

Route: Out by Treswallock, Alex Tor, Stannon Circle, Louden Hill, Roughtor Moors.

Back by Showery Tor, Brown Willy, Garrow Tor, King Arthur's Hall, Lower Candra and Lady Down.

Pub afterwards: Old Inn, St. Breward.

Interest: Cairns, Standing Stones, Stones Circles, Logan Stones, Bronze Age Settlements

Useful Information

Parking: St. Breward, road by church or roadside a little further north.

Intermediate Parking: Stannon Circle. Roughtor Car Park (free).

Getting There: From B3266, Camelford to Washaway, follow signs E to St. Breward Churchtown.

Transport: Western Greyhound buses 561 links St. Breward with Camelford, Bodmin and Wadebridge.

Refreshments: Old Inn, St. Breward.

Toilets: Old Inn, St. Breward.

Route Directions

St. Breward to White Meadows – 1.55 miles

Follow the FP sign along the lane past the church for 65 yards. Where the trees begin, go L over a high cattle stile into a field. Follow the LH hedge to a cattle stile by a gate to a second field. Bear slightly L to a cattle stile by a gate to a third field. *Brown Willy and Roughtor are now in view half R; they remain in view much of the rest of the way.* Cross to the LH corner to a cattle stile (WM) by a gate to a fourth long field. Follow the RH hedge then a clear path diagonally towards the far corner to a high cattle stile (WM) to a fifth field. Don't follow the WM (Moorland Walk) but head for the projecting RH hedge and continue NE to a gap to a sixth small field. Continue to a cattle stile (FP) to a lane. **(0.59 miles)**

Go R on the lane, winding downhill, passing Treswallock Farm (*see Interest*) on your L. The lane continues downhill, passing Treswallock Cottage on your L, to a culvert over a stream. *Here you could take the FP on your L over a cattle stile to cut off a corner but you would miss views to Treswallock Downs, where you will be in a while.* The lane now winds uphill easy, passing Mellon Farm on your L and, with Treswallock Downs to your R, continue to a T. Go L on a lane to another T (*L goes to Shallow Bridge*). Go R for 15 yards to a FP sign (*only visible from the other side*) just before the drive to White Meadows. Go R through a galvanised gate to a field. Roughly follow the LH hedge in an ESE direction (*field is boggy to your R*), crossing a collapsed cattle stile through a fence line, and passing eventually White Meadows (*not shown on OS109*) on your L, to a banked paddock area and a galvanised gate to the Open Access land of Treswallock Downs **(1.55 miles)**

White Meadows to Stannon Stone Circle – 2.48 miles

Go L on Treswallock Downs, heading roughly NNE to the summit of Alex Tor. *On the way up to Alex Tor you may like to spot, amongst many other stones:* At 11703/78521 a curving line of massive rocks on their side, with a leaning standing stone, could be a medieval boundary stone, at 11718/78526 just to the S of eastern stone. At 11747/78566 a standing stone with a possible hut circle nearby. At 11909/78597 at 925 feet a probable cairn with a tall standing stone. At 11894/78643 at 930 feet massive flat rectangular slab, which looks like it could have been the capstone of a quoit. At 11826/78734 a massive cairn by the summit of Alex Tor. *Views from here include the North Coast, Delabole Wind Farm, Davidstow Creamery, Rough Tor, Brown Willy, Clay Country.* The summit of Alex Tor is at 11846/78732 at 980 feet. **(2.21 miles)**

Now head downhill roughly NE to the track from Shallow Bridge to Fernacre. Go R following the track towards Fernacre, passing Camperdown Farm entrance, to Middlemoor Cornish Cross, a very simple one, at 12511/79301. *You could be tempted to head more directly for Stannon Circle but marsh intervenes.* Continue on the track, across the southern end of Louden Hill, to a fallen standing stone on your R at 12944/79459. Continue to find Louden Hill Stone Circle, 100 yards to your R at 13212/79474. Note a triangular standing stone at the E side of the circle, which could have been used as a medieval boundary stone. Now cross the track and head roughly NW across Louden Hill, heading for the western end of the lower of the two massive Stannon China Clay spoil heaps. You should find a useful faint grassy track made by farm vehicles and heading in the right direction. You should also be able to see the stones of Stannon Circle from quite a distance. On the way there you encounter what seems to be a stone alignment between two flattened cairns and more standing stones off to the right, the tallest at 12720/79924. You will come to Stannon Stone Circle at 12584/80004 **(4.03 miles)**

Stannon Stone Circle to the Roughtor Car Park – 2.10 miles

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Leaving Stannon stone circle, head roughly ESE and follow the line of the hedge and fence around the Stannon Pit spoil heaps, staying initially on the higher and clearer ground, passing probable boundary stones after 300 yards and then crossing a boundary bank. When the hedge bends left to take a north-easterly line, stay on the lower ground near the hedge, where there are fairly clear paths, climbing gently through a large bronze age settlement site, to see a succession of impressive hut circles. At 13128/79916 at 870 feet you pass a pair of standing stones, possibly the remains of a cairn. The first of the more striking hut circles, part of a larger settlement, is after another 175 yards at 13239/79985. The most impressive hut circle is at 13318/80079. **(4.63 miles)**

