

# The Land's End Trail

## The Cornish Section



### CONTENTS Land's End Trail Cornish Section Land's End to Tavistock 142.5 miles

Page 1	Introduction		
Page 2	Route notes, glossary of terms and abbreviations, map information		
Page 3	Stage 1	Land's End Stage	Land's End to Bosullow Common 14 miles
Page 4	Stage 2	Trencrom Stage	Bosullow Common to St. Erth 13 miles
Page 5	Stage 3	Hayle River Stage	St. Erth to Leedstown 7 miles
Page 6	Stage 4	Clowance Stage	Leedstown to Beacon 8 miles
Page 7	Stage 5	Carn Brea Stage	Beacon to Chiverton Cross 13 miles
Page 8	Stage 6	Zelah Stage	Chiverton Cross to Mitchell 15 miles
Page 9	Stage 7	Castle-an-Dinas Stage	Mitchell to Tregonetha 12 miles
Page 10	Stage 8	Saints Way Stage	Tregonetha to Dunmere Bridge 8.5 miles
Page 11	Stage 9	Camel Trail Stage	Dunmere Bridge to St. Breward 9.5 miles
Page 12	Stage 10	Brown Willy Stage	St. Breward to Jamaica Inn 9 miles
Page 13	Stage 11	East Moor Stage	Jamaica Inn to Minions 10.5 miles
Page 14	Stage 12	Caradon Hill Stage	Minions to Callington 10 miles
Page 15	Stage 13	Tamar Valley Stage	Callington to Tavistock, Devon 13 miles

### INTRODUCTION

**This long distance path makes its way up the central spine of Cornwall, Devon and Somerset and on to Avebury.** It originated with an idea by Hugh Miners in 1984 and has been developed by Robert Wicks, Robert Preston and Robin Menneer. The Trail complements and relieves the over-used South-West Coast Path. It does not use the Michael Mary line and links directly with the Wiltshire Ridgeway and with paths leading to the Cotswold Way, and so on to Eastern England and the Midlands. Eventually it will be part of the long awaited Land's End to John o'Groats path.

The Trail starts at Land's End, joining the Tinnerns Track for 9 miles towards Trencrom Hill. From St. Erth it leads to Carn Brea and Carn Marth then to Chiverton Cross. From Mitchell it crosses farmland to Castle-an-Dinas and on to Bodmin. Then it uses the Camel Trail to reach Bodmin Moor, climbing Brown Willy, Cornwall's highest point, before crossing the high moor to Caradon Hill. Then on by Callington to Horsebridge to cross the Tamar into Devon. After Tavistock the trail crosses Dartmoor by a choice of 2 routes to join the Tarka Trail, leading to southern Exmoor. Then it crosses the Quantock Hills and Somerset Levels. Next stop Glastonbury, then through Pewsey Vale to Warminster and across Salisbury Plain to Avebury. It ends inside Avebury stone circle and links directly to the Ridgeway.

The route avoids towns except where lodging is available. Villages encountered have a variety of cottage architecture and fine old churches. Much of the Trail crosses open moorland with evidence of prehistoric habitation and abandoned mines contrasting with farmland and woods elsewhere. Scenery may surprise those accustomed to coastal or mountain landscapes. Mixed broad leaved trees are more picturesque than coniferous plantations. The route uses some riverside routes, a fine contrast with the high places of open granite moors.

The Trail is mostly on registered footpaths or Open Access land, with some farm lanes and minor roads. Permissive paths are shown in the text. Stout boots, 1:25000 maps and a compass are essential when first walking the Trail. Parts may be overgrown and tough going; way-marking is sparse. Paths may be under water even in summer. Cornish rain is wind driven so walking the Trail north-easterly keeps the rain from the face. Because of sudden low cloud, you should use a compass crossing moorland. Direction and condition of footpaths alter with time; please tell local Ramblers of any problems encountered. Please treat the countryside kindly and follow the Country Code. Never leave gates open for animals to stray and leave no litter, especially cans, bottles or plastic, animals may be cut or choked. Consideration for the countryside helps keep the goodwill of the farmers who work the land that the Trail crosses.

One feature of Cornwall is the Cornish hedge, stone built with an earth core. In places bushes and trees grow on top, sometimes infuriating when you wish to enjoy a view, but giving shelter and flowers through the year. Cornish hedges are superb habitats for wildlife but are easily damaged so please keep to the stiles and gateways. To learn more about Cornish hedges you should look at Robin Menneer's Cornish Hedges web site, linked on the LET's home page.

**Please do let us have your feedback – email contact button on html web pages**

# The Land's End Trail

The Cornish Section of the Land's End to Avebury Trail

Published to the web by Oliver's Cornwall



## Some notes about the Cornish section of the route – provided by Oliver's Cornwall

I have been following in the team's footsteps, trying to put myself in the place of an inexperienced walker unfamiliar with the idiosyncrasies of the Cornish landscape and its often tortuous tracks and paths. With their consent I have amended the route directions so that, were I new to Cornwall (as I was not so long ago) I would feel confident about finding my way. Some terminology may need a little explanation so I include a short glossary.

I have also included reference to the many antiquities that you pass along the Trail, particularly in West Penwith and on Bodmin Moor. These include stone circles, burial cairns, quoits or portal dolmens, iron age hill forts, ancient chapels and holy wells. Where the Trail passes towns, villages, churches of particular note, or mining remains, these are included, too. All of these appear in the text in *bold italic* type. If you would like to learn more about them, click on the link to **Oliver's Land's End Trail** or **Trail Interest** on the home page. They appear in the order of the Trail text. These pages describe the route of the Cornish section of the Land's End Trail from west to east. Details of the same route from east to west will be published soon. Tavistock to Avebury is a work in progress; it has its own PDF file. In due course the complete route from Land's End to Avebury, in both directions, will be published on the web.

## Glossary of Terms

Cairn	Bronze age (usually) burial mound. In Cornwall made of rocks, exposed or grassed over
Cist	Small coffin shaped prehistoric burial chamber of stone, often found in cairns but sometimes alone
Clapper bridge	Rough stone piers, large flat stones laid across. Best known example at Postbridge on Dartmoor
Furze	Gorse. In places this can be more than head height and quite impenetrable
Hedge	A Cornish hedge is a soil bank faced with stone, battered for strength, usually growth covered
Hedgerow	An English hedgerow, made of trees and shrubs, traditionally trimmed and layered for strength
Quoit	Exposed prehistoric burial chamber, upright stones and a capstone. Also known as Portal Dolmen
Stiles	<u>Proper Cornish stiles</u> are of stone, usually granite or slate <i>Cattle stiles</i> are open ladders of three or five horizontal stone slabs <i>Coffen stiles</i> are spaced horizontal stone slabs, laid over an open pit <i>Sheep stiles</i> are spaced slabs, projecting from a hedge <i>Wooden stiles</i> are used by the English and the National Trust <i>Crude stiles</i> (my term) are too haphazard to meet any of the above descriptions

**Abbreviations used in the text** – They may be obvious but here they are anyway

<b>CP</b>	Car parking	<b>L</b>	Left	<b>R</b>	Right	<b>T</b>	T junction	<b>FB</b>	Footbridge
<b>FP</b>	Footpath (sign)	<b>LH</b>	Left-hand	<b>RH</b>	Right-hand	<b>WM</b>	Way-mark arrow	<b>X</b>	Cross (roads)
<b>OA</b>	Open Access land, finish normally indicated by OA ends								
<b>Chevron WM</b>	Yellow single chevron denoting Land's End Trail direction, encountered where no other WM								

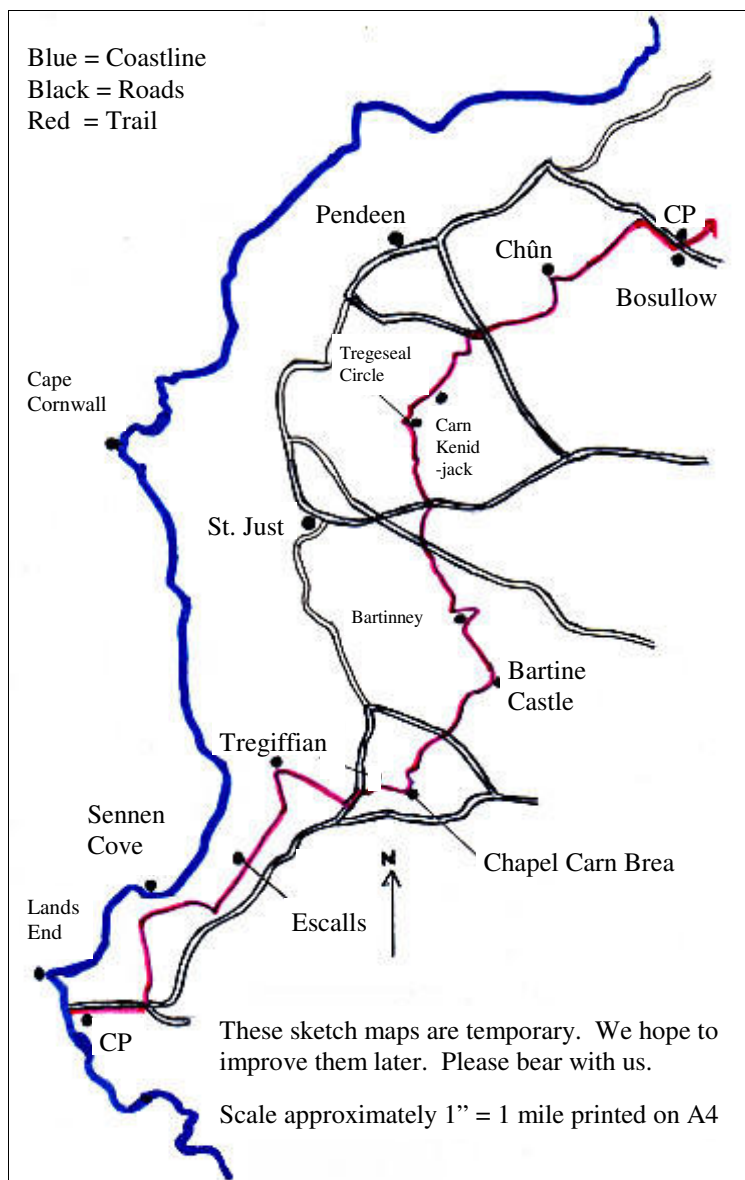
**Accommodation:** You can download a PDF file. Links - LET, Cornish Section and Tavistock to Avebury home pages

## Trail Maps

Each stage is headed by its own map. Scale of these is mostly about 1 inch to the mile (but don't rely on that), printed on A4. Orientation is north in every case. Points are shown to help location; these appear on the relevant OS map. Roads are shown where they relate to the trail. The Trail is shown in red, roads black, railways hatched black, coast and rivers blue. Stage and intermediate distances in the text are adjusted to take account of terrain but are approximate. These maps are intended only to provide rough stage guidance. We hope to include improved maps later. .

