



South West Sea Kayaking

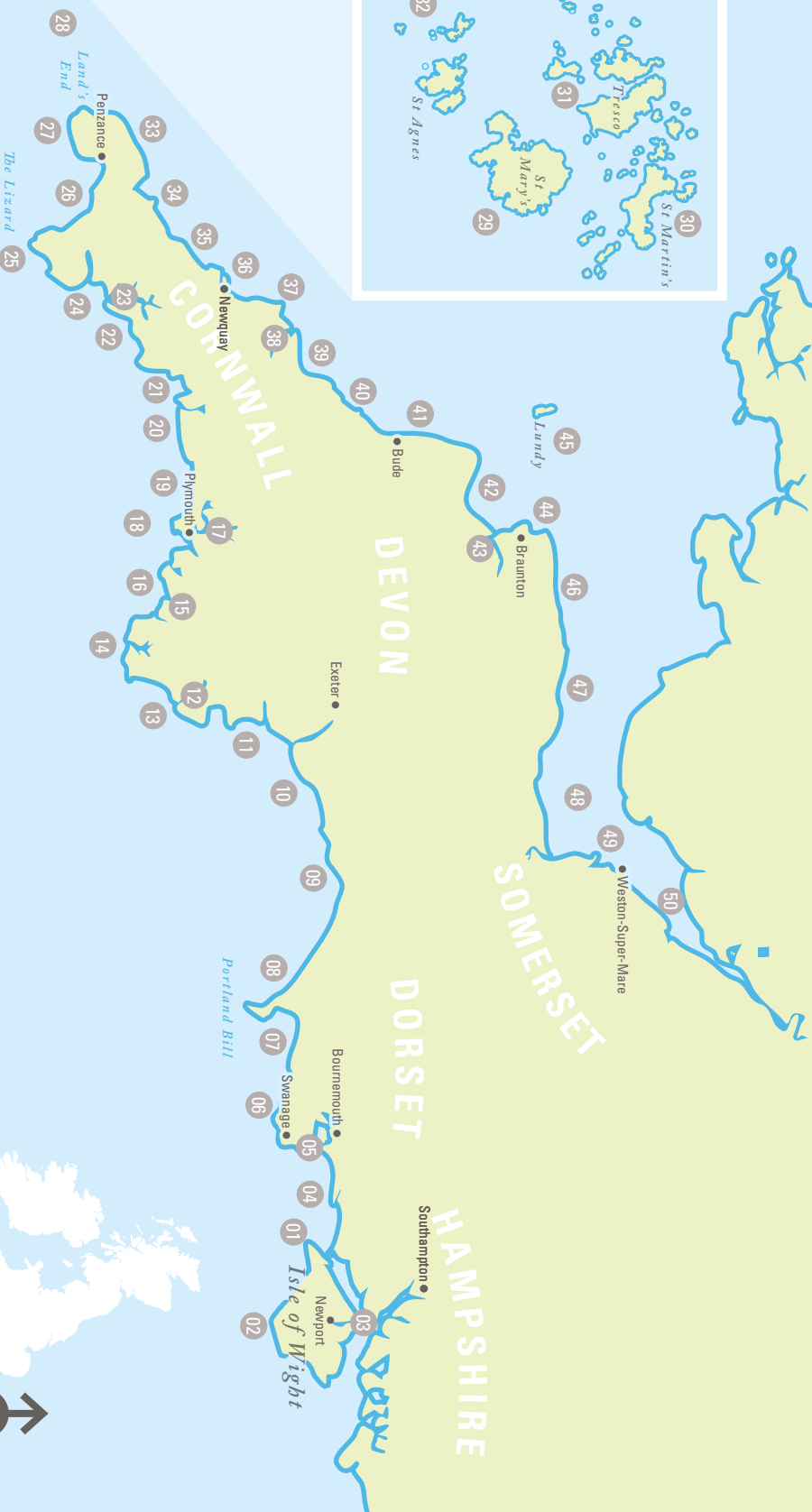
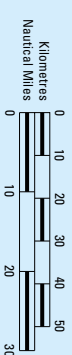
ISLE OF WIGHT TO THE SEVERN ESTUARY

Mark Rainsley

3RD EDITION



Isles of Scilly



South West Sea Kayaking

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3rd Edition

Mark Rainsley

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Foreword



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Having kayaked the entire coastline of the UK and Ireland I can say with some confidence that the South West offers the paddler some of the finest scenery to be found anywhere on our shores. The appeal goes beyond the physical beauty of this uniquely diverse section of coast. There is something spiritual about the experience; as if the myths and legends allow us to escape from the modern world, the distant horizons giving a sense of freedom and the movement of tide and wave provide an injection of youthful energy. Even though I now live thousands of miles away, the south-west of Britain is, and always will be, my home.

