# Waterside Cornish home near South West Coast Path hits market ahead of The Salt Path film release



A remarkable waterside property, Tregwyn, has recently hit the market, enticing potential buyers with its breathtaking location above the unspoiled harbour of Port Quin in Cornwall. Priced at £1.5 million, this four-bedroom, one-bathroom home offers an impressive 2,168 square feet of living space, crafted from local Cornish stone. What sets Tregwyn apart is not only its picturesque views of the Atlantic Ocean but also its proximity—merely 50 yards—from the famous South West Coast Path, a major draw for both residents and tourists alike.

This coastal enclave is celebrated as one of Britain’s most scenic walking trails and has recently gained renewed interest thanks to the biopic film adaptation of Raynor Winn’s bestselling memoir, *The Salt Path*, which stars Gillian Anderson and Jason Isaacs. The film follows the emotional journey of Winn and her husband, Moth, as they navigate the challenges of homelessness and terminal illness while trekking along the trail. With the film set for UK release this May, the area surrounding Tregwyn could see increased foot traffic from fans inspired to explore the stunning landscapes depicted on screen.

Josephine Ashby from John Bray Estates, the listing agent for Tregwyn, remarked on the home's unique appeal, stating, "There are a few properties that get under your skin, and this is one of them." She highlighted the "breathtaking, timeless location," which is nestled between the vibrant tourist villages of Port Isaac and Polzeath. The property features not just spacious interiors including a snug and sunroom, but also an outdoor terrace—ideal for enjoying Cornwall's renowned sunsets.

Historically, Port Quin was a bustling fishing port, now transformed into a tranquil haven perfect for activities such as walking, kayaking, and wild swimming. Recent developments in the area include a discreet wood-fired sauna managed by a local entrepreneur, adding a unique allure to this idyllic setting. Nearby attractions also include Daymer Bay and various sailing and water sports opportunities, appealing to both locals and visitors seeking recreational pursuits.

Furthermore, the property’s advantageous location allows easy access to local amenities in Wadebridge, just six miles away, and prestigious golf courses like St Enodoc Golf Club. This idyllic blend of natural beauty, recreational opportunities, and potential tourism growth makes Tregwyn more than just a picturesque home; it is a versatile investment that embodies the spirit of Cornwall.

