

Walk no:- SGW07	Distance Miles/kms	<u>Degree of difficulty -</u> Moderate	<u>Terrain</u> Mixed terrain. South West Coast Path including woodlands and beaches to visit. There are a few fairly steep ascents but not many over the 6-mile walk.
Walk name Creeks and Cliffs	6 miles (9 kms)	<u>Circular or linear</u> Circular	
Grid ref start point 856 325 Circular		<u>OS Explorer Map Number</u>	
Grid ref finish point		105	

Brief description highlighting character of the walk

This is a wonderful mixed walk with woodlands, creeks and estuary, fabulous beaches, historical estate, Norman church and wartime heritage. On a clear day the views are hard to beat. Spend a whole day on this walk or you will miss out on a great adventure. Depending on your mode of transportation one can start and end the walk from a variety of places. For car drivers Porth Car Park is best to begin the walk. For walkers and ferry riders start from Place.

Public transport information

For Place there is a short ferry ride from St Mawes following a 20-minute ferry ride from Falmouth.

Nearest Toilets and Nearest Disabled Toilets

Falmouth and St Mawes quays. Also on St Anthony's Head and at the National Trust Porth Car Park.

Nearest Car parks and Nearest Car Parks with disabled provision

Alternative starts at Porth NT car park or Car park at St Anthony's Head with very limited space at Place.

Nearest refreshments

Café on St Anthony's Head – not all year round.

Further information

1. TIC's in St Mawes at the Square 01326 270440, Falmouth on Prince of Wales Pier TR11 3DF 0905 3254534 and in Truro Boscawen Street TR1 2NE 01872 274 766 .



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

Car drivers park in Porth car park (868328) and follow the instructions from the paragraph starting "At Porth car park". The walk details below start from Place.



From the Place ferry turn right and after 200 metres at the gate turn right to get a great view of Place house. Place House and the church hidden behind which you shall visit has been an Augustine monastery, Tudor house and Victorian mansion and is linked with the important local Spry family. The church founded in the 12th Century by the Bishops of Exeter was given as a gift to the Priory in Plympton in Devon. Rebuilt in Victorian times it is now under the stewardship of the Churches Trust.

Walk up the road to the left of Place House and take the first path after 100 metres into the churchyard to your right. The church doors are always open and they welcome visitors. Go through the Norman door made of Caen stone (Jurassic limestone from north west France). With the door behind you climb the steps in front of you that bear right and follow the path right, at the top. Place house can be seen to your right. This path takes you to Cellars Beach. Walk uphill to Amsterdam Point and once through the kissing gate inspiring views of Falmouth and St Mawes await you. Head diagonally down hill (not immediate left along the ridge) heading for Carricknath point along the coast path. This now leads to St Anthony's head via Great Molunan beach, (which can be reached by a small path to the right before the wooden bridge). At the bridge turn right (not up the long set of steps uphill) again following the coast. Through a white gate and past the old fuel store for the lighthouse take the steep path uphill at the railings. One can visit the perimeter of the lighthouse by going straight ahead.

Near the top of the path to the right is a long path that leads to a bird hide and old gun emplacement. It is worth taking this short diversion as you could be rewarded with a view of a peregrine falcon nesting. St Anthony's is a site of a military battery that was used extensively in the 2nd World War but has a much older significant strategic history. Returning to the uphill path take the steps to the top and turn left for refreshments and right for the toilets and magnificent viewpoint. From there the Lizard peninsula, Helford River, Falmouth, St Mawes and up the river Fal all can be seen on a clear day.

The path now follows the coastline to Porthbeor Beach for 2kms. There is a descent and ascent before it levels out in a field. 200 metres after the granite stile there is a footpath sign. There are 109 steps (count them) down to the beach. For all the effort you will be rewarded, especially if the tide is out, by a quiet, sandy beach with a few caves. Porthbeor and Towan beaches are two of the most popular beaches on the Roseland and a day trip just here is not a wasted one. Continue along the path over Killigerran Head and around to Towan beach. This is more accessible and popular as Porth car park is only 300 metres inland. At the beach take the path left inland to the car park and toilets.

At Porth Car Park take the lane down hill next to the cottage (not the main road) and follow the sign at the bottom taking you right into the woods, which are parallel to the road. There is a bridge to the left. Walk over it turn right and follow the path along Porth Creek. This leads through a gate into woodland, Drawler Plantation. The creek joins the Percuil River and one gets views after the Plantation of the Fal river, Falmouth and St Mawes, which is on the opposite bank of the Percuil river. Eventually one comes out at the Place ferry.