The magical Penwith peninsula of Cornwall is perhaps most famous as a world-class sea kayaking destination and whilst it has a very special place in my heart there are many other highlights. Dorset is a county of surprising contrast: the genteel serenity of Christchurch, the intriguing Jurassic coast and the wild expanse of Chesil Beach. Charming Lyme Regis was the venue for the start of my first kayak journey around the peninsula and is one of my favourite seaside towns. Devon's divided shoreline is characterized by the two moors that dominate the view inland. Dartmoor feeds the rivers that rush down its flanks before flowing more gracefully through the wooded hills of the South Hams and entering the English Channel via some of the most pristine estuaries you will find anywhere. The towering cliffs of the North Devon coast of Exmoor give way to the rolling hills and marshland of Somerset. But don't be fooled by the softer landscape. The grey waters of the Bristol Channel can be ferocious!

I have always been fascinated by islands, by the desire to circumnavigate. To start where you finish gives you a sense of completeness. The islands of the south-west of Britain may not be as prolific as those on the west coast of Scotland or Ireland but they are very special. If you could imagine your ideal sea kayaking destination: beautiful scenery, spectacular wildlife, great weather and lots of good pubs then the Isles of Scilly have it all in abundance. Lundy is a jewel, sparkling in the waters of the Celtic Sea, its charm irresistible but do check the weather as this island has a habit of welcoming you but being reluctant to let you leave.

South West Sea Kayaking is much more than a guide book. It is a monument to the author's yearning for discovery, his determination to complete a project and his generosity in wanting to share his knowledge with others. As well as being full of indispensable information to make your journey by kayak safer and more enjoyable this beautifully written book is resplendent with the finest images that together will inspire you to explore this incredible coastline for yourself.

Sean Morley



Contents

Foreword	3
Contents	4
Coastal Access in South West England	6
Important Notice	7
How to Use the Guide	8
About the Author	10
Acknowledgements	10

THE ISLE OF WIGHT 11

1 The Needles	13
2 Wight Channel Coast	17
3 Wight Solent Coast	21

DORSET 25

4 Christchurch & Poole Bays	27
5 Poole Harbour & Old Harry	31
6 The Isle of Purbeck	37
7 Lulworth Cove	43
8 Portland Bill	49
9 East Lyme Bay	57

EAST & SOUTH DEVON 61

10 West Lyme Bay	63
11 The English Riviera	69
12 The River Dart	73
13 Berry Head	77
14 Prawle Point	81
15 South Devon Rias	87
16 Bigbury Bay	91
17 The Tamar & Plymouth Sound	97
18 The Eddystone	103

SOUTH CORNWALL 107

19 Rame Head	109
20 Polperro	113
21 St Austell & Mevagissey Bays	117
22 The Roseland Peninsula	121
23 Carrick Roads	125

24	Helford River & The Manacles	129
25	The Lizard	133
26	Mount's Bay	139
27	Land's End	145
THE ISLES OF SCILLY		151
28	The Scilly Crossing	153
29	St Mary's	157
30	St Martin's & the Isles	161
31	Tresco, Bryher & Samson	165
32	St Agnes & the Western Rocks	171
NORTH CORNWALL		177
33	Cape Cornwall	179
34	Godrevy Island	185
35	St Agnes Head	189
36	Newquay	193
37	Trevose Head	197
38	The River Camel	201
39	Tintagel	205
40	Boscastle	211
41	The Hartland Heritage Coast	215
NORTH DEVON, SOMERSET & GLOUCESTERSHIRE		219
42	Hartland Point	221
43	The Taw & Torridge Rivers	225
44	Baggy & Morte Points	229
45	Lundy Island	233
46	West Exmoor	239
47	East Exmoor	243
48	Bridgewater Bay	247
49	Steep Holm & Flat Holm	251
50	The River Severn	257
APPENDICES		261
	Her Majesty's Coastguard	261
	The Royal National Lifeboat Institution	261
	The National Coastwatch Institution	261
	Weather Information	261
	Mean Tidal Ranges	262
	Pilots	263
	Updates	263
	Index of Place Names	263

Coastal Access in South West England

Access to the outdoors in England is becoming increasingly encouraged (unless of course you wish to enjoy your fresh water river heritage by kayak, Heaven forbid) and the Countryside and Rights of Way Act (CRoW, 2000) has brought improved access to many areas of coastal land. Access problems are rarely encountered whilst sea kayaking. All of the routes in this book start and finish at beaches or harbours where public access to the foreshore is already established.

