

# International Friendship Trail

## South West Coast Path & Bruce Trail



South West  
Coast Path  
NATIONAL TRAIL



Bruce Trail  
CONSERVANCY

**This section of the South West Coast Path is twinned with Bruce Trail Canada, as a mark of friendship and international cooperation between our two organizations**

## Overview

**Starting in the old Cornish twin fishing villages of Kingsand and Cawsand this section of the Coast Path runs along the South East Coast of Cornwall, over the Tamar Valley to the historic maritime city of Plymouth and then goes east on to Wembury in South Devon. The trail can be comfortably completed over two or three leisurely days, basing yourself in Plymouth and then using public transport to get to the start of the walk and back from the finish.**

## Getting around

*In the summer you can catch the Cawsand ferry from the Mayflower Steps at the Barbican – a great introduction to the Plymouth Sound National Marine Park. A bus runs out of Plymouth all year round, over the Torpoint Ferry and back along Whitsand Bay's Military Road with great views of the iconic Rame Head. This bus route links Cawsand to Cremyll, part-way along the section, and also runs along the coast road adjacent to the Coast Path between Tregantle and Rame Head, giving various bus-walk variations around Whitsand Bay and Mount Edgcumbe.*

[southwestcoastpath.org.uk](http://southwestcoastpath.org.uk)

## Directions

Starting in the the charming, little village of Cawsand, with pubs, toilets, shops and refreshments. Go through the village square to Garrett Street and continue, turning right in front of the Post Office having, imperceptibly, crossed into Kingsand. At The Cleave turn left then first right up Heavitree Road, which leads to a gate on the right into Mount Edgcumbe Country Park. Continue through the park to a road, turning right then almost immediately left, forking uphill through woods. After a woodland drive there is a waymarked diversion to avoid a cliff fall, the route climbing left to a higher-level path before continuing parallel to the coast. Once around the fallen cliff, the path descends to the foreshore of Plymouth Sound. Keep on the signed path up and through a deer gate then back down towards the shore to follow into an Italian Ornate garden, past the Orangery of Mount Edgcumbe House (refreshments), and out through the park gates to the ferry point. Cremyll has a pub and toilets, but most will use it as the staging point for the ferry across the Tamar to Plymouth, an interesting excursion in its own right.



