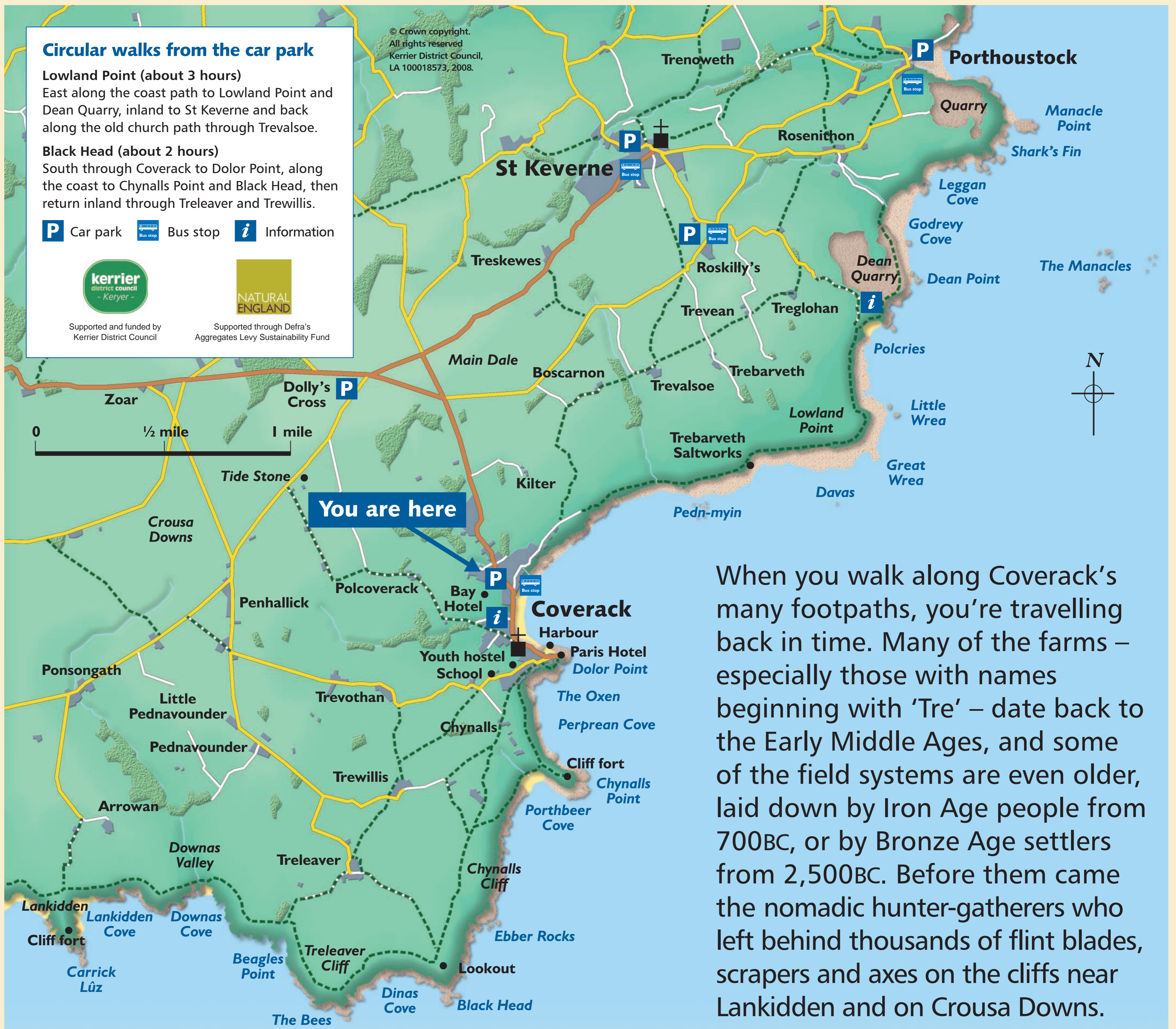


Explore Coverack



Circular walks from the car park

Lowland Point (about 3 hours)

East along the coast path to Lowland Point and Dean Quarry, inland to St Keverne and back along the old church path through Trevalsoe.

Black Head (about 2 hours)

South through Coverack to Dolor Point, along the coast to Chynalls Point and Black Head, then return inland through Treleaver and Trewillis.

P Car park **B** Bus stop **i** Information



Supported and funded by Kerrier District Council



Supported through Defra's Aggregates Levy Sustainability Fund

When you walk along Coverack's many footpaths, you're travelling back in time. Many of the farms – especially those with names beginning with 'Tre' – date back to the Early Middle Ages, and some of the field systems are even older, laid down by Iron Age people from 700BC, or by Bronze Age settlers from 2,500BC. Before them came the nomadic hunter-gatherers who left behind thousands of flint blades, scrapers and axes on the cliffs near Lankidden and on Crousa Downs.



Basking shark

Wild flowers

In spring, the Iron Age cliff forts at Chynalls Point and Lankidden are speckled with sea campion, thrift, bird's foot trefoil and ox-eye daisies. Beside the coast path you'll come across wild thyme, dropwort and Cornish heath, and on rocky outcrops the parasitic ivy broomrape and the starlike flowers of English stonecrop. On Crousa Downs and at Main Dale you might find heath-spotted and butterfly orchids amongst the heather and purple moorgrass, and yellow rattle along the roadside.



Kestrel

Marine life and shipping

From the old coastguard lookout on Black Head you watch over one of the busiest shipping lanes in the world, with naval vessels, coasters, liners and tankers steaming down the Channel or calling in at Falmouth. There's a steady traffic of marine life too – grey seals, bottlenose dolphins and porpoises. Warm summers bring colonies of by-the-wind-sailors – like jellyfish, with blue transparent sails – and schools of huge, harmless, basking sharks, feeding on plankton with mouths wide open.



Unique to the Lizard, Cornish heath above Downas Cove

Butterflies and birds

Summer brings marsh fritillaries and silver-studded blue butterflies to the Main Dale Nature Reserve; here and at Crousa Downs you'll see meadow pipits and skylarks flitting above the heath, and kestrels and buzzards hunting for voles and lizards. Fulmars, herring gulls and kittiwakes throng the cliffs around Black Head and Beagles Point, while black shags gather on rocks to dry their wings. Look for gannets out at sea, searching for fish and diving into the waves at terrific speeds.