
Start from: The exit from Poundstock Church car park at 20339/99497.

Getting There: From A39 Camelford to Bude, pass first turning to Poundstock Church and, at top of hill, go L, signed Poundstock Church. After about ¼ mile go L at 20407/99498 into Poundstock Church car park.

Poundstock Church car park to Rebel Cinema – 0.78 miles

Start from the exit from Poundstock Church car park at 20339/99497. L on the lane downhill, passing immediately on your L the modern cemetery, then the track leading to Church Cottage. At the entrance to Poundstock churchyard go L through an iron kissing gate, alongside a wooden gate, into the churchyard, and follow a tarmac path downhill fairly steeply. passing on your L a St. Winwaloe Church storyboard. The path bears R and L past the south porch and continues down, passing the Gildhouse on your R, and a Gildhouse storyboard, to the Lych Gate. Exit through a small wooden gate to a lane, opposite a restored gated well (not St. Neot's holy well). **(200 yards)**

Go L on the lane uphill moderately steeply, passing soon on your R thatched Dolberry Cottage and, alongside it, a public footpath. Ignore the path and continue up the hill, passing a turning on the R. Pass Trekennard Farm Cottage on L at 475 yards, the climb becomes less steep, then pass attractive Trekennard Farm barns on L. Pass Trekennard Lodge on R at 540 yards, then pass a gated track on R at 575 yards. Pass Trekennard House on your R at 720 yards. Continue up fairly gently, passing the entrance to a Caravan Club site on your R at 900 yards, immediately after it on the R Park Cottage. Pass Treskinnick Granary and Puffins on L at 945 yards and immediately after on L Treskinnick Farm. Continue to the busy fast A39 at Treskinnick Cross. **(0.57 miles)**

Cross the A39 (forward from here is signed to Week St. Mary) and soon go L at 0.61 miles, uphill following a brown tourist sign to Rebel Cinema. You pass bungalows on your L and attractive primrose painted, thatched Treskinnick Cottage with a remarkable external chimney stack, betokening age, on the L at 0.64 miles. Behind the cottage, rather incongruously, a tall communications mast. Continue up then gently down. Pass Rebel Cinema on your R at 0.74 miles. The view then opens out to R to Week St. Mary church tower on the ridge. The road comes to a dead end (it was once the main road, now bypassed). **(0.78 miles)**

Rebel Cinema to New Mill – 0.48 miles

Go R, following a FP sign, over a wooden stile (*barbed wire*) into a fairly large field with woodland at its far end. Follow RH hedge downhill easy, may be a bit soft and muddy in places, passing a muddy gap at 0.93 miles. Ignore a gate on R at 0.94 miles, leading only to a farm. Continue in the field along the RH hedge. *There is a track along the hedge but it may be very muddy, so you may prefer to continue in the field.* At the end of the muddy track, ignore a galvanised gate ahead of you and, with an almost hidden WM post on your R, go R through an iron gate into another field, at 1.02 miles at 21200/99026. Follow the LH hedge downhill, heading roughly towards Week St. Mary church tower on the far hill. Halfway down, the field becomes quite steep down to a wooden stile (*barbed wire on R*) to the next field at 1.12 miles. Follow LH hedge downhill fairly steeply, bearing slightly R to a grassy bridge over a stream at the bottom to a WM post at 1.18 miles. Bear L on a grassy track, still downhill easy, stream and woodland below L, barns of New Mill in view ahead, to a wooden gate (*barbed wire on R gatepost*). Continue down gently on the track, could be muddy, for a short way to a wooden gate (WM). **(1.26 miles)**

New Mill to Penfound and Penfound back to Poundstock – see page 2

New Mill to Penfound – 0.77 miles

Go through the gate, then there are barns to L and ahead. Follow a FP sign, bearing L between buildings, that on your R the rear of New Mill Manor, to a galvanised gate at 1.27 miles. Go forward over muddy ground to the RH of two wooden gates, to its R a wooden stile with a large yellow WM disc. Follow a wide grassy track uphill between hedges then downhill again. Pass a track to a field on the R at 1.37 miles. Continue forward between high wooded hedges. At 1.38 miles a stream appears below R, meadow on the other side of it. At 1.39 miles the track becomes downhill fairly steeply. At 1.46 miles, pass a wooden gate to your L. At 1.49 miles pass a WM post on your R. At 1.56 miles pass a wooden gate to the field on the R, then 20 yards on follow the WM post on your R uphill past a galvanised gate up to a wooden gate to a field at 1.57 miles. Go uphill to a WM and then follow LH hedge downhill. The path enters woodland, Tuckingmill Wood, at 1.63 miles. At 1.66 miles go through a gate (WM disc) to a field. Follow the LH hedge to a stile (WM disc) to woodland. **(1.69 miles)**

Follow a path for a short distance along the RH hedge to a stream. Enter the stream and go straight ahead to leave the stream to your R. *(At times the stream can be several inches deep so be suitably shod)* The path follows a fence on the R, hedge on the L, still in woodland, to a wooden stile (WM). Over stile and bear L uphill fairly steeply on a grassy, muddy track between wooded hedges. After a little way, the track becomes a holloway up to a wooden gate and stile (WM) (damaged, use gate) to a narrow rough field at 2.01 miles. Continue uphill bearing left. You come to the beginning of Penfound Manor grounds on your R. **(2.03 miles)**

Penfound back to Poundstock

Continue uphill, passing on your L Penfound Farm, *(good views across the valley from a wooden gate opposite the farmyard)* up to a lane from Burracott at 2.10 miles. *Looking ahead slightly R you can see the radomes and dishes of GCHQ at Steeple Point.* Go L on the lane, barns on your L, still gently uphill for a while. Then down again easy and into Bangors at 2.73 miles. Pass Bangors Organic Farm Shop on your L shortly before reaching the A39 at 2.88 miles. Cross this fast and busy road with care and follow Vicarage Lane downhill back towards Poundstock, first passing a chapel on your L, graveyard on your R. *Note further on your L the gate of Wheel Gate House.* Pass the entrance to the car park and continue to your start point at the exit. **(3.20 miles)**