

NEARWATER – Cornish Walking Holidays

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Detailed Itinerary Helford to Fowey via St Mawes

Total distance: 64.5 miles (103km)

Duration: 8 nights, 7 days walking

Minimum/maximum daily distances: 13 miles (21km)/7 miles (11km)

Average daily distance: 10 ½ miles (17km)

Waymarking: Most of the route is clearly waymarked with South West Coast Path National Trail acorn waymarks and is very easy to follow.

Season: April to October, though with some variations all year is possible.

Starting point of holiday: Mawnan Smith near Falmouth

End of holiday: Fowey

General Information

Accommodation: this will generally be in bed and breakfasts (small family run establishments) or sometimes small pubs or hotels. There is an option to uprate your accommodation see prices.

Breakfast: this will generally consist of a cooked breakfast (sausage, egg and bacon) as well as cereals, orange juice and toast. If you have any special dietary requirements please tell us when you book the walk.

Baths: will not normally be available (hot showers will) unless you book the top rated accommodation.

Luggage: will be transferred ahead of you while you walk. It will arrive before 4pm at your accommodation. Luggage is restricted to one item per person and a max weight of 20kg. Additional items will be charged at £10 for each day walking.

Travel to and from:

by Train: There are regular trains from London to Truro and from Truro there are regular trains to Falmouth. It is only a short taxi ride from Falmouth to your first night's accommodation. Fowey is only a short taxi ride from Par station, which is on the mainline from London. Travel time from London to Truro is 4.5 hours.

by Car: Secure car parking can be arranged in St Mawes, from where you will be transported to Helford. The best way to return from Fowey to St Mawes is by taxi, we can recommend the best firm (cost about £40).

Itinerary

Day 1: Travel to Mawnan Smith where your first nights accommodation has been booked.

Day 2: Visit the choice of Gardens Trebah, Glendurgh and or Carwinion. Suggested lunch at the Ferryboat Inn at Helford Passage. In the afternoon take the ferry to Helford and do a circular walk to Manaccan and Frenchman's Creek. Return via ferry to Mawnan Smith for second night.

Day 3: Mawnan Smith to Falmouth. 10 miles (16km)

Take the road down to Bosveal and join the coastal path around Rosemullion Head to Maenporth. Continue along the cliffs, the path winds around Penance Point and Pendennis Point to reach the busy port of Falmouth

Day 4: Falmouth to St Mawes (via Restronget) 12.5 miles (20km)

Catch the Ferry from the Prince of Wales quay to the village of Flushing opposite Falmouth. Flushing was originally named Nankersey but renamed by Dutch engineers who were brought there to try and create a port to rival Falmouth. Walk down the tiny picturesque high street and down the back of the huge houses built for the "Packet" (Postal Ship) captains, who lived in Flushing to escape the boisterous Falmouth and made their fortunes by supplementing their wages smuggling goods into the country on their ships (Spanish practices in the postal system – nothing changes!). Proceed on the coastal path around Trefusis Point, with panoramic views of Falmouth Bay and St Anthony lighthouse, to Mylor. From Mylor turn inland to walk around the top of Mylor creek and then around the headland to the Famous Pandora Inn. Here you will be met by a ferry and taken across the bottom of Carrick roads and landed at Turnaware Point (a beach used by the US Infantry to disembark prior to the D-Day landings on Omaha beach). The path leads over the headland to St Just-in-Roseland, where it is worth taking some time to walk around the semi-tropical gardens of the ancient church. The path now follows the coast to your nights stop in the beautiful fishing and sailing village of St Mawes.

Day 5: St Mawes to Portloe. 13 miles (21km)

The day starts with a small ferry ride across St Mawes bay and the Percuil River to the beginning of the trail. From the beautiful little church of behind Place Manor, the path winds around St Anthony Head, with glorious views down Carrick Roads and across to St Mawes and then out across Falmouth bay towards Helford and The Lizard, to the old fishing village of Portscatho. The coast path continues around Gerrans Bay past Veryan castle, a small iron age fort and Carne Beacon, one of the largest stone age barrows (burial grounds) in Britain to Nare Head, which provides sensational views across Veryan Bay to the imposing headland of Dodman Point, notorious for its shipwrecks. After Nare Head the path winds around secluded coves to the beautiful and unspoilt fishing village of Portloe. Its tiny harbour, at the start of the twentieth century home to 50 fishing boats, is now home to three mainly catching crab and lobster.

Day 6: Portloe to Mevagissey. 12 miles (19km).

Passing the twin villages of West and East Portholland, each crouching before a beach and in its own valley, the path continues along the cliffs to Porthluney Cove, a beautiful sandy beach overlooked by the picturesque mansion of Caerhays Castle. The path continues up to Greeb Point then the secluded Hemmick Beach before reaching Dodman Point. In 1896 a local parson had a granite cross erected to act as a landmark for shipping on the point. However this failed to save two war ships in the following year. More recently the pleasure boat Darlwin sank with all passengers in 1966. On the headland is an extensive Iron Age fort, defended by a great earthwork or Baulk cutting right across the point. Skirting Vault Beach, the path winds around Maenease Point to the harbour and old fishing village of Gorran Haven. Pleasant walking along cliff top paths lead around Chapel Point to the busy fishing port of Mevagissey. Named after two Irish saints at the end of the 17th century, St Meva and St Issey. Its main sources of income were pilchard fishing and smuggling and the village had at least ten inns, of which two (the Fountain and the Ship) still remain.

Day 7: Mevagissey to Charlestown. 7 miles (11km)

From Mevagissey, the coast path winds around Penare Point to the small harbour at Pentewan. Beyond Pentewan exhilarating walking along cliff top paths around Black Head, a glorious viewpoint crowned with an impressive Iron Age cliff castle, ends at the picturesque Georgian harbour of Charlestown filled with square-rigged sailing ships. Behind the harbour is the fascinating Visitor Centre and Shipwreck Museum.

Day 8: Charlestown to Fowey. 10 miles (16km)

Rounding St Austell Bay, the path arrives at the charming and quite unspoilt fishing village of Polkerris. From here cliff top paths lead around Gribbin Head, a fine viewpoint crowned with a huge red and white candy-striped Daymark (to help shipping to find the entrance to the Fowey river), to the sandy coves at Polridmouth. Just before Fowey, the path passes the ruin of St. Catherines Castle, another of Henry VIII's coastal defences. Situated at the mouth of a deepwater inlet Fowey has a long maritime history. In the 14th and 15th centuries, ships from

Fowey, the 'Fowey Gallants', constantly raided the French coast - and continued to do so even after Edward IV had made peace with the French! Today, ships enter the estuary to load china clay and the harbour throngs with yachts and dinghies and other leisure craft.

Day 9: Depart from Fowey after breakfast.

Extra nights/Rest days

St Mawes is a beautiful fishing and sailing village. A day out kayaking or on a fishing boat could be pre-booked here.

Mevagissey is ideally placed for a visit to the outstanding Lost Gardens of Heligan.

Charlestown is about 4 miles from the world famous "Eden Project" and has a fascinating harbour, with several old fashioned square riggers moored alongside.