

## Walk 7

4 miles. 2 hours.

OS Explorer map 103

### MAWNAN SMITH - PENPOL - DURGAN - MAWNAN SMITH

A walk through farmland and along the Helford River.

A steep hill between C and D.

- (A)** The walk starts from the **Red Lion Inn** in Mawnan Smith, grid reference SW777 287. With the Red Lion on your right leave the village by **Carwinnion Road**. Turn right onto a tarmac path immediately past the **Field Place** houses. At the end of this path, cross the road and go over a stile beside fencing and along a path to a stile into a field. Cross this field bearing slightly right to a stile made of metal bars into the next field. Cross this field down half right to a stile over a stream to the left of a gate. Over this stile follow the left hedge to a stile onto the lane at **Higher Penpol**.
- (B)** Turn right and then left past '**Barncroft**' onto a track and into a field. Follow the right hedge, continuing over a stile through the next field to a gate onto a farm lane and cow yard at **Lower Penpol**. Through the yard follow the farm lane down to the road at **Anna Marie Creek**.
- (C)** Turn left over the stream and then right up **Anna Marie Lane**. After a short distance go through the kissing gate on the left and bear right up the steep field to a kissing gate to the left of the house at the top of the field. Follow the road uphill passing the entrance to **Budock Vean Hotel** and continue onto a road junction.
- (D)** Continue ahead along the signed public bridleway, past the entrance to **Trebah Gardens** following the track into a field. In the field follow the clear track along the left hand hedge then round to the right onto a wooded path downhill to the beach at **Durgan**.
- (E)** Turn left up the road and where it bends away from the coast go over the stile to the right of a gate ahead, into the National Trust property at **Bosloe**. Follow the coast path to the boat house at **Porth Saxon**. Turn left by the gate and follow the path up through the **Carwinnion Valley** signed to **Mawnan Smith**, ignoring any side tracks. The path goes to an unmade road. Continue along this track to come out onto the road by the entrance to **Carwinnion Gardens**. Turn left and follow the road back to the village.

## Map 7

NOT TO SCALE

