

# Coastal Round Walk 16 - Loe Bar, The Loe and the Penrose Estate - 7.01 miles

## Route Directions – GPS and Non GPS versions

### Full GPS Version

**Few directions are needed but here are just a few indicators.**

**For information and a large scale map, you may like to acquire NT leaflet 12, Loe Pool (*sic*) and Mount's Bay.**

Leave the small cliff-top car park on the coast path eastwards. After approximately ½ mile, at Bar Lodge, head down to Loe Bar and cross it bearing left to follow a sandy then regular, sometimes muddy, path round Carminowe Creek. After passing Lower Pentire, from 64934/24290 don't continue on the track but go left along a path leading to a field before Degibna Wood. In Degibna Wood there are a couple of forks, at 64940/25198 at 2.62 miles and at 64907/25362 at 2.75 miles. In case you miss the waymarks, go left at each of these. When you come to the concrete track at 65468/26103 at 3.36 miles, with Lower Nansloe Farm to your right, go left on the track, passing Castle Wary Mine engine house. Then, shortly after a cattle grid, at 65322/26842 at 3.88 miles go L up to grass at the very bottom of a massive CP, cross it to 10 steps down to a footbridge over the River Cober to a path at 65293/26873 at 3.91 miles. *For the Lakeside Café and toilets, go R here, cross the road and skirt the lake, returning to the bridge to continue.* Go left on the path, follow the River Cober on your left and, at a bridge on your left, at 65293/26873 at 4.56 miles, go right on a path winding through Loe Marsh and turn left on the Penrose carriage drive, passing Penrose House on your right to Penrose House stables at 64249/25651. The carriage drive continues as a stony track, winding and undulating through woods, passing Helston Lodge and a boathouse, back to Bar Lodge. Finally go right on the coast path to return to the car park at 7.01 miles.

### Possible Variations – Four alternative car parks

You could start this walk at any of several possible points. Since it is one of my Coastal Round Walks, I have chosen to start it from the cliff-top car park below Parc-en-Als Cliff. But there are four other possibilities. In counter-clockwise order these are first the NT car park at Degibna at about 653/252; this adds about ½ mile. Second is from the car park on the Porthleven road opposite Coronation Park in Helston; this will add 0.65 miles. Third is the NT Penrose Hill car park, signed off the Porthleven road; this adds a little over ½ mile. Fourth is Porthleven, adding just under 2 miles. Of the total of five possible start points, all car parks are free except Porthleven, where charges are reasonable. Starting from my preferred start point below Parc-en-Als Cliff, if you decide to lunch at the excellent Lakeside Café in Helston you will add just 0.65 miles.

### Non GPS Version

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Leave the small cliff-top car park on the coast path eastwards. After approximately ½ mile, at Bar Lodge, head down to Loe Bar and cross it bearing left to follow a sandy then regular, sometimes muddy, path circling Carminowe Creek. A little way after passing Lower Pentire, don't continue on the track but go left on a path leading to a field before Degibna Wood. In Degibna Wood there are a couple of forks, at 2.62 miles and at 2.75 miles. In case you miss the waymarks, go left at each of these. When you come to the concrete track at 3.36 miles, with Lower Nansloe Farm to your right, go left on the track, passing Castle Wary Mine engine house. Then, shortly after a cattle grid, at 3.88 miles go left up to grass at the very bottom of a massive CP, cross it to 10 steps down to a footbridge over the River Cober to a path at 3.91 miles. *For the Lakeside Café and toilets, go R here, cross the road and skirt the boating lake, returning to the bridge to continue.* Go left on the path, follow the River Cober on your left and, at a footbridge on your left, at 4.56 miles, go right on a path winding through Loe Marsh and turn left on the Penrose carriage drive, passing Penrose House on your right to Penrose House stables. The carriage drive continues as a stony track, winding and undulating through woods, passing Helston Lodge and a boathouse, back to Bar Lodge. Go right on coast path to return to car park at 7.01 miles.

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