

Clay Trails – The Pentewan Valley Trail – Pentewan Harbour to Wheal Martyn, via St. Austell – 6.43 miles

Route Directions for Walkers, avoids some cycle track in the first 2.97 miles

Pentewan Sea Lock to the St. Austell road – 2.97 miles

Start at the Sea Lock at Pentewan Harbour at 01976/47156. Follow the harbour and the road round, heading towards the B3373 Mevagissey road, as far as a Pentewan Valley Cycle Hire sign. Another sign reads *Pentewan Valley Trail starts here*. Go R here through Pentewan Valley Cycle Hire and on through a gap (*storyboard*) on to the cycle trail. After 15 yards on the cycle track, by the trail opening plaque, go L round a barrier, bearing R, crossing a wooden footbridge, and then go L to the White River. Turn R along the river (*it can be very muddy along here in wet weather but you can avoid it by detouring slightly through the trees*) and at 0.90 miles rejoin the cycle trail along the river. At 1.17 miles, a wooden FB goes L (*signed National Cycle Network NCN3 to Mevagissey 3, Heligan Garden 1½*). Ignore this and continue to follow the river. **(1.17 miles)**

At 1.40 miles, where a stone bridge goes L over the river to the road and a lay-by, go through a gate, through a CP and another gate, for 50 yards to rejoin the cycle trail along the river. At 1.59 miles, the path along the river ends, continue on the cycle path through woodland. Go through a gap, then at 1.72 miles, just before the cycle trail crosses a small bridge, go L with a stream on your R, over muddy ground, bearing L, R and L, to continue on a path along the river. Pass a small CP on the R then, at the lane, where the cycle trail heads off R, go L to a bridge at 2.07 miles. Go between the bridge and Mount Caravans to continue along the river. The path starts narrow and a little difficult for 120 yards, then go up the bank to continue on a wide grassy swathe, with a caravan site on your R, to a lane at 2.34 miles. A bridge goes L over the White River to London Apprentice. Here the cycle trail goes through an open gate to continue mostly on tarmac to B3373 St. Austell road, opposite The Cornwall resort. However, if you wish to avoid the tarmac trail, cross the bridge and turn R onto a grassy path on the W side of the river. This becomes very narrow and, in places, a little precipitous above the river. There is also an awkward fallen tree to negotiate. However you can get through easily enough to a wooden gate to the St. Austell road at the same point as the east bank route. **(2.97 miles)**

St. Austell road, through St. Austell to the Trail to Wheal Martyn – 1.60 miles

You could take a more straightforward route than the following by continuing up Pentewan road to the A390 double mini-roundabout and crossing to South Street to reach the church up the hill. However, I prefer the route described below as more interesting and avoiding busy South Street.

Go R on the footway along the road towards St. Austell, passing on your R a road to Tregorrick. At 3.33 miles, a cycle route goes R on a tarmac lane as NCN3; ignore this. Continue on the footway for about 250 yards to a small postbox. Go R on a path (*no FP sign*) past cottages on your L and into the Travelodge CP. Cross the CP, keeping buildings on your L, and go L on a path up to the busy A390 Lostwithiel to Truro road. Cross the road with care, then go up 12 steps up to a path and 10 more steps up to Belmont Road.

Go R on this road, fairly steeply uphill, for ¼ mile. At a turning go L, still on Belmont Road, for 145 yards. At the top at 3.97 miles, go L on Eastbourne Road, rejoining the cycle route, then downhill to cross East Hill at the pedestrian crossing opposite Lidl at 4.11 miles. Continue on the cycle route along a path and East Street to St. Austell Church at 4.18 miles. Go through the churchyard then R uphill on Market Street for a few yards. At 4.29 miles, go L uphill on Market Hill. At the top, at 4.35 miles, with a CP on L, turn R uphill steeply (*no footway*) on North Street. Cross a bridge over the railway and immediately go L on Tremena Road to its end. **(4.57 miles)**

Tremena Road to Wheal Martyn - 1.86 miles

Where the road bears R as Tremena Gardens, keep forward downhill on a tarmac path on the cycle route (NCN32), passing on your L a railway viaduct and several Clay Trails storyboards. The path becomes a track, through woodland at first, passing the massive overgrown Trethewel Clay Dries at 5.06 miles. The track from here is sometimes tarmac, sometimes cycle track, and is mostly easily uphill with some undulations. Along the way it crosses a wooden FB and eventually you come to a junction of Clay Trails. **(5.81 miles)**

R is signed to Eden (*4.5 miles*) but go L downhill, crossing a footbridge over the Bugle to St. Austell road, passing former clay buildings, to Ruddlemoor 'Village Green' at 6.20 miles. Continue through the green (*storyboard*). The track continues, passing a metal 'chimney' sculpture, to the entrance to Wheal Martyn China Clay Museum at 00536/55373 at 490 feet. **(6.43 miles)**