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### Outward Leg – Camelford to St. Breward Churchtown – 4.91 miles

**Route:** Camel Valley, Tresinney, Trecarne Ford, Henon, Hamatethy Down

**Interest:** River Camel, Advent Church, Former Watermills, Lost Medieval Settlements

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### Useful Information

**Parking:** St. Breward Churchtown, roadside just N of Church and N of War Memorial. Main Camelford CP (free).

**Intermediate Parking:** Advent Church, but don't use it on Sunday.

**Getting There:** Camelford is on A39, 10 miles NE of Wadebridge. For St. Breward, it is simplest to follow St. Breward signs from B3266 Camelford to Washaway road. You will come first to suggested parking places.

**Transport:** Camelford is served by Western Greyhound buses 510, 561, 584, 594. 561 runs between Camelford and St. Breward, 2 or 3 buses each way Monday to Saturday.

**Refreshments:** St Breward Churchtown, Old Inn. Camelford, pubs and cafés.

**Toilets:** St. Breward, only at Old Inn. Camelford, near car park.

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### Route Directions

#### Camelford to Advent Church – 1.61 miles

**Start from the entrance to the main car park in Camelford at 10715/83840.**

Cross the road and take the Wadebridge direction uphill for 260 yards and, shortly after the Darlington Inn on your R go L through a passage under a building (*WM and sign River and Advent Church*) to the west bank of River Camel. Bear R and follow the wooded river S. Soon you go L over a FB and through a wooden gate to the east bank. After 150 yards you cross a concrete FB, and go down 3 steps back to the west bank. The path continues along the river, can be quite muddy in places. You pass through a wooden kissing gate, pass a sewage works on your R, go through an iron kissing gate, a wooden kissing gate and another iron kissing gate on your way to a 4 step sheep stile up to a lane at Fenteroon Bridge. **(0.82 miles)**

Go R on a wooded lane, which becomes uphill, passing on your R two entrances to Fenteroon Farm and a FP. A few yards after the second entrance to Fenteroon Farm, go L through a wooden gate (FP) by a second galvanised gate to a field at 0.91 miles. Follow a path, *may be muddy*, gently uphill with hedge on L, field on R. *Brief view L across the valley to Pencarrow.* At 1.01 miles go over a low cattle stile (WM) and pass a smallholding on your L, *muddy along here.* At 1.10 miles go over a cattle stile (WM) and down 8 steep steps into woodland. A clear path angles R downhill fairly steeply through woods, *muddy in places.* Where it forks after 100 yards or so, keep L down to a WM post, leaving woods into a scrubby bracken field. Cross this on a clear narrow path to a WM post and 3 steps up to a wooden stile, wooden FB over the River Camel, and another wooden stile at 1.31 miles. Follow a WM R uphill in woods, *muddy in places* and, as you emerge into a scrubby field, bear L steeply uphill, *muddy here*, pass a WM post and follow the RH hedge up to a wooden stile (*barbed wire*) (FP and WM) to a lane at Trethin. **(1.39 miles)**

Go R on the quiet lane, passing the drive to Trethin on your L, then immediately L (FP & WM) over a coffin stile and a wooden stile to part of the garden at Trethin. Cross it on a clear path to the far L corner and into trees at 1.50 miles. Go R over a massive simple clapper to a wooden stile (*barbed wire*) (WM) to a field. Bear L uphill fairly steeply towards the tower of Advent Church. At the far L corner of the field go over a wooden stile (WM) then over a coffin stile and through an iron gate into Advent churchyard. Go round the west end of the church to reach the south porch. **(1.61 miles)**

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### Advent Church to Hamathethy Downs – 1.51 miles

Leaving the church, go through an iron gate on your R to a small CP and go L (WM) on the track to the lane. Go R (WM) on the lane downhill to the attractive hamlet of Tresinney. Ignore a turning on your R and continue to a T at 1.84 miles. Go L on an unkempt lane downhill between wooded hedges, crossing the River Camel at 2.22 miles, to Kenningstock Mill on your R at 2.25 miles. Go L (FP and WM) to a high granite bar over a leat and bear R over the hedge and down a wooden stile (*barbed wire*) into a field. Roughly follow the line of the river uphill, after a while with woodland on your L, to a gap (WM) to a second field. Continue up to a wooden stile (*barbed wire*) (WM) and a filled-in cattle stile into woodland. Follow a clear path up to a wooden gate (FP) to a lane at Trecarne Farm at 2.58 miles. Go L on the lane downhill, passing at the bottom Trecarne Mill, to a ford and clapper bridge over the River Camel. **(2.70 miles)**

