
Start from the small car park on the old A30 near Tregoss railway level crossing at 96074/60981.

Tregoss Crossing Car Park to Belowda – 0.85 miles

Set off slightly N of E on the path alongside the old A30. After 135 yards go R and L on a properly made path, slightly N of E, through a horse stile and continue with hedge and old A30 to your L and scrub and the Newquay to Par railway to your R. At 580 yards, at 96592/61034, with a kissing gate to a path to Tregoss to your R, go L across a small wooden bridge over a stream. Cross the old A30 with care to a Public Footpath sign and 4 steps down to a fairly high wooden stile (beware barbed wire) to marshy moorland.

An obvious (most of the way) path crosses this stretch of marshy moorland, initially overall roughly NNE, then overall roughly N, dabs of yellow paint generally marking the way. This path is classified by Cornwall Council as ‘silver’ but actually merits a rating of less than bronze. At 625 yards cross a tiny clapper bridge, then boggy tussocks for a short way. At 655 yards you are veering slightly away from a barbed wire fence to your R. At 695 yards cross another small clapper with an iron railing to more boggy ground. Continue to a low granite stile leading to wooden duck-boards to some slightly firmer ground. At 760 yards it becomes a bit boggy again in some scrubby woodland.

With a stream ahead, here you need to bear R to a dab of yellow off to your R by what often looks like a small pond at 775 yards. You cross this by keeping right round a tree to slightly drier ground. Now head N across difficult boggy wet ground, with stream and hedge to your L, to a wooden footbridge at 790 yards to the L of a galvanised gate. This leads to a granite cattle stile to another marshy area. Follow the LH hedge and pass through a gap in a hedge to a field at 920 yards. Follow the LH hedge to a galvanised gate at 955 yards leading to a well-made track just short of the A30.

Go L on the track, following FP sign to another galvanised gate at 0.59 miles. Go forward, bearing R, to a tunnel under the A30 at 0.61 miles. *Can be very wet and muddy here, probably better on RH side of the track.* Leave the tunnel at 0.63 miles. The track bears R uphill. Don't go L at 0.68 miles to a galvanised gate but continue to a FP sign (Belowda 300 yards) at 0.70 miles. Here go L through a galvanised gate uphill in a field and follow LH hedge towards Belowda Farm (solar panels), past a vegetable patch on R and a large container on L, and along a gravel track to an iron gate at 0.80 miles. Follow a grassy track between high hedges to the lane in Belowda (FP sign) at 0.85 miles.

Belowda to Belowda Beacon– 0.80 miles

Go R on lane, gently uphill between high hedges, for about 75 yards. Go L (Public Bridleway) on a stony and grassy track uphill between brambly hedges. *At 1.04 miles Beacon Mine engine house comes in to view to R.* Track narrows and may be a bit muddy in places. Up to the road (Wynards Perch to Roche) at 96866/62367 at 1.19 miles. Cross the road to a lay-by area to the hedge. Look over to see an otherwise invisible wooden stile. Scramble up the hedge and over the stile to the Open Access moorland of Beacon Hill. A clear grassy track heads roughly NE to a large mine spoil heap with a trig point on it at 97138/62544 at 1.38 miles at 740 feet. *Great panoramic views from here include Bodmin Moor, Brown Willy and Rough Tor, Carn Brea and Clay Country.* Look roughly north to a hedge corner. Go to it and follow the RH fence and hedge, past a possible small cairn at 1.46 miles, back to the stile and lay-by at 1.65 miles.

