

Walk 6

6 miles. 3 hours. OR 3 miles. 1½ hours.

OS Explorer map 103

MAWNAN SMITH - MAENPORTH - ROSEMULLION HEAD - MAWNAN SMITH

A lovely walk through farmland and along the coast path.

- A** The walk commences at **Carlidnack Road** Mawnan Smith, opposite the Spar/Post office, grid reference SW777 287. Follow this road out of the village and downhill past a signed public footpath and then **Bareppa House** with the 'pineapples' on the gateposts, both on your right.
- B** Continue to a signed public footpath on the right immediately before a gate. Go over the stile and follow the left hedge to a stile over a stream. Take the right hedge two thirds of the way up the field to steps just beyond a gate onto an unmade lane. Turn left to **Rosemerryn House** and cottages. Take the path signed to **Maenporth** around the House, turn right at the unmade lane and go through a gate on the left just before the farm yard. Follow the right hedge through a gate and along the path down to **Maenporth Beach**. Turn right along the road to join the coast path. Continue along it until you reach the National Trust land at **Nansidwell** (you may have to look closely into the vegetation for the sign).
- C** A little further on when you reach the coastal path finger post you have a choice. If you are doing the shorter walk follow the path as it turns right away from the coast along a clear track up the valley through woodland to a driveway and then to the road. Turn left onto the road and then follow it round to the right back to Mawnan Smith. If you are doing the full walk drop down to the beach at **Bream Cove**.
- D** Take the coast path off the beach and continue to **Rosemullion Head**. Follow the path round the headland or take the short cut and follow the right hedge through a gateway into a field. If you have omitted the headland at the next field work diagonally down to a bridge/stile to meet the path from the headland. Continue on and through the woods below Mawnan Church, keeping to the higher level. The path to the church goes diagonally back to the right at the end of the woods.
- E** Continue out of the woods across a field to a kissing gate to the left of a wide gateway and follow the coast path to **Porthallack Beach**. Ignore the path signed to Mawnan Old Church and Mawnan Smith. The coast path continues on through a gate beside the boathouse. Follow the lower edge of the field and go onto **Porth Saxon Beach**.
- F** At the end of Porth Saxon beach go through a gate behind the boathouse and take the path up the **Carwinnion Valley** signed Mawnan Smith, ignoring any side tracks. The path goes onto an unmade road. Continue on to come out onto the road by the entrance to **Carwinnion Gardens**. Turn left and follow the road back to **Mawnan Smith**.

Map 6

NOT TO
SCALE

