

3 St Anthony Head

Distance **6 miles/9.5km**

Ascent **564 metres**

Start/finish **St Anthony Head, TR2 5HA**

Take the track to the gun emplacements on the headland and turn L onto the South West Coast Path. Follow this around Zone Point and along the coast to Towan Beach (2.4 miles/3.8km). Turn L inland then R onto the road, after a short distance turn L off the road and across a footbridge. Turn R after the bridge onto a footpath along Porth Creek and south along the Percuil River estuary to the road at St Anthony (4.2 miles/6.8km). Turn R past the church and along the creekside track, over a hill then down to the coast of St Mawes Harbour, turn L onto the coast path around Carricknath Point to the lighthouse at St Anthony Head. Join the signed and surfaced path uphill back to the car park.

Miles	Km	Directions
0.0	0.0	From the car park head south-west past the cottages to the old battery on the headland. Turn left here joining the South West Coast Path heading around Zone Point and then north-east up the coast along the edges of several fields to Towan Beach.
2.4	3.8	Turn left inland onto the straight path to the road at Porth Farm. Turn right onto the road for a short distance and then left across a footbridge and into a field. Turn right after the bridge and follow the edge of the field along the southern bank of Porth Creek to North-hill Point. Turn left still on the coast but now following the Percuil River towards the sea until you reach the end of the road in St Anthony. Follow the road for a short distance to a turning right to the church.
4.2	6.8	Turn right onto the footpath through the church yard and then right onto a track around the cove. Stay left on the coast path which goes over a hill and down to the coast. Follow the path left down the coast around Carricknath Point and south to the lighthouse at St Anthony Head. Follow the steep path uphill from here back to the start.