

Walk 1

6 miles. 3 hours OR 4 miles. 2 Hours.

OS Explorer map 103

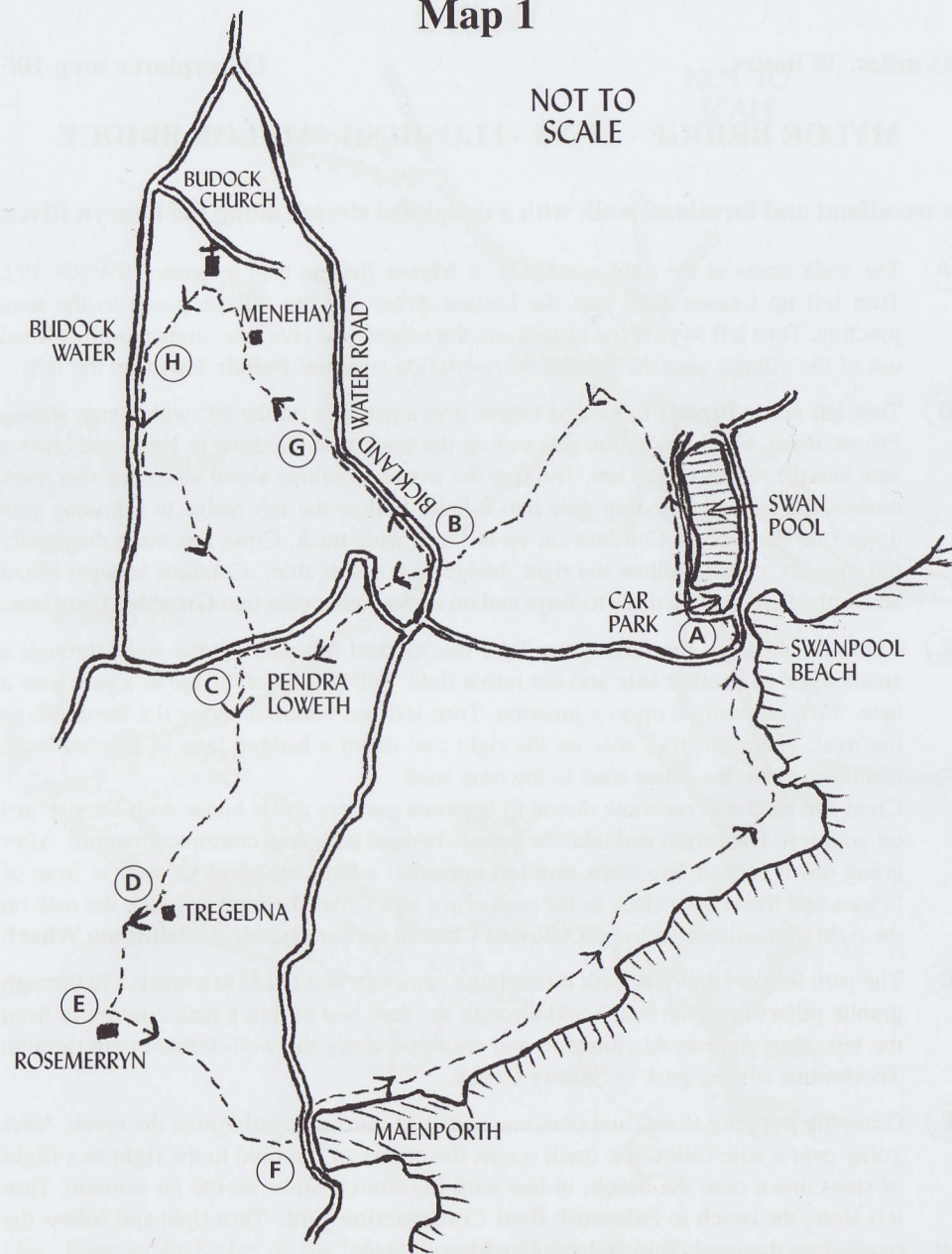
SWANPOOL - TREGEDNA - ROSEMERRYN - MAENPORTH - SWANPOOL - with extension to BUDOCK CHURCH

Farmland, woodland, an interesting church and an attractive stretch
of the coastal path.

- A** The walk starts at **Swanpool** grid reference SW802 313. From the public conveniences walk inland along the road beside the car park following it round to the right by the side of the lake. Turn left at Swanpool House, just before the electricity sub-station. Follow the path with the stream on your right to a junction of paths. Here turn very sharp left and follow the hedged lane up hill. Nearly at the top of this long hill continue ahead at a another junction of paths past a row of houses. Continue ahead at a road and down the hill to **Bickland Water Road**. To do the extension to **Budock Church** go to **G** below.
- B** Cross the road to a kissing gate. Cross the field slightly to the left to a kissing gate onto the next road. Go over the road to a stile. Follow the path down to the road by the entrance to **Pendra Loweth** Holiday cottages. Turn left up the road.
- C** Take the bridleway on the left opposite **Lower Crill** farmhouse. Go past 'Woodlands' and on to a stile into a field on the right. Turn left and walk along the edge of the field with the hedge on your left. Continue on through trees to a stile out into another field. Continue to keep to the left hand hedge to another stile to the left of a gate. Go over the stile and diagonally right along a slightly sunken track into the next field. Turn left down the track along the fence by **Tregedna** Farm.
- D** Where the track swings to the left, continue ahead but slightly to the right across rough pasture down to a gap in the trees to pick up the bridged path across the stream and marshy ground, to a stile up into a field. Follow the left hedge up to pass cottages on the right.
- E** At the junction turn left keeping **Rosemerryn** House on your right and follow the path, signed to **Maenporth**, clockwise round the house to a gate onto a lane. Turn right up to a gate on the left before the farmyard. Go through this gate and keeping to the right hedge pass through another gate onto the path which leads down to **Maenporth**.
- F** Turn left along the road to turn onto the coast path immediately before the public lavatories. Follow the coast path to the road above **Swanpool** beach. Turn right down the road down to your starting point.
- G** Turn right along the road for a few hundred yards Look for the sign board of **Menehay Farm** caravan site on the left hand side of the road. Walk up their drive. It is a public path. At the farm take the path slightly to the left and go round the buildings and over a stile. At a junction continue ahead alongside the graveyard until you reach **Budock** church wall.. Take the stile on your left and follow it round the wall to another stile, with the church on your right. Turn left away from the church onto the wide track downhill to the village.

Map 1

NOT TO
SCALE



- H** Turn left through the village. After passing **Parc Stepney** on your right turn left into the lane by **Trelil House**. Go down this lane to a stile into a field. Turn right and follow the clear path dropping down through two fields to a gate and continue onto a lane. Follow the lane down to the road. Turn right and continue the walk from paragraph C above.