
Useful Information

Parking: In Altarnun, by church or church hall.

Intermediate Parking: No official intermediate parking.

Getting There: 15 miles E of Bodmin, go L through Trewint and Five Lanes to Altarnun.

Transport: Western Greyhound bus 225 links Launceston and Altarnun via Five Lanes (M-F only).

Refreshments: Nearest is the King's Head, Five Lanes, open all day . Thursdays, Altarnun church hall till 2.30.

Toilets: Altarnun, opposite church.

Route Directions

Altarnun to Laneast – 1.87 miles

Start from the church by the packhorse bridge at 22303/81308.

Set off uphill N on a wooded lane towards Trewen, passing on your R a path to St. Non's Well. After about 450 yards, go R on the sunken leafy lane NNE towards Tresibbett. This climbs then descends, at the bottom passing Rylands barn conversion on L. Continue up to a T at 0.66 miles. Ignore the FP sign opposite and go L uphill for 50 yards to a filled in cattle stile (FP) to a field on the R. Follow the RH hedge, on a well-walked path uphill, just E of N. Just before the field corner, bend L and R to a filled-in cattle stile (WM) to woodland. A clear path winds through the woodland to a wooden stile (WM) at 0.86 miles. Here cross a track to a pair of wooden stiles to a field. Cross toward 2 houses to an awkward high cattle stile (*wooden barriers front, top, back*) (WM missing) to a second field. *Views of moorland S and SW.* Cross to the R of the houses to a filled-in cattle stile (WM) (*barrier on top, back*) to a third field. Cross this to a wooden stile (WM) and 5 steps down to the R of a house to a road at Higher Tregunnon. **(1.12 miles)**

Cross the road and continue N on a track (FP) for 50 yards to a galvanised gate and forward to Higher Tregunnon Farm, passing a cottage. Continue through the farm, bearing R at a WM, passing barns and a house, to a stony track. Where the track bears R round an open barn, spot a WM on a barn post on your R (*easy to miss*) and go L through a galvanised gate to a field. Cross, bearing slightly R, NNW uphill, to a difficult crude sheep stile (*barriers front and back*) over a high hedge to a second field. *Looking half L, view is of Davidstow Creamery and the massive Delabole wind turbines.* Cross field downhill, slightly diagonally L, heading towards the R end of the line of turbines, to a wooden stile (WM). Go down 8 steps to another wooden stile. Cross a track and follow a WM on a rough path down steeply through scrub and woodland (*can be muddy and slippery at times*) to a WM. Go down 4 steps, and a clear path continues down easy through the woodland. At the bottom bear L (WM) to a wooden stile to a road. Go R on the road, crossing a bridge over the River Inny. The road continues uphill, wooded at first, mostly fairly steep, (*views down into Inny Valley*) up to the gate to Laneast church on your L. **(1.87 miles)** *Take a few minutes for a break and to look around the church.*

Laneast to Trethinna – 2.18 miles

Leaving the church, continue uphill and where the road bears L go R (FP and WM) on a track into a farmyard. Follow a WM to the RH wall, go over a wooden step stile on your R, bear L on a concrete path to a stile (WM) over a concrete wall. Go R to follow the LH fence to a wooden stile (WM) to a field. Follow the RH hedge to a galvanised gate (WM) to a second field. Bear L downhill, passing an oak with a thorn growing out of it, to the bottom L corner to a clapper over a stream and a wooden stile (*no WM*) to a field. Follow the RH hedge round the corner for a few yards then go R down to a wooden stile (WM). Go down 3 steps to a bridge over a small stream and into a field. Follow the RH hedge on a fairly clear path, at first alongside a new broadleaf plantation then into the open, and continue along the RH hedge up to a cattle stile (WM) to a stony track at Treroose at 2.43 miles. With the house to your R, go L on the track for 15 yards to a cattle stile (*WM obscured*) on your R into a field, barn on L. Follow the RH hedge up to just before an open gate at the end of the field and go R over a high step stile (*wood barrier on top*) (WM) to a wide track. Go forward on the track between wooded hedges, passing a WM then following the LH hedge to a corner. Track continues between high hedges to a galvanised gate and forward 10 yards to a lane at Trespearne at 2.65 miles. Go R on the lane downhill to Gimblett's Mill and a bridge over the River Inny. **(3.08 miles)**

