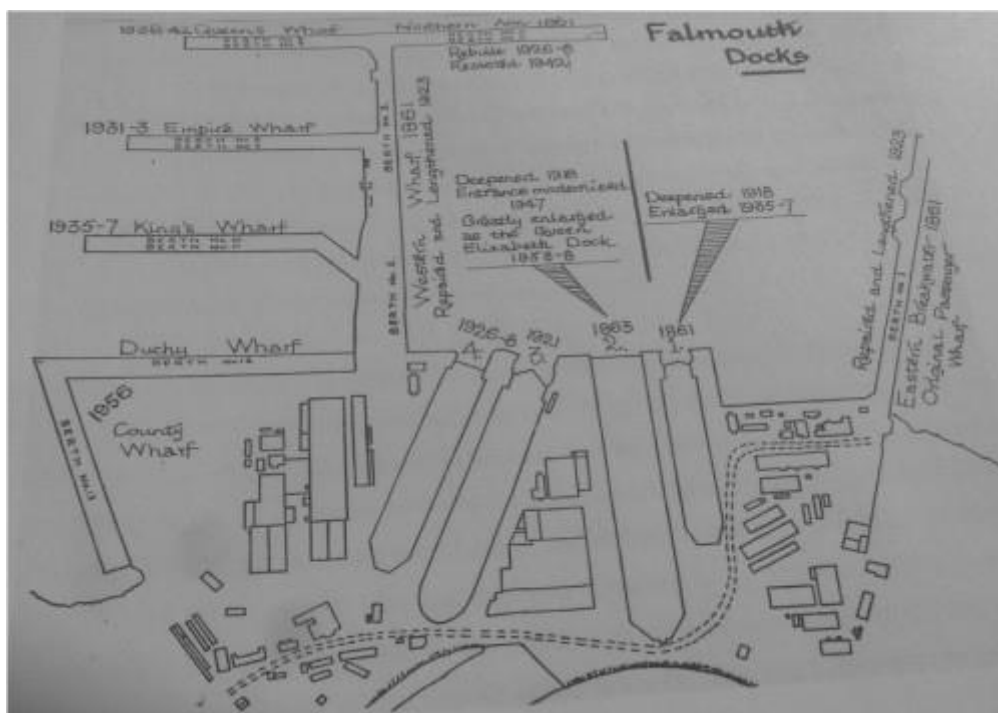


<p><b>Walk no:-</b> <b>SGW14</b></p> <p><b>Walk name</b> Penmere to Falmouth via 2 beaches and Pendennis.</p> <p><b>Grid ref start point</b> 798 325 Penmere station</p> <p><b>Grid ref finish point</b> 810 321 Falmouth town station</p>	<p><b>Distance</b> <b>Miles/kms</b>  4 miles</p>	<p><b><u>Degree of difficulty -</u></b>  Easy to Moderate</p> <p><b><u>Circular or linear</u></b>  Linear</p> <p><b><u>OS Explorer Map Number</u></b>  103</p>	<p><b><u>Terrain</u></b>  Pavement, Coast Path and Beach.</p>
<p><b>Brief description highlighting character of the walk</b></p> <p>This is a train station to train station walk via the beaches of Swanpool and its nature reserve and the beach at Gyllyngavase along the seafront of Falmouth. Then uphill to the Pendennis Head viewpoint with the castle. Follow the road into town past the Falmouth Docks. Maritime heritage, a nature reserve and a couple of family beaches to enjoy.</p>			
<p><b>Public transport information</b> Train stations at Penmere and Falmouth Town along the Truro Falmouth branch line.</p>			
<p><b>Nearest Toilets and Nearest Disabled Toilets</b></p> <p>At the beaches of Swanpool and Gyllyngavase and in town at the Events Square/Maritime museum car park</p>			
<p><b>Nearest Car parks and Nearest Car Parks with disabled provision</b></p> <p>Limited car parking at Penmere or street parking or at the end of the walk at Events square/Maritime museum car parks.</p>			
<p><b>Nearest refreshments</b></p> <p>Café's at the two beaches and many more in Falmouth town</p>			
<p><b>Further information</b></p> <p>1. TIC's in Falmouth on Prince of Wales Pier TR11 3DF 0905 3254534, St Mawes at the Square 01326 270440 and in Truro Boscawen Street TR1 2NE 01872 274 766 .</p>			



## Detailed description highlighting character of the walk and what to look for.

A fabulous mixture of beaches, nature reserve, viewpoint, castle and maritime heritage with a working dockland. This walk really gives one the flavour of what Falmouth has been, is now and is working towards.



From Penmere Station walk down hill under the bridge and turn left into East Rise road. At the bend in the road on the corner there is a footpath that leads onto Silverdale Road which itself leads onto the back of Swanpool. Turn right and go around the back of Swanpool, which is a special place, and worth walking around. It is one of only 11 brackish lagoons in Britain and was cut off from the sea by a shingle bar (which is the main road) around the time of the last ice age. It is also the only home in Britain to the Trembling Sea Mat, which is a collection of tiny primitive animals 1-2mm in size that cling together and filter feed. Birds found here in numbers include the Tufted duck, Moorhen, Mallards, Coot and the ubiquitous Swan. Stop off for a round of immature golf or some refreshments on the beach.

Gyllyngvase Beach is now 15 minutes walk along the South West Coast Path. This is a fabulous beach for rock pooling at low tide and it is a pleasant promenade walk heading towards Pendennis point and the castle. The first hotel along this promenade to be built was the one you finally reach on the left. The Falmouth Hotel was built in 1865 by the Falmouth Railway and Falmouth Docks companies in preparation for the influx of new visitors on the new railway. Falmouth was finally a tourist destination. The Royal Duchy was built in 1893 as the Pendennis Hotel and was requisitioned as a hospital for the 1st World War. On the right is Castle Beach opposite the Falmouth Hotel. There are refreshments and toilets here on the beachfront.

Walk ahead taking the road to your right up to Pendennis Point. At the top walk through the car park to the end and visit the old Block House with views over the Carrick Roads. St Mawes Castle can be seen to your left with the Percuil and Fal Rivers with Pendennis Castle behind you. The lighthouse visible is on St Anthony's head on the roseland peninsula. Looking to the right the Lizard Peninsula down to the Manacles rocks can be seen with good visibility. The mouth of the Helford River is on the other side of Rosemullion Head beyond Swanpool.

Walk on towards Falmouth past the entrance to Pendennis Castle following the coast path signs. Falmouth docks are below you and one can see the whole layout of the wharves and docks. If you are lucky there will be some rather large ships in dry dock and often-Navy craft being serviced. When arriving at the small roundabout at the bottom of the hill Falmouth Docks station is up the first road right. To go into town turn right at the roundabout and follow the road for half a mile to the Maritime Museum. At the small roundabout at the car parks straight ahead is the town; to the left up the hill for 100 metres is Falmouth Town train station.