**Rame Head can be reached via an extra 2-hour return loop from Cawsand**

*Photograph: Rame Head, Cornwall by Anick Graveline*



*Photograph: Cremyll Ferry by Julian Gray*

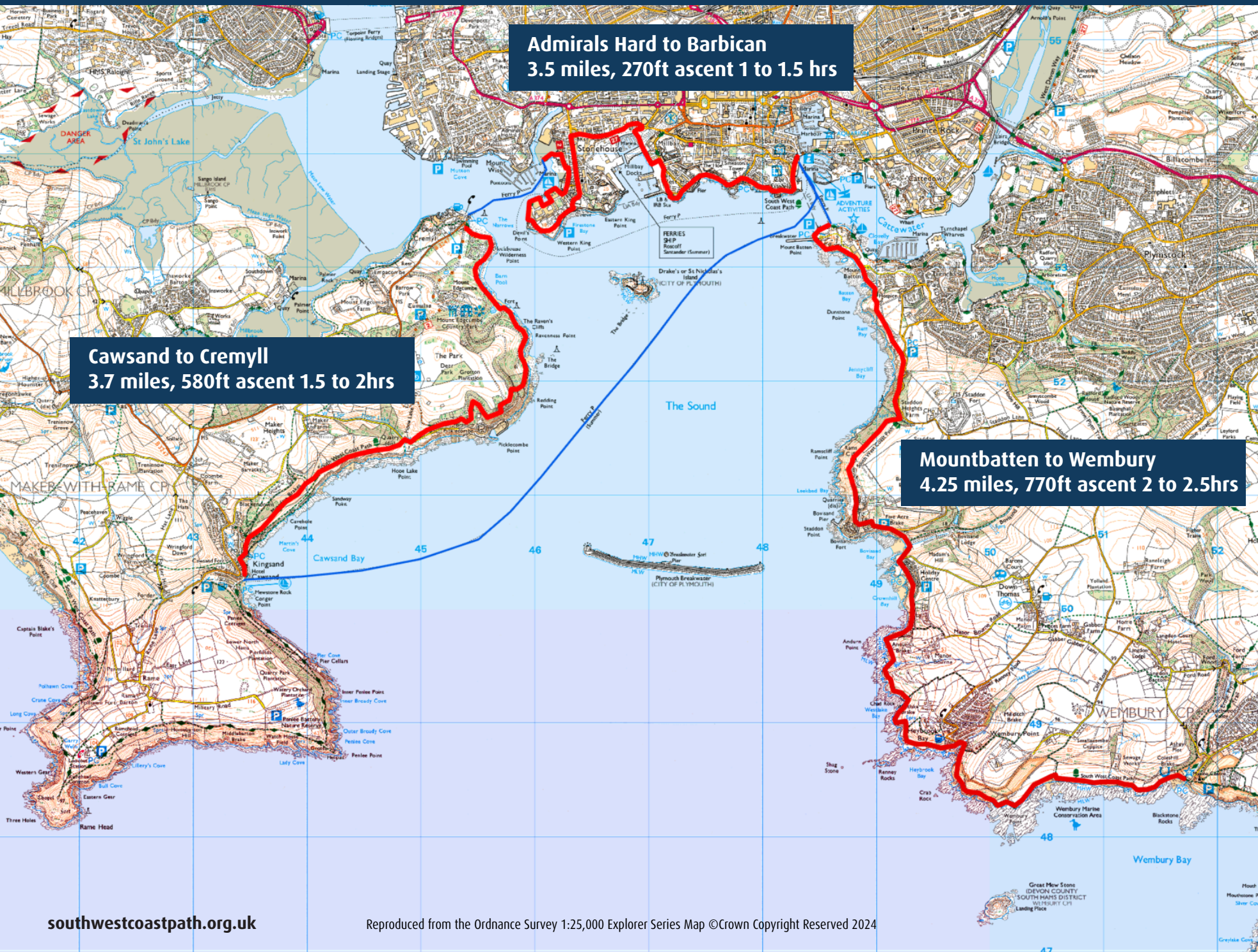
**Crossing the foot ferry from Cremyll to Admiral's Hard in Plymouth you start an urban walk along the waterfront of one of the country's prime historical maritime cities. It is therefore quite different to the vast majority of the Coast Path, but is nevertheless well worth doing. The view over Plymouth Sound, flanked on both sides by cliffs, is inspiring, and often referred to as the finest urban vista in the country. Elsewhere are lengths of waterside industry, historic quays and modern marinas, making this a fascinating excursion.**

*A range of urban bus services run throughout Plymouth, including to and from Admiral's Hard, the ferry point for Cremyll, and Mount Batten. Though not on the same route, they link in the city centre. There are also ferry links across the mouth of the River Plym between the historic Sutton Harbour and Mount Batten and from Cremyll to the Barbican via Royal William Yard. These links make a range of public transport-walks possible and also short cuts if needed. The Cremyll ferry operates all year, weather, tide and other circumstances permitting, generally at 30-minute intervals.*

The route through Plymouth is marked in a range of ways. In addition to many acorns on lamp posts, white arrows and South West Coast Path white on black stickers, there are red metal diamond signs, red South West Coast Path signs, waymarkers set in the pavement and even some Coast Path engraved stones along the route. From the ferry walk up the road and turn right, going round the car park into Cremyll Street and on to the gates of the Royal William Yard. Enter the Yard via the walkway to the right of the main entrance and go through the Yard following the sea wall. At the far corner of the Yard's sea wall climb the Eric Wallis Memorial Steps to Devil's Point Park.

Follow the Path around the Park, overlooking Drake's Island and Plymouth Sound to reach the Artillery Tower, now a restaurant. For those wishing to avoid climbing the steps, turn left at the gates to Royal William Yard and proceed up Admiralty Road to reach the Artillery Tower. At this point bear inland into Durnford Street and continue past the Royal Marines Barracks, turning right immediately after them. Continue along Millbay Road, at the entrance to Millbay Docks and Brittany Ferries turn right into the docks and a few metres on walk left through a car park, to a waterside path along the north-eastern side of Millbay Docks.