Cross the bridge uphill towards Tredinner to just after the first R bend. Look for a FP sign on L but continue for a few yards. Go L uphill on a path between hedges to a wooden stile (WM) to a field. Follow the LH hedge, roughly parallel to the valley below, passing a recumbent possible boundary stone, on a grassy track along an oak avenue to gateposts to a second field (*WM post damaged, lying down*). Bear slightly R still uphill, now fairly steeply to the top R corner to a wooden ladder stile (WM). Follow the WM diagonally slightly R uphill moderate to a wooden pylon and an awkward wood topped sheep stile at 3.62 miles to a third field. Follow the LH hedge to the corner (WM) and go R following the LH hedge (*could cut off corner*) uphill to the far R corner to a galvanised gate (WM) to a fourth field at 3.80 miles. Go L on to a grassy track between hedges, this continues as a farm track downhill to galvanised gate. The track continues through an open galvanised gate, jinks L and R round a house, and on down to a lane at Trethinna. **(4.05 miles)**

Extension from Trethinna via Polyphant – adds approximately 2 miles for an 8.50 mile walk

To add a couple of miles to the walk, when you get to Trethinna, you could turn L on the lane downhill for about ¼ mile to a L bend, then follow field paths and tracks to Polyphant. At the beginning of Polyphant, turn E on the road to find a FP on R to the green. Go down the W side of the green to find a track on the R heading past Bowden Derra, then follow a track and field paths through Bowden to a lane to Trerithick, then go R through Trerithick and re-join the main walk there. You will find full directions at the end of the main walk.

Trethinna to Altarnun – 2.53 miles

Go R on the lane uphill to a T. Go L on the road for 25 yards then R up 4 steps to a wooden stile (WM) to scrub and a field. Follow the RH hedge uphill, then follow the chestnut avenue on your R downhill to some beech woodland to a galvanised gate to Trerithick at 4.29 miles. Go forward for 20 yards and, opposite a large open yard on your L, go R (WM) on a wide wooded sunken track to a pair of galvanised gates. *Views from this field onwards to moor to L and later ½ L to the ridge of Brown Willy.* Go through the LH gate (*bull in field sign*) (WM in field) and bear slightly L of the RH hedge towards the RH side of a clump of 3 trees to a high sheep up (WM), ladder down then wooden stile to a second field. Follow the LH hedge downhill to a gate, ladder stile and gate to a third field. Cross to a gate, ladder stile (*WM obscured*), and gate to a fourth field. Cross to the largest tree. Cross 2 proper wooden stiles (WM) and one five bar fence stile (*beware barbed wire*) to a fifth field. Follow the RH hedge to a broken galvanised gate (*WM missing*) to a sixth field. Follow the RH hedge to a wooden gate (*no WM*) to a wide grassy track at 4.83 miles. Follow this gently uphill, passing a WM, then downhill to a wooden gate. The track continues, passing another WM, down then bearing R uphill between high hedges to a wooden gate (WM). The track continues uphill, passing a yard on your L, a house on your R, up to a T with another track at Trenarrett. (*Here a WM post has been pulled out and leans into a hedge*). Go L downhill, passing a house and bungalow on your L. Immediately, go L on a track downhill (*WM somewhat obscured*) to Trenarrett House. (*Here a WM post is both uprooted and obscured*). **(5.07 miles)**

Go forward downhill on a grassy track to a galvanised gate (*WM post again uprooted and moved*). Go L downhill in a field, following the LH fence to another galvanised gate to a second field (*WM on wrong side of wire fence*). Continue downhill, following a faint path diagonally R, to 4 steps up to a wooden stile (WM) at 5.27 miles to a wooden FB over Penpont Water, a wooden stile and 4 steps down to a field. Follow a faint path diagonally R to a high sheep stile (WM) to a second field. Head uphill very steeply, roughly parallel to the LH hedge, passing isolated granite blocks, a WM on your L, then Oldhay barns on your L, to a dilapidated wooden gate (WM) to a third field. Follow the RH hedge, still uphill, to a gap (WM) to a fourth field at 5.49 miles. Follow the RH hedge, bearing L to a gate to a fifth field. Cross parallel to the RH hedge, to a gap to a sixth field (WM). Now head diagonally to the far L corner to an awkward stile (*high filled-in cattle stile with barrier on top*) (*WM obscured*) to a seventh field. Follow the RH hedge to a gap to an eighth field. Follow the RH hedge to an awkward stile (*6 step cattle stile, barrier on top, 7 feet with handrails down*) to a ninth field. Follow the LH hedge for a short way to a corner, then a faint path diagonally L across the field, heading to the L of houses to a wooden gate (WM) at Tresmaine. **(6.06 miles)**