## OS Explorer 1:25000 maps required for the complete route

**Cornwall:** 102, 104, 106, 109, 108. **Dartmoor National Park** OL28. **On towards Exmoor** 113, 127.  
**Exmoor National Park** OL9. **Eastwards to Avebury:** 140, 141, 142, 143, 130

**STAGE 1 LAND'S END STAGE Lands End to Bosullow 14 miles Map OS Explorer 102****Car Parking:** at Lands End OS Explorer 102 Grid Ref: 344/251

Start at Dr. Syntax's Head (most W point) on coast path S to famous **Land's End** signpost. Take FP along exit road to gap on L. L on bridleway NNE to junction. Bridleway continues as Maria's Lane NE to road. **(1.5 miles)** Go R uphill on footway, ignore stile on L, continue to FP 'no horses' sign. L on tarmac path roughly N, across Mayon Green (OA) to lane. R 30 yards, L (FP) up tarmac lane to wooden stile. Follow RH hedge to gap, on NE to crude stile and R on green lane to Escalls. **(2.75 miles)**

Bear L to WM and follow FP through wooden and iron gates and cross field, just E of N, to steps to tarmac lane. R on lane 150 yards then L on lane (sign Tregiffian) 75 yards. Go R over crude stile, cross field NNE, over crude stile and on to concrete stile by iron gate to Trevedra. Keep house on L to enter caravan site. Cross NE, 1st part to gap, 2nd part to galvanised gate, follow RH hedge to crude stile into field (WM). Follow RH hedge and fence, just W of N to Tregiffian and wooden stile (WM) on R. **(3.5 miles)** Cross field, barn on L, to WM, follow LH fence through 2 fields, passing **Chambered Cairn** in 2nd, to wooden stile by galvanised gate. Follow RH hedge to galvanised gate (WM) and LH fence to wood stile (WM) into Higher Tregiffian. Through galvanised gate and take concrete track to road busy B3306 road. **(4.25 miles)**

L on road 250 yards to L bend then R up lane to Kerrow. Before buildings, up steps on R (FP) into field and follow LH hedge to gap. L up overgrown green lane 130 yards. L up steps and through hunting-gate (OA) for 150 yards, then R uphill on rough path, keeping L at forks, to 650 ft summit of **Chapel Carn Brea** **(6 miles)**

Pass toposcope and cairn on L, follow clear path NE to iron gate to CP (OA ends). Cross road R/L to wooden gate. Follow bridleway track, NE bears NNE to wooden gate. Cross field by track NE to gap to Bartiney Downs

(OA). Follow horse track NNE bears N through scrub to summit at 740 feet. **(7.25 miles)** (**Bartine Castle hill fort on your R**). Follow 'horses' WM heading NNW down to stile R of Higher Bartiney. (OA ends) Cross garden and R on track, bears L passing Bartiney on L. 60 yards after Bartiney drive, R through galvanised gate to follow LH hedge N through OA scrub to high sheep stile. L through iron gate to gap, R into field. Follow LH hedge N to crude stile, then LH hedge round to crude stile. Cross next field N to galvanised gate (OA) to grass track to wooden gate with Roselands caravan site on your L (OA ends).. **(9 miles)**

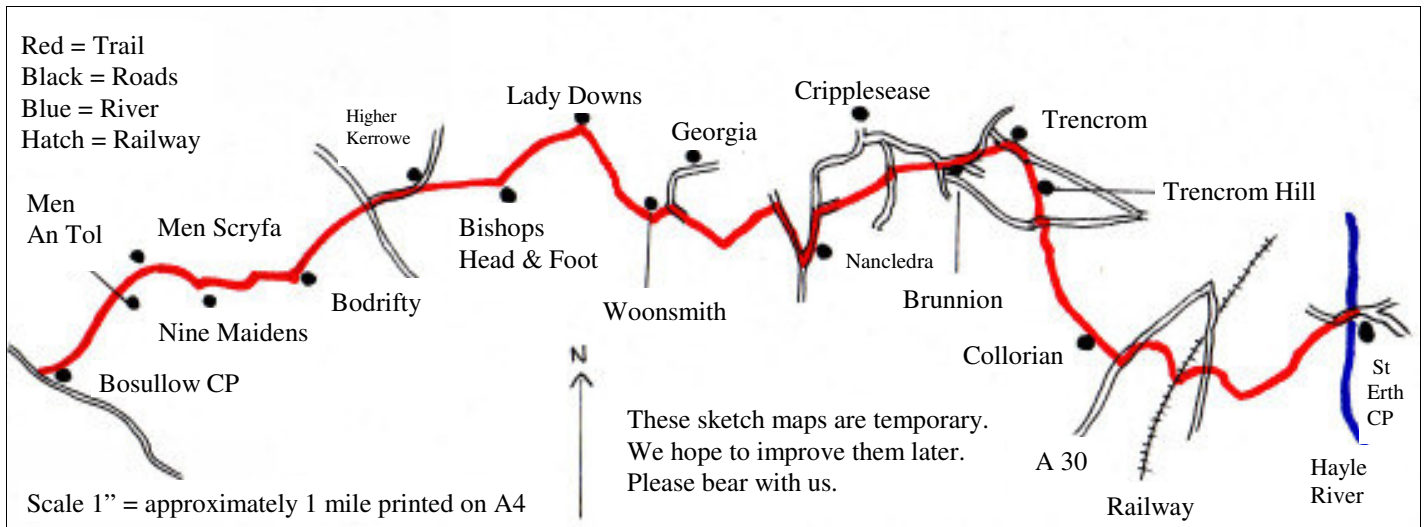
Go R on lane to T, L on road 50 yards. R (FP sign missing) on narrow path roughly NNE over OA scrub. Cross well-made track to continue on grassy track, bends R/L NW to busy A3071 road. (OA ends) R on road 80 yards, L on LH of 2 tracks downhill NNW to Lower Bostraze. **(10 miles)** Continue uphill on stony track N bears NE to T at Hailglower. R on grassy track NE bears N to cross track. R through hunting gate to Truthwall Common (OA) on track E to **Tregeseal Stone Circle** on R. Bear L on clear horse track NE bears NNE uphill, with Carn Kenidjack on L. Near top (at 650 feet) keep R at Y to hunting gate at NE corner of Carnyorth Common. (OA ends) R through hunting gate E on grassy track, becomes well-made track turning L to road from Trewellard. **(11.5 miles)**.

Go R to T at B3318, cross to CP. (**Chûn Quoit visible on hilltop ahead**) Go through gap by iron gate to Woon Gumpus Common (OA). Clear track starts R and L to head ENE over common, passing WMs, to cattle stile by metal gate. Cross field (not OA) E to cattle stile (WM) and go L to follow clear path NE over OA moorland uphill to **Chûn Quoit**. Now go R (E) into **Chûn Castle**. **(12.5 miles)** Leave over walls to NE, go R (WM missing 2009) down scrubby hill NE to gap to R of wooden gate (OA ends). Continue NE on overgrown path between hedges, crossing cattle stile (WM), and pass **Trehyllys Iron Age Village** on your R to cross cattle stile. Over Carn Downs (OA) to cattle stile and overgrown path to road to Madron and Penzance. Go R on road for 500 yards to small CP on L at start of Stage 2.

**B&B:** Nearest known North Inn and Radjel Inn at Pendeen, . Approx. 2.5 miles from Bosullow Common but less than 1 mile from the trail at Woon Gumpus Common. Leave LET at Tregeseal Circle to go N by Carn Bean and Trewellard Common. Rejoin LET by lane SE by Higher Boscaswell and Portheras Common, road SSE to Woon Gumpus Common.

## STAGE 2 TRENCROM STAGE Bosulow Common to St. Erth 12 miles Map OS 102

**Parking:** At Bosulow Common, by track to Nine Maidens Common OS102 grid ref: 418/344



Leave car park along well-made track overall NE past *Men-an-Tol* (stile on R) and *Men Scryfa* (field on L). Track becomes grassy. At ruined building on L, go L/R through gap in hedge. Follow RH hedge, ignoring cattle stile on R, to another gap. (To visit Nine Maidens stone circle, from ruined building continue SE uphill past *Four Parish Stone*. Return to route over grass NNE) Continue roughly ESE on a narrow moorland path across Nine Maidens Common, following LH hedge. Path becomes sunken down to massive boulder near Brook Cottage gate. (2 miles)

Go R on stony track to T. Go L on track for 100 yards then R at orange sign and over cattle stile into *Bodrifty Iron Age Village* site. Loop either L or R through site (more interest on R loop) to iron gate and continue NE through 2 fields (gap & cattle stile), to open ground of Bosporthenis Common. Continue ENE on clear moorland track over N end of Mulfra Hill. Track finally turns L and bends R to road at Higher Kerrowe Turn (bus stop name). Cross road and follow tarmac lane E to Higher Kerrowe, where lane bears L. (4 miles)

Continue on track E past Kerrowell Cottage and at Bishop's Head and Foot continue NE on clear moor-top bridleway (sadly defunct *Tinners Track*) onto Lady Downs. Where RH hedge ends go R (WM) downhill to follow RH hedge to high sheep stile by galvanised gate and follow grassy then stony track SE to gap (possible gate) to Woonsmith. Go L on track to T. (6 miles) Turn R on lane, bears L as track SE past *Baker's Pit Dries* and Pigmoor Cottage. At double wooden field gate on L, turn L (NE) on path to double iron gate over stream. Follow clear path across field to wooden stile by gap, then RH hedge to iron gate by wooden gate. Cross field diagonally L to kissing gate by galvanised gate. Now follow grassy track downhill to crossing track by Tregarth Cottage. Cross track to gap and narrow bridleway path (no WM) winding downhill to lane at Lower Croft Todn. Go R on lane for 400 yards to T then L over bridge on road for 75 yards into Nancledra. (7 miles)

Go R on lane uphill past BT phone box to top. Take FP up steps on L and path to cattle stile. Uphill through fields, heading NE over 6 more stiles, and cross field to gate in far corner. Go R on track and R over stile to a road. Cross road (FP) to short track and tall sheep stile by gate. Follow LH hedge to crude stile on L of mine remains wall, cross paddock ENE to wooden gate (FP sign) and go R on road into Brunnion. (8 miles) Take first and second L forks to L bend. At FP sign on R, cross crude stile on to narrow path, into field and cross to crude stile into Trencrom Hamlet. R on road and over large cattle stile on R and up to summit of Trencrom Hill (*iron age hill fort*). (9 miles)

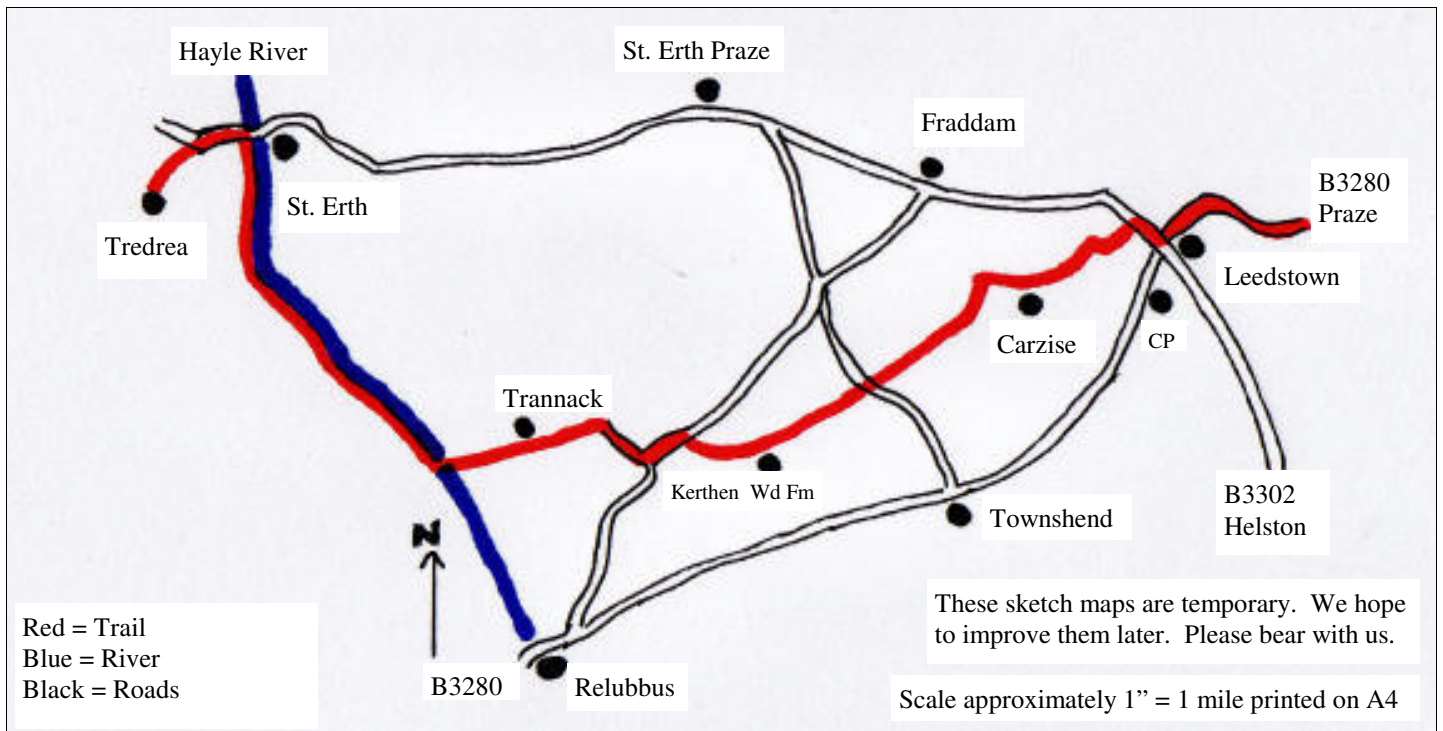
Take steep path S down to CP and road. L on road 90 yards then R on byway, downhill past Gonew Viscoe to ford. Continue uphill on byway to top. Continue L/R across green lane and downhill to Collorian. At triangular green fork L to A30. L on A30 (footway on LH side of road). Take track on R to Polgrean Farm. Bear R to Pippin Cottage and continue on path to just before field. Take path to L (v. overgrown summer) to railway crossing. Cross railway, over wooden stile and follow RH hedge to field end. R on overgrown path (if impassable, into next field and RH hedge to gap) to Arch Lane. Cross to FP sign, down overgrown path to Tredrea Lane. Turn R for 75 yards then L into Long Lane for 240 yards, L again over cattle grid onto Trewinnard Lane (private road). (11 miles) Where lane bears R to Trewinnard Manor go straight ahead through gate into field. Follow hedgerow on L and on along wide grassy track through woods. L through gap, R through gate and L on wide muddy track to tarmac lane at Tredrea Manor. In 30 yards go R on wide grassy track into field. Follow RH hedge then R/L through gap. Over coffin stile, straight across field and over next coffin stile by white house. Turn R on road past toilets to bridge over River Hayle to St. Erth.

