406.1	SX4484 5147	31 -1%	Turn R, head E, onto hardtop	
A498 406.2	SX4488 5146	27 -10%	Go 150 ft, take footpath to E alongside road	
A499 406.6	SX4542 5165	53 5%	Curve L to NE	
A500 406.7	SX4548 5179	78 16%	Curve R to SE, Fort Picklecombe below	
A501 406.8	SX4556 5169	56 -17%	Curve L, meander NE	
A502 406.9	SX4572 5179	77 11%	Zigzag R/L, then head NE	
A503 407.2	SX4593 5213	11 -16%	Slight L, meander N	
A504 407.4	SX4586 5245	30 6%	Meander NW	
A505 407.8	SX4548 5299	10 -3%	Ahead, meander N	
A506 408.0	SX4561 5317	6 -2%	Curve L to W in Mount Edgcumbe Park	
A507 408.2	SX4540 5345	2 -1%	Cremyll Ferry Landing (01752-822105)	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-24-
A372 374.7	SX1221 5140	24 0%	Bear R on Esplanade	
A373 374.8	SX1233 5147	17 -5%	Turn R for Fowey Ferry Landing	
B373 0.0	SX1234 5148	19	ALT: To BB, ahead on Esplanade	
B374 0.2	SX1251 5165	16 -1%	Turn R, E, on Lostwithiel St	
B375 0.2	SX1257 5167	10 -9%	Bear L, head N, on South St, then curve R	
B376 0.2	SX1257 5169	12 8%	Tourist Info Center	
B377 0.3	SX1252 5170	18 13%	Fowey Parish Church	
B378 0.3	SX1257 5171	13 -11%	Turn L, N on Fore St	
B379 0.3	SX1259 5173	13 1%	The Galleon Inn	
H379	SX1259 5173	12	Galleon Inn BB, +44(0)1726-833014	
F379	SX1261 5175	12	Sam's Seafood Bistro	
A374 374.8	SX1240 5146	6 -15%	Ferry pier (Polruan Ferry 01726-870232)	
A375 375.1	SX1257 5106	4 -1%	Polruan Ferry Landing	
A376 375.2	SX1258 5098	15 13%	Turn R, W, on West St	
A377 375.3	SX1239 5101	13 -1%	Turn L on Battery Ln, head S	
A378 375.4	SX1228 5088	22 6%	Turn L, also on Battery Ln, head SE	
A379 375.5	SX1235 5081	30 10%	Bear R on path, then L/R meander to SE	
A380 375.7	SX1269 5069	50 6%	At 5-way junction, turn R to footpath	
A381 375.8	SX1269 5064	44 -11%	Ahead SE on footpath	
A382 376.0	SX1301 5059	57 4%	Sharp curve R to S, then gentle curve L to E	
A383 376.1	SX1315 5051	49 -5%	Ahead E on footpath	
A384 376.3	SX1350 5057	84 10%	Meander E	
A385 376.5	SX1378 5059	90 2%	Meander NE	
A386 376.7	SX1396 5079	87 -1%	Ahead NE, slight curve R	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-22-
P334	SX0389 5171	18	Charlestown Shipwreck and Heritage Centre	
H334	SX0390 5169	18	Rashleigh Arms, +44-(0)1726-73635	
A335 364.9	SX0395 5156	9 -4%	Turn L, head ENE on footpath	
A336 365.3	SX0456 5169	46 6%	Continue E on path after tidbit on Sea Rd	
A337 366.0	SX0549 5222	22 -2%	Cross Beach Rd, E, (Clayton Bay Golf Course)	
P337	SX0498 5468	69	Eden Project	
A338 366.5	SX0617 5237	16 -1%	Bear R, walk south boundary of golf course	
A339 367.4	SX0748 5247	5 -1%	Sharp L to NW (bypass industrial plant)	
A340 367.5	SX0732 5265	7 0%	Bridge over industrial plant	
A341 367.6	SX0730 5273	5 -2%	Turn R to NE at industrial plant corner	
A342 367.9	SX0750 5309	7 0%	Join Harbour Rd, meander N	
A343 368.2	SX0747 5352	7 -0%	Turn R, E, on A3082	
B343 0.0	SX0764 5359	4	ALT: L on Moorland Rd to Marsh Villa Gardens	
B344 0.1	SX0766 5369	4 -1%	Head N onto playfield alley	
B345 0.4	SX0774 5425	7 0%	Turn L, NW, on St Andrews Rd	
B346 0.5	SX0769 5437	3 -3%	Marsh Villa Gardens entry to E	
P346	SX0769 5438	3	Marsh Villa Gardens	
A344 368.4	SX0785 5363	3 -1%	Turn R, S on footpath	
