Hotel Tresanton

Portscatho, Porthmellin Head, St Anthony Head, Gerrans

A stunning all-day walk along the Roseland Peninsula, following a coastal path from Portscatho to St Anthony's Head with wonderful views of the peninsula's beaches.

Start at the Portscatho car park 1 and follow the coastal road and turn left at the first junction joining a road called The Square. When you reach its end you follow the footpath around the headland 2 where you join the South West coastal path.

Follow this to Greeb Point and then further along it you will see Towan Beach below you. As you contnue on the path you will round Porthmellin Head 3 and after that see the smaller Porthbeor Beach below you.

Continue on the path towards Zone Point and all the way round to St Anthony's Head. 4 Here you will see some of the most spectacular views Cornwall has to offer. You can also explore the old gun emplacements and bird hide below.

On your return, stay on the old Military Road back to Porth Farm. You will pass Bohortha 5 on your left.

From Porth Farm, take the footpath to 6 the right which passes through Rosteague before joining Treloan Lane.

Follow this to Gerrans 7 where you can stop for refreshment at the Standard Inn. Pass St Gerrans church on your right and continue along Churchtown Road where just after the first right turning you take the alleyway back to the coast road you walked down earlier in the day. From here you can make your way back up to the Portscatho car park.

WALK 1

The Polizzi Collection



Grey seal family (protected species)
The grey seal Halichoerus grypus (it means hook-nosed sea pig) is the larger of the two UK seal species and can be distinguished from the common seal by its larger size and longer head with a sloping 'Roman nose' profile. Looking straight on, their nostrils are parallel, rather than v-shaped. These mammals spend most of their 30-40 year lifespan time out at sea feeding on fish. They return to land to rest and can often be seen 'hauled out', lying on beaches, where they must not be disturbed. Mainly grey in colour, the unique pattern of darker blotches and spots can be used to identify individuals. Grey seals give birth to fluffy white pups in the autumn and winter. The pups stay on land until they have lost their white coats and trebled their body weight.

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Distance: 9 miles approximately.

Route: Portscatho, Greeb Point, Towan Beach, Porthmellin Head, Porthbeor Beach, St Anthony Head, Porth Farm, Gerrans.

Map: OS Explorer 105, of Falmouth & Mevagissey.

Conditions: good walking along coastal and inland public footpaths and quiet roads.

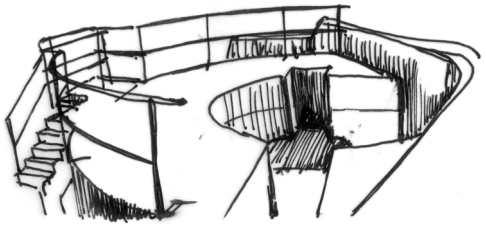
Refreshments: St Anthony Head, The Thirstea Co, The Standard Inn.

Mobile Download: If you prefer to be guided by your phone, please download the free OS Maps app and then follow the QR code inside to link to this route.

WALK 1

The Polizzi Collection

A St Anthony Head Gun Battery
Military defences built to protect against invasion, from Napoleonic times up to World War Two.



B Porth Farm Cottage
Sits in a group of traditional Cornish buildings, all now National Trust holiday cottages.



Cormorant
These large, black waterbirds feed on fish, which they catch while swimming underwater. They can hold their breath for up to 15 minutes and plunge down to depths of 20-30 feet below the surface. Spotted perched on a rock or bank with their wings held out to dry their feathers off, which are not waterproof.