Areas of the coast between the high and low water mark are often described as 'foreshore' and most of this is owned by the Crown Estate. The Crown Estate does not normally restrict access to the foreshore. However, one unfortunate quirk of the South West is that the owners of several coastal islands attempt to deter or restrict landing by kayak, including some islands managed as public access nature reserves!

Access on the sea is restricted only in rare and extreme cases and information is given by the Coastguard during regular maritime safety information broadcasts. Access is frequently restricted in the vicinity of military firing ranges. These areas are usually patrolled by Ministry of Defence staff. Further information and firing times can always be obtained from the Coastguard.

At busy ports like Poole, Plymouth and Falmouth, advice should be sought from the harbour authority, either by VHF or mobile phone, before entering or crossing harbour entrances.

The south-west coast enjoys excellent public access due to a series of public footpaths. These include the 1,008km South West Coast Path National Trail extending between Poole and Minehead, the Isle of Wight Coastal Path, the West Somerset Coast Path and The Severn Way. These are currently (2021) being combined to create Britain's longest National Trail, the England Coast Path.

RESPECT THE INTERESTS OF OTHER PEOPLE

Acting with courtesy, consideration and awareness is essential. If you are exercising access rights, make sure that you respect the privacy, safety and livelihood of those living and working in the outdoors, and the needs of other people enjoying the outdoors. Maybe even jet skiers.

CARE FOR THE ENVIRONMENT

Sea kayakers are privileged to access remote places that others cannot. Many of these places have sensitive plant, animal and bird life. Be aware of and respect landing restrictions around nature reserves. Look after the places you visit, enjoy the land and leave it as you found it.

Natural England (www.naturalengland.org.uk) has created MAGIC <https://magic.defra.gov.uk>, a source of incredibly detailed maps outlining protected habitats and sites. The Marine Conservation Society (www.mcsuk.org) offer advice on how to act appropriately around marine wildlife.

WILD CAMPING

This guide provides information on many commercial campsites. Although most are pleasant places, treat anything with 'Holiday Park' in the title with caution, if you value solitude and silence.

This author is happy to admit that he almost always camps 'wild' along the south-west coast, and has always been able to find an appropriate spot. Wild camping provides a special experience and forms an integral part of sea kayaking. There is no legally enshrined right to camp on the English coast, and areas in the South West that *obviously* lend themselves to wild camping for sea kayakers are few and far between. Large groups requiring a roaring campfire and hearty sing-along are simply in the wrong region. There is however an established tradition of discreet wild camping being tolerated alongside the South West Coast Path for single tents and single nights, with permission sought from the farmer. The *Complete Guide*, published annually by the SWCP Association (www.southwestcoastpath.org.uk), offers useful advice in this respect and is also a useful source of information on coastal bus and rail links.

If you decide to include a wild camp in your journey plans, choose a location away from dwellings and roads. Arrive late and do not pitch your tent until dusk. You should take down your tent early the following morning. *"Leave nothing but footprints and take nothing but photographs."*

WARNING

Sea kayaking is inherently a potentially dangerous sport. The sea is one of the most committing and unforgiving environments. Conditions can change quickly and dramatically on the sea. When planning to venture out on any of the trips described in this book, ensure that your knowledge, experience, ability and judgement are appropriate to the seriousness of the trip. The author recommends acquiring appropriate training and advice from experienced and qualified individuals.

The information in this book has been thoroughly researched; however the author can take no responsibility if tidal times differ or if the information supplied is not sufficient to negotiate the conditions experienced on the day. The outdoors cannot be made risk-free and you should plan and act with care at all times for your own safety and that of others. The decision on whether to go out sea kayaking or not, and any consequences arising from that decision, remain yours and yours alone.

How to Use the Guide

To use the guide you will need an up-to-date tide timetable for the relevant area, the appropriate Ordnance Survey maps and the knowledge to use them. Unlike many inshore journeys in the UK, an Admiralty Tidal Stream Atlas is an important source of information for planning journeys around the south-west coast; the tides here are often strong!

Each of the fifty trip chapters is set out into six sections:

Tidal & Route Information - This is designed as a quick reference for all the 'must know' information on which to plan the trip.