A345 368.6	SX0787 5344	3 0%	Thru tunnel under industrial plumbing	
A346 368.7	SX0783 5329	4 0%	Turn L to E	
A347 368.7	SX0790 5329	5 1%	Sharp R, meander S	
A348 368.8	SX0789 5318	4 -1%	Turn L to E across Par Sands Beach	
A349 369.4	SX0874 5325	8 0%	U-turn at footbridge to S	
A350 369.9	SX0877 5252	4 -0%	Turn L, follow ocean contour SE	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-20-
A299 355.7	SX0194 4263	57 2%	Ahead NE	
A300 356.2	SX0272 4299	8 -6%	Curve L to NW at Turbot Point	
A301 356.5	SX0256 4327	13 1%	Head N, cross Chapel Point Ln	
A302 356.9	SX0199 4355	37 4%	Follow Chapel Point Ln to WNW	
A303 357.2	SX0157 4384	14 -5%	Turn R, meander N along waterfront in Porthmellon	
F303	SX0153 4399	8	The Rising Sun Inn/Pub	
A304 357.5	SX0159 4431	36 5%	Bear R, meader N	
H304	SX0166 4459	30	Honeycombe House BB, +44-(0)1726-843750	
A305 357.7	SX0171 4455	28 -3%	Turn R, meander NE down path to pier	
A306 357.8	SX0176 4464	6 -21%	Turn L to W by waterfront	
A307 358.0	SX0154 4485	10 1%	Bear L on footpath	
F307	SX0141 4484	11	Salamander Restaurant	
P308	SX0167 4483	5	Mevagissey Museum	
A308 358.1	SX0167 4488	13 2%	Curve L to N	
A309 358.3	SX0167 4515	32 7%	Wiggle W at edge of play field, then head N	
A310 358.4	SX0168 4538	40 3%	Ahead N, below is Polstreath Beach	
A311 358.8	SX0197 4586	47 1%	Meander N at Penare Point	
A312 359.2	SX0167 4626	24 -5%	Turn R, meander N	
A313 359.3	SX0164 4649	36 5%	Follow B3273 N	
P313	SW9966 4673	98	The Lost Gardens of Heligan	
A314 359.8	SX0165 4724	6 -4%	Turn R on W-End, then cross St Austell River	
A315 359.9	SX0178 4729	12 4%	Turn R again on W-End, then curve to E	
A316 360.0	SX0199 4728	19 3%	Bear R to NE on Pentewan Hill	
A317 360.1	SX0202 4735	27 11%	Turn R onto The Terrace, head S	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-18-
P262	SW9160 3703	34	Nare Head Point	
A263 344.6	SW9212 3744	82 1%	Zigzag R/L, then head N	
P263	SW9273 3687	3	Gull Rock (out at sea)	
A264 345.1	SW9239 3805	38 -7%	Meander N then W at Kibernick Cove	
A265 345.4	SW9283 3824	53 3%	Bear R, curve to N at The Blouth	
A266 345.8	SW9299 3891	62 1%	Bear R to NE	
A267 346.1	SW9340 3892	49 -3%	Turn L, hed NE at Manare Point	
A268 346.5	SW9375 3933	21 -5%	Zigzag L/R into Portloe	
A269 346.5	SW9377 3939	20 -1%	Turn L, head W	
A270 346.6	SW9374 3941	28 21%	Turn R at Portloe United Church	
P270	SW9373 3942	30	Portloe United Church	
F270	SW9362 3938	36	The Ship Inn/Pub	
A271 346.7	SW9388 3950	32 2%	Bear R, then turn R to W on footpath	
A272 346.8	SW9399 3946	20 -9%	Curve L to NE at 1950s Coastguard Cottage	
A273 347.2	SW9443 4000	30 1%	Gentle U turn to SE	
A274 347.4	SW9466 3995	14 -7%	Curve L, meander NE at Caragloose Point	
A275 347.8	SW9511 4075	31 2%	Meander NE	
A276 348.2	SW9525 4101	72 14%	Turn R, head E, meander downhill	
A277 348.5	SW9566 4117	20 -12%	Turn R on local road, meander E	
A278 348.7	SW9590 4132	18 -1%	Hairpin R to S on local road	
A279 348.8	SW9603 4121	12 -4%	Hairpin L to N	
A280 348.8	SW9605 4126	24 21%	Turn R onto footpath, head S then curve to E	
A281 349.3	SW9671 4129	54 5%	Turn R, S, at forest edge, follow field edge	