**St. Erth village:** Church and churchyard, Post Office and Shop, Star Inn pub

**Parking:** Opposite St. Erth Church OS102 Grid Ref: 549/351

### STAGE 3 HAYLE RIVER STAGE St Erth to Leedstown 7 miles Map OS Explorer 102

**Car Parking:** at St Erth bridge, E side of Hayle River OS 102 grid ref: 550/350



From St. Erth Square, go downhill W to cross St. Erth bridge. Do not take bridleway on L but take path between it and the river. Go S following W bank of **Hayle River**, passing Battery Mill and Carbis Mill, for almost 2 miles to cross FB on L to wooden gate. (**2 miles**) Go R through gate (bridleway WM) and follow muddy grassy/stony drive to Trannack Mill. Take gravel path in front of house and on along overgrown path to ramshackle wooden gate. Through gate (WM) and follow long muddy track winding generally E to Trannack Farm. (**2.75 miles**) At Trannack Farm, forward through farmyard and R between house and barn. L (FP sign) to galvanised gate (FP sign) to field. Cross field NE to awkward sheep stile. Follow LH hedge ENE to gap then RH hedge to gap. Follow track and go through yard to metal gate to Countess Bridge Lane at FP sign Go R down and up on lane to T. Turn L up Gurlyn Hill, passing Bosworsey on L, to FP sign on R. (**3.75 miles**)

R over wooden stile by wooden gate, along broad track to field and follow LH hedge to end. Jink L and R and follow green lane to crossways. Now jink R and L to follow LH hedge roughly NE to gap. Grassy green lane passes barn and continues as track to Kerthen Wood Farm. Over wooden stile by wooden gate, pass house and shed on L Follow WM over crude stile then follow RH hedge to crude sheep stile. Cross field NNE to gap in wood and follow grassy track past barn. Bear R and L on grassy track to Kirthenwood (not named on OS). At 'Private Property' sign follow WM L, passing barn on R on sunken path to crude sheep stile (WM) then follow RH hedge to metalled track at FP sign. Go L on track NE to Bunkers Hill. (**5 miles**)

Cross road (FP sign) and up steps to field. Cross field NE to hedge gap by bushy tree to L of wood (best aiming point distant low slate roofs). Cross next field NE to glade just L of furthest visible telegraph pole. (*If these last two fields contain standing crops you may need to skirt them, probably best first to R, second to L*) Bear R to galvanised gate and along green lane to wooden gate to field. Cross field NNE to WM and through wooden gate to T. Turn R on byway, passing mine spoil, to L bend at Carzise Farm. (**6.25 miles**) Continue NE on byway, and 100 yards after R bend turn L on byway (Carzise Lane) NE to B3202 road from Hayle at Village Hall. Right on road into Leedstown to crossroads at Duke of Leeds pub.

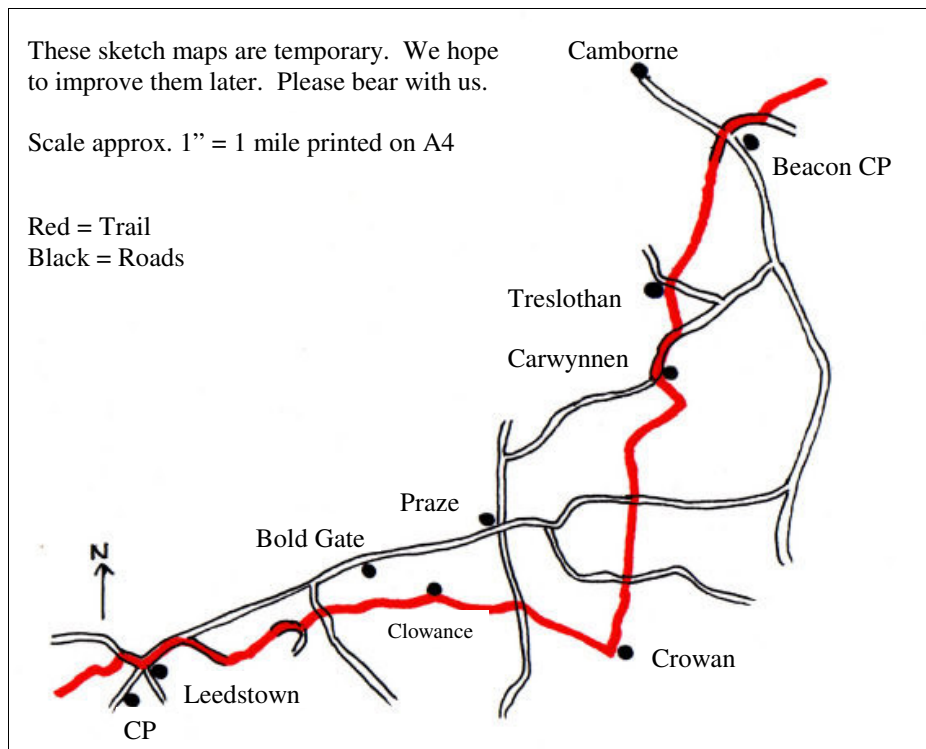
#### Leedstown

**Parking:** On Townshend road, lay-by opposite school OS102 Grid ref: 603/342

**Pub:** Duke of Leeds Open lunchtime and evening, accommodation see B&B list

## STAGE 4 CLOWANCE STAGE Leedstown to Beacon 8 miles Maps OS Explorer 102, 104

**Parking:** Townshend road, lay-by opposite school OS102 603/342; or Praze road, lay-by opposite Drym turn 607/346



From Duke of Leeds pub turn L on B3280 for 500 yards, then R on minor road SP Drym. Where road turns R go straight on along track (bridleway sign) to minor road. Turn R then at R bend go L over crude stile onto track for 40 yards. Over log stile on L and follow RH hedge, cross second log stile and pass Clowance Wood Farm to galvanised gate on R into yard and onto minor road. \*R on road, L through galvanised gate and along very muddy track (OS 104 shows bridleway but no sign) then follow RH hedge to corner of field Through 2 galvanised gates and follow muddy track with woods on L, through third gate. Track bears L; go through middle (wooden) gate of 3 and along edge of wood past Keepers Cottage, then L through galvanised gate on track N. Soon go R through galvanised gate. Cross field SE to coffin stile by galvanised gate. Follow LH hedge to galvanised gate and path through wood into Clowance estate. R at WM on tarmac drive to B3303 at Best Lodge. (3 miles)

Straight across road, over coffin & wooden stiles into field, diagonally R (SE), over coffin stile into next field. Along LH hedge uphill, over coffin stile on L and follow track over disused railway bridge to **Crowan church**. Keep church on L to narrow path on L (WM) and by 2 coffin stiles into a field. Cross just E of N to gap in narrow plantation to coffin stile, through poultry farm and follow RH hedge (FP) N to track (WM) to B3280. (4.5 miles) Cross to FP sign and continue N through 10 fields (gaps and awkward coffin stiles) to minor road at Carn Tremayne Farm on L.

\*\*\*Go L on road 35 yards and R over coffin stile (FP sign) into field. Continue N through 2 fields (gap) to cross a cattle stile to grassy green lane. Cross wooden stile (FP sign) and follow LH hedge N over 2 coffin stiles. Now go diagonally R, roughly NE, to a muddy green lane. At bridleway WM go R over wooden stile. Follow track through 2 galvanised gates and downhill to small clapper bridge. Then over coffin stile into small wood. Follow RH hedge to RH of 2 gaps near small wind turbine. Follow LH hedge to coffin stile with wooden gate. Follow green lane which turns L into Higher Bodrivial Follow drive and track down through woods to minor road at Carwynnen hamlet

Turn R uphill (*passing Carwynnen Quoit in a field on L*) to Higher Carwynnen Farm on R. Turn L (FP sign), on muddy hedged track through woods. Over coffin stile into field; follow LH hedge uphill to gap and coffin stile on L. Follow green lane past former school on R to **Treslothan village**. (6.5 miles) Turn R on lane to T at minor road. Straight across and over handsome cattle stile into field. Path goes diagonally R to gap (WM), then follow LH hedge along 2 fields, over stile and downhill to stream. Uphill on green track to Tolcarne Farm. Turn L on metalled lane which becomes Tolcarne Road uphill to crossroads by pub and chapel at Beacon.

\*[The track may deep in mud and slurry. If you don't fancy it, you can turn L on road to B3280 Leedstown to Praze road, turn R on B3280 road for 1/4 mile to Bold Gate. Turn R onto bridleway track to Clowance to rejoin at \*\*].

\*\*\*[The route previously described between Carn Tremayne and Higher Bodrivial was a little different. It may be found on Oliver's LET Commentary page on the HTML web pages]

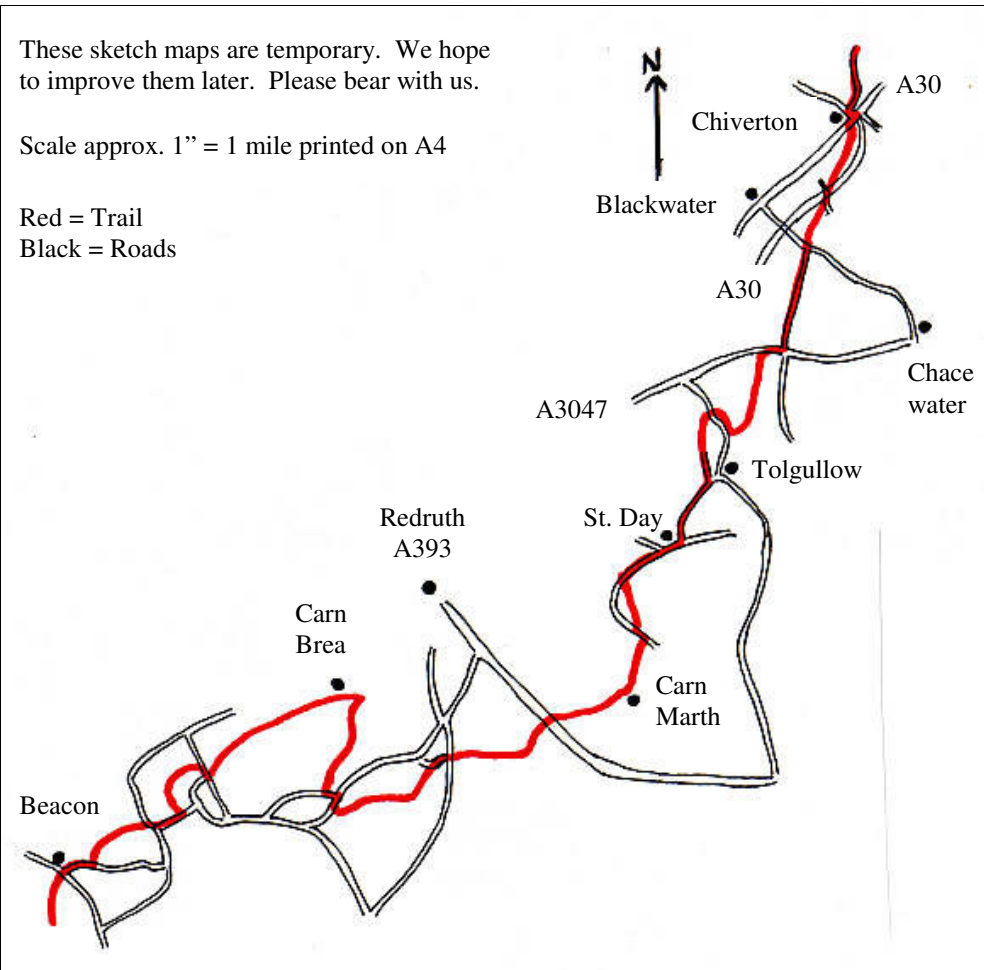
**Parking:** You should be able to park in Beacon Square, beginning of Condurrow Road.

