

• Distance 22½km/14 miles • Time 6hrs • Type Coastal

2 NAVIGATION
LEVEL 1/2

3 FITNESS
LEVEL 3/4



Plan your walk



WHERE: Linear walk from Widemouth Bay to Boscastle via Crackington Haven.
START/END: Widemouth Manor Hotel bus stop, Widemouth Bay (SS201020).
TERRAIN: Rugged cliff scenery, with lots of strenuous ascents and descents. Follows the very well-marked and maintained South West Coast Path. Many stiles.
MAPS: OS Explorer 111; Landranger 190 & 200.
GETTING THERE: Western Greyhound 594/595 bus runs daily, every two hours, between Boscastle and Widemouth Bay via Crackington Haven. Sunday service from April to late October (© 01637 871871, www.westerngreyhound.com).
EATING & DRINKING: There's a pub and two cafés at Crackington and a good choice of pubs and cafés in Boscastle.
SLEEPING: There's a good selection of hotels, B&Bs and self-catering accommodation



Some of the very best - and most strenuous - sections of the South West Coast Path are to be found along North Cornwall's magnificent rugged coastline. And the finest of these is the stretch from Widemouth Bay to Boscastle via Crackington Haven - a route conveniently served by regular daily bus services. You should, of course, take the bus first and walk back, which removes the pressure of having to reach the finish by a certain time. The route can be broken up into two sections: Widemouth Bay to Crackington Haven (3 hours) and Crackington to Boscastle (3 hours). Each makes a fine short walk in its own right, or you can link them together. The cliff scenery the route offers is of the highest quality, but it comes at a price exertion-wise!

1. START From the Widemouth Manor Hotel bus stop, follow the connecting path to the coast then turn L and just keep the sea on your R, following the National Trail

(acorn) signs. Note the remarkable chevron-folded rock strata at Millook Haven in the cliff on the north side, and the ancient stunted oak wood in the area of Dizzard Point. There are a couple of steep ascents and corresponding descents involved before reaching Crackington Haven (SX143968).

2. Crackington Haven is an impressive little bay, hemmed in by the cliffs of Pencannow to the north and the headland of Cambeak to the south. Again, the folds in the rock strata are striking. At one time it was a port: coal and limestone were brought in and slate exported. Today its small sheltered beach is popular both with swimmers and surfers. Feral goats roam the cliffs near Cambeak; beyond is High Cliff. Before it and a long way below lies Strangles Beach (sometimes frequented by the unclothed!). There's a good path down but it's a long way back up...

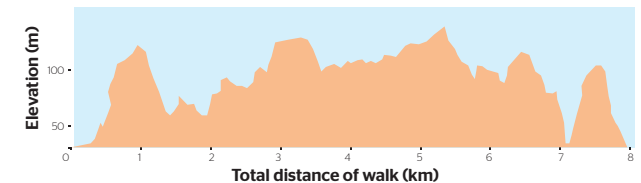
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in Boscastle, including Boscastle Holidays (© 01840 250233, www.boscastleholidays.co.uk), and The Wellington Hotel (© 01840 250202, www.boscastle-wellington.com). See also South West Coast Path Association's annual guide (below) for details of walker-friendly B&Bs near coast path.
VISITOR INFORMATION: Boscastle TIC (© 01840 250010, www.visitboscastleandtintagel.com or www.visitcornwall.com).
GUIDEBOOKS: *The South West Coast Path Guide* - excellent annual guide (revised and updated each year), written and published by the South West Coast Path Association (£10.50 inc P&P, order direct from www.swcp.org.uk); *The South West Coast Path* by Paddy Dillon (£12.95, Cicerone, ISBN 9781852843793); *Cornwall Walks Pathfinder Guide* by Sue Viccars (£11.99, Jarrold, ISBN 978 0711749818).
LOCAL RAMBLERS AREA/ GROUP: Bude/Stratton Ramblers (© 01288 350385).

3. High Cliff (SX131945) is the unimaginative name for the highest cliff in England at 223m/731ft. Not surprisingly, it's a tremendous viewpoint. Afterwards is a long descent and following ascent to Rusey Cliff. Beyond is the black Buckator headland. At Firebeacon Point the path descends steeply and contours round Beeny Cliff close to the cliff edge - a lovely section. The Pentargon inlet boasts an impressive waterfall that cascades down to the sea. From Penally Hill, as you descend towards Boscastle, there's a fine view of the beautiful, sinuous



Steepness of walk



harbour below you.

4. There's an excellent new Visitor Centre at Boscastle (SX097915) - well worth a look inside. On 16

August 2004, floods caused devastation to the village (and Crackington Haven, too). Fortunately there were no fatalities, but there was considerable damage to properties.

Route devised by Fiona Barltrop



Route and gradient profile created using Anquet Maps v06. Download more maps from www.Anquet.co.uk

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