

## PIECES of EIGHT

### 11 of 20: **Tregardock**

- Getting there: Tregardock is seaward of the B3314 which passes through Delabole and Pendoggett and connects Collen's Cross (a mile North of Camelford) to Wadebridge.  
Follow the sign to Treligga at Westdowns. Turn left (**dead end**) to farm buildings 3/4 mile along this lane. Roadside parking is usually available just short of the farm complex.
- Start point: Land outside the farm complex.
- Length: loop a 4.5 miles  
loop b 3.5 miles  
total 8 miles
- Going: vigorous
- Timing: Leisurely - 6 hours.  
Estimated minimums:  
2 hours for loop a  
1 hour for loop b
- OS map: Explorer 111 Bude, Boscastle & Tintagel
- Refreshments: loop a: Choice at Trebarwith Strand (short detour)  
loop b: none

## 11 Tregardock loop a

Walk towards the farm buildings and turn right onto the footpath just beyond a barn. Follow the path to a Y junction. Take the right hand fork through a field, keeping close to the hedge on the right.

Negotiate a stile and cross two small fields to a lane leading to a junction and the village of Treligga. Follow the twisting road through Treligga to a T junction where a house called Park Farm can be seen to the right. Turn left.

Go through the gate at the end of the lane into a yard of farm buildings. Yellow arrows on wooden posts mark a route over fields to Trecarne Farm.

On reaching Trecarne walk to the seaward side of two large barns then turn right to a metalled road. The footpath is signed within a few yards of the barn by a yellow arrow on a wooden post. Beyond the entrance to a lovely old slate cottage on the left is a rather overgrown path leading to a brief wooded valley.

This is a beautiful part of the loop with shaded shelter, gnarled sycamore trees and a carpet of seasonal wild flowers.

Cross the bridge over a stream running through the valley floor and rise slightly before turning right into a field. Keep close to the hedge on the right while making the turn. The field rises towards a charming slate cottage called Bosloe. Two ash trees grow near the far corner of Bosloe. Aim for the gap between the ash trees.

Slate steps have been built into the garden wall of the cottage in this corner. Climb them and take the path through Bosloe's garden to a country road.

Turn left and continue along this road. A few yards past the right hand turning to Delabole a footpath sign can be seen to the left. The footpath leads to Trebarwith Strand past the ruin of a mill, its rusting wheel still recognisable amongst the foliage. Some yards beyond the mill wheel is a walled lane between two fields.

Go down this lane to a Y junction marked by yellow arrows on a wooden post. Take the right fork here and another right fork at a second Y junction, again marked with yellow arrows.

The route is rural and leads to Trebarwith Strand, which is accessible by a gate at the lane's end. Follow the South West Coast Path behind the Port William pub. It is easy going at first, but gets tough on reaching the 202 steps - a knee

straining climb. Pause when necessary to admire the views.

The rise is followed by a dizzying descent to Backways - a sharp valley with a cove to seaward. Cross the two bridges at the foot of the valley. From here the path zig zags upward, making the going much easier than

it looks. It is easy walking along Treligga Cliff to Tregardock Tail, where a gentle descent leads to a cross roads.

Turning right leads to Tregardock Beach - a lovely spot where sand and slate meet to create an unusual and popular resting hole. The route of the walk takes the left hand option up through a gorse fringed lane to the Y junction at which loop a began about 4 miles ago. Turn right at this junction and follow the lane back to Tregardock Farm.

## 11 Tregardock loop b

Walk uphill on tarmac, away from Tregardock Farm. Turn right into the second field on the right, where a footpath sign points the way. Go straight up the rising field. A gateway (opposite the gate by which the field was entered) shortly comes into view. Go through this gateway into the second field. Walk straight on until a stile can be seen in the wall to the right. Cross this double stile to a concrete road and turn right.

Fields stretch out to left and right from this lane and an incongruous line of conifers acts as a wind break.

Tregragon Farm lies at the end of the lane. The route through the farm is well marked by yellow arrows and leads to two stiles giving access to a field on top of the cliff. A third stile, near the entry point of this field, can be seen to the left . Cross it and turn right into an area called Dannonchapel.

A path leads down the valley to Jacket's Point. This is a lovely part of the walk - an untamed valley floor offering plenty of shelter for wild animals. Buzzards flyoverhead. The scrub changes colour with the seasons and a river dances alongside the path on its lower reaches.

Join the South West Coast Path at Jacket's Point by turning right after leaving the valley path. Rise gently up to the top of Tregardock Cliff from where the coastline to Tintagel can be clearly seen. The church on the distant cliff top is St. Meteriana's. Closer is the great chunk of Gull Rock, angled skyward from this perspective and looking very different from the same Gull Rock viewed earlier from Trebarwith Strand. Prolific numbers of butterflies flit along this stretch of coastline where cliffside cowslips can be seen in season.



The path descends to the crossroads of the SWCP and the route from Tregardock to Tregardock Beach. Turn right and retrace your steps to reach the beginning and end of this eight.

# PoE11 Tregardock




Gull Rock

**KEY**




borders:

-  coastline
-  rivers

roads:

-  minor
-  b
-  a (none on PoE11)

footpaths:

-  route of PoE11
-  adjacent footpaths
-  South West Coast Path

