

Coastal Round Walk 28 – Pentewan, Heligan Garden, Mevagissey – 6.57 miles

Route Directions – Non GPS Version

Pentewan Sea Lock to Bridge over White River – 1.22 miles

Start at the Sea Lock at Pentewan Harbour.

Follow the harbour and the road round, towards the B3373 Mevagissey road, as far as Pentewan Valley Cycle Hire sign. *Pentewan Valley Trail starts here (sign)*. Go through Pentewan Valley Cycle Hire and through a gap (*storyboard*) on to the cycle trail. *The cycle trail continues, well signed, to the road at Tregorrick, opposite The Cornwall Hotel and Spa*. Walkers should do only 15 yards on the cycle track then, by the small trail opening plaque, go L round a barrier, bearing R, crossing a single plank bridge, and then L to the White River. Turn R along the river and, at 0.95 miles, rejoin the cycle trail along the river. At 1.22 miles, you come to a wooden FB on your L (*signed National Cycle Network NCN3 Mevagissey 3, Heligan Garden 1½, Coast and Clay Trail*).

White River Bridge to Mevagissey – 3.22 miles

Go L over the bridge to the B3273 St. Austell to the Mevagissey road, opposite Nansladron Farm. Go L on footway/cycleway for about 250 yards. Cross at central refuge to the other side for 45 yards to the entrance to Pentewan Valley Nurseries. Cross a lane to a track between hedges at 1.38 miles. After 280 yards, cross another lane and continue on the track. At 1.73 miles the track turns away from road and winds uphill through the lovely broadleaf woodland of New Road Plantation (*Tremayne Estates*), moderate overall. At the top go under a handsome road bridge (*looks more like a railway bridge*) at 280 feet at 2.42 miles.

60 yards after the bridge, is a T junction (*signed Coast and Clay Trail, R Heligan ¼, back Pentewan 2.4, St. Austell 2½, L Meva 2¼*). *If you are taking a Heligan Garden detour, go R on track here. When you leave Heligan Garden, head for the car park but then go L on a clear track, which rejoins the trail at 3.48 miles. The overall distance is much the same.* Go L for about 60 yards. *At this point a grassy track goes L. If you follow this, cross the road, follow a track, cross 5 fields and a take a track past Barton Farm, you come to the St. Austell Road, just N of Pentewan.* The trail now continues up easy up to around 300 feet then descends easily in woodland, passing an interesting collection of barns of Peruppa Farm on L at 2.55 miles. Then the path follows the road for a way, but separated by a wall. *From here, good views R over wooded Heligan valley, including Heligan and Home Farm estate, continuing much of way to Mevagissey.* After ¼ mile, pass on your left an electricity sub-station. The track now undulates to a FB at 2.95 miles. 30 yards after the FB, there is a T junction with a fingerpost (*L Public FP, R Cornish Way Mevagissey 1*) at 2.97 miles.

Go R on the trail downhill, undulating between hedges, then back into woodland. After 600 yards, track becomes steep. At Heligan Mill junction, at 3.48 miles, a gate on the R is signed *pedestrian access to Heligan Garden 1½ miles*. *If you have taken the Heligan detour, this is where you will rejoin the trail.* At the entrance to Wayside on L at 3.64 miles, the track continues as a tarmac lane, passing on L Cheesewarne Farmhouse. At 4.01 miles, pass on your R the Mevagissey Tennis and Bowling Club, and continue down to the road at 4.04 miles. Go slightly R through a park and past the fire station to the road at 4.16 miles. Go R on Valley Road to follow the footway into Mevagissey, passing a large CP on L and a Mevagissey storyboard and toilets on R. At bottom of the hill, in Market Square, go L on Fore Street, then R into St. George's Square and East Wharf at Mevagissey Harbour at 4.44 miles.

Mevagissey to Pentewan – On the Coast Path – 2.13 miles

Keep the harbour on your R for 50 yards and go L (*Coast Path sign Pentewan 2¼*) uphill on a concrete path alongside a terrace of houses. After last of the houses, continue up steep, with 78 steps up, into the open at 180 feet. Continue on grass, towards RH end of a terrace of houses up to 210 feet at 4.73 miles. Go through a gap. The Coast Path, as always, is clear from here and, as almost always, is very much up and down. Along the way you will encounter a steep section with a flight of 44 steps down to a footbridge at Polstreath and another 92 up from it.

Eventually you reach 275 feet at Penare Point. It is mostly downhill from here, dropping to 30 feet at the lost fishing hamlet of Portgiskey at 5.73 miles. Another easy grassy climb to 150 feet then it's down easily to the St. Austell road at 6.13 miles. Go R on the road, passing Pentewan Sands holiday park and, shortly after a bus stop, go R on the road into Pentewan. Go down the S side of the harbour to the sea lock at 6.57 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.