Cross the clapper bridge and follow a well made track uphill, at first through woodland, and then in the open, up to attractive Henon at 2.90 miles. The track continues uphill fairly steeply through beech woodland up to 610 feet at 3.04 miles. With a corrugated barn and a wooden gate to your R, the track becomes a stony sunken track between wooded banks. It then becomes a path between overgrown hedges. Towards the end of the path, go through a rather rickety galvanised gate and continue on a grassy track onto open pasture land of Hamathethy Downs. *Views open up over the Camel Valley and on SW.* **(3.12 miles)**

### Hamathethy Downs to St. Breward Churchtown – 1.79 miles

Continue uphill roughly SSW following the RH hedge to a wooden stile (*barbed wire*) (WM) to a second field. Here follow the WM L uphill roughly S. At the end of the field bear slightly R to a WM post and a high crude sheep stile to a third field. Keep the major furze on your R, heading roughly SSE up to about 700 feet. *From here views are SSW to Clay Country.* Continue towards the tower of St. Breward Church to a 5 step sheep stile topped by wooden stile (WM) to a fourth field. Continue roughly SSE, passing a boundary stone on a low boundary bank at 09629/78931 at 3.78 miles. *Here there are remains of a possible lost settlement, beginning at 09632/78896 at 3.80 miles.* From here continue down to the very far L end of the field to just to the L of some barns to a wooden gate (*WM obscured by a fence post*). **(4.00 miles)**

Continue through a sheepyard and through another wooden gate and a galvanised gate. At the end of the sheep pens go through the RH of three wooden gates (WM) into a field. *Here the WM points in wrong direction, so ignore it.* Instead, follow the LH hedge S, and when the hedge bears L, continue SSE downhill to the very far end of the field to a wooden gate at 4.29 miles. There is a WM ahead, follow it R on a tarmac track (*L goes to Hamathethy*) downhill in woodland, go over a cattle grid and through gateposts to pass Lower Hamathethy on your R and continue uphill to a T with the road to St. Breward at 4.43 miles. Go L on the road uphill and follow it bearing R steeply uphill towards St. Breward. You come up to Open Access land on your R, then continue down to the lane to St. Breward church, with the Old Inn just ahead of you. **(4.91 miles)**

**For the return route from St. Breward Churchtown to Camelford see pages 3 and 4.**

**Return Leg – St. Breward Churchtown to Camelford – 6.22 miles****Route: Treswallock, Harpur's Downs, Highsteps, Watergate, Moorgate Menhir, Aldermoor, Treclago****Interest: Treswallock Chapel, Isolated Farms, Watergate Hamlet, Moorgate Menhir, Views of Roughtor****Useful Information****Parking:** St. Breward Churchtown, roadside just N of Church and N of War Memorial. Main Camelford CP (free).**Intermediate Parking:** Advent Church, but don't use it on Sunday.**Getting There:** Camelford is on A39, 10 miles NE of Wadebridge. For St. Breward, it is simplest to follow St. Breward signs from B3266 Camelford to Washaway road. You will come first to suggested parking places.**Transport:** Camelford is served by Western Greyhound buses 510, 561, 584, 594. 561 runs between Camelford and St. Breward, 2 or 3 buses each way Monday to Saturday.**Refreshments:** St Breward Churchtown, Old Inn. Camelford, pubs and cafés.**Toilets:** St. Breward, only at Old Inn. Camelford, near car park.**Route Directions****St. Breward Church to Harpur's Downs – 2.09 miles****Start from the lane to the church, close by the Old Inn in St. Breward Churchtown, at 09704/77332.**

Follow the FP sign E along the lane for 70 yards, past the church, to where trees begin. Go L over a high cattle stile (WM) into a field. Follow the LH hedge to a high cattle stile by a gate to a second field. Cross on a clear grassy track to a high cattle stile by gate to a third field. Cross slightly diagonally R to a high cattle stile (WM) by a gate to a fourth field. Follow the RH hedge to where it turns R and continue on the same line diagonally to a high cattle stile (WM) to a fifth field. Head roughly NNE to a gap to a grassy track leading to a galvanised gate. Don't use the gate but jink L and R through a small rough field to a high cattle stile (FP) to the lane to Treswallock. **(0.53 miles)**

