

Coastal Round Walk 22 – Helford, St. Anthony, Manaccan, Frenchmans Crk – 6.40 miles

Route Directions – Full GPS Version

Helford to St. Anthony-in-Meneage – 2.18 miles

Start at car park entrance at 75910/26079. *Coast Path to Dennis Head clearly waymarked.* Forward for 10 yards then L (*Coast Path fingerpost*) through gate, to kissing gate to woodland. at 76065/26074 at 160 yards. Path undulates to 7 steps down to lane at Treath at 76200/26141 at 317 yards. Go R uphill on lane and, after a few yards, where lane bears R, bear L on track entering Bosahan estate (*Coast path, permissive path, St. Anthony 2½ miles*) all way to Dennis Head. Go downhill to lime kiln (*with crenellations*) and cottage at 76465/26388 at 717 yards. Track passes former kennels on R, becomes path into Padgagarrack Woods, undulating to Padgagarrack Cove at 77187/26334 at 0.86 miles, Bosahan Cove at 77333/26267 at 0.97 miles and Porsenna Cove at 77713/26095 at 1.23 miles. It becomes open at 77842/26144 at 120 feet at 1.32 miles and soon passes through fields to reach a wooden stile to Dennis Head, where the permissive path ends, at 78608/25650 at 125 feet at 1.97 miles. *Detour out to Dennis Head for the views adds 0.27 miles.*

Now follow Coast Path WM R downhill and, after 30 yards, bear L to follow indistinct path roughly E down to bottom L corner of field to gate at 78405/25654 at 2.07 miles. Continue downhill on path, becomes track, past kissing gate, to a track (*Coast Path finger post Flushing ¾ or 2½*). Cross this track downhill to a lane. Continue down on the lane to St. Anthony-in-Meneage hard and church at 78276/25668 at 10 feet at 2.18 miles. *If you prefer, at a mounting block on R at 78325/25664 at 2.13 miles, you can go R through the churchyard.*

St. Anthony-in Meneage to Manaccan – 2.46 miles

Continue on lane to Carne. At 78133/25523 at 2.30 miles, *Coast Path goes L, across Gillan Creek on stepping stones.* At 77615/25188 at 2.68 miles, *pass on L small NT Gillan Creek property.* Follow lane through Carne hamlet to road at 77029/24886 at 3.13 miles. *There is an alternative: at L bend before Carne, go R via Roscaddon, but described route is preferred for charms of Carne hamlet.* Go R on road uphill. After 125 yards, at 76919/24923 at 3.20 miles, go R (FP) over wooden FB into woodland. On way up into open at 76686/24981 at 3.35 miles, cross 3 cattle stiles. Then follow LH hedge, over 2 more cattle stiles up to track at 76513/25060 at 3.48 miles. Forward to lane at Manaccan at 76497/25083 at 170 feet at 3.50 miles. Go L on lane downhill to a T at 76431/25049 at 130 feet at 4.54 miles. Cross lane to church entrance and churchyard. Continue to W entrance, and to a lane at 4.64 miles.

Manaccan to Helford via Frenchmans Creek – 1.76 miles

Go forward on lane to T with road at 76347/25012 at 4.66 miles. *Thatched New Inn down hill to L.* R on road uphill, passing school on L, South Café on R, to Minster Meadow (*street*) on L at 76347/25115 at 150 feet at 3.75 miles. Go L (FP Helford) for 40 yards, over granite stile (FP) and along path for about 40 yards to 76285/25149 at 3.79 miles. Go forward in field, following RH hedge, to cattle stile to lane at 76195/25216 at 3.86 miles. Go L on lane for 20 yards and R (FP) over cattle stile to field at 76173/25215 at 3.93 miles. Follow clear path downhill, then RH hedge for 30 yards, then clear path down to bottom L corner and cattle stile to woodland at 76000/25309 at 4.00 miles.

Continue down, crossing cattle stiles at 4.03 miles and at 4.08 miles. Continue down, on sunken path, to waymark post at 75795/25270 at 4.10 miles. Follow WM, down 3 steps, and on to next WM post at 75771/25268 at 4.11 miles. *Here a path goes R over stream to Helford.* Take L fork down to stepping stones over stream at 75731/25261 at 65 feet at 4.13 miles. Go over sheep stile and more stepping stones over second stream, then 6 steps up. Path bears R uphill to a wooden stile on L at 75673/25300 at 4.19 miles. Go over stile into open and follow RH hedge down then up to track at 75485/25302 at 120 feet at 4.30 miles. Follow the WM R up on grassy track to wooden gate, and on to track into Kestle Barton. Continue, with the house on R, to wooden gate to lane at 75327/25465 at 180 feet at 4.48 miles.

Follow finger post (*Frenchmans Creek*) forward, passing house on R, over filled-in coffin stile to field. A track follows RH hedge to a wooden gate at 75215/25485 at 4.55 miles. Track bears L (FP) downhill steeply, woodland on L, passing at 75067/25465 at 4.65 miles, NT Frenchmans Creek plaque. At 74957/25403 at 4.74 miles, where the track bears L to Frenchmans Pill, continue forward on permissive path into woodland down to Frenchmans Creek, bearing R to follow the creek towards the Helford River. Path undulates along the creek to a third wooden FB at 74831/26015 at 5.12 miles. *Then, at fork at 74810/26078 at 5.15 miles, a path goes straight on, rejoining walk at 74872/26284.*

Here follow NT *Creekside Path* sign L, crossing small stream at 74783/26219 at 5.24 miles and, at 74769/26242 at 5.72 miles, private gate on L. Path continues up R fairly steeply, with 16 steps up and 3 steps down, to track at 74847/26322 at 5.29 miles. Go R on track uphill fairly steep at first, to a T at 75123/26249 at 5.49 miles. *Here the track continues to Tremurlon.* Go R on track (*Helford by Penarvon Cove*) uphill to turning on L at 75231/26068 at 180 feet at 5.67 miles. Go L (*Helford via Penarvon Cove*) on lane winding downhill. Where lane bears L uphill at 75404/26213 at 5.81 miles, continue forward on a track (*sign Penarvon Cove, bridleway and FP only*) through woods down to beach at Penarvon Cove at 75610/26324 at 5.95 miles.

Cross back of the beach, over wooden FB and R (FP) steeply uphill, past house on L overlooking water, and continue to metal gate (FP). Continue on path, bungalows on L, to a concrete track at 75777/26243 at 6.09 miles. Follow WM L down track to tarmac lane at 75838/26241 at 6.60 miles. *L is Coast Path to Ferry.* Go R on lane, past the Shipwrights Arms and Helford Stores and PO, and on down to cross FB over creek at 75813/25971 at 6.31 miles. Go L on a road up through village and, after 100 yards, go L through 2 metal kissing gates to tea garden and CP entrance at 6.40 miles.

Distances in the directions text are cumulative. A simpler version of these route directions, without the GPS data, is also available. Return to the walk page and click for it.