Belowda Beacon to Castle-an-Dinas – 1.87 miles

Go R on the road, gently downhill, (*view of Castle-an-Dinas half left*) passing at 1.80 miles at 96670/62509 a massive abandoned industrial building complex, presumably connected with the former china clay workings behind. At 2.11 miles, you will see ahead a kissing gate with a blue sign board (relating to Galloway cattle that graze the downs) at 96242/62727 at 2.13 miles, leading on to the Open Access land of Tregonetha Downs. Go through it. From here you are heading roughly overall WNW, aiming for the junction of three paths at a conifer clump to NNE of Castle Farm. Several routes may be possible but the best is the following:

Follow the RH fence, road on R, downhill for 350 yards to a wooden gate to the road at 96028/62923. Go L on a wet grassy track for about 170 yards to a track on your R at 95898/62825. Go R on this track which winds wetly towards the junction of three paths by the conifer clump. At a cross track at 95711/62854 at 2.56 miles go L to a hunting gate by a wooden gate, at 95496/62828, leading to a track. Here three paths are shown on OS 106 – N to Tregonetha, S to Castle Farm and Royalton are both on the Land's End Trail, R goes to Dennis Farm on this route. **(2.71 miles)**

Go forward to an open galvanised gate. To its left there are two waymarks. Forward goes to Castle Farm. Follow the waymark pointing R along the RH hedge of a large field to a galvanised gate at 2.96 miles. Go forward on a grassy track between high hedges. At 94789/62982 at 3.16 miles, opposite the barns of Dennis (Dinas) Farm, on your L is an old FP sign. It is blank on the side facing you but on the other side points to Castle-an-Dinas. Follow it L uphill in woodland. At 3.20 miles the path leaves the woodland and follows a barbed wire fence on the left. Through a kissing gate 30 yards on and continue up, now between barbed wire fences. At 3.24 miles note ruined mine buildings to your R. Through a collapsed gate at 3.30 miles, continue up on open ground following the LH fence up to a kissing gate at 3.41 miles. (*Nice notice warns you to keep to waymarked path because of mine shafts – but there are no WMs visible!*) Here you could go ahead through another kissing gate but this takes you away from the fort itself. So, go R on a track, bearing L up to the LH of two galvanised gates at 94548/62506 at 3.52 miles. Go straight ahead into Castle-an-Dinas at 700 feet. Take your choice of routes from here, circle R, circle L or (most interesting) continue forward across the ramparts of the fort to the bronze age burial cairns at its centre. **(3.60 miles)**

Castle-an-Dinas back to Tregoss Crossing car park

Leave the fort by the main S entrance (WM) at 94622/62282 at 3.71 miles onto a grassy path. At 3.79 miles it becomes a well made track, wulfram mine buildings on R. At 3.85 miles through a kissing gate into car park (Castle-an-Dinas storyboard). Do not follow the vehicle route but go forward to a wooden stile (WM) at 3.88 miles. Continue forward, leaving house to your R, on a well made track leading down to the St. Columb to Victoria road. (*FP sign is missing though the pole is there*) **(4.09 miles)**

Go L on the road and at 4.15 miles, opposite Providence Farm on L, go R down a well-made track downhill, passing on L at 4.22 miles Providence barns, down to a grassy cross track at 4.33 miles. Go R on the track, wooded hedges both sides, can be very wet and muddy in places, through a galvanised gate at 4.41 miles at 94650/61324 to a tall FP post. Go L through another galvanised gate on to a firm track which winds downhill to a tunnel under the A30 at 4.49 miles and down to a cross track at 94738/61171. Here it is tempting to go straight across as it leads to Open Access land but I suspect it will be boggy and difficult. **(4.53 miles)**

So, go R following FP sign on a well made track with busy A30 on your R. At 4.93 miles track bears L, following FP sign, round padlocked (!) galvanised gate at 4.95 miles. Forward on track, through Deep Tye Farm (abandoned), house on R, barn and stables on L. Continue on track, boggy ground to each side, to a padlocked (!) galvanised gate, which you can squeeze round, at 94326/60446 at 5.15 miles and on 15 yards to the old A30. Go left along road, well-made path on its right side. Round galvanised gate at 5.42 miles. Old A30 storyboard at 5.77 miles. Round galvanised gate (Old A30 storyboard) at 6.28 miles and back to start point at 6.30 miles.