*Here you could go straight across the lane to a wooden lift stile (WM) for a path round the back of Treswallock but it is more interesting to go by the front of Treswallock.* So, go R on the lane, becomes downhill to Treswallock Farm at 0.68 miles, at which point note the tiny former Wesleyan Chapel on your R at 10521/78020. Continue downhill, passing an interesting collection of barns then Treswallock Cottage on your L, to cross a culvert at 0.83 miles. Go L on stepping stones over boggy ground to a cattle stile (*no WM or FP*) to rough, lightly wooded ground. Follow a clear path to a hybrid stile to another scrubby field. Continue on a clear path, Mellon Farm to your R, to a wooden gate on your R to a grazed field. Head for far RH corner of field to a hybrid stile to a narrow field. Cross slightly R, *Alex Tor in view to R*, to another hybrid cattle stile to the lane to Middlemoor Cross and Fernacre Farm. **(1.03 miles)**

Cross the lane to a high hybrid cattle stile (FP) to a field. *Roughtor in view to L of Alex Tor.* Follow the LH hedge, bearing a little R to a gap to a second field. Go diagonally R to the RH of 2 galvanised gates to a track between wooded hedges. Follow the track to an open gate to a well made track at Cargelly Farm at 1.24 miles. Go R on the track for 35 yards and L over a high wooden stile (WM) to a field. Now follow the LH hedge downhill to a gap to a second field. Follow the LH hedge down to a gap to a boggy area and on for 20 yards to a wooden FB, lift stile and wooden gate to a scrubby, potentially boggy area. **(1.36 miles)**

Go straight across to a gap to a field. Go R and follow the RH hedge to an awkward hybrid stile (WM) to a second field. Cross to a wooden stile (WM) and 7 steps down to a sunken track at 1.50 miles. Cross the track (*it leads L up to Newton*) and scramble up a damaged sheep stile to a wooden stile (WM). Follow a path through rough woodland to a wooden stile (WM). Follow the RH hedge to a wooden stile (WM) to a second field. Follow the RH hedge, *Rowtor comes into view half R*, to a cattle stile and wooden stile to a third field. Follow the RH hedge, *Stannon Pit spoil heaps now in view to L of Rowtor*, to a hybrid sheep stile to a fourth field. Head uphill a little away from the RH hedge, roughly NNE, to a high wooden stile (WM) to the Open Access land of Harpur's Downs. Continue uphill NNE to a WM post by a triangular junction of lanes. **(2.09 miles)**

**Harpur's Downs to Watergate – 1.54 miles**

*Note to your L a triangular standing stone.* Cross the triangle to a FP sign and a high wooden stile. *Open Access land ends.* Go forward to another wooden stile then follow a track just E of N across a field, gently up then down to a gap to a second field. Continue NNE downhill, past Heneward on your R, to a gap (WM) to a third field. Follow a WM diagonally down to a gap in a hedge (WM) and a wooden stile to a fourth field. Follow the LH hedge down to a WM at 2.38 miles and cross a wooden stile, a FB over a stream, and a wooden stile (WM) to coppiced woodland. Follow the WM half R over muddy ground and bear L to a WM. Head NNE over more muddy ground with stepping stones and on up to 3 steps up to a field. Follow the RH hedge uphill fairly steeply at first, passing through a series of ancient hedged enclosures, up to a wooden stile (WM & FP sign) by a gate to the lane to Watergate. **(2.52 miles)**

Go R on the lane for 35 yards then L over an awkward high sheep stile (FP) to a field. *There are no more WMs from here to the lane to Watergate.* Continue N to a wooden stile to a second field. Cross to the far R corner to a gate in the RH hedge. Go L into Highsteps Farm, barn on R, house on L, through a galvanised gate into the farmyard. With the house on your L, go R for 20 yards, then L through a galvanised gate into a scrubby field. Follow the LH hedge NNW downhill to a gap to a second field. Go diagonally to the bottom L of the field, into trees and keep L, avoiding boggy ground, down to a concrete FB over a stream. **(2.80 miles)**

