

PENDEEN TO ST IVES

Distance: 13.5 miles (22km)
Start: Pendeen Lighthouse, TR19 7ED
Finish: St Ives
Terrain: Coast path, rocky trail, track
Toughness: Challenging
Ascent: 935 metres
Navigation: Easy to moderate
Good for: Coast, history, national trail
Route info: wildrunning.net/01

A magnificent run along the Penwith Heritage coastline following the SW Coast Path. Access the Coast Path from the little car park by Pendeen Lighthouse, and follow it eastwards all the way to St Ives. The path is tough and technical for much of the way with rocky trails, boulders and hilly terrain, but the stunning views more than make up for it. Bosigran Ridge (3 miles from the start) is a dramatic and classic rock climb which makes its way up a perfect granite spine from the turquoise seas that boom around Great Zawn, to the hillside above. The run concludes in St Ives, with its stunning white sand, palm-lined beaches and plenty of good cafés and restaurants. Return by bus to Pendeen via Penzance.

Miles	Km	Directions
0.0	0.0	From car park at Pendeen Lighthouse, access Coast Path and head east towards St Ives
3.0	4.8	Pass Bosigran Ridge, continuing along Coast Path
5.0	8.0	Pass Gurnard's Head, continuing along Coast Path
13.5	22.0	Arrive St Ives