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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Cornish Walk – Pentire Point And Rumps Point**

**By Mr Hanna**

There's nothing that quite compares to a bracing winter walk. During summer, the sea might be

more enticing, you can stop off for numerous ice creams en route and meander in shorts and t-shirt as the sun warms your skin; but at the same time, it's hot, clammy, you're often jostling for position on the busy coast path, and parking at the start of the route can be somewhat problematic. No such problem today. We snare one of many available free seaside spaces in New Polzeath, and our spot provides a great vantage point for reading a newspaper and watching the surfers in the water, before heading a couple of steps away to the Doom Bar of the Atlantic Hotel for a pre-walk coffee.

Cornwall has a fantastic selection of walks which make the perfect setting for a winter getaway. Why not stay for the weekend and relax in one of Cornwall's holiday cottages (

<http://www.cornwalltoday.co.uk/Accommodation/CottageInCornwall.aspx>) prior

to your walk, and wrap

up warm before you head out into the cold.

This is one walk that you will be more than glad to have a woolly hat with you, to keep your ears nice and toasty and to stop your hair blowing in your eyes and obscuring the views. Also, as any conversation is stolen by the wind, it doesn't matter if you can't hear anything anyway; it's actually quite nice to be engrossed in your own world for a while. After sitting inside and looking beach ward, it's great to be heading away from Polzeath, and taking the coast path to Pentireglaze Haven, where the soft sand underfoot is the perfect place for a spot of beach rambling, though we find little aside from small mussels, plenty of kelp, and a cottage nestled at the back of the beach, which we enviably spy through the windows of. Heading away from the beach to climb the hillside, waving goodbye to our sleepy start point, we then return to beach level to discover a small pebbly cove. Tempted as we might be to take the grassy turning to Pentire Farm, we refrain in the knowledge that we will be passing through the farm on our return route.

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Heading onwards and upwards, the increased puffing is worth it, the path levels out to provide expansive seaward views which include the day mark of Stepper Point and the lighthouse of Trevoze Head in the distance. The deserted stretch of sand to the south of Stepper Point is Harbour Cove, usually peopled with bodies during the summer months. Looking inland, rolls of hay sit on the hillside, the lush green of the fields contrasting the grey and somewhat uninviting ocean. Eyes down, we discover a large hairy caterpillar in the undergrowth, and once we've seen one, a game of spot the caterpillar ensues; they're out in abundance today. We pass a National Trust sign that points us up hill to the Tumuli - a prehistoric burial ground, where an abundance of heather disguises what lies beneath.

Continuing on the blustery route to the rocky outcrop of Pentire Point, here barren volcanic rock makes up the headland; look carefully and you'll see gas bubbles in the rocks that formed when the lava cooled rapidly in the ancient seas some 350 million years ago. Newland Rock can be seen offshore, whilst Rumps Point is visible in the distance, like a stegosaurus, sporadic triangular rocks rearing out of the grass headland. As you head to explore Rumps, you will find area of shelter from the wind, although you won't want to stay too long in these quiet pockets as the views are far more spectacular the further up that you climb.

On the unusually shaped double headland of the Rumps are the remains of an Iron–Age cliff castle,

where a massive triple rampart and ditch system protected an area of around six acres at the tip of the headland. We explored the stone circles that sat within the enclosure, trying to envisage those who had stood in the very spot from which we now admired the views. If the hills could talk they'd have a lot to say; excavations in the same area have unearthed pottery from the first century BC, indicating trade with the Mediterranean area. The large offshore rock behind the eastern headland is The Moulds, which is a breeding site for puffins, gannets and kittiwakes.

Once you're looking to head on, I challenge you not to want to roll down the hills that you have so recently puffed your way up. Carry on your circular route; following the stone wall until you reach a junction and bear right to start your inward loop.

Heading towards Pentire Farm, a helpful information board reveals that the whole peninsula is part of a working farm which produces beef, corn and sheep, the latter of which we've seen plenty of during our walk. Though there's not a person around when we pass through the farmyard, there are cream teas available here in season. Descending to your start point, you'll be able to appreciate the shelter, peace and quiet, before a last uphill stretch towards the car. As we hungry walkers head towards Trebetherick we pass Mowhay Café and Gallery where the atmosphere is warm and welcoming - it's like stepping into someone's front room. We feast on what can only be described as a delicious lunch before, quite frankly, wanting nothing more than to go home and curl up in front of the fire - with that lovely feeling that only fresh air exertion can bring on.

If you would like to visit this region and are looking for somewhere to stay nearby, why not log onto

<http://www.cornwalltoday.co.uk>

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where you will find a wide variety of either self-catering cottages and farmhouses or bed and breakfasts to suit your needs.

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### **Landscapes Of England: Hayle**

**By Steven Cronin**

The sea roars, whipped into a frenzy by the Atlantic winds racing across the bay. The waves look good today, surfers will be out for sure. Come rain or shine, these boys are dedicated.

You can taste the salty spray as it draws you towards the water. The familiar smell of seaweed was home. I knew I was back.

The Cornish town of Hayle sits in the far southwest corner of England, near the midpoint of St Ives bay. It lies approximately 10 miles north of Penzance and is part of the Heritage Coast of Cornwall, owned by the National Trust.

The Trust has purchased large chunks of the Cornish coastline, ensuring protection for its wildlife and natural beauty.

"Morning," greets an elderly man, his face weathered, exposed to the elements and sands of time. His dog retrieves his master's stick from the white surf.

"Wind's up. Pity the small boats today," he continues, his faithful companion by his side, stick in mouth.

The small fishing boats leave regularly, setting out from Hayle harbour and sailing along the estuary at high tide and into the big blue. They must return before low tide else the estuary runs dry.

Hayle is part of a beautiful stretch of coastline running from St Ives to the west, through to Godrevy Point in the east and its symbolic lighthouse.

Godrevy Lighthouse features predominantly in paintings by John Miller who has captured the stunning natural beauty on canvass in many of his famous prints.

Westwards leads to the estuary and inland to the working fishing port. The small dock escorts you to

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the high street, a mixture of old and new. Shopping here is not great; Hayle's strength is its coastline.

Approximately halfway along the high street are the best Cornish pasties money can buy. Upon the corner sits the old bakers' shop, striving to meet demand for the local delicacy.

At least half a dozen work the ovens tirelessly to satisfy the endless queues. Seagulls perch atop the roof hoping for a taste of the action.

Across the road, the Cornish Arms serves a great pint of ale with which to wash down your meal. Relax and enjoy the unique Cornish ambience where strangers stop to say hello. Far from the mega metropolis cities, life in Hayle slows down to a crawl.

Steven Cronin owns the City Breaks website featuring city break special offers from luxury hotels to budget accommodations. For more information please visit

<http://www.sargas.co.uk>



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