

The Saints Way – Luxulyan to Par Beach at Polmear – A Better Alternative

Saints Way to Pont's Mill Car Park – 1.60 miles

Start from a Saints Way wooden stile (WM) at 05292/57510 355 feet at 1.80 miles.

Down 6 steps to a Saints Way WM and follow it R on a track for 15 yards to another WM. Bear L on the track between hedges, *bit muddy here*, to a wooden stile and a bridge over a small river at 05293/57459. *You could follow a Saints Way WM here and soon bear L to come out near the NW end of the viaduct but this walk is all about Treffry's works so:* go L on clear winding path through woodland and, after a leat and a sluice, shortly before a clapper bridge, go L on a clear windy path, stream on L, river on L, across a muddy patch to a tunnel under the railway at 05401/57405. Just to its R you can climb a sort of step stile up 10 feet to Treffry's old railway. Go R on the railway, may be muddy in places but avoidable, to the sluice at the NW end of the viaduct at 05567/57262. Cross the viaduct to its SE end to another sluice at 05720/57124. **(0.38 miles)**

Alternative route down valley bottom: *Go L on a track for a few yards, to steps on your L. Follow steps – 32 in all – and path down to a wooden FB over a leat at 05805/57256, a car park is off to your R. Go L along the leat to the piers of the viaduct then go R down 18 steps and a rough path to a track at the bottom. Go L on the track which goes to Pont's Mill. Where the track divides, at 05900/56918, take the R fork downhill on a wide track. This will enable you to enjoy a stretch alongside a tumbling river and to look around the abandoned Central Cornwall Clay Dries building. On the way down you twice pass under the present Par to Newquay branch railway line. Eventually you go over a low wooden stile (or through a hunting gate) and on to the Pont's Mill car park at 07298/56156 at 50 feet at 1.83 miles. However, my preferred route from the viaduct is the following:*

Continue forward on a track through woodland, Carmears Leat to your L. The track crosses duckboards over a muddy section on its way to the Carmears waterwheel wheelpit on your R at 06583/56712 at 0.98 miles. You will see remains of small buildings, associated with the waterwheel, to your left and ahead. *Here you could simply continue on the same track, down the Carmears Inclined Plane but you should make a small detour to get the best views of the wheelpit.* Immediately after the fencing around the wheelpit, go R downhill, includes 30 steps, down to a lower leat *with views of the wheelpit from here and just back right.*

Go L on the track along the leat. At 1.05 miles you join the Carmears Incline and go R on it downhill, still in woodland. At 1.14 miles, a long series of granite tramway setts begins. At 1.18 miles you pass under a bridge. At 1.24 miles, the incline begins to ease off and you can now see the modern Par to Newquay railway below to your R. A double row of tramway setts begins at 1.29 miles and continues right down to the bottom where you go through a wooden barrier and down 4 steps to a well made track at 1.46 miles. Go L on the track. *Note remains of substantial stone structures in the woodland to your L, presumably connected with the Incline and with the Par Canal which must have started here.* Go over a low wooden stile or through a hunting gate at 1.55 miles and continue on the track to the Pont's Mill car park at 07298/56156. **(1.60 miles)**

Pont's Mill Car Park to Par Green – 1.57 miles

Continue through the CP, round a chained galvanised gate at 1.63 miles and continue on tarmac lane, woodland on R, and at 1.78 miles *(large former yard, presumably Treffry, on R)* go R/L, along a short section of railway track, cross more old railway track and on to a clear path which heads back into woodland. At 1.82 miles, canal on R, bits of old rail on path, another yard below to L. Over what is now a footbridge (was rail) over Par Canal at 1.88 miles. There is a tunnel under the railway at 1.90 miles, then the path continues through woodland. At 1.94 miles, the canal goes under the modern railway on your L. Into the open at 2.06 miles, canal on L, follow the canal (and railway) on the L to the road at St. Blazey Bridge at Tywardreath Highway. **(2.09 miles)**

Cross to Rundles Walk (FP) along the canal on L. Follow the path to its far end at St. Andrew's Road at 2.62 miles. *On the way, if toilets are needed, leave the canal just before St. Blazey football ground, and keep going L to their car park.* Go L on the road, over a bridge over canal and railway level crossing, and go R (FP) at 2.63 miles on a path along canal. *This embankment between the canal and a small river (flood prevention) was once a tramway, note the granite setts.* At 2.89 miles, go through a galvanised gate, cross the railway tracks with care, go through another galvanised gate and continue on grass alongside the canal, becomes a well made track then tarmac to Par Green (road). **(3.17 miles)**

Par Green to the Saint's Way at Polmear – 1.16 miles

Cross the road and go L on the footway along it, under a railway bridge and, just after the Welcome Home Inn *(all day)* on the L, go R (FP) on a path between houses, continues through scrubby land a hunting gate to Par Docks private road. Cross on a sort of pedestrian crossing to another hunting gate at 07879/53452 and enter woodland on a tarmac path for 15 yards. Tarmac continues into a holiday park but bear R and L on a clear path (NCN2), with duckboards over a marshy area at 3.61 miles, to a T at 3.64 miles. Follow a Clay Trail WM L on a wide track, through an open galvanised gate at 3.67 miles, and on for a short distance to a T with a tarmac track at 3.68 miles. Go R on track *(note Clay Trail sculpture on R at junction)* to a small CP on L. **(3.73 miles)**

Go through the CP on a sandy track to a crossing sandy path. Go L along the dunes and back of beach to the far (E) end, heading roughly for Mean High Water Mark shown on OS107. Cross a metal FB over a stream to a tiny separate bit of beach. Go R to a low bit of cliff at 08717/52997 at 4.34 miles and scramble up it and on through scrub to the Coast Path at 4.36 miles. Go L on the Coast Path to a WM post at 08765/53241. Here the Saint's Way goes R uphill towards Polmear Hill. **(4.53 miles)**

Par Beach

Large pay (seasonal) car park. Toilets in another small CP, opposite the lake on the lane to the holiday park, at 08492/53260. Café (seasonal) near holiday park entrance at 08215/53352.