A282 349.6	SW9716 4111	12 -9%	Turn L to N, follow field edge	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-32-
A508 408.8	SX4617 5399	3 0%	END: Plymouth Ferry Stonehouse Terminal	
B508 0.0	SX4619 5399	3	Head E on Admiral's Hard	
B509 0.1	SX4634 5400	8 3%	Turn R, N, on Dumford St	
B510 0.2	SX4632 5415	9	Turn R, on Barrack Pl (then Millbay Rd)	
B511 0.7	SX4699 5422	5 -1%	Ahead E at roundabout on Millbay Rd	
B512 0.8	SX4716 5418	13 4%	Turn R, S, then immediate L, E, on Citadel Rd	
B513 1.0	SX4749 5409	28 4%	Turn L, N to BB at 29 Athenaeum St	
H513	SX4750 5411	27	Rainbow Lodge, +44-(0)1752-229699	
C508 0.0	SX4772 5525	27	Head NE on N Rd E, curve R to S	
C509 0.1	SX4775 5516	32 5%	Turn R at N Rd E, then S, L, on footpath	
C510 0.2	SX4774 5503	31 -1%	Ahead S along pedestrian walkway	
C511 0.2	SX4774 5496	29 -3%	Turn R to SW, curve to S	
C512 0.2	SX4772 5490	27 -3%	Walk S along Armada Way Greenery	
C513 0.5	SX4772 5457	17 -3%	Continue S at The Sundial	
C514 0.7	SX4772 5425	19 1%	Turn R on Notte St, head W	
C515 0.8	SX4749 5425	18 -1%	Turn L on Athenaeum St	
C516 0.9	SX4749 5412	26 6%	Rainbow Lodge at 29 Athenaeum	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-30-
A464 397.0	SX3839 5336	93 8%	Curve R to S	
A465 397.1	SX3846 5323	89 -2%	Ahead, E, parallel Tregantle Fort	
A466 397.4	SX3883 5322	99 3%	Turn R, S, onto path	
A467 397.6	SX3893 5296	80 -7%	Turn R to SW on Military Rd	
A468 397.8	SX3872 5279	55 -10%	Parallel hardtop on footpath, head SE	
A469 398.4	SX3945 5228	52 -0%	Tiny Jog at parking area, continue SE	
A470 398.7	SX3986 5202	59 1%	Continue SE on hardtop	
A471 399.6	SX4099 5127	98 3%	Bear R to S on path (just past Donkey Ln)	
B471 0.0	SX4099 5127	99	DIVERSION: Ahead SE on Military Rd	
B472 0.3	SX4139 5100	110 2%	Rejoin: Turn R, meander S on gravel road	
A472 399.9	SX4120 5095	62 -9%	Turn L, NE (in confusing mesh of track)	
A473 399.9	SX4123 5097	75 33%	Bear L, meander NE	
A474 400.0	SX4139 5099	108 21%	Turn R, meander S on gravel road	
A475 400.2	SX4144 5069	62 -15%	Turn L, wind E, then S	
A476 400.2	SX4149 5067	68 13%	Bear L, head SE	
A477 400.4	SX4167 5049	73 2%	Ahead SE on gravel road	
A478 400.6	SX4189 5030	82 3%	Sharp R to E on footpath	
A479 400.7	SX4181 5029	63 -21%	Turn L to SE on footpath	
A480 401.3	SX4216 4941	40 -2%	Bear R to S, enter/leave gravel road	
A481 401.4	SX4215 4929	49 7%	Cross gravel R, then meander SW	
A482 401.7	SX4177 4892	61 2%	Curve L, meander S	
A483 402.0	SX4192 4854	64 1%	L U-turn to NE	
P483	SX4181 4833	64	St Michael's Chapel at Rame Head	
A484 402.2	SX4220 4869	83 6%	Ahead NE alongside field	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-28-
A437 388.6	SX2658 5399	27 -1%	Turn R, E, between houses on path	
A438 388.7	SX2677 5410	32	Turn R again between houses, head NE	
A439 388.7	SX2677 5413	14 -18%	Turn R on May Ln, meander E	
A440 388.9	SX2697 5419	30 8%	Ahead E on footpath	
A441 389.3	SX2748 5442	94 11%	Turn R on footpath to S, then meander E	
B441 0.0	SX2749 5443	94	DIVERSION: Ahead, E, on Looe Hill Rd	
B442 0.6	SX2833 5463	139 5%	Ahead, E, at Wild Futures Monkey Sanctuary	
B443 1.0	SX2887 5488	147 1%	Curve R to SE on Looe Hill	
