**Gwinear & District Footpaths & Bridleways**

**Association**

**Saturday14th March 2015**

Today we meet at Gwithian car park (council operated and the last day for free before “summer” charging starts!). Our leader is Pauline Howard and after our group photograph thirteen walkers join the South West Coast Path heading south west and negotiating the ups and downs, twists and turns as you do on the sand dunes/Towans. It’s a dry day and the sun is somewhere above the hazy low cloud and it’s warmish. There are plenty of folk taking advantage of the afternoon – walkers, some exercising dogs and very few surfers with the tide just on its way back in. The views over the Bay to St Ives and Godrevy are clear and ones we never tire of.

Similarly views inland are extensive over to Connor Downs, Loggans, Hayle and much further. Nearer we look in the distance over the several chalet and caravan parks which are spread over the Towans. We pass over Upton Towans with old ruins of former mining activities and then turn off the Coast Path, inland and south east, bearing across to the works chimney, still intact and discover the area around it has recently been extensively cleared of undergrowth.

At this point we turn North West, following the track back to the coast with the idea of slipping down onto the beach for our return to Gwithian. There is discussion about the route onto the beach and agreement is reached to split into two groups and we end up reaching it about two hundred yards apart and seemingly little difference in the challenge of overcoming the decent! Meeting up we head North East with a slight head wind which is not uncomfortable. There are many parts of the coast/cliffs where we can see the erosion which has taken place over the last few years and not least the shifting sands and resultant large pools of water.

Finally we climb the concrete steps by the Gwithian Towans Life Guard station and back to the car park. Our walk today was three and three-quarter miles in just under two hours. Thanks indeed to Pauline for researching the route and leading us at a comfortable pace on our pleasure walk.

**Our Next Walk led by Howard Haynes: Saturday 18th April 2pm – Meet National Trust Car Park, Penrose Estate – off Helston/Porthlevan Road -** **Grid: SW638258**

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