

Lantic Bay Access Statement

Lantic Bay, near Polruan, Cornwall PL23 1NP
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www.nationaltrust.org.uk/lantic-bay



Welcome

- Unspoilt, peaceful coastal paths and headlands with stunning views just minutes from the NT car park
- Large sand and shingle beach down a winding steep path
- Mobile phone reception varies
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Directions

- From Liskeard/East Cornwall, leave the A38 at the B3359 and head towards Polruan through winding Cornish lanes. You will find the National Trust's Lantic Bay car park a mile or so before Polruan on the right just past the Trust's holiday cottages at Triggabrowne
- If you are in Fowey, you can take a short ferry ride across to Bodinnick and then head for Polruan from there.

Public transport

- There is limited public transport in this area – check on www.travelinesw.com for up to date information

Parking

- The NT Pay & Display car park is just off to the right from the road towards Polruan
- It is a large level car park. The surface is compacted gravel.
- There are no bay markings and no designated spaces for disabled drivers
- Parking is free to NT members: please scan your membership card at the machine
- For other users, tariffs apply year-round from dawn till dusk, 7 days a week.
- You need coins for the pay and display machine
- There is an information board with a map and suggestions of what to see
- Up on the grassy bank at the back of the parking area is a natural play park with see-saws, a tunnel and things to climb
- There is a picnic bench in the grass at the side of the parking area.



Toilets

The nearest public toilets are at the National Trust's Lantivet Bay (Frogmore) car park which is a mile away past the NT holiday cottages on the way to Bodinnick. There are no disabled facilities here.

Places to eat and drink

- There are various cafes and pubs in Polruan just a mile or so down the road

Designated walking trail / footpaths / viewpoints

- A few steps from the car park is a gate leading on to the footpath which joins the coastal path, just a five-minute stroll away
- Well maintained paths criss-cross this area but part of the coastal path are steep and have steps and stiles
- Open land along the coast and on the headland at Pencarrow provides lots of opportunities for picnics but at times you may find livestock grazing here so please keep dogs under control
- Stunning views are to be had in every direction
- From Pencarrow Head, look west to see boats sailing in and out of the Fowey Estuary. Look east to enjoy the craggy coastline stretching past Lantivet Bay and on towards Looe
- There are a few simple benches along the coast path and on Pencarrow Head. These are around 59 cm from ground level and have no back or arm rests.
- From the coast path and from Pencarrow Head there are views down to curve of golden sand at Lantic Bay
- The designated circular trail around Pencarrow Head is a gentle 2.4 km walk with no steep climbs. The path doesn't go near the cliff edge.



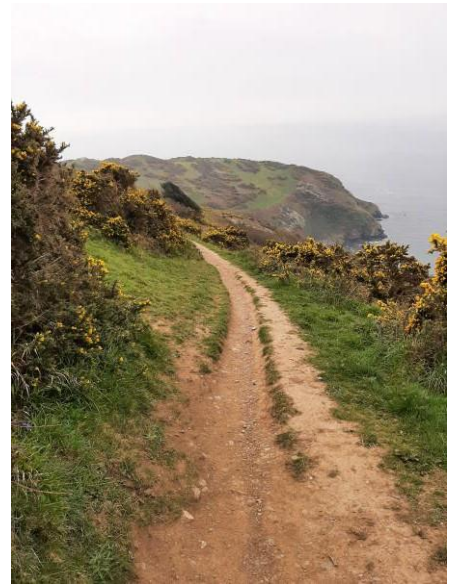
Access to the coast is through the gate onto the footpath that runs alongside the road to Polruan. Through the second gate, turn left and walk up the side of the field to reach the coast, just minutes' away from the car park.



Left – looking towards Pencarrow Head and right the views west along the coast. All this is just a short stroll from the car park



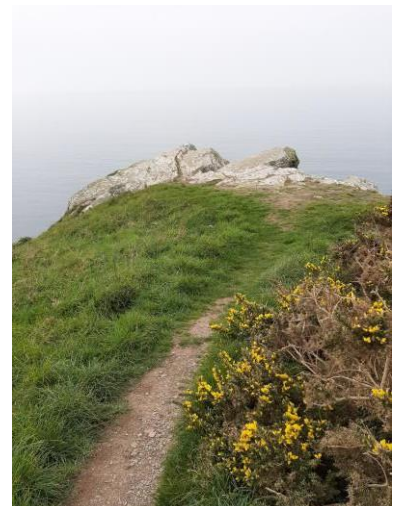
As you head towards Pencarrow Head in the distance, enjoy the views from this simple bench. The steep path down to Lantic Bay is signposted on the right



If you are feeling very energetic, take the path (left) down to the beach far below, otherwise go through the gate and on towards Pencarrow Head and maybe enjoy a picnic and the glorious views back across Lantic Bay



Pictured left is the gate leading to the tip of Pencarrow Head itself



Beach

- The path down to Lantic Bay itself is signposted from the coastal path.
- It is a steep and winding ¼ mile path with some steps
- The sun trap beach is a glorious curve of golden sand and shingle and the sea is crystal clear
- This is a great place for a paddle, but swimmers should be aware that the beach shelves deeply and is subject to strong rip currents which are dangerous.
- Please take note of local conditions and tides and don't swim unless conditions are favourable
- There is no lifeguard cover and no facilities on this beach



Sign and path to Lantic Beach

Picnic spots

You are spoiled for choice along this stretch of coast with lots of spots to stop and enjoy a picnic on Pencarrow Head, near the coastal path or down on the beach.

And don't forget there is a lovely play area and a picnic table at the back of the car park.

Date January 2023