Introduction - This is designed to give the reader a brief overview of what to expect from the trip and what the appetite.

Description - This provides further detail and information on the trip including the coastline, launching/landing points, the wildlife and environment, historical information and places of interest to visit.

Tide & Weather - Offering further tidal information and how best to plan the trip which takes the tides, weather and local knowledge into consideration.

Map of Route - This provides a visual outline of the route's start/finish points, landing places, points of interest and tidal information.

Additional Information - This section provides further information (including Admiralty Charts and other useful maps) that will complement the trip, or be of interest if in the local area.

Using the Tidal & Route Information

Each route begins with an overview of pertinent details beginning with the following information: grade of difficulty, trip name, route symbols, and trip number.



Grade A | Relatively easy landings with escape routes easily available. Offering relative shelter from extreme conditions and ocean swell. Some tidal movement may be found, but easy to predict with no major tidal races or overfalls.



Grade B | Some awkward landings and sections of coastline with no escape routes should be expected. Tidal movement, tidal races, overfalls, crossings, ocean swell and surf may be found on these trips. They will also be exposed to the weather and associated conditions.



Grade C | These trips will have difficult landings and will have no escape routes for long sections of the trip. Fast tidal movement, tidal races, overfalls, extended crossings, ocean swell and surf will be found on all these trips. They will be very exposed to the weather and conditions, therefore require detailed planning and paddlers to be competent in rough water conditions. With this considered, the journey may require good conditions for the trip to be viable.

CIRCUMNAVIGATION

COASTAL PADDLING

SHELTERED

OPEN SEA CROSSING

NO LANDING ZONES

STRONG TIDAL EFFECTS

PORTAGE NECESSARY

VEHICLE SHUTTLE

FERRY SHUTTLE

ROUTE SYMBOLS



Distance	Total distance for the trip.
OS Sheet	Number of Ordnance Survey 1:50,000 Landranger map required.
Tidal Port	The port for which tide timetables will be required to work out the tidal streams.
Start	△ map symbol, name and six-figure grid reference of starting point.
Finish	○ map symbol, name and six-figure grid reference of finishing point.
HW/LW	The high and/or low water time difference between local ports nearest to the trip and the tidal port.
Tidal Times	Location or area of tidal stream movement, the direction to which the tidal stream flows and the time it starts flowing in relation to the tidal port high water.
Max Rate Sp	The areas in which the tidal streams are fastest and the maximum speed in knots attained on the average spring tide.
Coastguard	Name of the relevant Coastguard Operations Centre.

MAP SYMBOLS



start & alternative start



finish & alternative finish



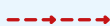
waypoint



possible escape



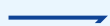
portage



described route



alternative route



tidal stream direction

-0520 HW

time relative to Tidal Port HW

7kn Sp

Max Rate at Springs



major counter-current



areas of counter-currents / eddies



areas of rough water / overfalls



lighthouse & light



lifeboat station



Coastwatch lookout (NCI)



ferry, passenger & car



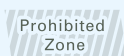
campsite



bird reserve



town / buildings



prohibited area



Site of Special Scientific Interest



About the Author

Mark Rainsley

Over 30 years ago, Mark was the only Scout in his troop to capsize and swim when they tried kayaking. Undismayed, he enrolled for an 'intro to white water' course run by Franco (of Pesda Press), who threw him upside-down in his kayak over a Welsh waterfall. Mark has since paddled white water on six continents and made first descents.

Mark grew up near Britain's most inland point. For this reason, the sea has always retained a special allure for him. After moving to the coast, he bought a sea kayak and paddled solo around the South West. This 1997 trip ranks among his most cherished experiences and was the first leg of a very drawn-out circumnavigation of Britain, which (almost a quarter of a century later) he has now almost finished!

Mark is the author of a number of Pesda Press guides to paddling UK waters.

Acknowledgements

The author would like to express his thanks to the many South West paddlers who assisted in researching and updating this book.

Special thanks to my favourite paddling partner, my lovely wife Heather.

Über-sea kayaker Sean Morley shared his love of the region with us in the foreword. AS Watersports in Exeter generously hosted a launch party for the book.

Finally, thanks to Franco Ferrero (publisher) and Peter Wood (design) at Pesda Press, and Don Williams of Bute Cartographic (maps). Franco has been an inspiring and supportive editor, seemingly incapable of being fazed by anything at all.

Photographs

All photographs by Mark Rainsley, except where acknowledged in the captions.

