

## 2 Penzance to St Ives

**Distance**      **41 miles/66km**

**Ascent**        **3211 metres**

**Start**          **Penzance Station, TR18 2NF**

**Finish**        **St Ives Station, TR26 2EQ**

This route follows the waymarked South West Coast Path from Penzance railway station to St Ives via these points: Mousehole (3.6 miles/5.8km), Lamorna Cove (5.9 miles/9.5km), the Minack Theatre (11.7 miles/18.9km), Land's End (16.7 miles/26.8km), Sennen Cove (18.3 miles/29.5km), Cape Cornwall (23.4 miles/37.7km) and Gurnard's Head (32 miles/51.6km). On reaching St Ives join the road through the town and around the harbour towards Porthminster Beach, and the station is just inland of this.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Turn left with your back to the sea and joining the South West Cost Path follow the coast south-west along Penzance sea front. Follow SWCP direction signs and keep the sea to your left.
3.6	5.8	Pass through the village of Mousehole.
5.9	9.5	Pass the beach and houses at Lamorna Cove.
11.7	18.9	Cross Porth Curno beach and climb up to the Minack Theatre.
16.7	26.8	Pass Land's End.
18.3	29.5	Reach the Sennen Village and follow the path along the cove.
23.4	37.7	Pass Cape Cornwall.
32	51.6	Pass Gurnard's Head.
39.6	63.8	Enter St Ives at Porthmeor Beach. Continue along the coast out and around St Ives Head and then south around the harbour and past the lifeboat station. Continue south along the coast to the train station above Porthminster Beach.