



St Ives to Zennor

ON THE SOUTH WEST COAST PATH

Take the scenic train to St Ives then walk the rugged but beautiful coast to Zennor. See the mermaid carving and enjoy a pub lunch before the bus back to St Ives.

Please note - be prepared for difficult terrain including boulders, rivers, streams and bogs. There's a reason this is often cited as the most challenging section of the entire 630-mile South West Coast Path!

To start your adventure, take the Cornish main line to St Erth station, then change on to the scenic St Ives Bay Line. For train times: www.gwr.com

Arriving into St Ives station, head to the far end of the platform (the opposite end to the exit) to see the new mermaid statue unveiled in March 2026.

Exiting the station, cross the car park (doubling back on yourself slightly) to find the steps down to the path - see photo below.



Entrance to the steps from the station car park



7 MILES | ALLOW SEVERAL HOURS | CHALLENGING (SEVERAL STEEP CLIMBS)

Start St Ives station

End St Ives station

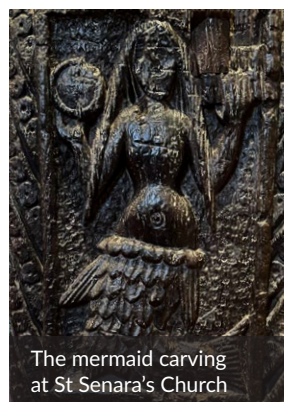
Follow the path left into town, past Pedn Olva restaurant, then on to the harbourside path.

Arriving at the Lifeboat Station, turn left along the side of Onzo restaurant. Soon after, turn right on to Fore Steet where you'll discover St Ives Bookseller and other independent shops.

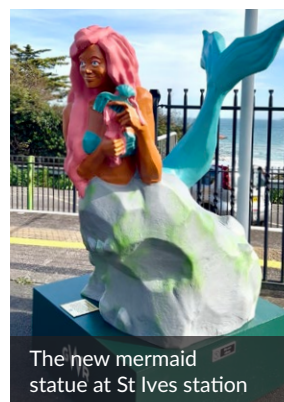
Continue along Fore Street, then take side street 'The Digey', signposted to Tate St Ives. This will bring you out with views over Porthmeor beach.

Head left and continue past the Tate until you pass the car park at the end of the beach. Stay on the pavement as the path curves off to the right hand side.

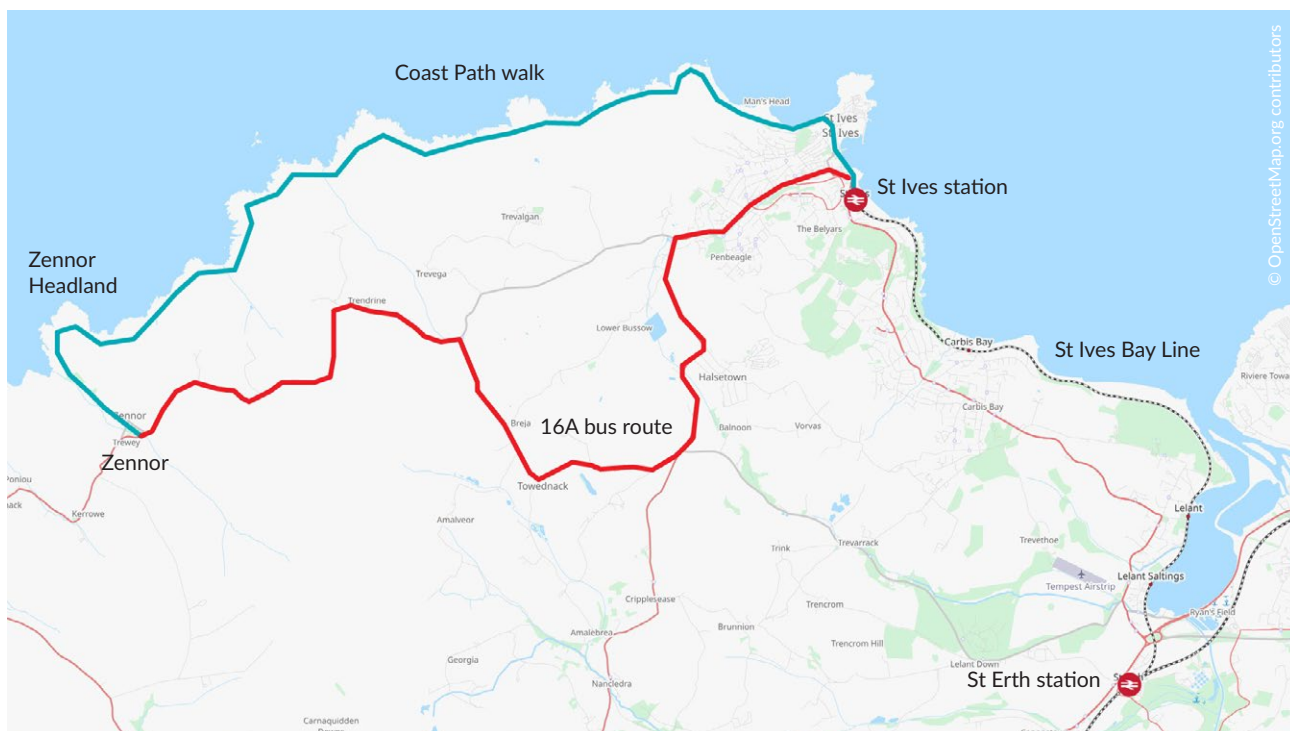
You are now on the South West Coast Path to Zennor. This six-mile stretch of the path is strenuous with lots of ascents and descents.



The mermaid carving at St Senara's Church



The new mermaid statue at St Ives station



Arriving at Zennor Headland (pictured above and also marked with a plaque), look out to sea in case of mermaid sightings - this is where in the myth Zennor's mermaid confronted the sailors who had blocked the entrance to her underwater home with their anchor.

Continue on the path, following signs to Zennor village. Here you can visit St Senara's Church and see the mermaid carving which dates back potentially as far as the 1400s. To make a donation to the upkeep of the church see the contactless terminal at the back of the church.

Opposite the church, stop in at the Tinnars Arms for a drink or lunch. As you exit the pub, take the road straight ahead of you. This leads to the edge of the village with a bus stop on your right. The 16A will take you back to St Ives in 20 minutes (check times in advance and plan accordingly - there are only a few buses each day).

Back in St Ives, round off your day with a trip to Moomaid of Zennor's ice cream parlour on Street-an-Pol (TR26 2DS) before your train home.

Train times

GWR.COM
03457 48 49 50

More walks to enjoy

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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.



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