

## Walk 4

4 miles. 2½ hours.

OS Explorer map 104

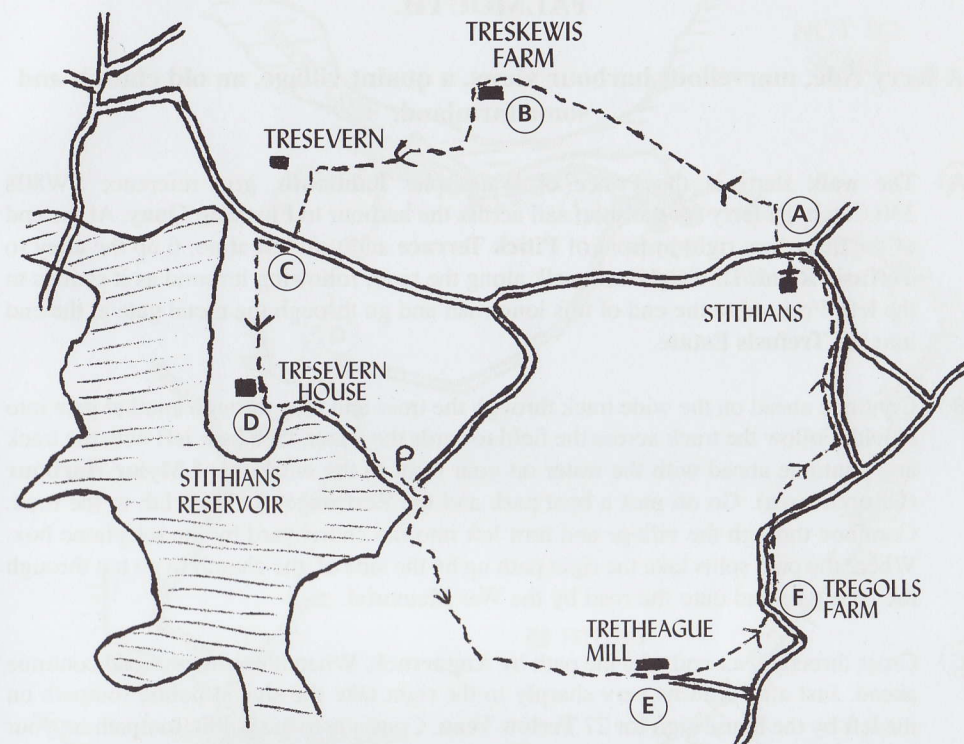
### STITHIANS CHURCH - TRESKEWIS - STITHIANS LAKE - TRETHEAGUE MILL - STITHIANS CHURCH

A pleasant walk through farmland and by the lake with extensive views.

- (A) The walk starts at the War Memorial by **Stithians Church** grid reference SW732 371. Follow the church wall round into **Hendra Road**. Where the wall ends go over the stile on the opposite side of the road and follow the right hedge to the next stile. Do not cross it but turn left and follow the right hedge over the stiles, maintaining the line of the path. At the fifth stile cross a hedged lane to another stile in line with the TV mast. Cross the next field on this line to another stile. Now follow the right hedge to another stile and then the left hedge to a path..
- (B) Turn left down to the **Treskewis Farm** buildings and go left around the far side of them, ignoring the footpath signs off to the right. Continue along the hedged track facing you following it around when it turns to the right. Where it bears to the left just after a gate across the path go through a gate on the right into a field. Go diagonally left down the field to a gate onto a track. Where the track opens out at the top of a field bear left and follow the right hand hedge to a gate. Continue on passing a dwelling on the left and straight ahead to **Tresevern** farm lane. Turn left down the lane to the road.
- (C) Turn right along the road to a bend. Go along the bridleway on the left until it opens into a field. Continue to a kissing gate, into a lane and follow the lane to the road at **Tresevern House**.
- (D) Turn right and immediately left to follow the track alongside **Stithians Lake** and into the parking area by the dam. Walk through to the far end of the car park and follow the road round past bungalows on the left down to the entrance to the treatment works. Here turn left into a lane and go all the way down to **Tretheague Mill**.
- (E) From the dwellings cross the bridge and go over the stile to the right of a gate, into a field on your left. Go straight ahead across the field to a stile. Over this continue on between gorse bushes and then half left to a stile. Over the stile go diagonally across to the left and over two more stiles. Continue on to the left of the dwelling and over a stile onto the road at **Tregolls Farm**.

## Map 4

NOT TO SCALE



- (F) Turn left and follow the road round to a kissing gate on the left just after a large barn. Go up the field to the right towards the houses on the skyline and onto the path between them. Turn left down the road down to the village. Turn left and continue along the road back to the church.