**Worth Visiting:** *Cornish Mines and Engines* in Pool; *Tregellas Tapestries* at Cornwall Centre, Redruth

## STAGE 5 CARN BREA STAGE Beacon to Chiverton Cross 13 miles Map OS Explorer 104

**Car parking:** Beacon Square, start of Condurrow Road opposite Pendarves Inn, OS 104 Grid ref: 657/393

**Trails:** Mineral Tramways (MT) Great Flat Lode (GFL), Redruth & Chacewater (R&C), and Wheal Busy Loop (WBL)



Take Condurrow Road opposite the Beacon Inn E for 0.25 miles. Turn L (GFL) to Carn Entral sign, then R on bridleway (GFL) downhill to road at Brea Adit. **(1 mile)** Cross (GFL) and go steeply uphill on lane 0.25 miles to top of hill. Turn L (FP) along track to Higher Carn Arthen. Over high sheep stile on R (WM) and diagonally R to sheep stile (WM). Follow RH hedge, go R over cattle stile and follow path between hedges to busy Pool to Four Lanes road. **(2 miles)**

Turn R on road for 75 yards, then L (WM) on drive, past a conservatory. Go through wooden gate and follow path (WM) R up between hedges to pass Burnt Cottage on R to lane. R on lane 120 yards and L uphill (no WM) ENE through heather and furze to W summit of **Carn Brea**. **(3 miles)**

Continue ENE to pass WM and pass **Bassett Monument** towards E summit at **Carn Brea Castle**. Before castle, turn R (S) on metalled track downhill. continues as tarmac lane to Carnkie. Turn L on road and soon R at chapel on Four Lanes road. **(4 miles)**

After 300 yards turn L uphill for 100 yards on lane to Hillhead Farm, then turn L (MT WM) onto **Great Flat Lode Trail**. Follow trail roughly E past Wheal Bassett Stamps mine buildings (MT WM), then through hunting gate. Track bears NE between post and rail fences to hunting gate to Copper Lane. Turn right to B3297 road at Copper Hill. **(5 miles)** Cross road and continue E on well-made bridleway (R&C) to minor road at small car park at Lanner Hill. **(6 miles)**

Turn L, leaving domed reservoir on R, to A393 road. Cross A393, and head up Carn Marth Lane (bridleway) which becomes a track, past Pennance Consols engine house, then take L fork to summit of **Carn Marth**, passing amphitheatre in quarry on L. **(7 miles)** At summit, by water-filled quarry, go R downhill on bridleway for 250 yards to Xing track. Turn L (no WM) downhill along track to minor road. Go L on minor road for 100 yards (*stay on road for Gwennap Pit*) then R at FP sign down narrow green lane to road. Go R downhill on road to the **Star Inn**, Vogue. **(8.5 miles)**

Continue on road for 100 yards to first junction on L. Turn L on Pink Moors to just before junction with B3298. Turn L uphill on lane to Tregullow. Lane becomes muddy walled track downhill to B3298 road. (*If flooded under bridge keep L for shallow water*). Cross busy road **(10 miles)** and turn R through wooden gate on tarmac former tramway (GFL) for 200 yards. At Unity Wood sign turn L on path uphill through wood with hedge then fence on L. At path T junction, go L on WBL past ancient mine workings. Follow track out of wood, past Hawke's Shaft engine house (bridleway WM), and then through wooden gate and on to short metalled lane to Chacewater road at Black Dog Shaft MT post. **(11 miles)**

Cross road and continue on stony bridleway, bears R past bridleway WMs to minor road at Wheal Busy Downs. Straight on along bridleway past old Wheal Busy mine buildings. Soon turn L on bridleway (WM and MT post) to a tarmac lane. **(12 miles)** Go L on lane to T then R, with BT box on L, to follow road N over railway bridge and on downhill to Xroads. Cross the Blackwater to Chacewater road onto a stony (sometimes muddy) byway NE uphill past Carnhot House. Straight on to minor road, turn L on bridge over the A 30 road, then R along stony (sometimes muddy) byway parallel to A 30 to former A30 by Claude Holman car showrooms. Turn R on road to St. Agnes roundabout at Chiverton Cross.

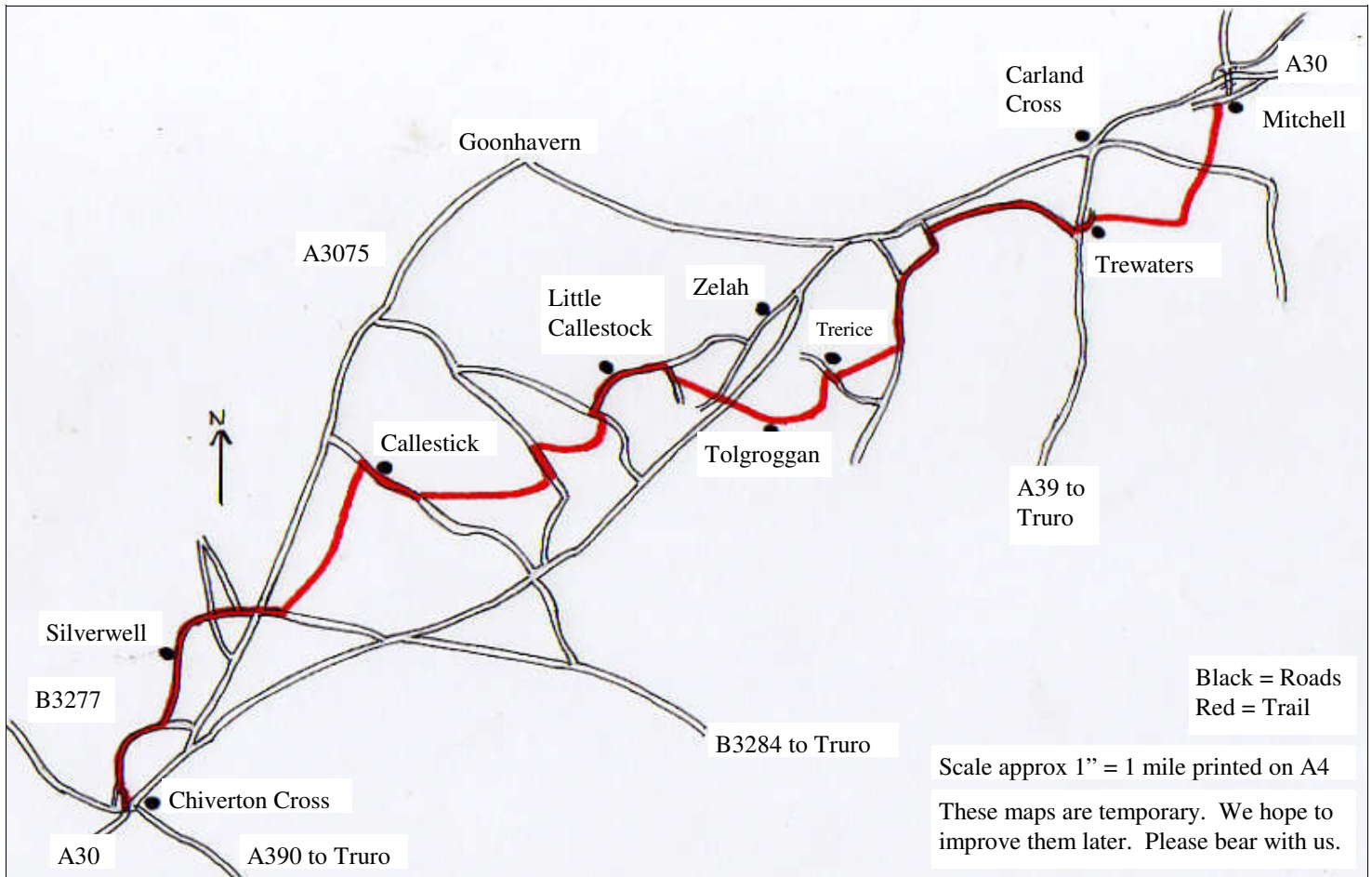
**Refreshments:** Star Inn at Vogue (St. Day) after 8.5 miles, good value.

### Chiverton Cross

**Refreshments:** Chiverton Cross pub and Starbucks

**Car Parking:** No official parking but try the Chiverton Arms pub (01872 560240) or Starbucks (01872 560124); ask permission. Failing which, some space to park on LET, on byway before old A30 or just after St. Agnes road roundabout.

**STAGE 6 ZELAH STAGE Chiverton Cross to Mitchell 14.5 miles Maps OS Explorer 104/106**  
**Car parking:** Starbucks or Chiverton Arms (as stage 5), or small lay-by on start lane OS Explorer 104 grid ref: 747/469



From St. Agnes road roundabout, go towards A30 and turn L into tarmac cul-de-sac. Go L on track, becomes tarmac lane to pass church on L. Go R on minor road for 0.75 miles to bungalow on R. Go L downhill through Silverwell to Xroads, straight on to T, R on B 3284 to busy A 3075. **(2.5 miles)** Cross this L and R on B3284 for 150 yds then L on metalled Public Byway NE bearing NNE to **Healey's Cider Farm** (refreshments) and Callestick Veor. R on minor road down to **Callestick** (Callestick Farm Ice Cream & café). **(4.5 miles)**

Road bears R, after stream turn L onto very muddy bridleyway (sign) for 0.5 miles to galvanised gate (WM). Cross field to path to WM on spoil heap at Chiverton Moor Mine. Bear R to WM by wood. Go L to follow RH hedgerow to galvanised gate (WM). Narrow path, roughly E through scrubby wood, passes WM to galvanised gate (WM). Cross field E to small wooden gate and FB over stream. Follow RH hedge uphill to cross high sheep stile (marker post) to short path to road. L on road for 600 yards. **(5.5 miles)** Go R (E) on metalled Public Byway, passing West Chyverton mine engine house to Higher Ventongimps Farm. Byway turns L (N) to road. **(6.5 miles)** L on road 40 yards then R down and up to Little Callestock. Go R uphill to Xroads. **(7.25 miles)** Turn R and immediately L on muddy green lane (no FP sign) to former A30 at SW end of Zelah. **(7.5 miles)**

Straight across past The Chapel on Zelah Lane to cross bridge over A30. Follow metalled track downhill to Tolgroggan Farm. **(8.5 miles)** Go L over stile (WM) with barn on R then through R of 2 galvanised gates and down muddy green lane to stream. Over stile (WM) and footbridges over River Allen. Cross field due E to WM and follow RH hedge N uphill through 2 fields to cattle stile (FP) on to lane. **(9.5 miles)** Turn R, past Trerice, for 200 yards. At FP sign on L go over unusual stile and head NE, following pylons to hedge corner (WM). Follow RH hedge to crude sheep stile (WM) and RH hedge to galvanised gate to lane. Go R for 40 yards on green lane to Trefronick Farm.

Turn L through galvanised gate (WM) and over wooden stile (WM) then follow RH hedge through 2 fields to wooden gate (FP) to lane. **(10 miles)** L for 500 yards then R, passing Ventonteague Farm, for 0.5 miles. Lane goes L for 200 yards then, just before A30, turn R on 'quiet lane', passing Higher Ennis Farm, for 1.5 miles to busy A39. **(12.5 miles)** (Ignore unusable bridleyway on L). Cross A39 with care then go N up lane to Trewaters Bungalow. Turn R on bridleyway (WM) and follow metalled track down and up for 0.75 miles to end. Then follow track by RH hedge to end of field. Turn L on concrete track uphill, with Hendra Wood on your R, to lane. Cross and go through small wooden kissing gate, cross field roughly N to second kissing gate. Follow narrow sunken green lane downhill to Rose Terrace and Plume of Feathers in **Mitchell**.

