

## 1 Around Bryher & Tresco

**Distance**      **10.5 miles/17km**

**Ascent**        **346 metres**

**Start**          **New Grimsby Quay, Tresco, TR24 0QE**

**Finish**        **Bar Jetty, Bryher, TR23 0PR**

Join the coast path north to Cromwell's Castle, turn R uphill and inland to King Charles Castle (0.75 miles/1.2km). Turn L along the coast path around the northern end of Tresco before trending south into Old Grimsby (2.1 miles/3.4km). Continue on the coast path south to Carn Near, then follow the west coast north to return to New Grimsby Quay. Ferry crossing to Bar Quay, Bryher (5.8 miles/9.4km). Take the road inland into The Town and L over the hill, taking a sharp L downhill and onto a footpath. Run around the southern end of Bryher to Droppy Nose Point (7.6 miles/12.3km). Trace the western coast around Great Porth, Gweal Hill and Popplestone beach and onto the wilder northern end of Bryher towards Shipman Head (9.7 miles/15.6km). Run along the coast path back along the eastern coast, above Hangman Island, behind the pub and through the boatyard back to Bar.

Miles	Km	Directions
0.0	0.0	Stay left and join the coast path heading north behind the quay buildings to reach Cromwell's Castle. Turn right here and follow the path uphill to King Charles's Castle.
0.75	1.2	Turn left and follow the high-level path north to the rocky outcrop at Gun Hill in the north-west of Tresco. Continue on the coast path around the northern end of the island and above Piper's Hole before following the coast to the right and heading south along the eastern shore. Pass the curving sandy beach of Gimble Porth and enter Old Grimsby trending left to reach the coast by the Ruin Beach café.
2.1	3.4	Turn right and follow the coast path down the eastern coast past the old Blockhouse and down the island to Carn Near at the southernmost point.
4.3	6.9	Head north up the western coast of Tresco on better paths back to New Grimsby. Follow the harbour around to the jetty and take the next boat across to Bryher alighting at either Bar or Quay depending on the tide.
6.2	10	From Bar head inland to the town and turn left past the shop. Follow the road south past the fire station and village hall then turn left downhill and past the fudge stall to the coast at Green Bay. Join the coast path and follow this around the southern end of Bryher past Rushy Bay and out to Droppy Nose Point.
7.6	12.3	From here follow the coast path north around Great Porth and out around Gweal Hill then around Popplestone beach and onto the wilder northern end and a path junction almost at the northern point by Hell Bay.
9.7	15.6	Turn right and follow the coast south down the higher eastern coast to the campsite. Stay left of this and join a larger track behind the Fraggie Rock Inn. Follow the road back to Bar.