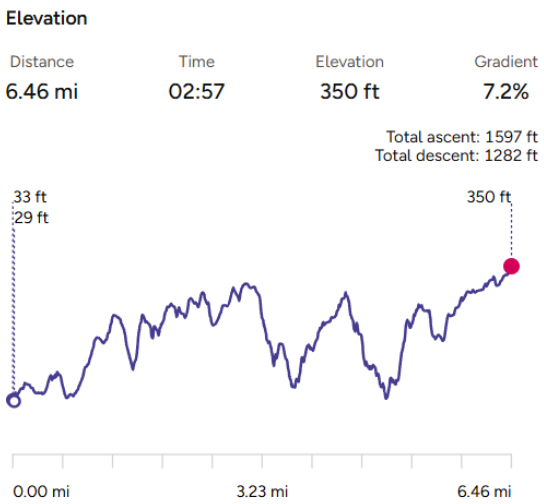
PUBS WORTH THE WALK

The Tinners Arms Walk

St Ives to Zennor, 6.5 miles on the stunning SWCP.

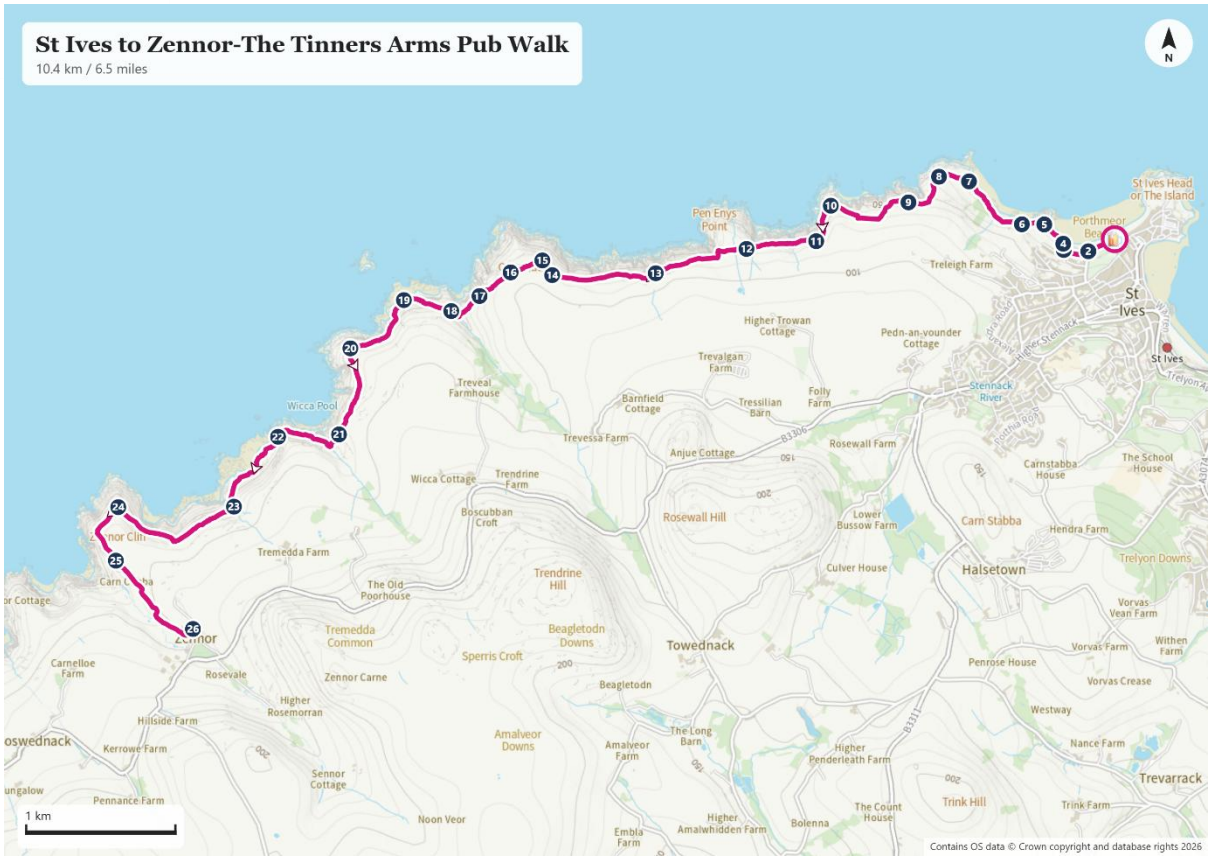
OVERVIEW

Let's be honest about what this walk asks of you. Six and a half miles of relentlessly undulating cliff path, the ground underfoot changing constantly — springy turf in St Ives giving way to loose shingle, then uneven rock, then genuine boulder scrambling in the final approach to Zennor where moorland springs keep the stones permanently wet whatever the weather. Your legs will know about it the next morning.



So why bother? Because this is one of the last genuinely wild stretches of the English coastline. Within twenty minutes of leaving St Ives the crowds are gone, and it's just you & the Atlantic. And at the end of it all, a lane delivers you into Zennor — a hamlet so quiet and unchanged that arriving on foot feels the only sensible way to get there.

Start/Finish	**Start in front of the Tate Museum, St Ives, above Porthmeor Beach. Finish at The Tinners Arms, Zennor.**
Parking	Parking is available at The Tinners Arms. But the route assumes a base in St Ives, with a bus back to St Ives from Zennor.
Grid Reference	SW 517 408 is the reference for the start at the Tate.
What3Words	///zoom.madness.inversely is the reference for the Tate.
Distance	6.5 mi /10.5 km **Time** 4 hours **Ascent** 1600 ft / 500 m
Paths/Terrain	Well signposted national walking trail. Wear walking boots, preferably waterproof. Gentle start, increasingly rough and rocky through the middle, then a genuinely demanding boulder scramble to finish.
Difficulty	Difficult but achievable. Tough walk, but all the more enjoyable for it.
Public Transport	This is a linear route from St Ives to Zennor. The 16/16A to St Ives stops at Zennor Turn on the B3306, along Church St from The Tinners.
Toilets	At start (Porthmeor Beach) and the end (The Tinners).
