

Route: St. Mawgan, Trevarrian, Beacon Cove, Mawgan Porth, Vale of Lanherne

Interest: St. Mawgan village, church and Japanese garden; Mawgan Porth

Route Directions

Start from St. Mawgan, from the PO/shop/tearooms by the car park entrance at 87322/65899.

St.Mawgan to Trevarrian – 1.56 miles

Pass the back of the Falcon Inn to your L and continue to the road. Go R downhill on the road, with the church to your L, to the bottom, with the bridge over the Menalhyl River off to your R. (*Toilets (seasonal), phone box and Japanese Garden across the bridge*) Go L uphill fairly steeply, with the church to your L, passing on the R a gate to a track to Polgreen, and on the L the entrance to Lanherne. Shortly, opposite the start of a high wall on your L, go R through a wooden gate (*FP and WM*) to a grassy track. **(0.21 miles)**

The track heads uphill between high hedges, becoming a path, up to a wooden stile (WM) to a field. Follow the RH hedge up to a wooden stile (WM) to a second field (*beware of bull sign but probably no bull*) at 0.41 miles. Follow the RH hedge, still uphill, now gently, up to 265 feet and on downhill gently to a fairly high wooden stile (WM) at 0.56 miles to a track. Follow the WM L for 15 yards to a damaged wooden stile (*broken WM*) to a grassy track between high hedges. *Note the view to Mawgan Porth through a gap to your R.* **(0.57 miles)**

Follow the track for 20 yards and, just before a galvanised gate, go R on a fairly wide grassy track between high hedges downhill to a wooden stile at 0.73 miles. The track continues down, heading towards coniferous woodland, to wooden duckboards (WM) into deciduous woodland at 0.76 miles. *Bit muddy along here.* Track continues, stream on your L, up to a high wooden stile (WM) at 0.80 miles. Now follow a grassy track uphill, initially along the edge of coniferous woodland, to a wooden stile to a field. **(0.85 miles)**

Follow the LH hedge uphill easy, a stream to your L. Towards the top bear R to the RH fence and a wooden stile (WM) to a second field at 0.94 miles. Go L along the LH fence for 20 yards to a galvanised gate and WM. Ignore the gate and go R to follow the hedge uphill for a short distance to a cattle stile on your L to a third field. Go over this stile and follow the LH hedge uphill gently, finally past a galvanised gate on your L to a cattle stile (FP) to a lane to Tolcarne Merock at 275 feet. **(1.16 miles)**

Cross the lane to a cattle stile (FP) to a field. Here the path should head WNW towards Trevarrian but the field may have been ploughed or in crop in which case it may be easier to follow round L to reach a cattle stile (FP) at 1.32 miles to the road to Trevarrian. Go R on the road downhill and enter Trevarrian at 1.52 miles. Continue along the road past the entrance to Cornish Country Larder on the R, then cross the road to the No Entry sign. *Note the Travellers Rest pub down the main road to the R.* **(1.56 miles)**

Trevarrian to Mawgan Porth – 1.48 miles

Follow a lane through houses downhill due W to the Watergate Bay to Mawgan Porth road at 1.66 miles. Cross the road to an unsigned track. This soon becomes grassy, *a bit wet in places*, to a kissing gate by a wooden gate at 1.71 miles. The track continues, still a bit wet, downhill with the sea in view. The track becomes a path downhill to a very narrow kissing gate by a wooden gate (WM) to a field (sign NT Bre Pen estate). Follow the RH hedge still downhill then up to a wooden kissing gate at 210 feet, to the coast path above Beacon Cove. *Note below L Griffin's Point cliff castle and views L across Watergate Bay to Towan Head and East Pentire.* **(2.05 miles)**

Go R on the coast path uphill fairly steeply, round Beacon Cove, passing a FP on your R to Bre Pen at 2.15 miles. The path eases off up to 270 feet. It then undulates down and up, *with views ahead to Trenance (above Mawgan Porth) and on to Bedruthan Bay and Park Head.* At 2.84 miles you leave the NT's Bre Pen estate. Here the coast path becomes fairly steep with 92 steps down, continuing easy to a gap to the road at Mawgan Porth. Go L on the road and down to the Merrymoor Inn on your R. **(3.04 miles)**

Mawgan Porth back to St. Mawgan – 1.94 miles

Pass toilets and a car park on your R and continue past Cornish Fresh to the first turning on the R (signed Mawgan) at 3.13 miles. Go R on this road, passing a bus stop (*556 Padstow, Mawgan, Newquay*). A little way after the entrance to Marver caravan park, at 3.32 miles, bear L on a path (*sign public bridleway obscured*). The path crosses a holiday park entrance at 3.37 miles and continues as a track, passing eco-chalets on the L, first as tarmac then at 3.50 miles as a well made sandy track. The sandy track ends at a crossing path with WMs. **(3.61 miles)**

Go R downhill on a narrow track (*FP St. Mawgan*), down to stepping stones over a tiny stream. The path continues up, entering a woodland avenue at 3.64 miles. This ends at 3.90 miles and a path continues through scrubby woodland to a FB over a stream at 3.96 miles. The path continues past a caravan park on the R. At 3.99 miles, at a gate to Stonehaven Valley Holiday Park on R, continue uphill on a tarmac lane. At a T at 4.07 miles cross the road (FP) and go through a kissing gate, cross a yard, passing a barn on the L, to follow a grassy fenced-off path along the LH hedge, through a smallholding on your R and L, valley below on R, downhill to a low wooden stile to coppiced woodland, with the little Menalhyl River below on your R. **(4.23 miles)**

The path leaves the woodland at 4.50 miles and continues more as a track, past a garden fence on the R. At the end of the fence, there are 5 steps down, then the path continues, hedge on L, galvanised handrail on R, down to a track by the entrance on R to Winsor Mill. Go uphill on the tarmac track (FP) into very beginning of St. Mawgan. At 4.63 miles the track becomes a narrow rough tarmac lane, continues up gently, houses on L, woodland on R, up to a lane at 4.77 miles. Go downhill fairly steeply on the lane into St. Mawgan proper, passing cottages on both sides, Methodist Chapel on R, to the entrance to the Japanese Garden on your R, then a phone box and toilets on your R. **(4.89 miles)**

Here cross the road and go through a wooden gate to the playing field. Cross this to far L corner, past a children's play area on your R, to a wooden gate at 4.95 miles. Cross a footbridge on the R over the river to the village shop and the car park entrance. **(4.98 miles)**