After about 300 metres, just before Trinity Pier, leave this waterside path and head ENE between new apartments for 30 metres, and up steps to join West Hoe Road just before turning into Great Western Road. Take the right fork into Great Western Road and continue for 250 metres, then bear off right, just beyond a bus stop, down a narrow path along the shoreline. The Path returns to the road; here turn right to walk along the Hoe promenade all the way to The Barbican and Sutton Harbour, Plymouth's original harbour. Above on the left, away from the Coast Path but worth a visit, are the lighthouse of Smeaton's Tower, Drake's statue and other points of interest.

At The Barbican on the right are the Mayflower Steps, marking the site of the Pilgrim Fathers embarkation. The large pontoon on nearby Commercial Wharf is the ferry point for Mount Batten. The ferry operates all year.

**Optional 5.3 mile Cattedown to Turnchapel Loop.** Continuing on the SW Coast Path Waterfront Walk, walk across the lock gates at the entrance to Sutton Harbour, past the Marine Aquarium and then along Teat's Hill Road past the entrance to Queen Anne's Battery. At Breakwater Road, just after the entrance to Victoria Wharves, turn right up a narrow hill and footpath and down to the industrial Cattedown Wharf area. Continue past warehouses, then turn right

into Neptune Park. Keep to the right of the car parks and exit left just beyond the TR2 building up a slope and right onto Finnigan Road to Laira Bridge. (However if you keep well right of the car parks there is a better path skirting the waterside edge of Neptune Park with good views up and down the Cattewater.) Turn right to cross the River Plym then, at the first roundabout, turn right (at the rhinoceros!). Go right into Breakwater Road, and continue for about 500 yards/450 metres, then turn left, still in Breakwater Road, to the entrance to Yacht Haven Quay Boatyard. To the left of a mesh fence is a path, signed as the Coast Path, which is followed to Oreston Quay. At the quay, walk past the grassy area into Marine Road then left into Park Lane. Turn left at the top of the hill, and this Path descends to Radford Lake.

Go across the causeway with its old mini castle folly and turn right. Follow the Path along, then turn left and at a junction turn right down Hexton Hill Road to Hooe Lake. Skirt the lake, going along Barton Road skirting Hooe Lake and Turnchapel Wharf to Turnchapel. Go through the village, bearing left at the Clovelly Bay Inn, up the hill to the main road to Mount Batten. Due to a landslip, the path down steps and through Yacht Haven Marina is temporarily closed.

Follow the diversion down the main road to the roundabout at the bottom, then skirt around Yacht

Haven Quay marina; following diversion signage over the slipway and along the shoreline to Mount Batten and the Sutton Harbour ferry. There are toilets, refreshments and a pub here. The short walk along the breakwater is very popular, although not part of the Coast Path.

*Separate bus routes serve Mount Batten and Wembury village, and also Heybrook Bay (midway along this section), all from Plymouth city centre, allowing bus-walk options. There is a popular circular walk using the Coast Path between Wembury and Warren Point and a longer, full-day circular using the Erme-Plym Trail between Wembury and Mount Batten, plus the Coast Path.*

From Mount Batten the Coast Path heads over the little hill and past the old fort tower to the grassy area at Jennycliff, where there are more

toilets and refreshments. Stay to the lower side of the field and at the end of the grass, from the stone "doormat" to Plymouth, use the renovated steps down and stairs up again to access woodland. The Path then undulates and emerges above Fort Bovisand; there are refreshments here. Cross the car park and follow the Path down to Bovisand beach, then up to the chalet park road; follow round to the right to pass seaward of the chalets, past a cafe and toilets and on round the point and so to Heybrook Bay. There is a pub a little way up the road here, as well as a bus stop. Keep right and follow the Path above the shore around Wembury Point and on to Wembury Beach. Yet more toilets and refreshments await here, and the bus stop, together with pub and shop, are in the village a little way inland.



Photograph: Royal William Yard, Tamar Valley by Lorna Sherriff



# International Friendship Trail



International Friendship Trails are a World Trails Network initiative  
[worldtrailsnetwork.org](http://worldtrailsnetwork.org)

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*Photograph: Rame Head, Cornwall  
Anick Graveline*