



Sennen Cove
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GENERAL GUIDE TO FAR WEST CORNWALL

Based on a stay in Sennen Cove or the surrounding area. Opening times and availability will vary across the seasons. Where possible check with specific information on the internet or directly with the provider.

Sennen Cove

Sennen Cove was originally a small fishing village and although not geographically a cove ended up being called that anyway. It is nestled in the shelter of the massive lump of granite that is Pedn Men Du and today still has a small fishing fleet but relies mainly on tourism for its lifeblood. There is a large sandy beach which is lifeguarded during the main parts of the season, from Easter to end of October. This and the beach just north of it, Gwenver, are well known, good surfing beaches hosting surfers throughout the year. There are two surf schools in The Cove, Sennen Surfing School and Smart Surf.

There are two main car parks down in The Cove itself, the beach car park at the bottom of the hill on the way down and the harbour car park at the other end of The Cove. During busy times an overflow car park is available in the field at the top of the hill but will involve a stank down the footpath beside the road which is definitely not pushchair or wheelchair friendly.

There is a 17th century fisherman's inn, The Old Success, that serves food more recently only to residents and those that book in advance. Along the road is a fish & chip restaurant and further still is the Sennen Cove Café which is open from breakfast to teatime and is also licensed. There is a general store, The Old Boathouse which sells groceries, newspapers, off licence, local produce and gifts as well as beach goods such as wetsuits and buckets and spades. Fresh fish is available in the freezer, sourced from a local supplier. The shop also serves as the Visitor Information Contact Point and is open from mid-March to end October as well as Christmas and New Year. Just along from the shop is the Ice Cream Kiosk and further still is the Round House Gallery and gift shop. Back in the beach car park is a surf shop, The Surf Company, selling professional surf equipment, casual clothing and accessories.

There are public toilets situated in both car parks at each end of the cove with a separate disabled facility attached to both.

Sennen Cove sits astride the South West Coast Path leading to Land's End in the west and St Just to the north and consequently is frequented by walkers. The path to Land's End is relatively easy going with the hardest part being the climb to the old coastguard watch house at the top of Mayon Cliff. Here,



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during the season, the National Trust have a small presence. The path is less than a mile long and will take an average walker about half an hour. It is not suitable for pushchairs or wheelchairs. There is an alternative path or bridleway/cycle path, which runs from the end of Maria's Lane, parallel to the Coast Path to Land's End.

Please note that the car parks are monitored vigorously by a third party security firm, so properly displaying a valid ticket will save upset and major cost. Some shops in the area have a minimum purchase for card use and occasionally the card machines in the car parks are unable to take card payment, so having a few pounds handy is essential.

There is poor access to cash facilities. The nearest free cash machines are at St Just and St Buryan, both five miles distant and Penzance, eight miles away and the Post Office in the Spar store in Sennen village can provide access to cash. The Old Boathouse Stores will provide cash back but relies on a purchase of goods. The nearest petrol station is now at Penzance, although there is another at Trewellard.

At the top of the hill on the main A30 road sits Sennen village. Made up of several old hamlets or manors strung together, such as Mayon and Churchtown, it has the famous First & Last Inn, the church and a Spar store, which encompasses the local Post office.

Attractions

Land's End

A themed attraction at the country's most westerly point. Mainly child centric there are also gift shops, food and drink outlets as well as an hotel. A franchise operates for pictures to be taken at the famous first and last signpost. If all else fails to amuse, a great place to watch the setting sun or big Atlantic storms. Current parking charge is a flat rate £7 and a recently installed number plate recognition system ensure compliance.

www.landsend-landmark.co.uk

Porthcurno Telegraph Museum

A museum based around the village's historic role as the terminus of the world's telegraph system and the part in played in the development of global communications. The attraction has undergone recent reinvestment and includes many hands on experiences for younger visitors as well as regular demonstrations.

telegraphmuseum.org

Geevor Tin Mine



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A working tin mine which closed in 1990, Geevor has been developed as a world class museum and heritage centre. It is the country's largest preserved mining site and includes a museum section, a walk through the top workings and a tour through the 18th century Wheal Mexico mine. People with accessibility issues should call ahead for further information.
www.geevor.com

Places of Interest

Ancient Britain

West Penwith has a high concentration of Neolithic and other ancient sites. Many of these are small and unmarked but others are more notable and well worth a visit for those with an interest in ancient Britain. Here are some of the more famous:

Carn Euny

Off the beaten track near Sancreed is a series of circular stone huts that date from the Iron Age although evidence has been found of activity dating back to Neolithic. There is a good example of a fogou here, an underground passage and room the purpose of which is uncertain.

Chysauster

Another stone village from a similar period to Carn Euny, situated just north west of Penzance.

There are numerous other standing stones and stone circles, such as the Pipers and the Merry Maidens off the B3315 between Porthcurno and Penzance and the famous Lanyon Quoit, Men-an-tol and Nine Maidens, all roughly in the same area, on the moors off the Madron to Morvah road. Care should be taken here as the moors are riddled with disused mine shafts, quite a few unmarked. Dogs should most certainly be on leads in these areas.

West Penwith Churches

Many of the churches in the area were built in mediaeval times but were founded much earlier and some elements of the pre-existing buildings still remain. Some are associated with local mythology, such as St Senara's in Zennor which has pew ends carved in the form of a mermaid. Check ahead of any visit as, sadly, most churches will be locked between uses these days.

