

ST ANTHONY HEAD

Distance: 5.5 miles (9km)

Start/finish: St Anthony Head car park, TR2 5EX

Terrain: Coast path, riverside footpath

Toughness: Easy to moderate

Ascent: 256 metres

Navigation: Easy to moderate

Good for: Wildlife, coast, history

Route info: wildrunning.net/03

St Anthony Head (NT) is situated at the southernmost end of the wild Roseland Peninsula. At its tip stands St Anthony's lighthouse, at the entrance to one of the world's largest natural harbours: Carrick Roads and the Fal River estuary. Superb views, and a wonderful place to spot birds and other wildlife, as well as a 19th and 20th century gun battery. The run is an anti-clockwise tour of the edge of the Roseland Peninsula, starting and finishing at its tip. Keep the sea to your R throughout. When level with Towan Beach, turn L and, skirting Porth Farm, cross the peninsula. Continue round to the start, with the water still on your right. NT café at the car park.

Miles	Km	Directions
0.0	0.0	From St Anthony Head car park head south west to reach Coast Path, turning left to follow this south east around the peninsula
2.4	3.8	At Towan Beach turn left , heading inland to reach road at Porth Farm
2.5	4.0	Turn left on road then right after building, following National Trust sign up lane north west through car park. Exit car park and head north on footpath
2.7	4.4	On reaching Porth Creek, continue along footpath following its southern shore west
3.3	5.3	At North-hill point continue to follow path south along eastern shore of River Percuil towards St Anthony
4.1	6.6	Join lane in St Anthony, following until right turn onto footpath behind church (waymarked coast path)
4.4	7.1	Continue along Coast Path north then north west through Cellars Plantation, continuing around headland to return to start