

## Walk 10

3½ miles. 2 hours.

OS Explorer map 103

### CONSTANTINE - POLWHEVERAL - SCOTT'S QUAY - CONSTANTINE

A delightful walk through wood and farmland with one very steep hill.  
Try to do this walk when the tide is in.

- A** The walk starts at the car park by the church, grid reference SW 731 291. Follow the road opposite the car park to the main road - **Fore Street**. Turn right then first left opposite the Spar shop into **Well Lane**. Follow the lane down and around to a path on the left immediately before a farm gate. Take this path into the field. By a gate and stile on the left turn right and go down the path through the woods to cross a stream. Continue ahead through two gate posts to a farm lane. Turn right and follow the lane to the main road at the Constantine village boundary.
- B** Turn left and cross the road to go down a track on the right before the road junction. Follow this track with the stream on your right, taking the lower path where the track curves up and round to the left. Continue to the road at **Polwheveral Cottage**. Turn right down the road, over a stream and on up the very steep hill to a high granite stile on the right. (Do not cross it).
- C** Turn left along the lane opposite the stile to another stile into a field. Maintain the line of the path up the field for a short distance to a distinct track. Stop here to note the landmarks for leaving the track on your return. Continue along the track through fields and into a hedged lane. Go over a stile at the end of the lane into a large field. Continue on with a copse on your right. At the top of the hill, overlooking a creek, the track becomes less distinct.
- D** Go through the gate down the field to a stile and down to **Scotts Quay**. Retrace your steps back to the road.
- E** Cross the road to the stile up into a field. Cross the field in line with the power pole to a stile into the next field. Maintaining the line of path continue uphill towards the left hedge and a stile into a lane. Cross the lane to a further stile beside a gate. Follow the path to a road and back to the church and car park.

## Map 10

NOT TO  
SCALE

