

Wednesday 12th June 2024.

Lundy Bay car Park – The Rumps – Pentire Point – Pentireglaze Haven
– Pentireglaze



Eight members enjoyed a scenic gem of a walk on a gloriously sunny day. The marine and coastal colours were stunningly beautiful and the weather was just right.



The walk began down a valley to the South West Coast Path walkers followed the path to The Rumps. Most made the detour to the Rumps headland - the site of an Iron Age fortress. After a few ups and downs, the path descended to a beach – this section afforded views of the

magnificent surfing beach of Polzeath, across the Camel Estuary to Stepper Point with Padstow a little inland and beyond that to Trevoise Head. The beach is Pentireglaze Haven and from there we turned inland to return to the car park via the Pentyr Café for welcome refreshments at Pentireglaze.