St Michael's Mount

Originally a 12th century monastery, St Michael's Mount has been the seat of the St Aubyns family since 1650 and more latterly is owned and managed by the National Trust. The mount is reached by a man made causeway between mid and low tides and a boat ferry runs at other times. There is much to see and do here including tours of the castle, walks around the sub-tropical



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gardens and the small village at the foot of the Mount. Access restrictions apply for the less mobile. Details at www.stmichaesmount.co.uk.

Gardens

Most of the gardens listed here are in the vicinity of Penzance and there are a surprising number of varying size and type. Some are listed here but it is worth investigation some of the others, too.

Trengwainton

The estate started as an Elizabethan house when the original walled garden was created. In 1814 it was acquired by Sir Rose Price who set out the gardens as they are today. It is located just outside Madron, north of Penzance and around 7 miles from Sennen Cove. The gardens feature plants from across the world collected in the 1920s, five sections of walled gardens including the original Elizabethan one and a trail to a viewpoint over-looking Mount's Bay and down to Lizard. It is now a National Trust property. Dogs are welcome on a lead. More details at www.nationaltrust.org.uk/trengwainton-garden.

Tremenheer Sculpture Garden

To the northeast of Penzance at Gulval, nine miles from Sennen Cove these gardens are filled with exotic and sub-tropical plants. In amongst the gardens are contemporary sculptures and installations specifically designed for the site. There are walks through and scenic views across Mount's Bay.

Trewidden Gardens

On the outskirts of Penzance off the A30 from Sennen Cove, Trewidden House and Gardens are something of a hidden treasure. The gardens are planted with extensive collections of Magnolias, Camelias, Azaleas and a fine standing of Tree Ferns. It is on a smaller scale to that of Trengwainton and the walk will take in the region of 1 to 1 ½ hours.

Towns and Shopping

There are two main towns in West Penwith, Penzance, the largest, and St Just. Although Penzance has three main supermarkets on the eastern outskirts of town, attended by a KFC and MacDonalds, if you are visiting Cornwall, you will be advised and recommended to take advantage of the wealth of excellent local food and top service that abounds in the regions' independent shops.

In Penzance there are two main shopping thoroughfares, Market Jew Street and Causeway Head. There is a third, Chapel Street, that also has several good independent shops and pubs to explore. In Causeway Head,



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particularly, you will find a very good green grocery, wholefood seed merchants, florist, hardware store and many others. There is also a wealth of small cafés and restaurants to try.

If you did not want to go into Penzance to shop, then St Just will be able to provide most of the basics for you. Parking is free in the main car park opposite the library and health centre in Market Street or limited free parking in the square itself. Here you will find an excellent grocery store, butchers, McFadden's (also Vivian Olds in Chapel Street), bakers, hardware store and several galleries. There are also three pubs at least two of which serve very good food and several cafes and food shops.

Restaurants and Public Houses with Food

Outside Penzance, the coast road between St Just and St Ives currently offers some of the best dining concentrated in a small area. Here are some of them. (apologies – my description of food)

Commercial Inn – St Just Square, good pub food done well

Kings Arms – St Just Square, good pub food done well

Queens Arms – Botallack, a bit more gastro

Trewellard Inn – Trewellard, good pub food done well, some fish dishes

North Inn – Pendeen (top home made curries)

Tinnars Arms – Zennor, wide range of food from sandwiches, traditional pub food and fresh fish dishes.

Gurnard's Head – Zennor, up-market fancy food.

In Sennen Cove, The Old Success Inn, which also has accommodation, sits at the bottom of the hill and looking out over the beach provides limited dining restricted to bookings and residents only. The Blue Lagoon fish & chip shop generally runs from midday to 8 o'clock in the season but closes over winter and Sennen Cove Café which is open breakfast to teatime.

In Sennen there is the First & Last Inn and at Treen, just beyond Porthcurno, The Logan Rock. Out of season, it will be worthwhile checking with any of the locations before planning a visit.

Beaches

Unsurprisingly, West Cornwall's beaches are the jewels in its crown. During the high season many of these will have dog restrictions that apply. As a rule of thumb, beaches that are difficult to access and have few facilities are dog friendly. A link to the official dog friendly beach pages is available in the Sennen Info Centre on our website.



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In no particular order:

Sennen Beach, most westerly in the area and west facing spread of sand about a mile long. Popular surfing location and all round beach with pub, restaurant and local shops (seasonal).

Gwenver/Gwynver - private beach, west facing sandy beach providing some of the best surf in the country. Access for able bodied and reasonably fit from either the Southwest Coast Path or from Tregiffian road above the beach. Private car park available and dog friendly all year.

Porthcurno – south facing sandy beach. Leads onto Green Bay at low water but cut off quickly as tide comes back in. Deeply sloping with high cliffs either side providing good shelter in some conditions.

Nanjizal – about a mile south of Land’s End, sometimes sandy but at the moment, rocky.

Pednvoudner – hard to get to, east of Porthcurno. Involves swinging off a rope on the way down. Unsurprisingly dog friendly and quite often nudist!

Portheras – bit of a walk east from Pendeen lighthouse and down a slightly tricky descent. Beautiful and quite sandy beach facing north.

Priest Cove – at the foot of Cape Cornwall. Rocky and has a tidal pool.