



The coastal footpath is steep in parts and can be slippery and uneven.

Fowey – Polridmouth – Coombe – round walk: Allow 2 hours. Bathing at Readymoney, Coombe Haven and Polridmouth. Polridmouth (pronounced Pridmouth) was the setting for the novel 'Rebecca' (Mandalay was Menabilly House, which is private and not visible from the walks).

Gribbin Head and return: Allow 3 hours. The day mark (red and white tower) is owned by the National Trust and is open on some Sundays. Check with TIC for dates or look for flag flying. The stairs are dark and uneven but the views are stunning.

Fowey – Gribbin – Polkerris – Saints Way – Fowey: Allow 4 hours. More if you intend to lunch at the Rashleigh Inn (on the beach at Polkerris). If you are doing the round walk, do not go down the steep hill into Polkerris but continue ahead (east) after the coastal path turns inland until you reach the road.

This is just a sketch map and is not intended to replace the Ordnance Survey 1/50,000 / 25,000. If you don't have a proper map allow extra time for getting lost or stick to the coastal path which is easy!!

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