Other Pubs Nearby	**Gurnard's Head**, Treen is closest, and not easy to miss on the B3306. **The Engine Room**, Cripplesease, Nancledra is good.



DIRECTIONS

1. Start on the road in front of the Tate St Ives, above Porthmeor Beach. Head to the western end of the beach road, past the Tate, and pick up the coast path footway that runs up alongside the Porthmeor Beach car park.
2. From the car park, take the footpath towards the bowling green.
3. The path passes behind the small headland at Carrick Du.
4. Follow it around Man's Head — at low tide it's worth a glance down to the shoreline to appreciate the rock formation that gives it its name.
5. Pass through the kissing gate and continue west along the coast. The path is well-waymarked with the South West Coast Path acorn markers throughout — keep following them and keep the sea to your right.
6. Pass Clodgy Point, then work your way west through a series of ups and downs around Hor Point, Pen Enys Point and Carn Naun Point. Turn back here for the last sweeping view of St Ives and Porthmeor Beach — it'll be a while before you see it again.
7. Continue west past Mussel Point, where the terrain becomes noticeably more demanding. The path narrows, and the final miles involve genuine boulder scrambling. Take your time — some sections are always wet from springs draining off the moor.

8. Pass Gala Rocks and push on towards Zennor Head, keeping the coast path markers in sight. The landscape here is raw and ancient, the granite cliffs dropping over 200 feet to the sea.
9. Before Zennor Head the path forks. Take the left fork, clearly signposted to Zennor village. The right fork continues westward along the coast path — not your route today.
10. Follow the lane down into the village. Within ten minutes the tower of St Senara's Church comes into view, and a few steps further brings you to the Tinners Arms on your left — your destination, and every bit worth it.