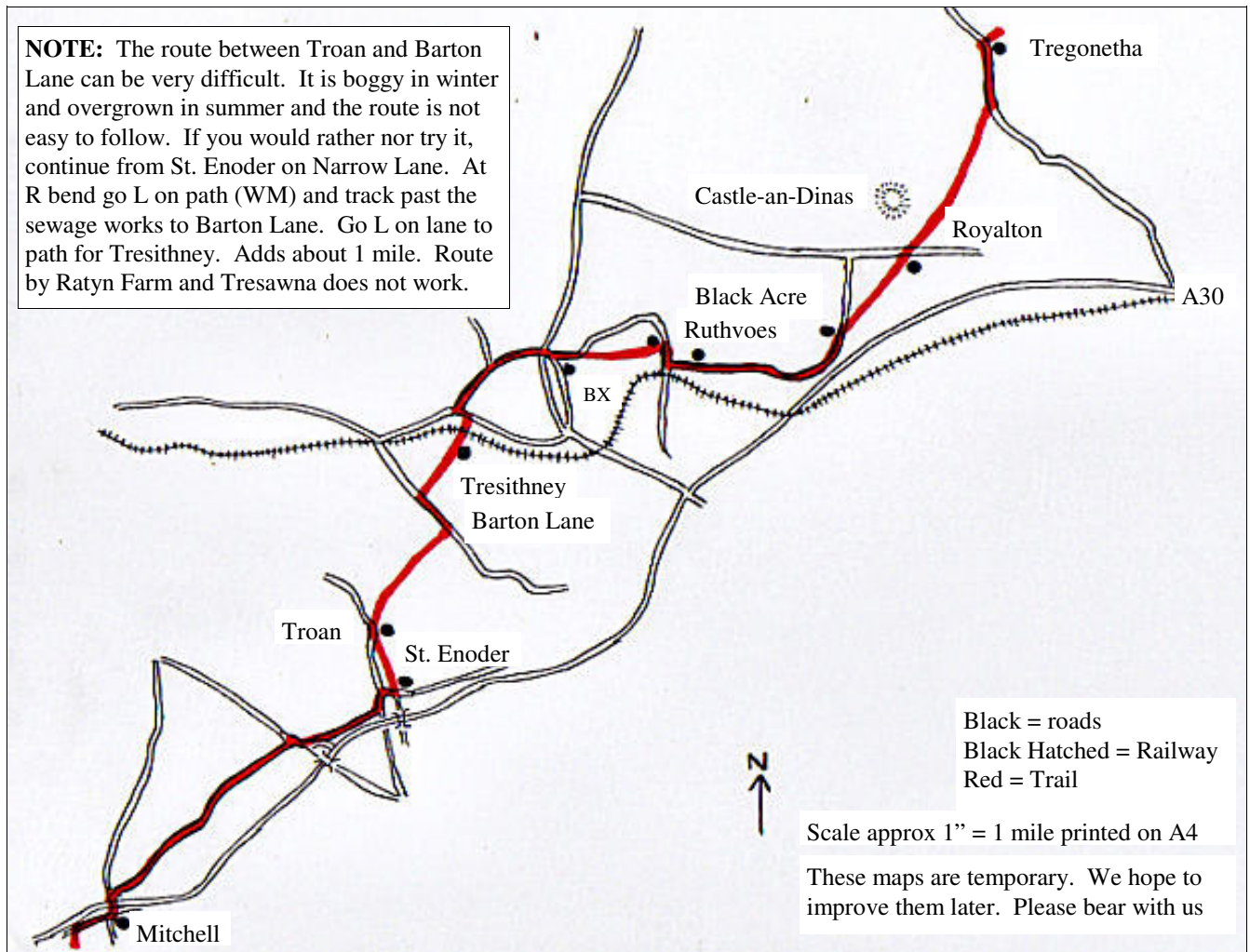
**Mitchell: Car Parking:** Plume of Feathers (ask)

**Pub:** Plume of Feathers – Highly recommended if you don't mind gastro pubs



## STAGE 7 CASTLE AN DINAS STAGE Mitchell to Tregonetha 12 miles Map OS Explorer 106

**Car parking:** at Plume of Feathers Inn (ask on 01872 510387) OS Explorer 106 grid ref 859/545



From Plume of Feathers go NE to road junction, then L over A30 to roundabout. Go R on road for 1.75 miles to A3058. Turn R and L on verge and L onto minor road to T junction; turn L then R to St Enoder Church. (**3.5 miles**) Just before church go L through gate (FP) into field, go N through 2 galvanised gates, following LH hedge, to tall wooden fence. Go through sliding plank stile, bear R and L and through low wrought iron gates onto minor road at Troan hamlet.

Forward on road 100 yards and R over crude stile by galvanised gate. Cross field to bottom L corner. Enter wood, keep R of bank, passing chevron WM, to granite post. Through boggy gap and up onto bank which follow as far as possible. Go R over logs, bear L & R to gap in bank. Turn L with reedy pond on R, passing sluice on R and through gap in bank. L for 20 yards and, at stream confluence, cross main stream by large oak to farm track (electric fence). Cross track (electric fence) and into wood with stream on R to a chevron WM. Follow muddy path keeping stream close on R. After 0.25 miles start passing chevron WMs and metal bins. Ignore plank bridges on R and continue through boggy ground. Where small stream enters main stream on R ford main stream diagonally R to continue with stream on L to Barton Lane. (**5 miles**)

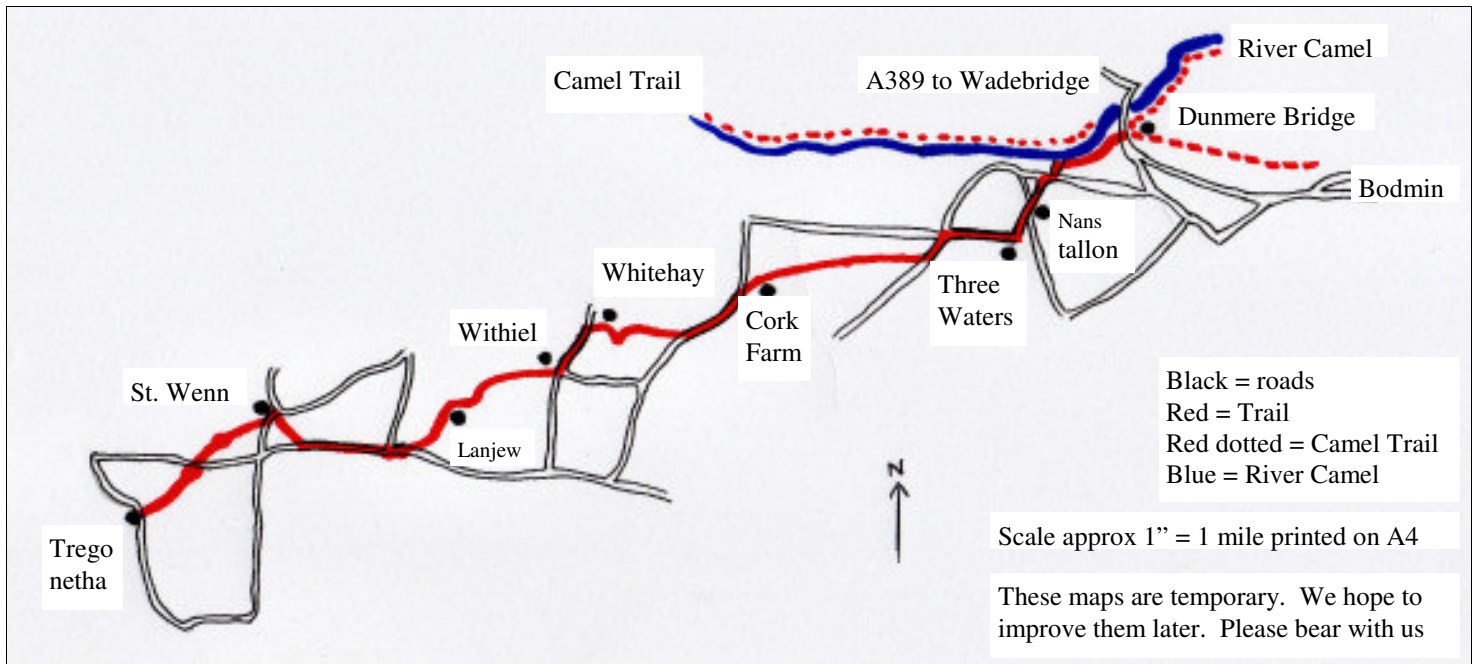
L on lane for 0.75 miles, then R (WM on FP sign on L) on short track to end. Through gap (chevron WM) and go NE to cross hedge between 2 spindly oak trees  $\frac{3}{4}$  of way along hedge. Go NNE to gap and track to Tresithney Farm. (**7 miles**) At T turn L on track, passing farmhouse on R, to cross gated railway Xing and continue R and L to busy A392 road. Turn L (*with great care*) on road for 200 yards then R on minor road, taking R fork downhill (*L fork goes to Wheel Lodge B&B*) and under A39 road to Black Cross. Continue E on road to L bend and cross crude stile on R (opp FP sign on L) into field. Cross field ESE to wooden stile in barbed wire fence then diagonally R (ENE) to galvanised gate. Go R to follow muddy track to Treliver Farm. (**8.5 miles**)

Through double galvanised gate to wooden gate. Follow short path through garden to wooden gate. Follow drive to minor road. Turn R (S) 200 yards then L (E) to Ruthvoes and on to Mons Tenement. (**9.5 miles**) After R bend take first L. After Black Acre Nurseries on L go R on track through kissing gate (WM) and continue straight NE (*mostly between hedgerows but where blocked follow RH hedge*) through Royalton Farm. (**10.5 miles**) Cross road (FP) and follow metalled farm track (*Castle-an-Dinas on L*) past Castle Farm and through gate to conifers on R. Go through galvanised gate (WM) and where track bends R bear L on narrow path through scrub to B3274. (**11.5 miles**) Go L on road for 0.4 miles to Tregonetha.

**Parking:** Village green at Tregonetha (but please be careful and thoughtful about where)

## STAGE 8 SAINTS WAY STAGE Tregonetha to Dunmere 8.5 Miles Maps OS Explorer 106 & 109

**Car parking:** on village green at Tregonetha (but be discreet) OS Explorer 106 grid ref: 956/638



Go along RH (E) side of green and follow lane and track R, then L at FP sign and down sunken lane in wood. At bottom, go through iron gate into field, follow LH hedge through wooden gate (WM) to galvanised gate. Cross field to galvanised gate by stream and go diagonally R (NE) to cattle/wooden lift stile then diagonally R (NE) uphill to crude stile with wooden lift bar. Continue diagonally (NE) uphill to cattle stile (FP) to lane. Cross lane and over cattle stile (FP). Go diagonally R (NE) to crude stile into field; follow LH hedge to crude stile and ditch. (*Last 2 stiles can be difficult, farmer tends to block them with rubbish*) L on road uphill past church into St. Wenn. **(2 miles)**

Continue past school and cottage on R, to cattle stile by gate on R into field. Follow RH hedge to crude stile (electric fence), then diagonally L across field to cattle stile to minor road. Turn L downhill passing Rostigan Farm on R; continue downhill to pass Prince Park on L. Over bridge at Demelza Mill sign, then uphill to first galvanised gate on L. In field follow RH hedge through iron gate to galvanised gate, then go R on (sometimes) muddy track to pass through Lanjew Farm. **(3.5 miles)** After farmhouse, track turns L and R uphill to 3 galvanised gates. Take middle gate and follow green lane to galvanised gate. Follow LH hedge then diagonally R across field to gap, take muddy track and continue through iron gate on muddy green lane uphill. At top go R on stony track, becomes tarmac lane into Withiel village. **(5 miles)**

At church go forward on road and at white house take L fork (signed Wadebridge) downhill to Whitehay on R. Turn R through wooden gate (WM) along Whitehay drive past buildings. Bear R (WM) along clear wide grassy path, continuing through wooden gate (WM). L (WM) through next wooden gate and downhill to wood. Cross stream to WM and up through wood to wooden gate to field. Follow RH hedge and go through wooden gate (very mucky here) to lane from Lawellen and R to minor road. Turn L on minor road to T. Bear L at T down hill, passing Withielgoose Mill on L, to small footbridge on R after ford. **(6 miles)**

Follow bridleway track uphill past Cork Farm and follow blue WMs through 2 wooden gates (WMs) uphill to minor road. Turn R and immediately L (bridleway) in easterly direction for 1 mile, passing Higher Mulberry, to minor road. **(7 miles)** Turn L for 200 yards to crossroads. Turn R to white house (Threewaters) on L at T junction. Turn L and follow road to Xroads in Nanstallon with school on R and bus shelter and BT box on L. Straight on uphill to T junction. **(8 miles)** Turn R then immediately L (signed Boscarne) down concrete track. Before River Camel take wooden stile (FP) on R, follow narrow path along river to wood. Up steps and through wood with river on your L. Bear R on narrow path and R again onto **Camel Trail** to former Dunmere Halt station. **8.5 miles)** Camel Trail CP and Borough Arms pub are up ramp on R.

