

Trenarren

A CONCISE VISITORS' GUIDE

Welcome to the coastal hamlet of Trenarren, set within an Area of Outstanding Natural Beauty, and the former home of Cornish poet, A. L. Rowse.



CORNWALL WILDLIFE TRUST

Ropehaven Cliffs Nature Reserve was purchased by Cornwall Wildlife Trust in 1985 with grant aid from the World Wildlife Fund. It is a wild section of the coast, kept largely free from human disturbance by its steep and perilous nature. It is sheltered from prevailing south westerly winds, allowing the establishment of woodland, which, along with scrub, cliff and marine habitats, is home to a wide range of wildlife.

The world's fastest animal – the peregrine falcon – has been known to nest here. This amazing bird drops out of the sky at speeds of up to 180kmph (112mph) to pick off other birds in flight. They target medium sized birds such as pigeons, and even the occasional gull, and can be seen hunting along the coast here.



Common dolphins and harbour porpoises are frequent visitors to the surrounding waters. The nature reserve is 20 hectares in area and 2 km long. The South West Coast Path, which offers the best way to explore this beautiful site, runs along the full length of the reserve.

4 VICTORIAN RIFLE BUTTS

Constructed in the 1880s for use by St Austell Volunteer Rifle Company, this shooting range consists of two levelled areas and a large pit that once housed a state-of-the-art mechanical target system. Although previously utilised by the Ministry of Defence, firearms have not been used here for over 30 years. Having undergone many modifications over the years, the site is now owned by The National Trust.



1 HALLANE BEACH

Well sheltered and dog-friendly, this south-facing shingle beach provides a picturesque viewing point and an ideal spot for safe swimming. The cove also boasts its very own waterfall, which cascades over a natural arch to the right-hand side of the beach. At low tide, visitors can walk around the arch to the rear of the waterfall. Hallane was once a thriving fishing community; remains of fish cellars survive to this day.



2 A. L. ROWSE MONUMENT

Alfred Leslie Rowse (1903 – 1997), a respected author, poet and historian, known for his work on Elizabethan England, was born at nearby Tregonissey and retired to Trenarren in the latter years of his life. Rowse was fiercely proud of his Cornish roots and this memorial stone, made of granite from the De Lank quarry on Bodmin Moor, features an inscription ending with the words 'This was the land of my content'.



3 IRON AGE HILLFORT

Constructed over two thousand years ago, the remains of this naturally defended hillfort are still clearly visible to the north-west corner of Black Head. Over 100m above sea level at its highest point, Irregularly shaped and defined by at least three parallel banks of ramparts, the stronghold would have provided a secure, permanently occupied settlement populated by a small community of high social status.

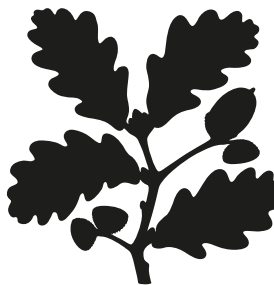


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