

Coastal Walk – 4 miles

Lansallos, south east Cornwall

THE NATIONAL TRUST

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Short description: 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 where the range of traditional farm buildings remind visitors of a long association of mankind working the land. The sunken lane at Lansallos conjures up images of smugglers and wreckers hauling carts laden with contraband

Getting there:

Road: From Polperro take the Langreek road towards Lansallos. At the first T junction take a right and then left at the second. In Lansallos park in the Trust car park at the top of the village

Car parks: National Trust in Lansallos gr SX173517

Foot: South West Coast Path approximately 4 miles west of Polperro

Bus: (B=bus stop) Polruan bus to Polperro number 290- tel 01726 970719
For public transport information visit www.traveline.org.uk

Maps and start grid ref: OS Landranger 201 gr SX173517, Explorer 107

Facilities available: Pubs, shops in Polperro

Terrain: Moderate walking conditions

Distance: 4 miles

Accessibility: Height gain of 70m over the walk. If on the beach beware of incoming tides and dangerous currents. Cliffs are dangerous- children should be supervised

Points of interest: Follow the road down from the car park which heads towards Polperro. After 0.5 mile take the footpath on the right named East Coombe. Continue on this path looking out for the following features:

- 1 Daymark- to the east of the walk at Broad Cove marking Udder Rock. Listen for the more recent marker bell
- 2 Coastal strip rising from sea level to 130m with hard rocky outcrops. The slopes are full of flowers in spring and summer
- 3 Path and earthworks building at Queens Cove. Probably the site of a seasonal fishing shelter or summer house
- 4 Trackway from Lansallos Cove to the village. From the beach runs a 30m rock cut channel up to 6m deep with pick marks still visible. Note the cart ruts in the lane
- 5 Lansallos Church is predominantly 14th to 15th century. Dedicated to St. Ildierna. Note the parish boundary stone cross now found in the churchyard

Return to car park up the track to Lansallos village

Property contact details: Tel 01726 870146

National Trust properties nearby: Lanhydrock House and Gardens, other coastal properties