North Cornwall

An introduction

The north coast is our grandest and finest coastal scenery. Cliffs stretch north and east for around 200km from Land's End to Marsland Mouth, fully exposed to the prevailing weather and the North Atlantic swells. This is the classic imagined coast, with innumerable coves, inlets, caves, reefs and stacks. This wave-battered wall holds back the Celtic Sea, with few breaches; beaches comprise only a small proportion of the coast.

North Cornwall's heritage is inextricably intertwined with the maritime environment. Even in the wildest places, the signs of past activity are plain to see. Cliff castles, smuggling, fishing, mining and tourism have all left their mark on the landscape and perhaps it is this complex convergence of scenic beauty and human activity that makes exploring the north coast such a memorable experience.

Relatively few sea kayakers frequent this fabulous coast, still! The author's group didn't encounter a single paddler in North Cornwall (we met one group of three in South Cornwall) when they paddled around the county in 2017. North Cornwall remains wild, committing and unexplored, beyond a few popular beaches.

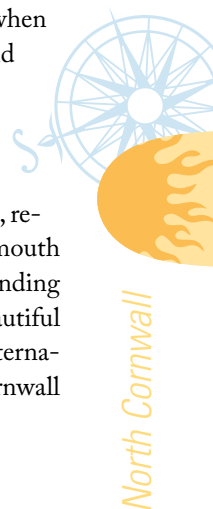
Environment

England's finest coastal scenery is protected by Heritage Coast status for most of its length, respectively the Penwith, Godrevy-Portreath, St Agnes, Trevose Head, Pentire Point-Widemouth and Hartland Heritage Coasts. Seven stretches are within the Cornish Area of Outstanding Natural Beauty (AONB) and the National Trust own and manage many of the most beautiful sections. The remarkable post-industrial landscape of Cornwall is designated as being of international importance; the coasts around St Just, Hayle and St Agnes form the heart of the Cornwall and West Devon Mining Landscape World Heritage Site.

Tide and weather

The lack of sheltered ports means that this is not a classic cruising ground for yachts. Because of this, North Cornwall's tidal flows are not well documented. The tidal flow times included in this chapter are often based on tidal stream atlases and should be considered very approximate. Local HW is often a better indication of when the flow will become favourable. Tides can retreat a long distance across sandy beaches, making a trolley very useful.

Although the climate is warm, strong winds from the south-west are common and the lack of sheltered water means that swell is a constant concern. North Cornwall's huge surf subculture is an indication of the regularity of groundswell. With calm seas, most of the trips outlined here are straightforward to access and complete. With even small amounts of surf, they become entirely different experiences. Choosing and safely utilising landing and launching sites becomes a very real concern. One metre of beach surf can mean offshore groundswell at least double that height.



Background Reading

Bristol Channel and Severn Cruising Guide, Peter Cumberlidge, Imray 2008, ISBN 9780852889794

The 'Blue Book' - Yachting and Cruising Guide to the Bristol Channel, available from www.bcya.org.uk

The West Country, Carlos Rojas, Imray 2011, ISBN 9781846232022

West Country Cruising Companion, Mark Fishwick, John Wiley & Sons 2020, ISBN 9781912621057

Atlantic Edge - West Cornwall, Des Hannigan, Penwith District Council 2007, ISBN 9780905375090

Land's End, Oliver Hawker, Halgrove 2003, ISBN 9781841142586

Cornwall's Maritime Heritage, Alan Kittridge, Twelveheads Press 2003, ISBN 9780906294154

Cornwall's Lighthouse Heritage, Michael Tarrant, Twelveheads Press 2007, ISBN 9780906294628

Cornwall's Archaeological Heritage, Nicholas Johnson, Twelveheads Press 2003, ISBN 9780906294529

Cornwall's Geological Heritage, Peter Stanier, Twelveheads Press 2006, ISBN 9780906294611

Cornwall's Industrial Heritage, Peter Stanier, Twelveheads Press 2005, ISBN 9780906294574

Cornwall's Literary Heritage, Peter Stanier, Twelveheads Press 1992, ISBN 9780906294260

Sea of Storms: Shipwrecks of Cornwall and the Isles of Scilly, Richard Larn, Mabecron 2019, ISBN 9780995502864

The Maritime History of Cornwall, Helen Doe, Tor Mark, 2006, ISBN 9780850254075

Wild about Cornwall, David Chapman, Alison Hodge 2007, ISBN 9780906720516

Exploring the Cornish Coast, David Chapman, Alison Hodge 2008, ISBN 9780906720561