Path officially diverted here. Go R on a track for 25 yards to a gap (WM) and go L on a track, past converted barns, to a WM. Forward on a concrete track through converted barns and, at a T, go forward on a track (*FP Altarnun ½*). Go through a tough galvanised gate and on through 2 open galvanised gates and past a cattle shute on your R. The track continues for a short way to a wooden stile by a wooden gate at 6.26 miles, to a field and a WM. Follow the RH hedge to a wooden stile (WM) to a second field. Go diagonally L downhill in the rutted field to an awkward stile (*barrier on top, very steep 6 feet down*) to a third field. Go diagonally to the bottom L corner to a wooden stile (WM) at 6.49 miles to a fourth field. Go downhill for 20 yards to a wooden gate to a concrete track. Continue for 20 yards to a galvanised gate and 20 yards to the road in Altarnun. Go R on the road to the Packhorse Bridge and Church. **(6.58 miles)**

Extension from Trethinna via Polyphant – adds approximately 2 miles for an 8.50 mile walk

Trethinna to Polyphant – 0.98 miles

Go L on the lane downhill fairly steeply and, where the lane bends L after 250 yards, go R (FP) through a galvanised gate to a long field. Follow the LH hedge uphill to a wooden stile (WM) onto a sheep stile with a 3 bar stile on top (*wow! a 9 foot stile*) to a second field. Continue diagonally uphill to the far R corner to a wooden gate (WM) and go forward on a wide wooded track, uphill. Where the track goes R into a field continue forward (no WM) on a path. After a while the track widens up to a wooden stile (WM). Follow a leafy path between hedges, soon passing North Down house on your L. At 0.65 miles, join a track coming up from the house, and go through an open gate, passing a WM. A well made track continues up gently between wooded hedges. At the top it becomes downhill, and views open out. Soon you are again between high wooded hedges, then you come to a CP on your R. Continue to a road, with a chapel on your R. **(0.98 miles)**

Polyphant to Trerithick – 1.16 miles

Go L on the road for 35 yards. Go R (FP) downhill on a well made track through houses in Polyphant and through an open wooded area to a road at a triangular green. Cross the road and take the L of 2 tracks through trees. Just before another road, go R (E) uphill between 2 houses on a track through woodland. Shortly bear R on a tree lined tarmac lane uphill fairly steeply. It eases off and becomes a track, passing Bowden Derra at 1.37 miles. Where a drive bears L to the big house, fork R (WM) uphill. Pass another WM, cross a tarmac lane and continue forward on a well made track between hedges. Where the track bears L into a yard, continue forward on a grassy path between high hedges, immediately passing an obscured WM, to a galvanised gate to a field. (*FP sign and WM post uprooted, leaning on hedge on L*) Views L to moors. Follow the RH hedge to a galvanised gate to Bowden. **(1.56 miles)**

Follow a track through Bowden, bearing R to pass barns and house on L. At the end of a corrugated barn, go L (*no WM*) on a track and then grass to a galvanised gate to a field. Cross slightly R to a wooden stile, a sheep stile and a wooden stile (WM) to a second field at 1.74 miles. Follow WM to the far R end of the long field (*moorland views to L*) to a wooden stile at 1.98 miles. Continue 10 yards to another wooden stile, 4 steps up, and a sheep stile down to a lane at 1.99 miles. Go L on the lane to Trerithick and, after 200 yards, at a FP sign on L, go R through wrought iron gates, passing Trerithick House on L, on a concrete track, which turns L and R uphill past barns. At 2.10 miles, go L (*WM obscured*) on a short wide track between high hedges to the L of a pair of galvanised gates at 2.14 miles, to continue on the main walk towards Trenarrett.