

**Useful Information**

**Parking:** CP area at Bosullow Common and by Towednack Church.

**Intermediate Parking:** Roadside at Bodrifty and near Higher Kerrow.

**Getting There:** From Penzance by-pass, take turn signed to Madron.

**Transport:** In summer First Bus 300 runs between Penzance, St. Ives. St. Just, Land's End and Penzance.

**Refreshments:** None.

**Toilets:** In car park at Towednack Church.

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**Route Directions**

*Distance includes detours to Men-an-Tol and Nine Maidens but not Zennor or Mulfra Quoits, or Bodrifty Roundhouse.*

**Start at the CP at Bosullow Common at 41887/34430.**

Go through the gate and follow the well made track NE towards Nine Maidens Common. After 800 yards, do look at the fascinating buildings and hedges of Coronation Farm to your L. After about another 200 yards, follow the WM R over a clapper bridge and step-stile to a short grassy path for 200 yards to Men-an-Tol. Return to the track to continue. A little further on, a step-stile on the L by a gate leads to the field where Men Scryfa is. Further on, it can be very wet and muddy, and sometimes impassable. If so, go R and L into a scrubby area and follow a path to rejoin the now grassy track, passing an abandoned building on your L. *Shortly after, a path goes L along the W side of Carn Galver to the road by Carn Galver mine (CP). (1.15 miles)*

At this point, ignore a gap in the hedge on the L, leading to a horse track along the outside of the boundary hedge of Nine Maidens Common. Continue forward for 10 yards to the Four Parish Stone at 1.16 miles. *Here the path forks, R goes to Ding Dong Mine.* Continue forward, now heading SE, on a clear path uphill, passing on your R, at 1.34 miles, a narrow path up to a cairn, and on your L a faint path to be taken later. *Nine Maidens become visible ahead.* Continue up, taking L fork, to Nine Maidens stone circle at 755 feet. **(1.55 miles)** *Do not be tempted to cross the scrubby land to the next path yet.*

Retrace your steps to the large cairn, and go hard right on a faint path, heading towards the centre of three green fields. Cross a first path then bear R on the second path. This now roughly follows the LH hedge marking the boundary of Nine Maidens Common, roughly E, and winds through heather and furze scrub, wet in places. At a fork at 2.06 miles, take the L fork, keeping along the LH hedge. The path eventually descends to a massive rock on your L. *Here a rocky track goes L to Brook Cottage.* Go R on the rocky track, down to a T with a well made track (from Tredinnick). Go L on this track, heading towards Bosporthenis, for 100 yards. **(2.56 miles)**

Follow the yellow arrow R for 25 yards to a cattle stile (*yellow Round Houses sign*) to Bodrifty Iron Age Settlement. Tracks fork, take the centre of three, half R, heading for a storyboard. *At the storyboard, at 44467/35408, you could bear R across fields to Bodrifty Farm to see a recreated Round House, this adds about ¼ mile. If you wish to include Mulfra Quoit in your walk, a path continues from the Round House SSE, across 3 fields to a track from Tredinnick. Go NE up the track and then across 2 fields to the Open Access land of Mulfra Hill and on to Mulfra Quoit. Paths N will lead you back to the route.*

From the storyboard bear L, heading overall roughly NE across the settlement, passing round house remains, to a crude stile to the L of an iron gate to a scrubby field. Go forward on a clear path, still uphill, to cross a cattle stile to the Open Access land of Mulfra Hill. Continue through heather and gorse scrub to the top at 660 feet. *Look back, for views to Boskednan engine house half L, Carn Galver half R.* The path continues downhill easy, but is a bit rutted and rocky in places. Shortly before you come to the road at Kerrowe Turning, a broad path heads L and then R. Take this to the road and cross diagonally to the bus stop by the lane to Higher Kerrowe. **(3.28 miles)**

Continue ENE on Kerrowe Lane. At Higher Kerrowe the road bears L towards Zennor; here continue forward on a well made track. *At Kerrowell Cottage on your L, at 3.97 miles, note the unusual wind turbine, built by blacksmith David Tigwell. At 4.07 miles, paths go R to a Nature Reserve and to Carnaquidden Farm.* You then pass attractive buildings at Bishop's Head and Foot at 4.19 miles. After passing some abandoned buildings on your L, at attractive Milldowns Cottage, the well made track ends. **(4.31 miles)**

Continue forward on a clear path gently uphill through scrubby land on a former wide driveway between hedges. At 4.43 miles the path forks. You should go L, following the blue WM, but it may be flooded, if so detour R (*blue WM*) for 25 yards to a gate to a track to Lower Conquer. Go L and R to rejoin the path. Soon after, go L and R through a gap (*blue WM*) at 4.48 miles. The path now follows the RH hedge, with fields on R, to Lady Downs. Here a path goes R to Woonsmith (*yellow WM*). Continue forward (*blue WM*) to a WM post. **(4.78 miles)** *Finger post points L to Zennor Quoit, the detour would add about 1½ miles. A WM R points to Embla.*

Go forward (*blue WM Embla Vean*) still up easy on a clear wide grassy track, which starts NNE, curves to E, following the RH hedge along Amalveor Downs, up to 765 feet. After about ¼ mile, the grassy track becomes a sunken track (*green lane*) downhill, and becomes steepish between hedges. *This has recently (2011) been cleared and effectively ditched, presumably it had previously been bad.* Continue down to a lane at Embla Vean. **(5.58 miles)**

Go L on the lane uphill though Amalveor, then downhill. Where the road turns R, and a track goes L to Beagletodn, go forward on a grassy path (*no WM*) to a clapper bridge and a coffin stile (WM). Go forward through Sweetwater Trout Farm (B&B) to a track (WM) at 5.96 miles. Go forward on the track and, just round a R bend, go L through a bamboo patch to a wooden stile (*WM not visible from track*) to a field. Follow the RH hedge uphill to the top R corner and a cattle stile. Cross the narrow field and follow the LH hedge to a coffin stile (WM) to the next field (*Towednack church visible*). Follow the LH hedge to a tall cattle stile to the CP at Towednack Church. **(6.24 miles)**

### **The Next Stage**

*As the next stage on to St. Ives is only 3.29 miles, and is downhill almost all the way, you may well prefer to add it to this stage for a total distance of 9.53 miles.*