Further information

www.cornwallwildlifetrust.org.uk – Cornwall Wildlife Trust

www.cornwall-aonb.gov.uk – The Area of Outstanding Natural Beauty

www.cornishmining.org.uk – The Cornwall and West Devon Mining Landscape World Heritage Site

www.magicseaweed.com – Surf forecasts and swell size readings from offshore buoys



Cape Cornwall



33

Cape Cornwall

No. 33 | Grade C | 28km | OS Sheet 203

Tidal Port Dover

Start ▲ Sennen Cove TR19 7DF / SW 351 264

Finish ○ St Ives TR26 1PQ / SW 520 408

HW/LW HW St Ives is 6 hours and 5 minutes before HW Dover.

Tidal times Between Cape Cornwall and St Ives the NE going (flood) stream begins around 2 hours after HW Dover and the SW going (ebb) stream begins around 4 hours before HW Dover. An inshore current begins flowing N between Sennen and Cape Cornwall 3 hours before HW Dover, but has reversed direction by 2 hours after HW Dover. Offshore of Sennen Cove, the main N going (flood) stream begins around 1 hour after HW Dover.

Max Rate Sp Rates reach over 4 knots at exposed points.

Coastguard Falmouth, tel. 01326 317575, VHF weather 0110 UT

Introduction

Penwith's north shores are among the wildest in England, offering breathtaking environs and plentiful wildlife. Choose a fine day for this long committing paddle among strong tides, deep zawns and ghostly ruins.



The view from Pendeen Watch

33

Cape Cornwall

Description

Mainland England's most westerly village has a car park beside the harbour. Launch in front of Sennen Cove's imposing Round House, which formerly housed the capstan for winding in fishing boats. The 5.5km between the 1908-built pier and Priest's Cove (TR19 7NN / SW 352 317) can be missed out for a shorter trip, but Whitesand Bay could well be the best place in the UK for seeing basking sharks (often congregating here in large groups). It's also a classic surf spot, although any surf here will make the remaining trip 'lively', at best.

Porth Nanven (TR19 7NP / SW 355 308) faces the Brisons, a pair of 25m offshore rocks. It's illegal to remove the ancient rounded boulders from this beach, ever since a certain northern city was found to be using them for ornamentation! Carn Glouce cliffs lead to tiny Priest's Cove, where a slipway serves local fishermen. This is the last road access.

England's only cape is recognisable by the disused mine chimney on top and the Coastwatch hut below. Once believed to be Britain's westernmost point (it's 914m east of Land's End), Cape Cornwall still marks the divide between the English Channel and St George's Channel. On the north side, seals can be found sleeping in Porth Laddon.

Heading inshore to clear the Cape's tide races, you are now committed to the full distance! The good news is that from hereon, the cliffs are nothing short of awe inspiring. It would take a separate book (and a lifetime's exploring) to describe every zawn, cave, inlet and cove. The rock varies between pale 270 million year old granite, and dark slates and hornfels, laid as sediment 400 million years ago and baked by the heat and pressure of the granite's intrusion. Colour is added by yellow xanthoria lichen above the waterline, and plants such as sea campion, sedge,