**Parking:** Free in Camel Trail CP behind Borough Arms pub at Dunmere Bridge OS 109 047/675

*You can continue to **Bodmin** by following the Camel Trail under Dunmere Bridge and carrying straight on for about 1.5 miles to Bodmin Jail. This was originally a packhorse trail, later used as a railway extension*

**Bodmin:**

**B&B:**

Bodmin TIC 01208 76616, [www.bodminlive.com](http://www.bodminlive.com)

**Interest:**

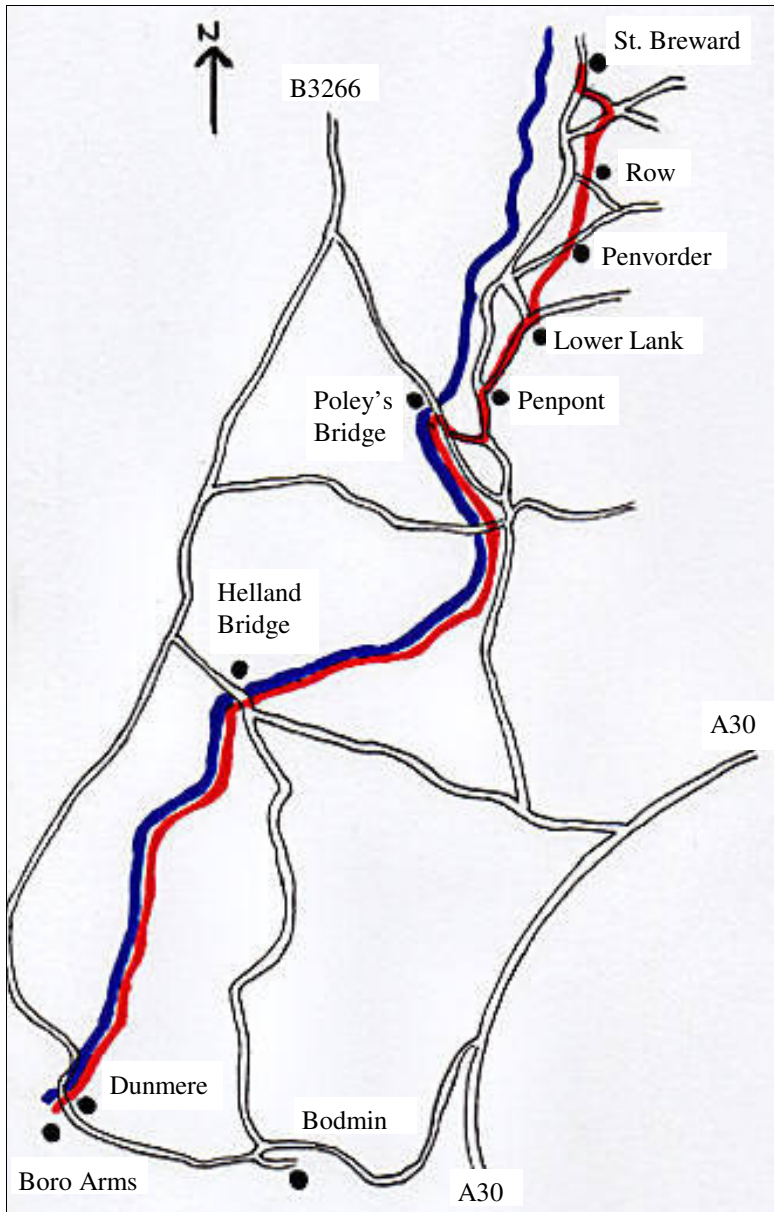
**St. Petroc's Church**, Bodmin Jail, Bodmin & Wenford Railway

And a good chance to top up supplies – Sainsbury close to Bodmin end of Camel Trail

## STAGE 9 CAMEL VALLEY STAGE Dunmere to St. Breward 9.5 miles Map OS Explorer 109

**Car parking:** Free in Camel Trail car park behind Borough Arms pub. OS Explorer 109 grid ref: 047/675

The *Camel Trail* follows the route of former industrial (and in parts passenger) railways from Padstow to Wenford Bridge. It is a level and (mostly) wide track much used by cyclists. Happily the section that the Land's End Trail uses, between Dunmere and Poley's Bridge, is the quietest part. It follows the course of the River Camel and is mostly wooded.



Scale approximately 1" = 1 mile printed on A4  
These sketch maps are temporary. We hope to improve them later. Please bear with us.

Black = Roads  
Red = Trail  
Blue = River Camel

From Dunmere, continue under the A389 road bridge on *Camel Trail* towards **Bodmin** for a short distance. At the granite trail marker post turn L downhill to follow the Camel Trail N, with the *River Camel* on your L. Ignore crossing tracks and, when you come to minor roads at Helland Bridge (**4 miles**) and Tresarret, continue across them to the CP at Poley's Bridge. (**6.5 miles**)

Leaving the CP, turn R (WM) on road for 0.25 miles. At T at Keybridge Farm turn L (WM) uphill to Penpont hamlet. Take R fork and continue uphill to Lower Lank. After passing the old railway bridge abutment on your L, turn R on minor road (signed De Lank Quarry) to pass Old De Lank Farm. Turn immediately L (WM) along a driveway and over a wooden stile by gate to Corbels. Continue on driveway, cross grass and over wooden stile by gate into field. Cross the field to wooden stile at top corner. In the next field follow LH hedge to wooden gate, footbridge, cattle stile and 2nd wooden gate. Turn R into tiny playing field and then go through metal gate and along lane past Penvorder Cottages. Turn R uphill on minor road for 130 yards then L at FP sign at Bolt's Quarry Farm (**8.5 miles**)

Into stable yard and immediately R through wooden gate and between hedges to wooden stile (WM). Cross field uphill to wooden lift stile/cattle stile. Continue uphill on path through furze, bearing R to gate (WM). Cross this field and go through 3 wooden gates to track to minor

road at Higher Penquite. R on road for 80 yards then L (FP) through metal gate and yard to narrow path (FP). Continue N over one wooden stile and 4 cattle stiles to a tarmac lane at Lower Penquite. R on lane and past houses (Rylands) to road. Straight ahead (roughly N) along road to Old Inn PH and **church** in St. Breward Churchtown.

### Interest along the way:

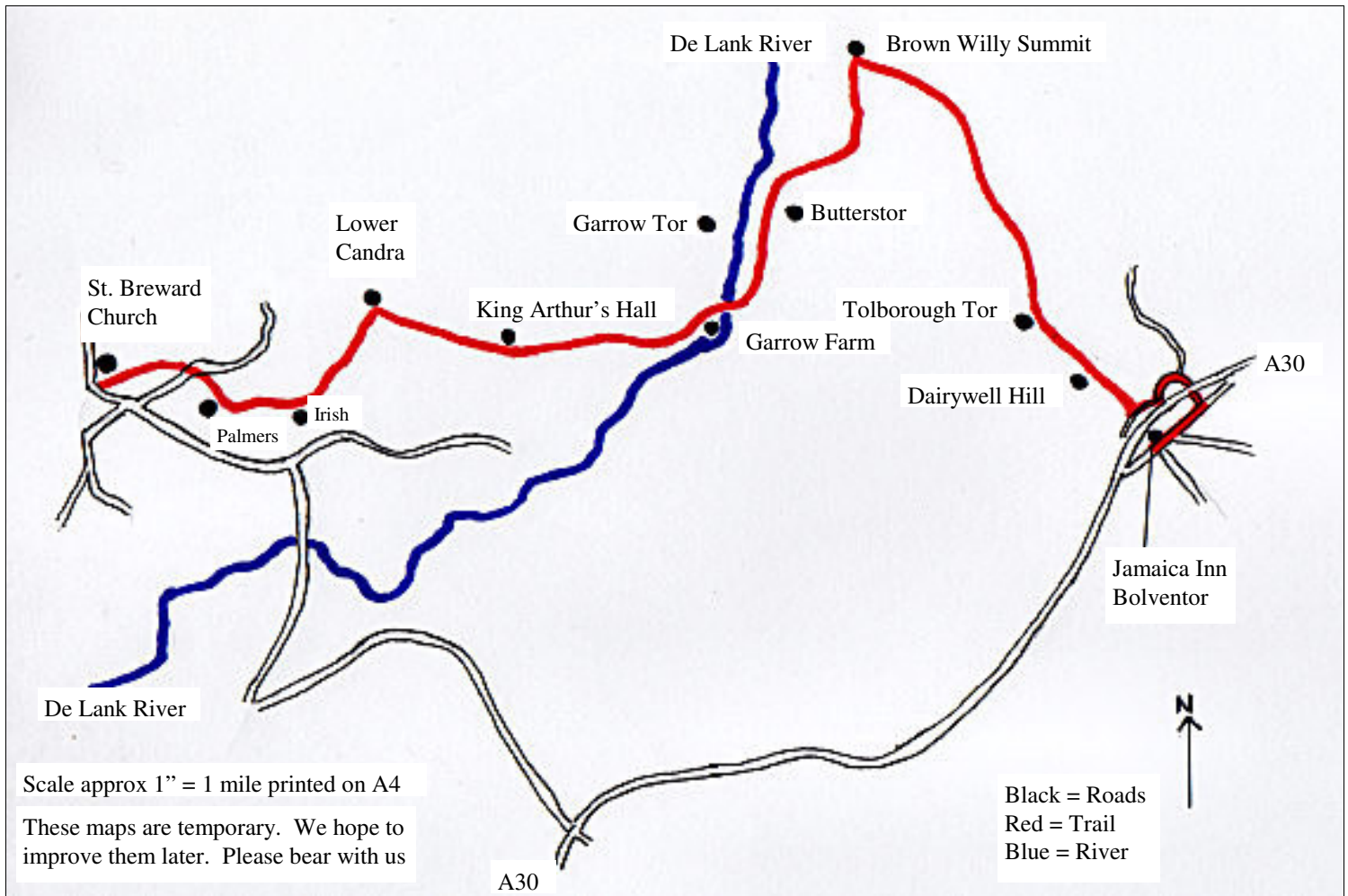
It is well worth the detour downhill to see the medieval bridge over the *River Camel* at Helland Bridge and perhaps visit the *Old Mill Herbarry garden* and Paul Jackson's Studio Pottery. At Poley's Bridge CP, you may like continue for a few yards to see the former Wenford China Clay Dries.

