

## Lantivet Bay Access Statement

Lantivet, near Frogmore Farm, Lanteglos by Fowey PL23 1NP

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<https://www.nationaltrust.org.uk/lantivet-bay>



### Welcome

- Enjoy stunning views from the cliffs along the South East Cornwall coast
- Peaceful coves with a rich fishing and smuggling heritage
- Some steep ascents and descents along the coast path
- Mobile phone reception varies

### Directions

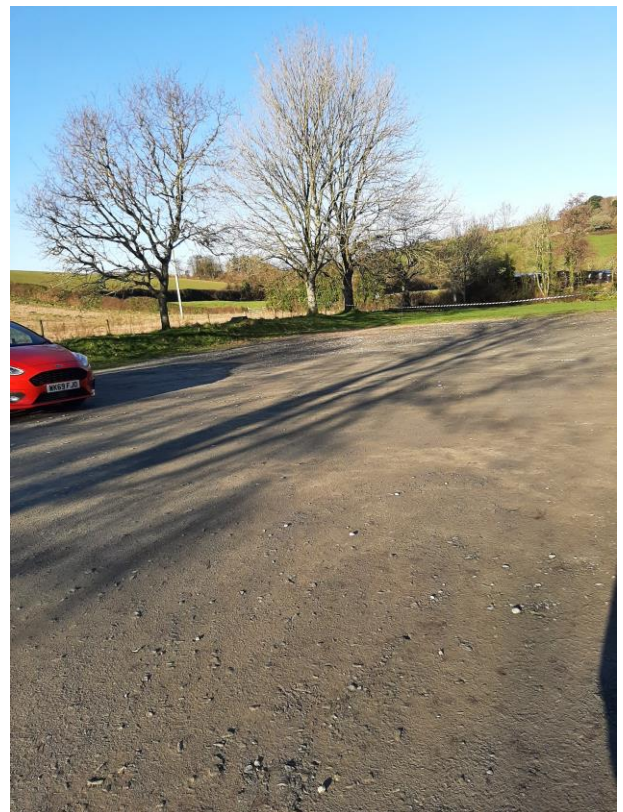
- Leave the A390 between East and Middle Taphouse, taking the B3359 towards Pelynt
  - After 4 miles, at the brow of a hill, turn right towards Lanteglos
  - At the telephone box after Lanteglos take a sharp left towards Polruan and follow the road down and left along the valley
  - At the T junction, turn right towards Polruan.
  - Frogmore car park is 100 metres further along on the right
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- From Fowey, there is a car ferry across to Bodinnick
  - Drive up the hill when you leave the ferry and turn right at the telephone box mentioned above

## Public transport

- There is a water taxi from Fowey across to Polruan
- There is limited public transport in this area – check on [www.travelinesw.com](http://www.travelinesw.com) for up to date information

## Parking

- The car park at Frogmore is level with a surface of compacted gravel
- There are grassed areas around the car park including a picnic table
- There is a Pay & Display Machine
- Parking is free to National Trust 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 showing local walks



## Toilets

There is a toilet block in the carpark.

It does not meet accessibility standards for wheelchair users

## Places to eat and drink

There are no refreshment facilities here but there are cafes and pubs in Polruan about 2 miles away.

## Designated walking trail / footpaths / viewpoints

- The coastal footpath is a short walk from the car park
- Cross the road and go up 5 steps through a gate to the footpath
- The path skirts the edge of a field and leads through a further small gate to a road
- Cross the road and go through the field gate into a narrow, wooded lane
- To avoid the steps, you can just follow the metalled road right from the car park, then turn sharp left into a narrow lane and the field gate is on your right.
- After 100 metres is a gate leading to open fields alongside the coastal path
- Join the coast path and walk east to Lansallos or west to Lantic Bay
- You can also enjoy a short circular walk to take in the spectacular views around Lantivet Bay
- Either - take the mown path diagonally across the field to the coast path where there is a simple bench 58 cm high. Then follow the coast path eastwards
- Or - walk along the left edge of the field and follow the hedge down to a stile across a stream, then cross the field to the coast path and walk west to Palace Cove
- Whichever way you choose, you will see fantastic views along the coast but there are some steep climbs, steps and stiles
- Below the cliffs is Palace Cove which takes its name from the one-time pilchard palace or cellar built just above the beach.
- West from Palace Cove is Lantivet Beach from where once sand and seaweed was taken for use on the fields at Frogmore Farm. Access onto Lantivet Beach requires going over steep and uneven terrain and a scramble over a rocks which can often be slippery – please take care.
- Dogs are welcome at this site, there is a dog poo bin near the toilets.
- There are steep drops from the cliffs



*Across the road from the car park is the gate to the footpath which skirts around a field. To avoid these steps, turn right from the car park onto the metalled road then sharp left. For the coast path, go through the five-barred gate onto the lane pictured below*



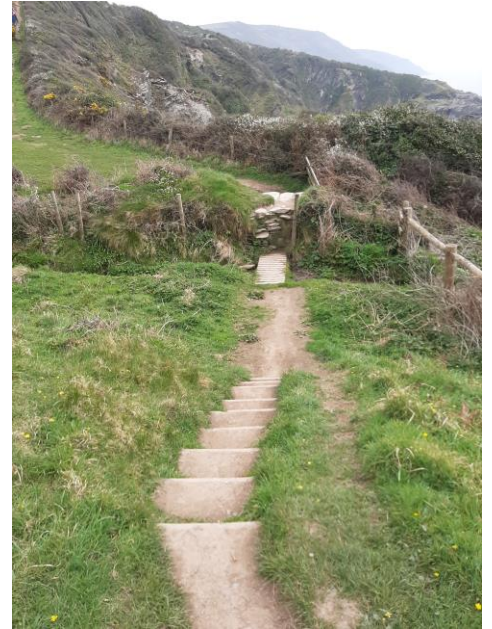


*Beyond the five-barred gate is the short, pretty lane leading to the coast path. At the end of the lane a second gate leads onto the coast. The circular walk starts here. To go direct to Palace Cove, follow the field hedge around to the left.*

*To enjoy a bit more of the coast path first, head diagonally across the field towards the bench below and then walk east towards Palace Cove.*



*The picture on the right above is from the coast path looking back up across the field to where the walk started and east along the coast path towards Palace Cove. You can just see the spire of St Ildierna's Church, Lansallos in the distance.*



*Walking east along the coast path towards Palace Cove. As the path steepens there are steps leading down to a short boardwalk over a stream and a stone stile. On the other side of the stile, the path rises again*





*As the ground levels off again, take the right-hand path down the side of the hedge to find the kissing gate and the path curving down to Palace Cove below.*



*To get back to the NT car park, retrace your steps up from the Cove and head back west on the top path across the field*



*The path skirts the edge of a wood above left and leads to a boardwalk over a stream with a stile.*

*Across the stile, steps lead up into the coastal field where the walk started.*

*Keep the hedge on your right and walk back to the gate and on to the car park.*



*Access to Lantivet beach, showing that there is a scramble over rocks. Stone steps to Lantivet beach carved into rock.*

## **Beach**

Palace Cove is a south facing sheltered shingle and rock beach. The path down to it is not too steep. Follow the circular walk in a clockwise direction for a more direct route to the beach avoiding the steps and rock stile on the coast path.

## **Picnic areas**

You can enjoy the views and picnic on the grass in the fields next to the coast path. There may be livestock grazing in some fields along this stretch so please keep dogs under control.

**Date: April 2024**