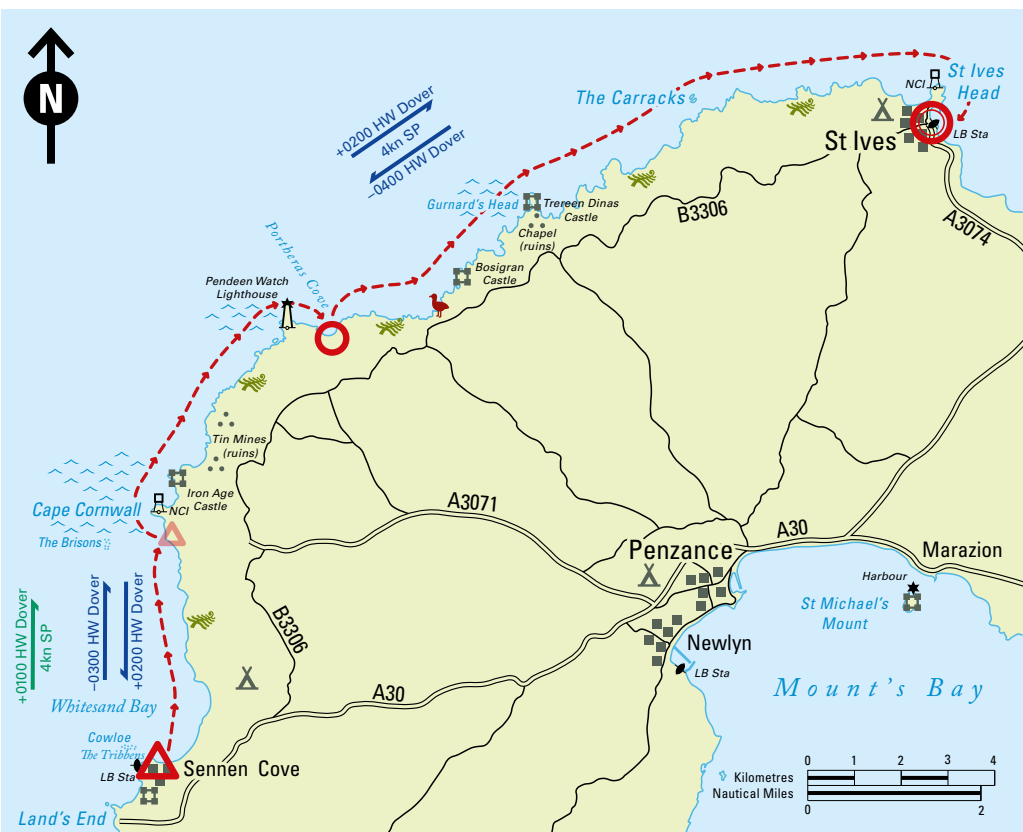
thrift, samphire and sea beet growing higher up. In the water seals, sunfish and sharks are commonplace sightings.

The Iron Age fortifications on Kenidjack headland give way to 3km of more recent ruins, namely the mining landscape. Buildings and chimneys stand on rock-hewn levels in the stained cliffs, with rusting chains and bolts visible on the rocks below. It's no coincidence that many of the workings sit atop gaping zawns in the cliffs, as these indicate the presence of vertical ore lodes. Most dramatic is Botallack Crowns Mine (SW 362 336), where two engine houses perch barely high enough to clear storm waves.

Pendeen Watch Lighthouse sits on a slate promontory, built in 1900 to counter the notable amount of wrecks caused by fog. A kilometre further is Portherras Cove, the safest landing of the day. Wear something on your feet, as shards of metal lurk in the sand, the legacy of a botched attempt to dynamite a wreck!

After a kittiwake colony is passed at Whirl Pool, the cliffs are increasingly indented, characterised by successive jutting headlands and deep inlets. Porthmoina Cove is quite a sight, with its knife-edge island. It is hemmed in by craggy Bosigran Ridge to the south (aka Commando Ridge, a WWII training ground) and Bosigran cliff castle to the north.

The 'Great Zawn' is boastfully named, as the deepest zawn of all Zawn Duel (SW 429 383); comes shortly after Porthmeor Cove.



Gurnard's Head has a particularly exposed cliff castle, Trereen Dinas. Whilst the west side is a sheer cliff, traces of Iron Age houses are visible on the east side. Three rocky coves stretch between Gurnard's Head and Zennor Head: Treen, Porthglaze and Pendour. Landing is possible with care at LW. Mine remains and the site of an early Christian chapel can be seen behind Treen, whilst Pendour Cove is the place to listen for Matthew Trewella's singing, a local man seduced into the sea by the Mermaid of Zennor.

D.H. Lawrence lived at Zennor during WWI. Although much of *Women in Love* got written, it wasn't a successful stay. His German wife Frieda (the Red Baron's cousin!) was regarded as a spy by xenophobic locals. Their moonlit walks along Zennor Head's tors and Porthzennor Beach were suspected of being used to signal U-Boats. After three ships were torpedoed locally, the police forced the Lawrences to leave.

Along the final 8km, the cliffs become less sheer but remain imposing, with few signs of civilisation. Wicca Pool is surrounded by fine granite castellations and then The Carracks are reached, a group of islets with a sizeable colony of seals.

St Ives creeps up with little warning, and seeing the packed apartments (and the Tate Gallery) behind Porthmeor Beach is a bit of a shock after what has come before. If you still have the energy, paddle beneath the Coastwatch lookout on 'The Island' (St Ives Head) to finish at Downlong, the harbour area. The fishing boats, narrow streets and granite cottages make an atmospheric end to an outstanding expedition.