**Refreshments:** Camel Valley Tea Garden at Keybridge Farm (seasonal)

**St. Breward**  
**Parking:** Open moorland just north of the church and the Old Inn  
**Pub:** Old Inn, Churchtown, St. Breward (recommended)

## STAGE 10 BROWN WILLY STAGE St. Breward to Jamaica Inn 9 miles Map OS Explorer 109

**Car parking:** At Old Inn (ask) or at roadside on open land N of pub and church OS 109 grid ref: 097/774



Take track (FP) on S side of church. Ignore cattle stile on L and bear L (FP). Through gate (FP) and cross field roughly NW to kissing gate. Diagonally R (NW) to field corner and over cattle stile. Follow RH hedge to cattle stile. Follow RH hedge again to cattle stile. Now go SE through sometimes boggy ground to RH corner. Go through sometimes muddy gap and follow LH hedge. Over cattle stile and follow LH hedge for 100 yards or so then cross field to second gap on R (FP) to minor road. Cross road (FP) and cattle stile along drive to Palmer's Farm. Go through farmyard to wooden gate near house and follow LH hedge to wood. Over wooden stile, bear R to cross FB (WM) and bear R (WM) over sometimes boggy area to galvanised gate (WM). Cross field to gap (WM) then cross field SE to Irish Farm. **(1.5 miles)**

Though galvanised gate (WM) and take sometimes overgrown path to wooden gate. Go L on stony drive to wooden gate to open moorland. Head NE (towards Brown Willy) following low bank on L to track and wooden gate to West Candra (OS Lower Candra). Through stable yard, follow LH hedge and cross low hedge to wooden stile (WM) and clapper bridge over a stream. Follow LH hedge through 2 fields then over wooden stile and bear L to tall ladder stile over hedge. Follow RH hedge to end (WM) and then go roughly SSE over open ground to **King Arthur's Hall**. **(2.5 miles)**

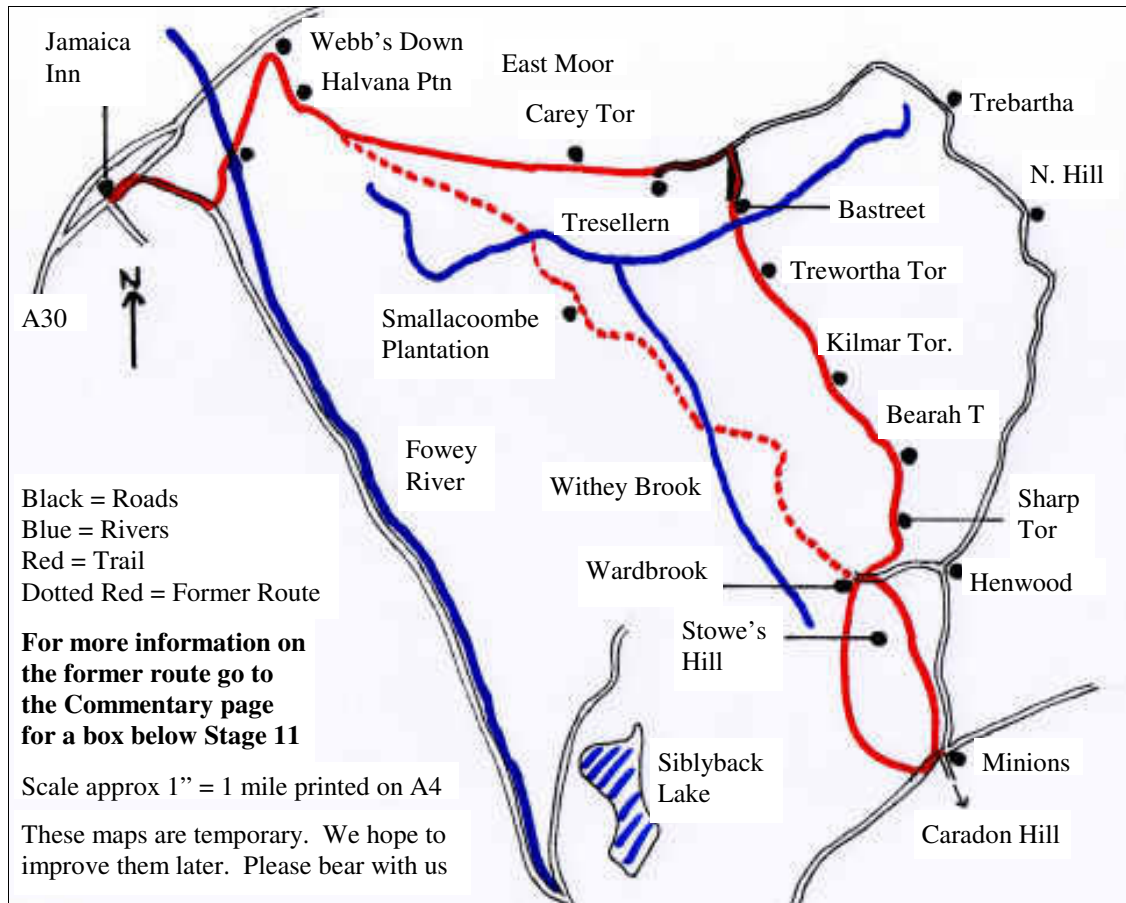
Continue just N of E on grassy track across open moor, with low bank on R, then follow LH hedge to cross wooden stile (WM). Bear slightly R to cross stream into wood and cross wood E to wooden stile (WM). Bear R, SE gradually bearing NE, on rough track round S slope of **Garrow Tor** to Garrow Farm. 100 yards before farm bear obliquely R down to wooden stile, 2 wooden FBs over De Lank River and wooden stile (WMs). Up through sometimes boggy ground to white WM and bear L obliquely up W slope of Butterstor, following white WMs to wire fence. Follow LH fence NE across often boggy ground (ignore wooden stile on L) to wooden stile (WM) and FB to lane from Fernacre Farm. Cross lane and follow path uphill to white WM by rocky outcrop. Path now heads N over one wooden stile and follows white WMs over sometimes difficult ground N along ridge to summit cairn and trig point of **Brown Willy** at 1375 feet (*great views*). **(5.5 miles)**

Retrace your steps 50 yards from the summit. Go L on a steep path heading ESE and becoming a wide, sometimes boggy, track E to wooden stile in fence. Turn SSE and follow hedge and fence line for one mile. Go through galvanised gate on R and turn L to head first SW then SSE, skirting summit of Tolborough Tor on your L. **(7.5 miles)** Continue down hill to a galvanised gate to a rocky track downhill between hedges. Go through three more galvanised gates to Dairywell Hill Farm. Farm lane crosses stream, then go R over a wooden/iron pipe stile. Follow RH hedge up through 2 fields. Over wooden stile, cross field to wooden stile to road. L on road to T. R and L, under A30 then R to Bolventor and Jamaica Inn on R.

**Parking:** Jamaica Inn but ask 01566 86250 or on N side of A30 on lane to Bolventor church

# STAGE 11 EAST MOOR STAGE Jamaica Inn to Minions 10.5 miles Map OS Explorer 109

**Parking:** Jamaica Inn OS Explorer 109 grid ref: 184/767 or N of A30 on lane to Bolventor church, grid ref: 183/768



From Jamaica Inn go L on road and take first R (signed St. Cleer) downhill for 0.5 miles. L on track into Dryworks Farm. Through yard (FP) to small galvanised gate (WM) and along narrow path to wooden stile. Follow RH hedge (WM) to go through wooden gate and downhill on stony track. Cross Fowey River by wooden FB (*OS shows ford*), over crude stile and uphill on stony track for short distance. Bear L to WM and continue obliquely NNE uphill, following WMs, first through furze, then over open ground, finally across 4 fields (stiles and gaps, WMs) to wooden stile (WM) to the old A30 at Webb's Down. Go R on well made Forestry Commission track to cellphone mast on N edge of Halvana Plantation. (**2.25 miles**)

Go L on main forest track (generally SE) through woods. Ignore R and L turns and, at crossing track, go straight across to galvanised gate on to East Moor. Cross East Moor just slightly S of due E, over several minor crests on the way to Carey Tor. (*Approximate aiming point is just N of clearly defined Hawk's Tor, visible from each crest*) Route passes Greymare Rock and crosses the line of boundary stones which heads NE to Nine Stones of Altarnun circle. From Carey Tor head ESE to join rough track following hedge line on R and passing Tresellern on your R. (**4.5 miles**)

Continue to 'Ford' on OS (bridged) and follow lane E. 250 yards after Bowhayland go R on lane to Bastreet Water Works, crossing 2 cattle grids. At waterworks follow indistinct path R round perimeter to causeway. R to gauging station and cross concrete bridge over Withey Brook. (**6 miles**) Now head S for 100 yards over marshy ground. (*The first 25 yards can be difficult; try R loop through trees*) Continue S to skirt Trewortha Tor to your R. Continue SE over Twelve Mens Moor to skirt Kilmar Tor to your R. Now head S on easy ground to Bearah Tor then S to Sharp Tor. (*High ground lovers will wish to climb all these tors*) Descend from Sharp Tor S to metal gate to small Open Access field. Follow RH hedge and, at a Duchy of Cornwall permissive sign, bear R (SW) on wide grassy track leading to lane to Wardbrook Farm. (**8.5 miles**)

**Choice of routes on to Minions – both are shown as continuous red lines – (A) Direct (B) The interest route**

(A) Cross lane and follow LH fence to pick up tramway, on E side of Stowe's Hill, S all the way to Minions. R into village.  
(B) Cross lane and head SSW with Stowe's Hill on your L. Go L up Stowe's Hill for Cheesewring, prehistoric pound and views. Descend SSE by Daniel Gumb's Cave, deep embanked ditch and Rillaton Barrow (cist). Now go SSW by Hurlers stone circle and Pipers standing stones and follow track SE to Minions western CP. L on road to village (**10.5 miles**)

**Interest:** Stowe's Hill – Views, prehistoric pound, Cheesewring, Daniel Gumb's Cave, granite quarry, Rillaton Barrow  
Minions – The Hurlers stone circles, Pipers standing stones, engine houses, tramways  
Nearby – Longstone Cross, Trethevy Quoit, King Doniert's stones and Golitha Falls

**Minions: Food:** Cheesewring pub and two teashops (Te Chy & Hurler's Halt)

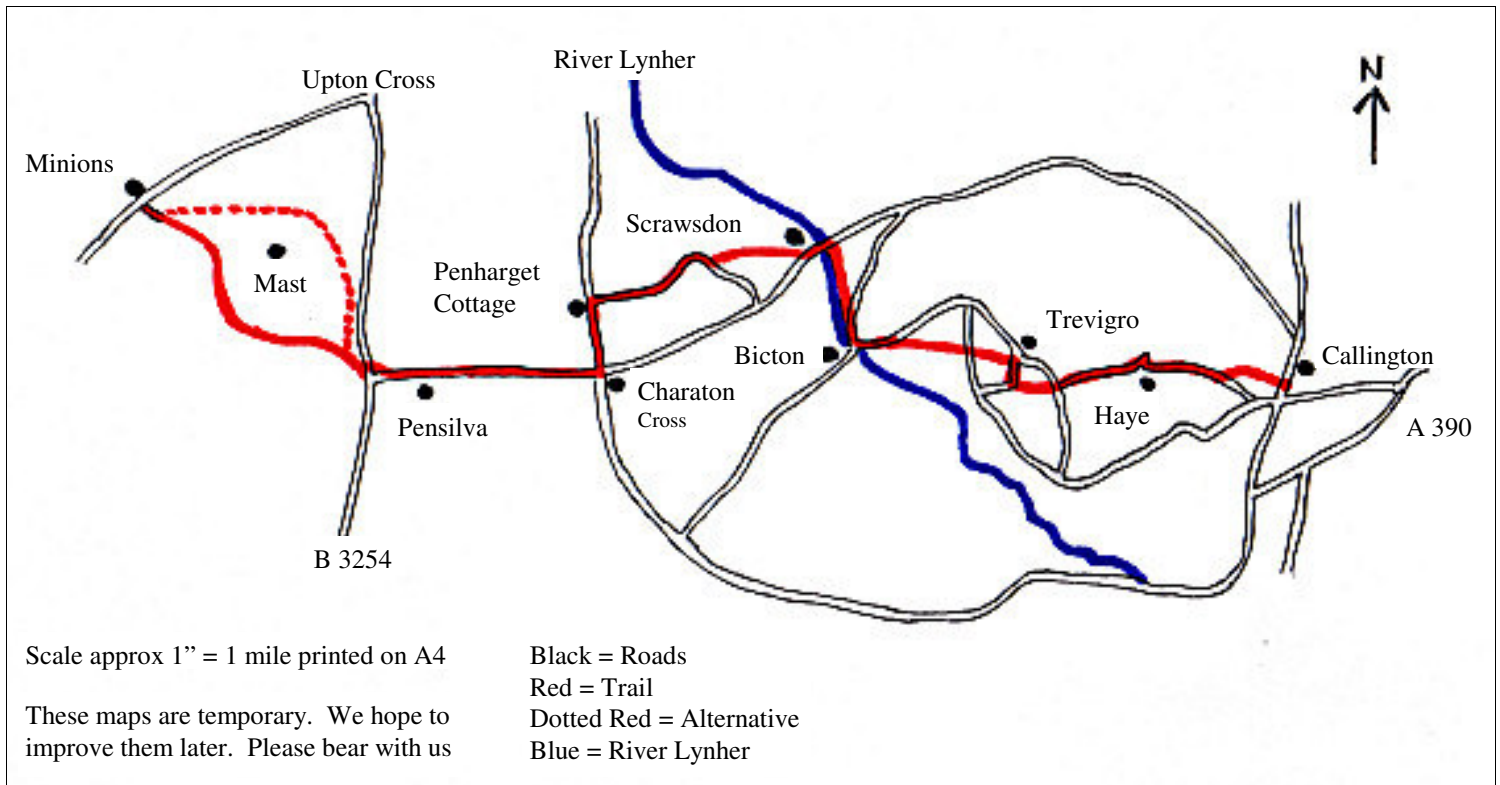
**Park:** Free at E and W ends of Minions OS Explorer 109 250/711 and 262/712