Now head more steeply uphill roughly NE towards Roughtor, which is now in view. *Looking back over the main china clay spoil heap, you will see on the horizon what at first look like rocky outcrops or even quoits. These are actually rocks put in place by Imerys or by their predecessors English China Clays. Near the top of Louden Hill, Roughtor and Brown Willy are now in full view.* You reach the top of Louden Hill at a rocky outcrop at 1040 feet. Continue forward a short distance to the Logan Rock at 13756/80409. **(5.05 miles)**

From the Logan Rock you can clearly see Roughtor car park. I suggest staying on the higher ground, seeking out the better going. You will continue to pass through settlements, with many hut circles, enclosures, standing stones and boundary banks. Continue to the clapper bridge and through 2 gates up to the car park. **(6.13 miles)**

You may like, before heading to the car park, to take a closer look at the monument to Charlotte Dymond which is at 13669/81770. Best to continue to the clapper bridge and then head left to a wooden stile to the memorial.

Roughtor Car Park to Brown Willy Summit – 2.00 miles

Start from the Roughtor Car Park at 13829/81879.

Go through 2 wooden gates and down to cross a clapper bridge on to the open moor. Almost immediately, you pass a National Trust sign to the 43rd Wessex Division memorial plaque. Ignore it and head roughly SE for the rocky outcrop on Showery Tor, at the northern end of the Roughtor ridge. *You will encounter many relics of prehistory – enclosures, cairns, boundary banks and hut circles - on the way up, as you will during the whole walk. As you climb, off to your left is the strange 550 yard long stone bank investigated by Time Team in 2007.* The climb becomes fairly steep for the last part up to the rocky outcrop, looking much like the famous Cheesewring and surrounded by a massive cairn, at 14931/81320 at 1285 feet. **(6.94 miles)**

Now head a little W of S downhill along the ridge towards Little Roughtor for about 150 yards to fairly wet ground. *Here you could continue to Roughtor Summit at 1325 feet to see the 43rd Wessex Division memorial plaque and a logan rock, returning to take the grassy track on towards Brown Willy. (adds about ¾ mile)* At this point you will see a reasonably clear grassy track heading east. Follow it, gradually bearing R downhill towards Brown Willy. The track winds, continuing down to a bridge over the infant De Lank River, and on to a wooden stile leading to the foot of Brown Willy. **(7.56 miles)** *Although on Open Access land, from here there are still useful white waymarks all the way to Garrow, a legacy of the old permissive path days.*

Follow the clear but rocky and often muddy track then path, overall SE, uphill fairly steeply. *After 140 yards note an odd rock feature to your left, looking of ancient significance but actually where rock has been quarried for gateposts or boundary stones; one of the latter is off to your R.* You soon cross the remains of a boundary bank and continue uphill for ¼ mile to cross a high wooden stile (*white WM*). The final short stretch up to Brown Willy summit is steep, rocky, and sometimes very wet, with some quite awkward footing. At the top the northern cairn and trig point are at 15868/80003 at 1380 feet. **(8.13 miles)**

Views from the summit cairn of Brown Willy are panoramic and incorporate much of Cornwall. Along the north coast you can see Stepper Point by Padstow and Steeple Point beyond Bude. On the south coast you can see Rame Head just east of Plymouth and Black Head on St. Austell Bay. To the east you can see to Dartmoor and to the west you see Clay Country. Intriguingly, bearing in mind the massive cairns on Showery Tor and Brown Willy, you can also see the series of cairns on Brown Gelly, the two great cairns on Carburrow Tor and the cairns on Tolborough Tor and Alex Tor. I am sure there must be others visible.

Brown Willy Summit to Garrow – 2.02 miles

Continue roughly S along the Brown Willy Ridge, rocky for much of the way, passing white WMs, for 340 yards to the southern cairn. Skirt the cairn to the R and continue down and up to another outcrop (*very rocky, take care*). As you descend again, you will see ahead a gate and stile, just E of S. Once over the stile, follow the white WM over the final outcrop, then downhill easy, passing yet more white WMs. At the final WM you bear R, heading roughly SW, to a track from abandoned Butterstor Farm to Fernacre Farm. **(9.13 miles)**

Were you to go L on the track, after about 550 yards you would reach the former Butterstor Farm and its unusual goose shelter. Go R for the same distance, on to private Fernacre Farm land, and you would find remains of a large lost medieval village.

