**CRANE, ASPARAGUS & SAMPHIRE ISLANDS**

**CORNWALL**

**Distance:** 12.5 km (7.8 miles)

**Difficulty:** moderate

**Terrain**: coast and woodland paths; hills

**Height gain**: 487 metres

**Map**: OS Explorer 104

**Starting point**: North Cliffs car park (GR SW 625 432)

**Highlights**

* Wonderful coastal scenery along North Cliffs
* Exciting descent and secluded beach at Porth-cadjack Cove
* Swimming at Portreath Beach, and great views from above at Western Hill
* Lovely woodland walks through Illogan and Tehidy

**Pubs and cafes near the route**

* Portreath Arms Hotel
* The Basset Arms
* The Waterfront Inn
* Porteath Beach café
* The Atlantic Café
* Tideline Café
* Tehidy Country Park Café

**Dogs**

* No dogs in Tehidy Woods

**Crane, Asparagus and Samphire Islands: Circular walk**

This is a challenging and very varied route that offers great views of all three islands, with the chance to descend the steeper cliffs to reach Asparagus and Samphire islands. The route starts along the South West Coast path, on the cliff tops of Reskajeage Down and then Carvannel Down to reach Portreath, a small Cornish village with a beach, harbour, cafés and pubs. It then heads inland through Illogon Woods beside a lovely stream, and then tracks across to Tehidy Country Park. Using the Mineral Tramways Tehidy Trail to navigate through trees for the length of the park the route emerges into the hamlet of Combe, where it then returns directly to the clifftops at Reskajeage Downs. This walk is great any time of the year, but spring brings bluebells in Illogen Woods and the autumn colours of the Tehidy woods are beautiful.

**Directions**

1. From the car park turn right (east) along the South West Coast Path towards Portreath and walk along the clifftops at Reskajeage Downs, you’ll very quickly spot Crane Island at the west end of Basset’s Cove near the National Trust carpark and Mirrose Well. The path down the cliff to the foot of the Crane Island is not recommended.
2. Continue along the South West Coast Path to descend to the stream (GR SW 642 447) at Carvannel Downs. Before crossing the stream take the faint path to the left that heads down the cliffs to Porth Cadjack Cove. The last stretch is over rock fall, with a rope to steady yourself if needed. Samphire Island, the outermost lump of rock to the north west of the beach, can be reached on very low spring tides only. The island closer to the mainland is AsparagusIsland. Return to the coast path.
3. Continue steeply uphill from the stream on the zig-zags of the path, then around the narrow and steep inlet of Ralph’s Cupboard, which is a collapsed sea cave. Continue along the coast path to the headland at the west end of Portreath Beach.
4. Continue downhill on the lane, Battery Hill, to reach the B3301 near Portreath Beach. Cross the road to the track opposite, take the small track to the left that runs alongside the stream (keeping the Basset Arms to the right). Continue along the road through the houses of Tregea Terrace until you reach another road. Bear right to pass under the bridge of Glenfeadon Terrace. Continue to Primrose Terrace.
5. Walk along Primrose Terrace, ignore the left fork in the road, to reach the entrance to Illogen Woods, marked with an old granite post. Take the path that heads through woods alongside the stream, crossing it firstly over a bridge then, further on via a concrete crossing. Continue along the path up to an old granite stile and a footpath sign. Here turn right, up some steps alongside a field then, before reaching the buildings and yard of Trengrove, bear right on to a good track.
6. Follow this track towards the houses until it reaches the lane. Turn left, and then immediately go through the barrier on the left to join the path between the golf course (keep to your right) and fields (keep to your left). Follow this to the road.
7. Cross the road to enter the Tehidy East Drive carpark, continue on the path through the carpark and woods to a T junction, turn right following the signpost to North Cliffs Plantation. Walk alongside the golf course, and keep following the engine house markers of the Mineral Tramways Tehidy Trail through the woods, to exit onto the lane, Combe.
8. Turn right, follow it passed Coombe Park, to reach the footpath on the right. Head uphill, passing through gates and stiles until you reach the B3301. Cross the road to return to the National Trust North Cliffs car park.

There are more circular routes around 50 islands of Britain, featured in our book “Islandeering: adventures around the edge of Britain’s hidden islands”.



*Happy Islandeering*

Lisa, Charlie and Goose

www.islandeering.com

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