



ST MARTIN'S

ISLES OF SCILLY, CORNWALL

Distance: 14.2 km (8.8 miles)
Difficulty: easy
Terrain: sandy and rocky paths; some small hills
Height gain: 336 metres
Map: OS Explorer 101
Starting point: Lower Town quay (GR SV 914 161)

Highlights

- Swimming on the best beach in Britain
- Amazing hilltop views
- Tidal crossing to White Island

Pubs and cafes near the route

- Seven Stones Inn, Middle Town
- Island Bakery, Higher Town
- Karma Hotel restaurant, Lower Town
- Adam's Fish and Chips
- Polreath Tearooms

Dogs

- Welcome throughout the walking route and on beaches

St Martin's: Circular walk

A walk around the coast path of St Martin's passes some of the best beaches in the world, with tantalising crystal clear waters and a sense of calm that will wash over and soothe even the most restless of souls. After this walk if the water doesn't tempt you in, the mouth-watering local food definitely will. From artisan bread, fish and chips straight from the boat (and potatoes from the garden) to a pint at the local with one of the most stunning views. It's even got its own vineyard. It's impossible not to be rocked by the natural beauty of this island.

Directions

1. From Lower Town Quay find the small path in front of the Karma Hotel head north walking round Tinkler's Point and pass the rock pools of Pernagie . Continue on this easy path to reach the pebbly strand across to White Island.

Cross at low tide and climb the grass bank onto the island. There are numerous faint paths to follow around its outer edge.

2. Back on St Martin's, continue south along Great Bay. Towards the south end of the beach there are spurs up to the community hall and toilets, the Island Bakery and the cafés of Higher Town. Continuing on the coast there is a short uphill section to Burnt Hill followed by a choice of routes up to the red-striped Day Mark – including the rockier coastal route. Pass the daymark and follow the smaller path along the coast. To explore the ancient ruins, including the carved standing stone, follow one of the many paths over the heath.
3. From Chapel Down continue down through old field systems, derelict nurseries and small succulent trees before reaching the east end of Higher Town Bay. The sandy path passes the vineyard and Adam's Fish and Chips before arriving at the cricket pitch and toilets. Turn left and follow the small road to Higher Town Quay, climbing up the grassy bank where the road ends onto the coastal path and walking around Cruther's Point to reach Old Quay. Just beyond the quay follow the small lane inland, walking uphill through the cottages to Higher Town.
4. At the junction with the 'main' road turn left, passing the Post Office and Stores after 100m, then turn left on a sharp right bend and follow the track. After about 200m, reach the first track to the left (to the beach). Ignore this and continue a little further to the next track left to the coast. Continue on the path just above the beach through the old nurseries, around Lawrence's Bay or walk along the beach to the surfaced paths of the Karma Hotel. For refreshments, head to the Seven Stones Inn via the main island lane.

This route, along with the circular routes around 49 other islands of Britain, features in our book "Islandeering: adventures around the edge of Britain's hidden islands".



Happy Islandeering
Lisa, Charlie and Goose
www.islandeering.com