



Newquay circular walk



An easy circular walk around Newquay and its beautiful coastline.

This varied walk starts in the middle of town but soon takes you out to past the harbour and onto the coast path. Generally easy with one very short, steeper section.

From the station, walk out onto Cliff Road and turn left and walk straight ahead until you see The Griffin pub. Turn right here to take you onto the Tram Track.

The Tram Track follows the line of an old horse-drawn tramway. It was built 1849 to carry ore from East Wheal Rose mine to Newquay harbour. It ran from Trenance Viaduct to Fore Street, continuing to the harbour by tunnel.

Walk down the tram track which brings you out onto Bank Street. Walk down Bank Street for about 7 minutes then bear right onto Fore Street when the road splits.

Walk along Fore Street for about 10 minutes until you get to the Red Lion pub. Turn right here to go down North Quay Hill and the harbour.

Walk around the top of the harbour, bearing left up a slope and then some steps to follow the coast path, waymarked to Huer's Hut.

5.2 MILES | 2 HOURS

Line Atlantic Coast Line

Start/End Newquay station

After a few minutes the path climbs steadily and at the top you will reach the Huer's Hut.

After the Huer's Hut, take the footpath to the right to carry on around Towan Head towards Fistral Beach.

Keep walking along the path for about 10 minutes, towards the headland, passing below the beautiful Headland Hotel.

When you get to the end of the path, you will see a coast path way marker. Cross over to the other side, to walk up between the parked cars, back onto the path, which leads you through dunes.

Bear left along the path which gives you some lovely views out over Little Fistral beach and out to Fistral Beach.

After 5 mins you will see Fistral beach below you and the cafes and shops. Continue along the path to the right which brings you out onto Esplanade Road.

Walk along Esplanade Road and continue straight ahead when you get to a sign that says Private Road. This will bring you back out on to the Coast Path again, which takes you back out onto the cliffs above Swimming Cove.

The path climbs steeply for a very short section to re-join Esplanade Road. At the end of the path, turn left as you reach the residential road, Pentire Avenue.

Walk along this road for about 15 minutes, passing lots of residential properties. When you get to the road junction near the gold course, cross over the road and bear right, taking the path signposted just after the bus stop.

Carry along this path for about 7 minutes coming out onto Atlantic Road. Follow Atlantic Road around to the right then cross over into Crantock Street. When you get to the cinema, go straight on and downhill slightly, back into Bank Street.

Carry along Bank Street, which turns into East Street. Keep to the left hand side of the street, which turns into Cliff Road and after a few minutes, will take you back to the station.

Train times

- GWR.COM
- [03457 48 49 50](tel:03457484950)

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All public rights of way cross private land, so please keep to paths and keep dogs on leads. Occasionally work may mean diversions are put in place. If so, please follow local signs.

These directions are intended as a guide only. It is always advisable to carry the relevant OS Map whilst out walking.