Scramble up a steep muddy bank to a field. Bear L and follow the LH hedge NNW uphill fairly steeply to a high wooden stile (*barbed wire*) to a second field. Follow the LH hedge and continue roughly NW to a wooden stile and down a cattle stile to a lane to Watergate at 3.02 miles. *View of Delabole wind farm and sea ahead.* Go R on the lane, gently up, passing the entrance to Quitecombe on your R. *From the top you have a view forward to the whole length of the Roughtor ridge.* The lane continues downhill, passing a bungalow on the L at 3.42 miles. *Shortly after that, there is a great view R over Highertown to Roughtor and Brown Willy.* The lane becomes fairly steep down to Watergate Farm on your R by a bridge just before a T with the lane from Highertown to Davidstow. **(3.63 miles)**

### **Watergate to Aldermoor – 1.50 miles**

Before the bridge, go L (FP) for 20 yards to a cattle stile and wooden stile (WM) to a field. Continue forward uphill, at first on stepping stones, stream below R, heading just W of N, to an interesting L-shaped enclosure. Go through the RH end of the enclosure and continue up, crossing an old boundary bank, then crossing the low part of a hedge to a second field. Bear L, roughly NNW, uphill to a galvanised gate in the top L corner of the field at 3.97 miles. Bear L to a WM in a third field and follow the LH fence and hedge, roughly WNW, to a wooden stile and cattle stile by a metal gate. Follow a well made track winding W to a wooden stile (*no WM*) on your R. **(4.25 miles)**

Cross the stile into a field and to the Moorgate Longstone at 11343/81973. Skirt the long grass (*see Interest for what may lie within it*) to the N of the longstone and continue downhill, soon following the LH hedge, to a wooden stile and cattle stile (FP) to a quiet lane at 4.41 miles. Go R on the lane to Moorgate, gently uphill, passing Moorgate House on your L at 4.66 miles. At Moorgate Farm you really should pass the farmyard entrance to a FP sign and go L over a high sheep stile. However, the stile is virtually impassable so go through the (probably) open galvanised gate and cross the farmyard to a wooden stile to the L of a galvanised gate to a field. **(4.73 miles)**

Cross the field bearing a little R to a wooden stile, high hedge and wooden stile to a second field. Go straight across to a wooden stile, cattle stile and wooden stile to a third field. Follow the LH hedge down to a galvanised gate to a scrubby fourth field. Follow the LH hedge and after a little way a grassy, stony track begins. Continue to a wooden gate to a fifth field. Follow the LH hedge to a wooden gate. The track continues, now between high wooded hedges, to a galvanised gate to Aldermoor and on to a narrow tarmac lane. **(5.13 miles)**

### **Aldermoor to Camelford – 1.09 miles**

Go L on the lane and follow it mostly downhill, mostly beneath a canopy of beech, down to a yard and barns on your L at Treclago. Immediately before the house on the R, at a WM on your L at 5.58 miles, go R on a well made track uphill, house on your L, and follow another WM over a cross track and past a small barn on your L. The track now becomes grassy and muddy downhill to a galvanised gate to a field at 5.75 miles. *Camelford is now in view ahead.* Follow the RH hedge until it turns and continue downhill fairly steeply to the bottom RH corner to a wrought iron gate and a wooden stile. Continue down to a lift stile, a wooden FB and a lift stile to a scrubby field. **(5.88 miles)**

*(If you prefer to avoid the hill ahead, here follow a WM L along the line of the stream to your L, over a slate cattle stile, through another scrubby field, to a wooden stile to the garden of Outground Mill, through a wrought iron arch at end of garden, over a stile to L of a wooden building, forward to a step stile and follow track to a gate and bridge over the River Camel to a sewage works. Here go R and follow the river into Camelford and to the main street. Go R downhill on the road to the car park on your L.)*

Follow a clear path steeply uphill and over a high awkward cattle to the next field. Follow the LH hedge up to a high awkward cattle stile (FP) at the drive to Higher Culloden. Go forward uphill on a narrow high hedged tarmac lane, passing occasional houses, then down to the start of Camelford proper at 6.13 miles. Continue down College Lane to the main road in Camelford. Cross with care to the main Camelford CP. **(6.22 miles)**