B444 1.6	SX2969 5453	76 -8%	Rejoin: Ahead, SE, on Looe Hill	
A442 389.8	SX2822 5438	96 0%	Ahead E thru bush/trees	
A443 390.8	SX2970 5452	75 -1%	Turn R on Looe Hill, meander E	
A444 391.2	SX3032 5448	7 -11%	Turn R on Bridge Rd, cross River Seaton	
F444	SX3033 5440	6	Seaton Beach Cafe	
A445 391.4	SX3052 5429	18 4%	Follow hardtop E	
C445 0.0	SX3051 5429	15	ALT: Nice beach walk	
C446 0.4	SX3104 5406	16 0%	Ahead E on beach	
C447 0.8	SX3159 5388	8 -1%	Turn L, N, at Beach Hill in Downderry	
C448 0.9	SX3166 5399	7 -1%	Turn R on Main Rd, head E	
A446 391.7	SX3103 5411	29 2%	Ahead E on Brenton Rd	
A447 392.0	SX3146 5403	26 -1%	Ahead E on Main Rd in Downderry	
F447	SX3149 5403	27	Blue Plane Restaurant	
A448 392.3	SX3187 5396	18 -2%	Ahead E on Main Rd	
A449 392.6	SX3230 5395	28 2%	Turn R on footpath, meander NE	
A450 392.7	SX3239 5405	24 6%	Meander E	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-26-
A405 382.1	SX2064 5068	60 1%	Slight R, meander E	
A406 382.1	SX2073 5068	40 -21%	Bear L, head NE	
A407 382.2	SX2087 5077	32 -5%	Bear R, meander E	
A408 382.3	SX2098 5083	12 -15%	Curve L to N	
A409 382.5	SX2096 5090	14 2%	Ahead on Lansallos St, then curve L to W	
A410 382.5	SX2086 5096	21 6%	Turn R, N - town of Polperro	
P410	SX2066 5101	24	Polperro Model Village	
F410	SX2068 5098	26	Old Mill House Pub	
A411 382.5	SX2086 5098	23 6%	Turn R, E, on The Warren	
F411	SX2092 5100	22	Polperro Harbour Heritage Museum	
A412 382.8	SX2133 5089	41 4%	Head E on footpath	
A413 383.1	SX2175 5097	62 5%	Bear R to SE	
B413 0.0	SX2175 5097	64	DIVERSION: Slight L, E	
B414 0.1	SX2186 5097	73 8%	Turn L to N at farm corner	
B415 0.4	SX2171 5135	106 8%	Turn R, ENE on local road	
B416 0.8	SX2229 5158	16 -14%	Rejoin: Ahead to W, then meander to Bridals Ln	
A414 383.2	SX2199 5091	36 -11%	Turn L to NE	
A415 383.5	SX2220 5114	22 -5%	Curve L to N	
A416 383.6	SX2214 5132	32 6%	Bear R on local road, head NE	
A417 383.7	SX2227 5151	17 -7%	Slight R onto footpath, meander NE	
A418 383.8	SX2233 5160	13 -4%	Turn R, E, on Bridals Ln	
F418	SX2238 5163	15	Talland Bay Beach Cafe	
A419 383.9	SX2241 5162	15 2%	Turn R, ESE, on local road	
F419	SX2264 5162	18	Smugglers Rest Cafe	

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WP Miles	OSGB	Elev %	Cornwall Coast Description	-33-
X01	SW4759 3060	8	Penzance RR	
X02	SW5194 4012	27	St Ives RR	
X03	SW5292 3874	36	Carbis Bay RR	
X04	SW5477 3721	9	Lelant RR	
X05	SW5442 3663	6	Lelant Saltings RR	
X06	SW5414 3572	16	St Erth RR	
X07	SW5596 3732	15	Hayle RR	
X08	SW6482 3968	110	Camborne RR	
X09	SW7003 4200	124	Redruth RR	
X10	SW8177 3232	10	Falmouth Docks RR	
X11	SW8112 3208	15	Falmouth Town RR	
X12	SW7982 3235	33	Penmere RR	
X13	SW7790 3471	55	Penryn RR	
X14	SW7807 3980	45	Perranwell RR	
X15	SW8166 4492	39	Truro RR	
X16	SX0161 5257	83	St Austell RR	
X17	SX0769 5409	1	Par RR	
X18	SX1065 5976	4	Lostwithiel RR	
X19	SX1102 6405	37	Bodmin Parkway RR	
X20	SX2475 6368	106	Liskeard RR	
X21	SX2388 6361	47	Coombe Junction Halt RR	
X22	SX2510 6102	31	St Keyne Wishing Well Halt RR	
X23	SX2483 5910	19	Causeland RR	
X24	SX2489 5699	23	Sandplace RR	

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