**The route for this stage is provisional and may be subject to subsequent minor amendments**

**Stage 12 CARADON HILL STAGE Minions to Callington 10 miles OS Explorer 109 & 108**

**Parking:** 2 free car parks in Minions village OS Explorer 109 250/711 and 262/712

**Bus:** One bus a day each way. Western Greyhound 574 01637 871871 <http://www.westerngreyhound.com>



**Choice of routes over Caradon Hill**

(A) Take the tarmac lane to the E of the Post Office, heading uphill directly towards a tall TV mast. Follow this lane to cross a cattle grid, then bear R with drystone wall on R up and down over open moor. At bottom join track heading SE through tall granite gateposts and follow it to B3254 road. **(2 miles)**

(B) From Minions centre take Upton Cross road downhill for 300 yards. At tramway bridge abutments R up short steep slope and R onto former tramway. Pass between engine houses and continue E and then S on tramway for 1.5 miles (*long Dartmoor views*) to bear L & R and pass spoil heap on R. R up stony track and L on track, picking up route (A) at tall granite gateposts, to B3254. **(2 miles)**

Cross road, and through short stretch of furze to cattle grid. Turn L on road into village of Pensilva. Go through village on Golberdon road to Charaton Cross. Turn L downhill for about 700 yards to Penharget Cottage. Turn R on lane, down and up through Penharget Wood. After Mill Lawn Farm go L over a wooden stile (WM) by gate (marked Cobwebs) and into a paddock. **(4.5 miles)** Cross to sheep stile and follow RH hedge (WM) to galvanised gate to Scrawsdon Farm. Down track and through galvanised gate and farmyard to minor road. Turn L downhill on road to Kerney Bridge. Cross bridge and turn R (FP) before pumping station. Follow River Lynher on R through woods, down steep steps and on to low wooden stile by galvanised gate. Cross field diagonally L to wooden stile by galvanised gate. Go R on lane to Bicton Mill. **(6 miles)**

At T before bridge turn L up steep hill for about 600 yards. After Penwarden go R on FP (signed Trenavin ¾). Go through the stableyard (2 metal gates) and follow track up between hedges to metal gate. Follow LH hedgerow to wooden stile by galvanised gate. Go diagonally R to far corner of field to galvanised gate. Follow RH hedge to a galvanised gate to a lane. Turn R on lane for 20 yards and immediately L over crude stile. Straight across field to small wooden gate and continue on narrow path and short track to T at lane by Trenavin Nurseries.

Turn R on lane to Trewolland Farm. At R bend before farm go L (FP) over crude stile. Bear R through bushes and then diagonally across sometimes marshy ground to wooden stile (posts) to paddock. Heading E, cross post and rail fence where you can. Continue to crude stile, by a stag-headed tree, to lane at Trevigro. **(7.5 miles)** Go straight across and follow minor road up three hills through hamlet of Hays. **(9 miles)** After Hays Farm, near top of third hill, L at FP (signed Callington ½) onto short track to wooden stile (WM). Cross field diagonally to RH corner to wooden stile (WM). Go straight ahead on narrow path. This continues as Zaggy Lane to T. Turn R up Church Street into centre of Callington.

**Callington: Parking:** Pay CP in Callington off Chapel Street by Co-op OS Explorer 108 grid ref: 361/697

**Interest:** Dupath holy well and Cadsonbury (major hill fort) nearby

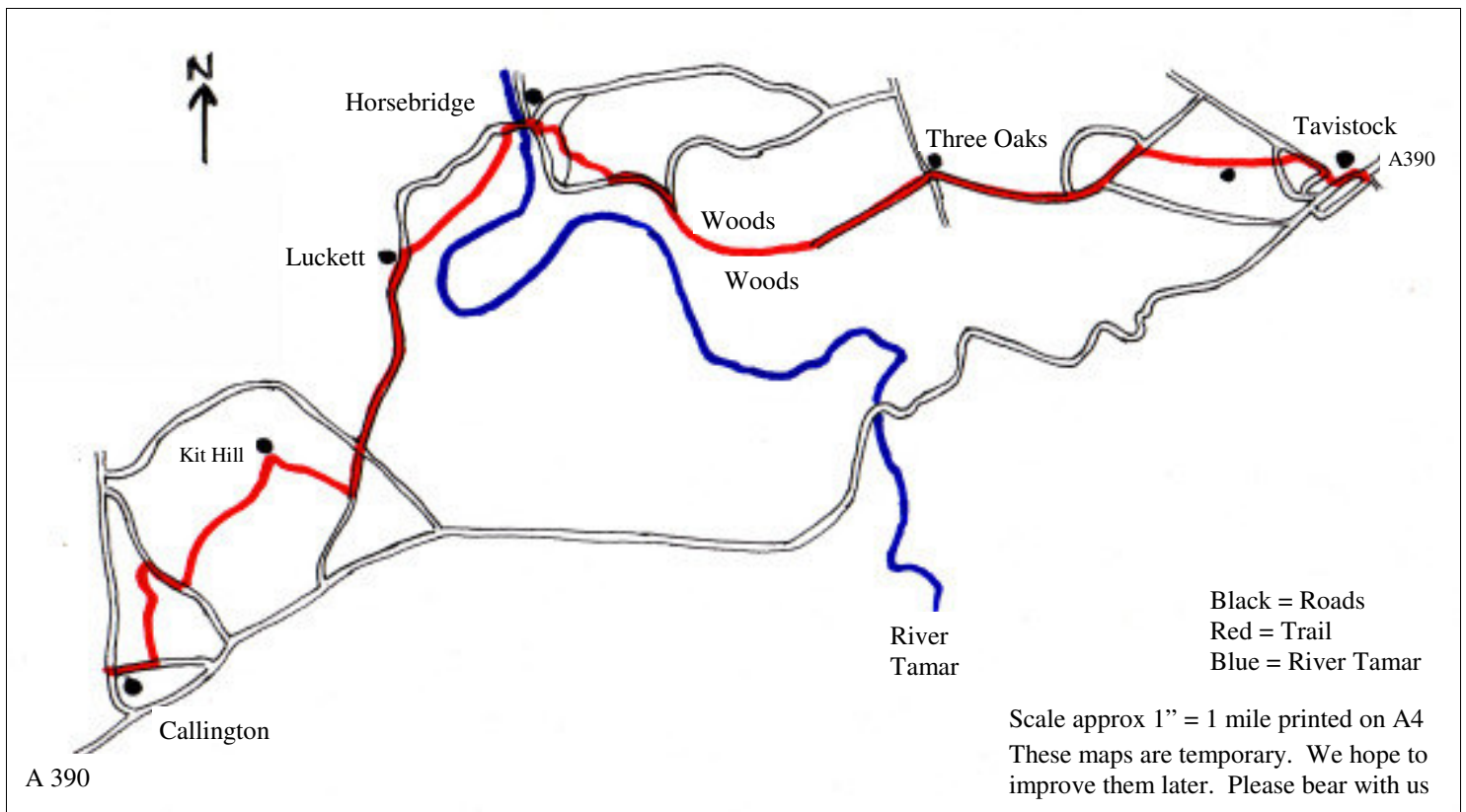
**The route for this stage is provisional and may be subject to subsequent minor amendments**

### STAGE 13 TAMAR VALLEY STAGE Callington to Tavistock 13 miles Map OS Explorer 108

**Parking:** All day pay car parking in Callington in New Road by Co-op OS Explorer 108 grid ref: 361/697

**Bus:** DAC bus 79 and X79 between Callington and Tavistock 01822 834571 <http://www.daccoaches.co.uk/>

**Trail:** Tamar Valley Discovery Trail Horsebridge-Luckett (apple WM) [www.tamarvalleytourism.co.uk/downloads.html](http://www.tamarvalleytourism.co.uk/downloads.html)



From Callington centre go ENE on Tavistock road for 0.25 miles to Pengelly sign on R. L into Pengelly Lane, bears L and R as byway and continues uphill to T. Go R on Florence Hill and R again uphill on Florence Road for 0.25 miles, passing Engine House Tea Rooms (*Compton Park camping*). (1.5 miles) Just before R bend go L at FP sign, through gate and along track to end. Over steps (WM) and follow RH hedgerow through 2 wooden kissing gates. Continue uphill through 2 more kissing gates (WMs) on to Open Access heathland. Small granite mine chimney marker posts lead up through scrub to mine chimney at summit of **Kit Hill** (1100 feet). (2.5 miles)

Beyond chimney take lane ESE down to cattle grid. Go L on minor road through Monkscross downhill fairly steeply to Luckett. (4.5 miles) Over bridge, turn R (FP) to kissing gate (apple WM). Follow LH hedge through potentially muddy field to end. Go over wooden stile (WM) on L and go R through potentially waterlogged ground and over tiny clapper bridge. Follow wide path to go through gap (WM) on L. Follow RH hedge to galvanised gate and take concrete track past Lower Hampt Farm. Through kissing gate onto potentially very muddy green lane to kissing gate to road. R on road to cross 1437 bridge over **River Tamar** into Horsebridge in Devon. (6 miles)

Go R uphill 100 yards then L (FP) through 2 metal kissing gates and galvanised gate to Townlake. R on road 250 yards to top of hill. L (FP) on grassy path between hedgerows. At galvanised gate (WM) follow LH hedge up and down to ladder/wooden stile (WM). Go diagonally R to wooden stile (FP) to lane. L, passing Lamerhoe Lodge on R, downhill to L bend at Hope Cottage. Take permissive bridleway track through woods to Capeltor Farm. Bear L (WM) down, and through wooden gate (WM) to pass former cider houses. Through wooden gate and diagonally downhill to River Tamar to cross FB over a stream. (7.5 miles) Go diagonally L uphill to steps (WM) to track. Over stile by galvanised gate and, at X track, forward uphill (E) on permissive track through Blanchdown woods, passing ponds on L. At blue Wheal Fanny WM go R steeply uphill and continue on track to T. L on grassy track and cross low stile by wooden gate. Ahead on broad track, past mine chimney on R, and bear L to T. Continue through unusual metal cattle stile by gate. Track becomes lane, passing Hele Farm (*B&B*) on L, Wheal Josiah Cottages on R and Rubbytown Farm (*B&B*) on R and on to Three Oaks. (9.5 miles)

At Xroads (*Woodovis Park campsite 0.25 miles L*) go R/L on road down to Middle Lumburn bridge (*BT box and Millhill on L*). At chevron WM bear L uphill to top. R (FP) through galvanised gate and on track to Stilesweek Farm. Through 2 galvanised gates (WMs) and cross field to galvanised gate (WM). Cross to wooden stile (WM) and then follow LH hedgerow to wooden stile (WM), passing Downhouse Farm on L. (11.5 miles) Over wooden stile (WM) and follow LH hedge to sheep stile (WM). Cross field, passing standing stone on R, to combination wooden gate/sheep stile. Go R through gap and follow LH hedge to B3362. R on road, immediately L into St. Maryhay. At end R downhill on Old Launceston Road. After railway bridge cross Watts Road and go downhill on Rocky Hill. Go L on West Street and third R to church and town hall in **Tavistock**.

**Tavistock: Parking:** Very little in town but large car parks (signed) on south side of river