

Port Isaac harbour's hidden pier is evidence of Tudor entrepeneurs who begain trading with lands far and near. The building of a harbour wall created a safe haven for both fishing and trading boats.

At very low tides a rough rectangle of large stones inside the eastern breakwater can still be seen. Robin Penna's theory was that these stones are the remnants of a breakwater which may have been reached by a path down from Lobber.

Archaeologists Ben Robinson and Caradoc Peters made a television programme about this Tudor building work. Caradoc explained that "the upright stones allowed the pressure of storm tossed waves to dissipate through them, absorbing their full force, rather than taking the full brunt of their power." Ben agreed that "the upright stones forming the base of the main fish cellar are much older than the rest of the structure and could well also date back to Tudor times."

