

Coastal and woodland walk... 3¾ miles

Lansallos, South East Cornwall

This magnificent stretch of coastline has no twentieth century intrusions detracting from the natural splendour of secluded coves and beaches. Slightly inland, the soft rolling hills separate the coast from farmland and the sunken lane at Lansallos Cove conjures up images of smugglers and wreckers hauling carts laden with contraband.

Start: Car park, Lansallos – grid ref: SX173517 – maps: OS Landranger 201 & Explorer 107

Getting here & local facilities

By Foot: South West Coast Path is approximately 3¼ miles west of Polperro and ¾ mile from Lansallos village.

By bus: Looe to Polruan 281, alight at Lansallos Church - www.traveline.org.uk

By train: Looe railway station is 6½ miles away.

By car: from A390, Dobwalls to Lostwithiel, take B3359 at East Taphouse to Pelynt. At Pelynt, follow signs for Polruan/Lansallos. National Trust car park on left as you come into Lansallos village.

Shops, cafés and pubs in Polperro. Nearest WCs in Polperro (2¾ miles), Frogmore car park (1¾ miles) and Polruan (2¾ miles). Cream teas at Lansallos Barton Farm (next to car park); call 01503 272293 for opening times.

The small and quiet campsite at Highertown Farm is open from Easter to late October; telephone 01208 265212 or email highertownfarmcampsite@nationaltrust.org.uk

Things to look out for...

 **Coastal strip:** Here the hard rocky outcrops rise 130m above sea level. The slopes are full of gorse and flowers, such as sea campion, dog violets, primroses, wild thyme and field scabious.

 **Lansallos church:** Dedicated to St. Ildierna, Lansallos church dates back mainly to the 14th and 15th centuries; the parish boundary stone cross can be seen in the graveyard. It has come under attack over the years; during the 19th century, drunken villagers are reputed to have broken a medieval bell and in 2005 the church interior was badly damaged by an arson attack, which the community is currently working hard to restore.

 **Lansallos Cove waterfall:** Next to the tumbling waterfall once stood a water mill where, legend has it, a half drowned man sought refuge one night. However, he was refused help by the miller's wife and the next morning the man was found dead outside. His ghost drove the couple away and the mill was never used again.



Looking west from Queens Cove and across Lantic Bay to Pencarrow Head. Bring your binoculars as this is a good spot to see grey seals and fulmars.



The track leading down to Lansallos Cove was originally a cart track. It was cut through the rock to transport fish, seaweed and contraband up to the village. The cart ruts made by fisherman and smugglers are still clearly visible in the rock.



Sea Campion (*Silene maritime*) is one of the many plants found along the coast path. Look out for the purple-flowering dog violet (*Violet revina*) too.

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‘A great walk at any time of the year with beautiful valleys, rugged cliffs and peaceful woodland... a strong sense of history permeates throughout.’