The St Just Mining District

The St Just Mining District extends from Porth Nanven to Porthmeor, part of the Cornwall and West Devon Mining Landscape World Heritage Site. Viewed from the water, the plethora of chimneys, engine houses, levels and tips do not jar. On the contrary, they are a hauntingly beautiful sight, blending as integral components of the landscape. Undoubtedly, the actual experiences of those who worked these mines and the contemporary environmental impact were considerably less romantic.

'Hard rock coastal mining' was profitable on account of Cornwall's unusually rich tin and copper lodes. Early in the nineteenth century, the introduction of steam pumps led to astounding expansion. For example, Levant Mine reached 600m below sea level, with tunnels extending 1.5km out under the sea and worked to within metres of the seabed.

A miner's life expectancy was under 40, due to dangerous working conditions. In 1893, at Wheal Owles, twenty men drowned when a flooded adjacent mine was accidentally breached. The owners refused to pay £4,000 for the pump needed to retrieve the bodies. At Levant in 1919, an aging lift failed, sending thirty-one miners to their deaths.

Geevor Mine (TR19 7EW / SW 375 345) was the last to close, in 1990. The site can be visited (www.geevor.com, tel. 01736 788662), as can Levant (TR19 7SX / SW 368 345) where the beam engine has been restored by the National Trust.



World Heritage Site – a tin miner's view

I am so proud of having been, if for only a short time, a tin miner. I am delighted at the prospect of the mines being re-opened for all kinds of reasons - economic, the tidying up of some of the sites, and the return of some true wealth generation.

From my experience and conversations with some of the last generation of tin miners there are still huge amounts of ore left in Cornwall. It will alter the landscape, change the demography, and give some local people the chance to own their own home in the place they grew up. It will give some of those miners caught up in the last Cornish diaspora the chance to return.

There will of course be those people who want to maintain the living museum that they have bought into. I agree that the development should be sensitive, but the derelict mine engine houses we now so love were the simplest, least expensive way of building at the time.

To have ridden the cage from deep within the earth, to arrive at the surface tired and filthy after a night shift, and see the sun rise over Carn Brea is to have lived. World heritage is in the experience as much as the legacy.

Dillon Hughes (a Cornish sea kayaker)



📷 Porthmeor Beach, St Ives

33

Cape Cornwall

ALTERNATIVES

Combined with route 27, a circumnavigation of Penwith forms one of the finest 2-3 day trips in British waters. Shuttling by car, bus or rail between Penzance and St Ives is simple.

Tide and weather

Atlantic groundswell is pretty well the norm hereabouts. Fog is also common, often the first harbinger of a change from fine weather.

Consider launching two or three hours before HW Dover to utilise the inshore current as far as Cape Cornwall. A powerful tidal race forms off the Cape and in the following 3km, with further races around exposed points. These races form a dangerous trap if approaching on the ebb from St Ives into SW groundswell.

Additional information

Sennen Cove Camping (TR19 6JB / SW 379 279) overlooks Whitesand Bay but is 3km from the harbour, tel. 01736 871588. Ayr Holiday Park (TR26 1EJ / SW 511 405) in St Ives is very close to Porthmeor Beach, tel. 01736 795855, www.ayrholidaypark.co.uk).

Cohort Hostel (TR26 1FF / SW 516 403) is near the harbour; 01736 791664, www.stayatcohort.co.uk.

A photograph of two kayakers in a narrow, rocky waterway. The kayaker in the foreground is wearing a red helmet and a yellow jacket, paddling a red and white kayak. The kayaker in the background is wearing a yellow helmet and a red jacket, paddling a yellow and red kayak. The water is dark and reflective, and the surrounding rock walls are rugged and dark. The text "EXPLORE MORE" is overlaid in white, with a yellow underline under the word "MORE".

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South West Sea Kayaking

3RD EDITION

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The stunning shores of the South West encompass such treasures as the Solent's cruising grounds, the Jurassic Coast World Heritage Site in Dorset and Devon, Atlantic Cornwall's sheltered harbours and rugged rockscapes, the glorious Scilly archipelago, Exmoor's soaring cliffs and the entrancing tidelands of the Bristol Channel.

This revised and updated third edition provides a guide to the entire South West's coast and islands. It is packed with great photography and detailed route maps, alongside descriptions and anecdotes unveiling the region's rich tapestry of maritime scenery, wildlife, history, geology and culture.

Kayakers will be inspired to undertake fantastic voyages. Detailed tidal information also allows the book to serve as a valuable inshore pilot for water users such as anglers, windsurfers and sailors.



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