

Walk no:- SGW19	Distance Miles/kms 3 miles	<u>Degree of difficulty -</u> Easy to Moderate <u>Circular or linear</u> Circular	<u>Terrain</u> Undulating coast path, beaches, riverside, road and St Anthony's headland
Walk name Little and Great Molunan		<u>OS Explorer Map Number</u> 105	
Grid ref start point 856 325 Circular			
Grid ref finish point			

Brief description highlighting character of the walk

From the Place ferry visit the church of St Anthony in Roseland attached to Place House. Walk up to Amsterdam Point with stunning views of Falmouth and St Mawes. Visit the beach of Great Molunan before completing the circular walk by going up to St Anthony's head returning via the road to Place ferry.

Public transport information

Ferry from St Mawes to Place

Nearest Toilets and Nearest Disabled Toilets

Toilets on St Anthony's head

Nearest Car parks and Nearest Car Parks with disabled provision

At St Anthony's Head

Nearest refreshments

Café on St Anthony's Head -seasonal

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.



Starting from Place Ferry, if you turn left up into the woodlands you will be rewarded with old oaks, hazel, sweet chestnut and many ferns. Returning to the ferry carry on the path to a gate with Place House to your right. To the left is a path that takes you up to Bohortha. To the right through the gate and left takes you up past the entrance to Place House. At the first footpath on your right go into the churchyard. The church, founded in the 12th Century, is always open for a visit. There is an old granite coffin in the churchyard and the entrance is made of Jurassic limestone from Caen, Normandy.

The Spry family (presently the Spry Grant-Dalton family) have historic links to the house and church. Originally an Augustine monastery in the 11th Century the House has been a Tudor and Victorian mansion, ransacked with the stone being used in the formation of the St Mawes' sea wall.

Take the steps in front of the church door up and it veers to the right. At the top of the steps look left for some beehives. Turn right and follow the path with Place House now on your right. The path takes you around to Cellars Beach and the houses along this path have private entrances. Walk up hill with two lone trees in the field to your left. Go through the kissing gate at the top. This takes you to Amsterdam Point with wonderful views of St Mawes and Falmouth with Pendennis castle and St Mawes castle visible.

Take the path diagonally down to the left and not the path along the top of the field immediately left. This is Carricknath Point where the pinewood begins. The path undulates up and down and follows the edge of the entrance to the Carrick Roads. Great views across to Falmouth. As the path flattens out into a field there is a path that runs down to the edge of the field. This is the way down to Great Molunan beach. If you get to the bridge then you have gone too far. The beach is sandy and best visited at low tide.

From the beach retrace your steps to the path and head right towards the St Anthony's lighthouse. Walk up the steep slope to your left and after 50 metres at the first path that leads to the right decide whether you want to take this to visit the bird hide, where peregrine falcons nest on the opposite cliff face, and the sheltered look out/ex gun emplacement or carry on up to the car park and café. Turn right to get to the toilets and St Anthony's head look out where one can see the Lizard peninsula, over to Falmouth, up the River Fal and the entrance to the Helford River. Return to the car park and head down Military Road to a T-junction. Turn left down the road to Place house and the church, through the kissing gate at the quay and left back to Place Ferry.

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