Sal Erskine, National Trust Warden

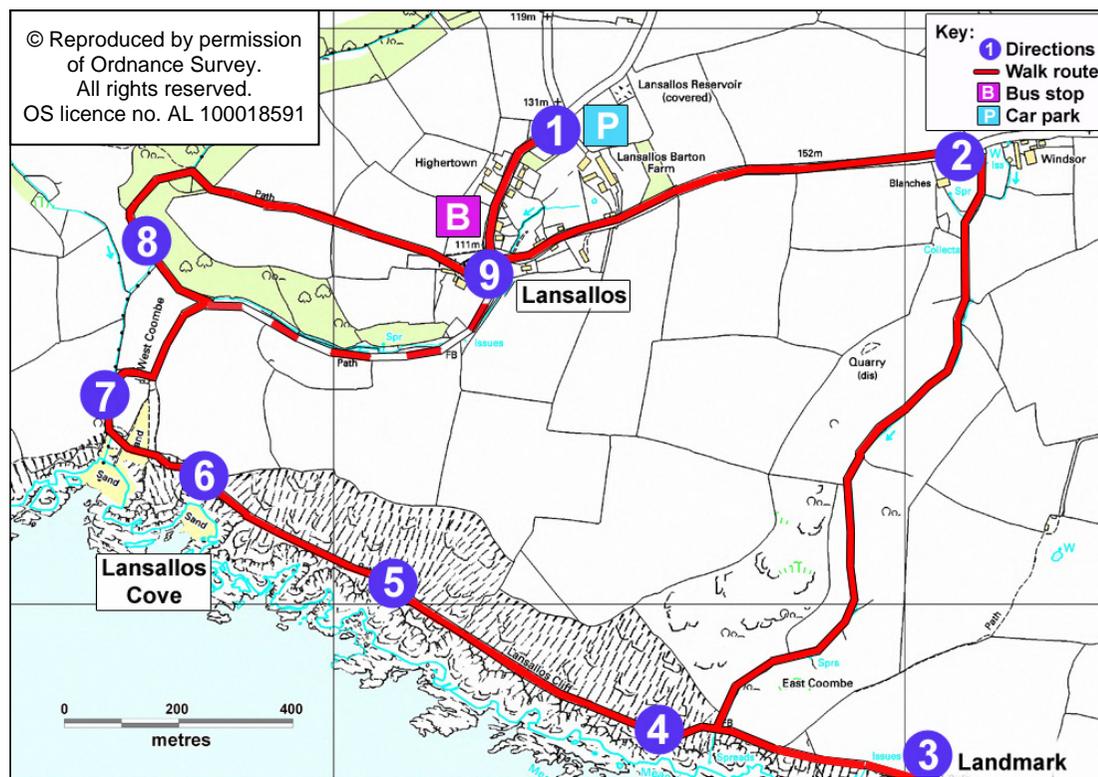
Directions

1. Leave the car park and turn left down the Hill. Pass the church and follow the road round to the left, continuing for ½ mile.
2. Go through the wooden gate on the right marked 'To the coast path' (East Coombe). After a short flight of steps the path bears left until you reach the stream. Turn right and follow the streamside path downhill.
3. The path joins the coast path at the bottom of the valley. You can take a short detour left (½ mile), over the wooden bridge, to the small white daymark, now replaced by a modern buoy marking the submerged Udder Rock. Look west from here to see the red and white stripes of the much larger Gribbin Daymark (take a closer look at it on our Gribbin Head downloadable walk, available to download at www.nationaltrust.org.uk/walks).
4. Return from the daymark and walk along the coast path marked 'Polruan'.
5. Continue along the coast path for ¾ mile. Look west for stunning views of Pencarrow Head and beyond to Dodman Point.
6. Follow the sign marked 'Polruan' to reach Lansallos Cove.
7. From Lansallos Cove, take the path up the valley (West Coombe) and through a gate on the right. At the wooden bridge cross the bridge for a ¾ mile woodland walk (go to point 8). Alternatively, take the gentle sunken lane for ¾ mile up to Lansallos village (go to point 9).
8. **Woodland walk:** follow the path through the woods and up the hill. At the T-junction turn right and follow the path around the fields and over two distinctive Cornish stiles to the church.
9. At the church in Lansallos village, head up the hill towards the car park.

Walk distance, terrain and accessibility

3¾ mile (6km) circular walk. The South West Coast Path and woodland walk contain stiles and narrow paths which can be muddy after wet weather. Steps and steep slopes from Lansallos to East Coombe (½ mile). Wide, gravel path, uneven and steep slopes in places on optional section towards Lansallos village. Access to cove along narrow and uneven path.

If on the beach, beware of incoming tides and dangerous currents. Cliffs are dangerous (children should be supervised). Dogs welcome on Lansallos cove beach all year round. Please keep dogs under control and clean up after them.



Contact us...

Telephone 01208 265212 or email southeastcornwall@nationaltrust.org.uk

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