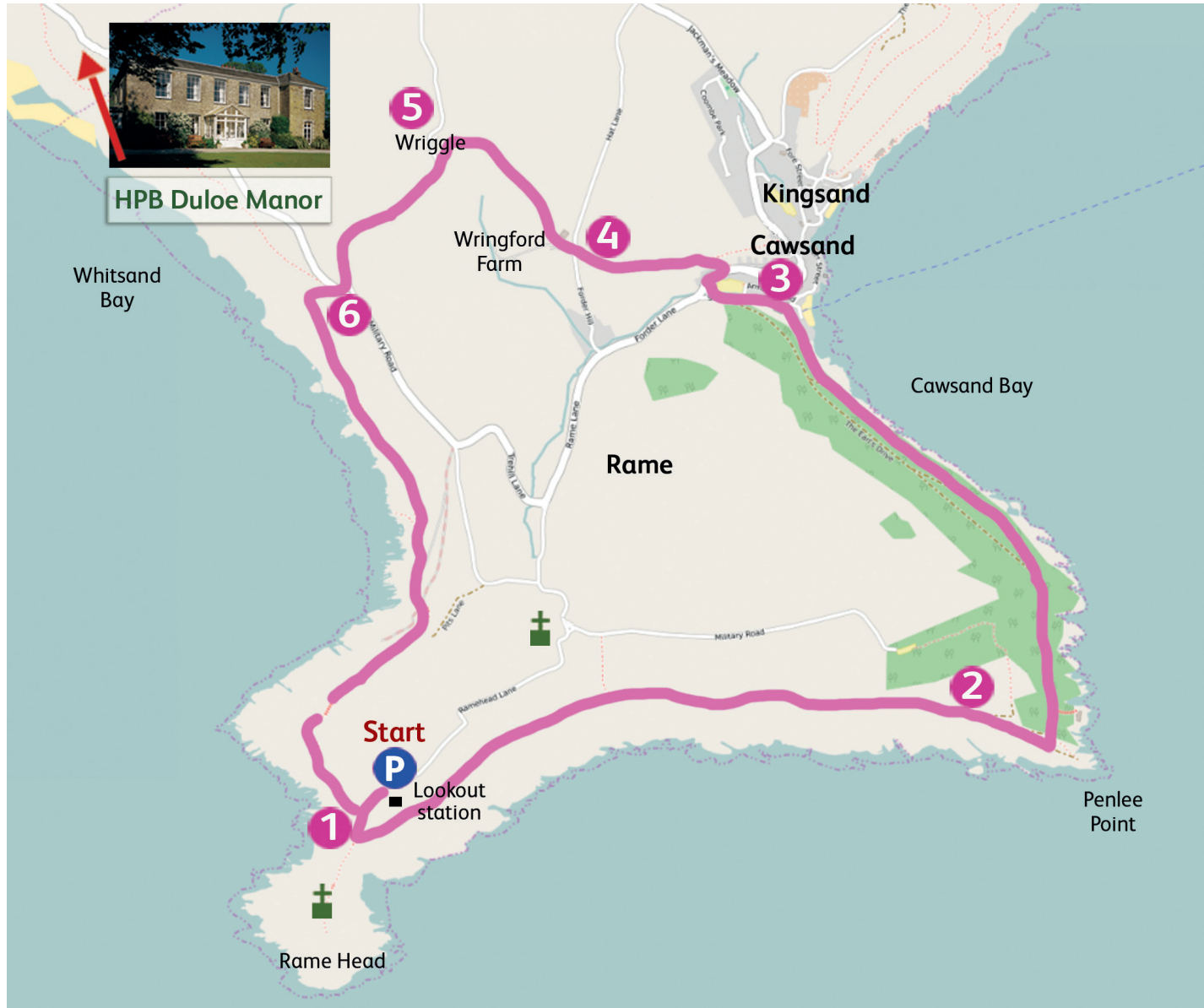


Rame Head and Cawsand

Distance - 8½km (5¼ miles) Map Ordnance Survey Explorer 108, Lower Tamar Valley and Plymouth. Ascent 240m (788ft)



— - Walk

① - See attached instructions for details of points

Disclaimer:
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Rame Head and Cawsand

Distance - 8½km (5¼ miles) Map Ordnance Survey Explorer 108, Lower Tamar Valley and Plymouth. Ascent 240m (788ft)

One of the finest headlands of South Cornwall, Rame Head commands extensive coastal views over Whitesand Bay and Plymouth Sound. Claimed to date from the 12th century, the little chapel of St Michael is believed to be on the site of a Celtic Hermitage.

Cawsand, and adjacent Kingsand, are little gems.

A tiny fishing harbour, backed by a picturesque village, Cawsand, in particular, has escaped the worst of modern development, with the bonus of only limited access for vehicles. An inn and a shop provide for most requirements. On higher ground, one of the massive mid 19th century fortresses has been converted into apartments.

Start/car parking Car park close to Rame Head, grid reference 421488. Accessed via Hessenford, Polbathic, Crafthole and Rame.

Refreshments Inn and shop with take-away food and drink at Cawsand.

WALK

Leave the car park through a little gate, descending along a broad grass track heading towards the chapel visible on Rame Head. (To visit the chapel requires an obvious out and back extension to the walk).

1 Reach a signpost part way down the slope. Turn left towards 'coast path Cawsand'. Follow the coast path, a little up and down but more level than most of this long distance route. There are occasional kissing gates and waymarks, including the acorn which distinguishes the coast path. Ignore paths which join from the left (the first, signposted to Rame Church, could provide a short and speedy return, if desired).

2 After a kissing gate, join a roadway which soon divides. Keep right to continue along the south west coast path, a rough surfaced roadway through woodland, gently downhill. After rounding Penlee Point, there are fine views across Plymouth Sound. At a fork go right, gently downhill; join a surfaced road to continue towards Cawsand. In 200m. as the roadway rises to the left, fork right, through woodland rich in beech. Follow the obvious track, with the occasional waymark, into Cawsand village,

with its little square, shop and inn, public conveniences and delightful quay.

3 Start the return by walking past the square for a further 20m. Turn left along St Andrew's Street. Rise steadily to reach the main Cawsand access road. Go straight across to a 'public footpath' sign, go through a kissing gate to follow a rising path. Ignore a kissing gate on the right to go over/through a signposted stile/gate ahead. The path ahead is clear on the ground across a huge sloping meadow. Rame Church is in sight to the left.

4 Go through a gate to reach a minor road. Go straight across to follow the Wringford Farm access drive. By a 'Wringford Farm' name board fork right to take a signposted path rising gently. Continue through a waymarked kissing gate. The clear path rises again before passing a World War II pill box. Pass a substantial old farmstead, Wiggle, rising to join a minor road.

5 Turn left to follow this entirely quiet lane, downhill, to its junction with a more important road by a small parking area. Turn right to join the main road at the side of the parking area.

6 Go almost straight across to a signpost. Follow 'coast path Rame Head 1¾ miles', initially downhill, including steps, before bearing left. The path is easy to follow. Pass a deserted building, and a kissing gate to reach the access drive to a row of cottages. Turn right at the access drive then fork left to leave the drive along a narrow path behind the cottages. Go up steps to reach a surfaced road. Go straight across to go up more steps, rising above Polhawn Fort. At a waymarked junction of paths turn right. There are more steps and gates before a sudden view opens up. After a short length of board walk the path is not well defined. Bear left over worn grass to rise towards the lookout building and the car park.