

NORTH CORNWALL

TRAILS with GEOLOGICAL INTEREST along the coast from BUDE to BOSCASTLE

Ref. OS Explorer Map 111 Bude, Boscastle & Tintagel

SETTING THE SCENE.

The geological origins of the area date back to the Upper Devonian (377-360 Ma) in the south and the Carboniferous Period (360-290Ma) in the north of the region. The area then lay just north of the equator and was beneath the Rheic Ocean, the seabed consisted of sands and silts deposited by great river delta's flowing from the north. Around 290Ma, during the Variscan Orogeny, the seabed was squeezed upwards forming high mountains, which were subsequently eroded away. Again, at around 145Ma the area was once more dominated by the sea. Then 2Ma the Ice Age impacted on the region with a tundra climate and permafrost producing glacial head formed by the freezing and thawing of the land. This was followed by a great thaw and erosion by the elements to form the landscape we see today, complete with evidence of stages through which it evolved.

The sedimentary Devonian and Carboniferous rocks have been intensely deformed and folded into complex structures clearly visible in the coastal sections from Bude to Boscastle.

Selected Geological Features can be seen at the following locations:-

TRAIL 1.

1. BUDE SYNCLINE and ANTICLINE SS 202065
2. BUDE WHALE ROCK SS 199065
3. BUDE TURBIDITES SS 203069

TRAIL 2.

4. MILLOOK HAVEN SS 186006

TRAIL 3.

5. CRACKINGTON HAVEN SX 142969

TRAIL 4.

6. BOSCASTLE SX 100913
7. LADIES WINDOW SX 080906

TRAIL 2.

MILLOOK HAVEN SS 186006

A must see for any geologist with an interest in geological structures, and well worth the white knuckle drive down the steep and narrow winding lanes. Park at Penhalt Cliff SS 188005 and admire the magnificent views. The path down to the beach is extremely steep and great care is required, caution is also required if walking down the lane.

Millook Haven is one of the most striking locations for contorted recumbent folds. Some of the folding is so extreme that the rock beds have been turned over and over producing chevron folds with recumbent axial planes. The bedding can be traced in a zig-zag fashion up the cliff face, with cascades of recumbent folds in pale grey sandstones and grey shales of the Crackington Measures.

Anyone with an interest in natural history should visit the nearby Millook Valley, Tamp's and Landy Woods SX 182991, owned by the Woodland Trust, accessed via the track at SX 184000, and open to all.

This large area of woodland sits in a deep coastal valley. The sheltered valley and hidden location, help to create a wonderful setting of woodland around a lush meadow, with an abundance of wild flowers, where the sounds of sea breezes, bird song and the running stream water create an idyllic and historic atmosphere akin to 'stepping back in time'. It is home to an array of wildlife including otters and bats.



View looking North from Penhalt Cliff.



Millook Haven - chevron folds with recumbent axial planes.



Tamp's and Landy Woods, Millook Water.