Cross the track, cross a wooden footbridge and continue up to a wooden stile (*white WM*) on to Butterstor Downs. *From here it can get wet and footing may be difficult.* Follow the RH wire fence uphill. 265 yards after the track you come to a wooden stile (*white WM*) on your R at 15353/78552. **(9.28 miles)**

Here, the customary route follows the white WMs along the wire fence uphill over boggy tussocky ground to its end, crosses a boundary bank (white WM) and follows a clear but, in places, very muddy path, rounding a thorn tree set in furze and on down to a stile, 2 FBs over the De Lank River, and a second stile (white WM) to the foot of Garrow Downs. Then you would head diagonally uphill, very muddy at first, to where a track heads R into Garrow Farm. This, for what it's worth, would save 0.19 miles. However, the following route is on a PROW and, although slightly longer, avoids the potentially very difficult ground on Butterstor – and it's more interesting.

Cross the stile into scrubby but easy ground and head downhill due W. You will cross 2 or 3 boundary banks, then an abandoned farmstead comes into view at the bottom of the valley. Head to the L (south) of it to find a clear path that bears R, with a pond and a ruined building on your R and a wire fence on your L, to a wooden stile (*white WM on the other side*) at 14932/78598. Cross the stile, then a substantial clapper bridge over the infant De Lank River, then a low 3-bar wooden barrier to the eastern foot of Garrow Downs. **(9.60 miles)**

Go forward on a clear path, heading roughly W uphill for about 35 yards to a grassy crossing track. Go L on the track, roughly S, following the line of the river. After ¼ mile the track bears R uphill, roughly W, then bears round S towards Garrow Farm. *Approaching Garrow Farm there are walls on your R, part of a lost medieval settlement.* Continue up to Garrow farmhouse, *note the cloam oven*, at 14600/77993. *After the house, note the remains of a medieval longhouse on your R and a more recent barn on your L.* The track continues through a gap to a green sign on your L, where the alternative muddy Butterstor route comes in. **(10.15 miles)**

Garrow to King Arthur's Hall – 1.11 miles

Go L on the track, which starts grassy but becomes rocky and rutted in places. *For 100 yards or so you are in a large hedged enclosure, probably part of the lost medieval settlement, later you will see remains of the bronze age settlement above you to your right.* The track meanders, roughly following the contour, around the southern end of the Garrow Downs ridge, starting SSW and gradually bearing round to W. *After a while you see the valley of the infant De Lank River below you, with Scribble Downs, Shallow Water Common and Hawk's Tor beyond.* Approaching a coniferous plantation, bear L (W) for 20 yards down to a redundant wooden stile (WM) to the plantation. The WM points too far R so cross the plantation only slightly diagonally R to a small concrete bridge over a stream. Continue uphill, now out of the plantation, fairly steeply on a clear path up to a wooden stile (WM) leading to King Arthur's Downs. Follow the RH hedge uphill to its far end. There is now a fairly clear swathe ahead of you. Follow it, starting just S of W, bearing just N of W, passing a boundary stone after about ¼ mile, *King Arthur's Hall is now in view ahead, Roughtor and Brown Willy to your R.* King Arthur's Hall is reached at 12960/77625 **(11.26 miles)**

King Arthur's Hall to St. Breward – 2.50 miles

There are many alternatives but this is the most straightforward route on to St. Breward Churchtown.

Now head slightly N of W uphill, passing another boundary stone 100 yards off to your L, to a clear hedge corner. *Note, in the first field on your L, at least 5 standing or leaning stones.* Continue in same direction, following the LH hedge downhill towards Candra to the end of the third field on your L. Here go L over a wooden ladder/lift stile to a field. Follow the RH hedge SW downhill to where it becomes a wire fence and go over a wooden stile (WM) to a second field. Follow the RH hedge, heading towards Lower Candra, to an abandoned farmstead at 12220/77631. Go through a gap to a third field and follow the RH hedge, still downhill, to a small clapper bridge and wooden stile (WM). Cross a slightly marshy area for 25 yards and go over a damaged hedge to a fourth field. Follow the RH hedge uphill and through a gap to Lower Candra. **(11.99 miles)**

Continue uphill through Lower Candra, through a wrought iron gate and follow a track uphill to a wooden gate to the Open Access land of Treswallock Downs. Continue to follow the track uphill to a WM. Follow the WM, roughly SW, crossing the track to Irish, to pick up the RH hedge of what is now Lady Down. Follow the RH hedge downhill, roughly SW, until it bends R, then continue roughly WSW across Lady Down, downhill then uphill, crossing a drive to Blackthorn Cottage and on to the lane to St. Breward by a Millennium Stone. **(13.26 miles)**

Go R on the lane to a cattle grid, a small pond on your R, and continue on the lane, passing Hallegenna Farm on your L and Hallegenna Stables on your R, *St. Breward church tower now in view ahead*, to a X-roads, opposite another Millennium Stone. Cross and continue for 80 yards to a FP sign on your L. Here go R over a high filled-in cattle stile and follow a fenced path round the R side of a field to a clapper bridge and a high filled-in cattle stile. Follow a wide path between wooded hedges uphill to a cattle stile by FP signs. Go L on a track, which soon becomes a lane passing St. Breward church, to its end, the Old Inn on your L. **(13.76 miles)**