

A BOOT UP THE SOUTH WEST COAST PATH SOUTH CORNWALL

Philip Carter

Many people have discovered the South West Coast Path by walking a section of it, some indeed with intent, but quite a few others have simply stumbled across it whilst on holiday. One can walk the whole 630 miles from Minehead to Poole Harbour but the 10 walks in this book are mostly circular, using the Coastal Path as part of the walk. In this way the walker can sample some of the best sections of the long-distance path in South Cornwall while not having to retrace their steps.

The 10 walks are as follows:

- TREEN—PORTHCURNO—PENBERTH
• LAMORNA—MOUSEHOLE • THE LIZARD
• FALMOUTH, SWANPOOL—MAENPORTH
• ST ANTHONY'S HEAD • THE DODMAN
• FOWEY, THE GRIBBIN • FOWEY—PULRUAN
• CAWSAND—RAME HEAD • CREMYLL—KINGSAND

The Boot Up Series is fast becoming a phenomenon in local walks book that attract families and others to exploring the countryside in a leisurely way. It includes short walks for those living in or visiting popular areas of the country, written by those who know the area well. They provide a healthy hour or two of exercise, exploring parts of Britain's countryside that the casual visitor might otherwise miss, pointing out interesting features along the way. They are perfect walks for families.

ABOUT THE AUTHOR

Philip Carter is a Devonian by birth. After a working life mainly as a potter he sought further education. Having gained a degree with the Open University he obtained an MA in Local and Regional History at the University of Exeter. He has contributed articles to the Devon Historian and written a book about Newton Abbot on the history of that town. He has been involved with the South West Coast Path Association since its inception. Philip says: 'I used to be Secretary to the Coast Path Association, and it was said that I had to know every mile of the path. My wife, a far more practical person, knew every tea shop!'

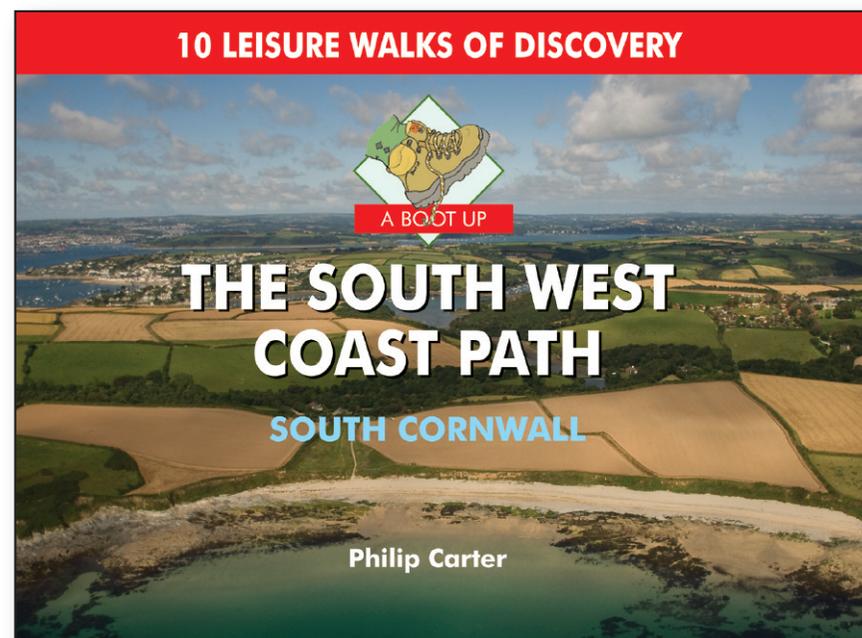
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St Anthony's Lighthouse.



South West Coast footpath sign at Maenporth.



The Dodman from West Portholland.



Aerial view of the Minack Theatre.



The view across Fowey towards Polruan.

1 Treen - Parfhumo - Penberth	<p>Perceval Point.</p>	<p>Decision time again as the right fork takes you out to Treen Dinas and if you are agile you can climb the Logan Rock. This is only a short run and returns. The left fork beside the one time north bank of the cliff castle is the path on to Penberth.</p> <p>The headland of Treen Dinas is another of the Iron Age cliff castles, the most famous feature of which</p> <p>is the Logan Rock. This enormous perhaps sixty-ton granite boulder was so delicately poised that it used to rock. Log is a Cornish word meaning that. However a naval Lieutenant Hugh Goldsmith, nephew of the poet Oliver Goldsmith, dislodged it as a prank. There was an account from the locals sufficient to stir the Admiralty to insist the Lieutenant restore it. At considerable expense to himself, the</p> <p>Parfhumo from the Logan Rock.</p>	<p>Dodder a parasite on Corse.</p> <p>use of tools and many men the stone was put back but it never rocked again as well as formerly.</p> <p>You will almost certainly wish to explore Penberth but that return to where you arrived and proceed up the track you first joined. This passes right of a house and becomes a footpath, unimpaired at present. You pass parallel private hedges evidence of one time flower growing. You enter a wood and shortly fork left to go uphill on a sometimes</p>	1 Treen - Parfhumo - Penberth
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Example of a double-page spread.