As the film adaptation of *The Salt Path* approaches its premiere, interest in the South West Coast Path is expected to surge, positioning Tregwyn as a coveted property for buyers looking to blend luxury living with rich, natural surroundings. The revival of interest in this area, spurred by the emotional narrative of resilience captured in Winn's story, offers a compelling reason for potential homeowners and investors to consider making this Cornish treasure their own.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/news/article-14792025/Stunning-waterside-home-unspoiled-Cornish-harbour-metres-coastal-path-market.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.countrylife.co.uk/property/houses-for-sale-in-cornwall/an-enchanting-waterside-home-overlooking-one-of-cornwalls-most-charming-coves)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/news/article-14792025/Stunning-waterside-home-unspoiled-Cornish-harbour-metres-coastal-path-market.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://www.ft.com/content/fae2ee80-0f4a-4c27-b526-bdd79aafe6f4), [[5]](https://www.ft.com/content/ff740a82-be3c-4ab1-933a-d9ba3f65dfdd)
* Paragraph 3 – [[1]](https://www.dailymail.co.uk/news/article-14792025/Stunning-waterside-home-unspoiled-Cornish-harbour-metres-coastal-path-market.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.countrylife.co.uk/property/houses-for-sale-in-cornwall/an-enchanting-waterside-home-overlooking-one-of-cornwalls-most-charming-coves), [[3]](https://www.ft.com/content/fae2ee80-0f4a-4c27-b526-bdd79aafe6f4)
* Paragraph 4 – [[7]](https://en.wikipedia.org/wiki/Port_Quin)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/news/article-14792025/Stunning-waterside-home-unspoiled-Cornish-harbour-metres-coastal-path-market.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[4]](https://www.countrylife.co.uk/people/the-salt-path-the-630-mile-trail-that-saved-one-couples-life-and-inspired-britain-to-lace-up-its-walking-shoes)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/news/article-14792025/Stunning-waterside-home-unspoiled-Cornish-harbour-metres-coastal-path-market.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.countrylife.co.uk/property/houses-for-sale-in-cornwall/an-enchanting-waterside-home-overlooking-one-of-cornwalls-most-charming-coves> - Tregwyn is a picturesque waterside home perched above the natural harbour of Port Quin in Cornwall, now on the market for £1.5 million through John Bray Estates. This four-bedroom, three-bathroom property features a small garden, ample parking, and spellbinding views of the Atlantic Ocean and surrounding cliffs. Arranged across two floors, the home boasts a spacious reception and dining area, a sun room, a galley-style kitchen, a snug, and an additional room suitable for a home office. Situated just 50 yards from the Southwest Coast Path and equidistant between the popular coastal destinations of Port Isaac and Polzeath, Tregwyn offers a tranquil retreat in one of North Cornwall’s most scenic and storied locales.
3. <https://www.ft.com/content/fae2ee80-0f4a-4c27-b526-bdd79aafe6f4> - The article provides a detailed guide to the South West Coast Path, popularised as 'The Salt Path' after Raynor Winn's bestselling 2018 memoir and its subsequent film adaptation. The memoir and film recount Winn and her husband Moth’s 630-mile journey from Minehead, Somerset to Poole Harbour, Dorset, after losing their home and grappling with illness. The film, directed by Marianne Elliott and starring Gillian Anderson and Jason Isaacs, is a poignant tale of resilience and self-discovery set against the rugged beauty of England’s coastline. Key filming locations include Exmoor National Park, Clovelly, Padstow, Holywell Bay, and Rame Head near Plymouth. Location manager Poppy Gordon-Clark emphasised the challenging physical terrain and the collaborative spirit of the 35-day shoot across 60 locations. The film aims to revive tourism in Devon and Cornwall, which saw significant declines in 2024. For those inspired to walk the path in comfort, the article highlights luxury accommodations like the Scarlet Hotel, Burgh Island Hotel, and unique rentals by Unique Homestays and the Landmark Trust. 'The Salt Path' film will be released in the UK on May 30.
4. <https://www.countrylife.co.uk/people/the-salt-path-the-630-mile-trail-that-saved-one-couples-life-and-inspired-britain-to-lace-up-its-walking-shoes> - 'The Salt Path' is a memoir by Raynor Winn recounting the transformative 630-mile journey she took with her husband Moth along England's South West Coast Path. After losing their home and business and facing Moth’s diagnosis with the terminal illness Corticobasal Degeneration, the couple embarked on the trail. The walk proved emotionally and physically healing, prompting a bestselling book released in 2018 which has sold over two million copies. Its popularity has now led to a film adaptation, starring Gillian Anderson and Jason Isaacs, emphasising nature's dual role as healer and adversary. The route, stretching from Minehead to Poole Harbour, has inspired a surge in interest and tourism. The film and book have resonated deeply with readers and viewers, encouraging more people to explore the British countryside. Figures like Paddy Dillon, author of the guidebook the Winns used, and other walkers such as Phoebe Smith, highlight its powerful impact. Organisations like the South West Coast Path Association and Exmoor National Park Authority report increased visitor interest due to the story. 'The Salt Path' continues to be celebrated for its raw depiction of resilience, nature, and human connection. Another book by Winn, 'On Winter Hill,' is set for release in October 2025.
5. <https://www.ft.com/content/ff740a82-be3c-4ab1-933a-d9ba3f65dfdd> - 'The Salt Path' is a film adaptation of Raynor Winn’s bestselling memoir, starring Gillian Anderson and Jason Isaacs as Raynor and her husband Moth. After a bad investment results in the loss of their Somerset farmhouse and Moth's diagnosis with a rare degenerative disease (CBD), the couple, in their early 50s, choose to walk the 630-mile South West Coast Path with minimal funds and a £48-per-week tax credit. The film blends the beauty of Cornwall and Devon’s coastline with the emotional and physical hardships faced by the couple, who camp in an inexpensive tent and rely on each other for strength. Scriptwriter Rebecca Lenkiewicz simplifies the story, focusing tightly on the core relationship while omitting extensive background and secondary characters. Despite initial doubts due to the high profile of its lead actors, the film’s performances are praised for their emotional authenticity. The movie explores themes of resilience, love, and kindness amidst adversity, but its polished presentation contrasts with the raw struggles it portrays. The 'Salt Path' opens in UK cinemas on May 30 and receives a three-star rating.
6. <https://en.wikipedia.org/wiki/The_Salt_Path_%28film%29> - 'The Salt Path' is a 2024 British biographical drama film directed by Marianne Elliott and written by Rebecca Lenkiewicz, based on the 2018 memoir by Raynor Winn. The film stars Gillian Anderson and Jason Isaacs. The film premiered in the Special Presentations section at the 2024 Toronto International Film Festival on 6 September 2024, and was released in the United Kingdom by Black Bear UK on 30 May 2025. The Salt Path received mixed reviews from critics, who admired the cinematography and the performances by the leading actors, but that it was let down by the script. The film follows a married couple, Raynor and Moth Winn, who, after losing their home and facing Moth's terminal diagnosis, decide to walk the 630-mile South West Coast Path. The film explores themes of resilience, love, and kindness amidst adversity, set against the rugged beauty of England’s coastline.
7. <https://en.wikipedia.org/wiki/Port_Quin> - Port Quin is a small cove and hamlet between Port Isaac and Polzeath in north Cornwall, England. Facing the Atlantic Ocean, the narrow rocky inlet of Port Quin provides a naturally sheltered harbour for sea-going vessels. The cove gives its name to Port Quin Bay, a 2.5-mile stretch of coast that extends from Kellan Head to The Rumps. Port Quin lies within the Cornwall National Landscape, formerly Cornwall Area of Outstanding Natural Beauty (AONB). Almost a third of Cornwall has AONB designation, with the same status and protection as a National Park. The harbour is surrounded by three local farms—Roscarrock, Trevigo, and Scarrabine—all run by local families. Part of Port Quin and a few small fields around the hamlet are owned by the National Trust for Places of Historic Interest or Natural Beauty; the Trust rents out several of the stone cottages as self-catering holiday accommodation. The South West Coast Path closely follows the coastline of the inlet. Port Quin is popular with walkers and kayakers and there is a small car park, which during the summer season has a small mobile vintage café, on the lane which leads from Port Quin to the village of Trelights. There is a sea kayaking company based in the harbour called Cornish Coast Adventures that runs tours between Easter and October and explores the old antimony mines and the local coastline.