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Coverack to Kennack Sands

Starting point and OS Grid reference	Coverack Harbour (SW 785182)
Ordnance Survey map	OS Explorer 103 – The Lizard - Falmouth and Helston
Distance	8.3 miles
Traffic light rating	

Introduction: This walk is from Coverack, a typical Cornish fishing village with an attractive harbour and beach on the eastern side of the Lizard peninsula, to Kennack Sands. Kennack Sands are an important geological site and part of the Lizard National Nature Reserve. They have been declared a Site of Special Scientific Interest.

There is also an opportunity to see the Terence Coventry sculpture park if you have time but be warned, you are likely to spend longer there than you expect as it is fascinating.

Parking is “on street” in Coverack but this is limited and the bulk of the parking spaces are on the northern approach to the village on the B3293, where there is an “honesty box”. There is also a pay and display car park and toilets next to it. There is also a small “honesty box” car park to the rear of the Paris Hotel (by the harbour) but chances of there being space are slim.

The bar at the Paris Hotel (names after a ship which ran aground in the 19th century) provides for welcome refreshment at the end of the walk and there are other alternatives in the village.

Some of this walk takes place on roads but these are quiet lanes with little traffic. Overall, this is an easy walk. There are just a couple of steepish climbs from two coves and for this reason, I have awarded the amber traffic light.

The walk starts from Coverack harbour.

To get to Coverack, follow the B3293, off the A3083 from Helston to Lizard.

Start: Walk up the steep road west from the harbour (SW 785182), passing a yellowish brick house on the left bearing a tablet in honour of Elizabeth Coad. As the road turns sharply right, note the post on the left indicating the Coast Path which will be your return point. Continue on the road and, at the top of the rise, pass the school and the youth Hostel.

Just past the school play area is a junction on the left (SW 780180) which will take you to the Terence Coventry sculpture park, if you have the time – see my other walk description Coverack to the Terence Coventry Sculpture Park. Otherwise, stay on the road for a mile, until you reach a ‘T’ junction opposite a house called Penhallock (SW 766182). Continue on a footpath straight ahead to the right of the house. The footpath is like a green tunnel and when it ends at another road (SW 763184), turn left.

Pass Ponsongath Methodist Church, ignoring the left turn. At the next junction, which is the farm lane to Trevenwith Farm (signed), turn left (SW 751178).

Ignore the left turn to Poldowrian and further on one to Wild Acres.

On reaching Trevenwith Farm (SW 740172), go left in the centre of the farmyard passing through a gateway in the direction indicated by yellow footpath arrows and proceed to the diagonally opposite corner of the field and go through another gate.

The path bends round to the right. Follow the obvious track as it gently descends and when it opens into a field, follow the left boundary.

Go through another field, again following the left boundary. Pass through a gate at the end of the field, then follow the obvious path between the hedges to the coast, joining the South West Coast Path at SW 739168, clearly indicated by a marker post bearing the acorn symbol. Turn left here, although it is worth spending a little time to enjoy the lovely Kennack Sands.

The route back to Coverack is now simply a case of following the Coast Path. There are a couple of steepish climbs from Downas Cove (SW 764168) and especially Beagles Cove (SW 769165).

You pass through the National Trust land at Beagles Point, Black Head (where there is an old coastguard station and where I witnessed the Royal Naval Air Sea Rescue practising) and Chynhalls Cliff.

There are two promontories at Carrick Luz and Chynhalls Point where ancient forts are marked on the map but there is little evidence now.

The footpath returns to Coverack along the front of a row of whitewashed cottages. Turn right at the end to reach the harbour.

