

# Coastal Walk – 5 miles

## Tintagel, north Cornwall

THE NATIONAL TRUST

Supported by  RIAS

**Short description:** Take a walk along the dramatic coastline of Tintagel's headlands and cliffs. Start at The Old Post Office and as you make your way along the path, make sure to look for Barras Nose. This 14 acres of coastline was the first stretch of coastline National Trust purchased. The land was bought two years after National Trust was founded in 1895.

### Getting there:

**Road:** Take B3263 to Bossiney road and turn onto Fore Street. Park at the Old Post Office.

**Foot:** South West Coast Path within 2/3ml.

**Bus:** Western Greyhound 524 Bude-Wadebridge, 594 Bude-Truro (with connections on 555 at Wadebridge from Bodmin Parkway).

**Maps and start grid ref:** OS Landranger 200 gr SX 051 888

**Facilities available:** Coffee shop in visitor centre, toilets, baby changing facilities and shop.

**Terrain:** Moderate walking conditions.

**Distance (m):** 5 miles

**Accessibility:** Cliff edges can be dangerous. Stay on path and know the state of the tides. Height gain of 100m.

**Points of interest:** Follow the main road from the Post Office towards the main path access.

Keep on this path looking out for the following features:

1. Old castle
2. Barras Nose
3. Rock Valley which includes 161 species of Mosses – can return on the same path or follow road through to Tintagel and continue along the cliffs
4. Maze Carvings
5. Slate Quarries and Rock fissures along Glebe cliff line

Return to car park towards Lizard Point.

Return to the Old Post Office and back towards the car park.

**Property contact details:** Tel 01840 770024 (post office)

**NT Property nearby:** Boscastle

