

Coastal Round Walk 22 – Helford, St. Anthony, Manaccan, Frenchmans Crk – 6.40 miles

Route Directions – Non GPS Version

Helford to St. Anthony-in-Meneage – 2.18 miles

Start at car park entrance. *Coast Path to Dennis Head clearly waymarked.* Forward for 10 yards then L (*Coast Path fingerpost*) through gate, to kissing gate to woodland. Path undulates to 7 steps down to lane at Treath. Go R uphill on lane and, after a few yards, where lane bears R, bear L on track entering Bosahan estate (*Coast path, permissive path, St. Anthony 2½ miles*) all way to Dennis Head. Go downhill to lime kiln (*with crenellations*) and cottage at 717 yards. Track passes former kennels on R, becomes path into Padgagarrack Woods, undulating to Padgagarrack Cove, Bosahan Cove at 0.97 miles and Porsenna Cove. It becomes more open at 120 feet at 1.32 miles and soon passes through fields to reach a wooden stile to Dennis Head, where the permissive path ends, at 125 feet at 1.97 miles. *Detour out to Dennis Head for the views adds 0.27 miles.*

Now follow Coast Path WM R downhill and, after 30 yards, bear L to follow indistinct path roughly E down to bottom L corner of field to gate. Continue downhill on path, becomes track, past kissing gate, to a track (*Coast Path finger post Flushing ¾ or 2½*). Cross this track downhill to a lane. Continue down on the lane to St. Anthony-in-Meneage hard and church at 2.18 miles. *If you prefer, at a mounting block on R, you can go R through the churchyard.*

St. Anthony-in Meneage to Manaccan – 2.46 miles

Continue on lane to Carne. *After 200 yards, Coast Path goes L, across Gillan Creek on stepping stones. After ½ mile, pass on L small NT Gillan Creek property.* Follow lane through Carne hamlet to road at 3.13 miles. *You could try an alternative: at L bend before Carne, go R via Roscaddon, but described route is preferred for charms of Carne hamlet.* Go R on road uphill. After 125 yards, go R (FP) over wooden FB into woodland. On way up into open at 3.35 miles, cross 3 cattle stiles. Then follow LH hedge, over 2 more cattle stiles up to a track at 3.48 miles. Go forward to lane at Manaccan at 170 feet. Go L on a lane downhill to a T at 130 feet at 4.54 miles. Cross the lane to church entrance and churchyard. Continue to W entrance, and a lane at 4.64 miles.

Manaccan to Frenchmans Creek – 1.15 miles

Go forward on lane 40 yards to T with road. *Thatched New Inn down hill to L.* Go R on road uphill, passing school on L, South Café on R, to Minster Meadow (*street*) on L at 3.75 miles. Go L (FP Helford) for 40 yards, over granite stile (FP) and along path for about 40 yards. Go forward in field, following RH hedge, to cattle stile to lane at 3.86 miles. Go L on lane for 20 yards and R (FP) over cattle stile to field. Follow clear path downhill, then RH hedge for 30 yards, then clear path down to bottom L corner and cattle stile to woodland at 4.00 miles.

Continue down, crossing 2 cattle stiles. Continue down, on sunken path, to waymark post at 4.10 miles. Follow WM, down 3 steps, and on to next WM post. *Here a path goes R over stream to Helford.* Take the L fork down to stepping stones a over stream at 65 feet at 4.13 miles. Go over sheep stile and more stepping stones over second stream, then 6 steps up. Path bears R uphill to a wooden stile on L at 4.19 miles. Go over stile into open and follow RH hedge down then up to track at 4.30 miles. Follow a WM R up on grassy track to wooden gate, and on to a track into Kestle Barton. Continue, with the house on R, to wooden gate to lane at 180 feet at 4.48 miles.

Follow finger post (*Frenchmans Creek*) forward, passing Kestle House on R, over filled-in coffin stile to field. A track follows RH hedge to a wooden gate. Track bears L (FP) downhill steeply, woodland on L, passing at 4.65 miles, an NT Frenchmans Creek plaque. Where the track bears L to Frenchmans Pill at 4.74 miles, continue forward on permissive path into woodland downhill to Frenchmans Creek, bearing R to follow creek towards the Helford River.

Frenchmans Creek to Helford – 1.61 miles

The path undulates along creek to a third wooden FB at 5.12 miles. *Soon, at a fork, a path goes straight on, rejoining walk later.* Here follow NT *Creekside Path* sign L, crossing small stream at 5.24 miles and, at 5.72 miles, private gate on L. Path continues up R fairly steeply, with 16 steps up and 3 steps down, to a track at 5.29 miles. Go R on track uphill fairly steep at first, to a T at 5.49 miles. *Here the track continues to Tremurlon.* Go R on track (*sign Helford by Penarvon Cove*) uphill to a turning on L at 180 feet at 5.67 miles. Go L (*sign Pengwedn, Helford via Penarvon Cove*) on lane winding downhill. Where lane bears L at 5.81 miles, continue forward on a track (*Penarvon Cove, bridleway and FP only*) through woods down to the beach at Penarvon Cove at 5.95 miles.

Cross back of the beach, over wooden FB and R (FP) steeply uphill, past house on L overlooking water, and continue to metal gate (FP). Continue on path, bungalows on L, to a concrete track at 6.09 miles. Follow WM L down the track to tarmac lane at 6.60 miles. *L is Coast Path to Ferry.* Go R on lane, past the Shipwrights Arms and Helford Stores and PO, and on down to cross a FB over a creek at 6.31 miles. Go L on a road up through village and, after 100 yards, go L through 2 metal kissing gates to tea garden and CP entrance at 6.40 miles.

A fuller version of these route directions, complete with GPS data including 10 figure grid references, spot heights and detailed distances, is also available. Return to the walk page and click for it.