

# Lelant Saltings TO Carbis Bay

From Lelant Saltings station, turn right along The Saltings road and continue past Lelant station (limited train service) until the road merges into Green Lane. Pass a junction with a lane from the right, keep ahead until you meet a T junction and turn right here to reach St Uny church.

Follow the walled path to the left of the church then continue along a sandy path across the golf course. Follow the South West Coast Path signs down to the right.

Continue through the dunes above Porth Kidney Beach, then climb steadily to the headland of Carrack Gladden. Here, just past a railway crossing, the path branches right, signposted 'Coast Path' and 'To beach'. The higher, main path runs along the edge of low cliffs to reach the approach road to Carbis Bay beach.

