

Polruan

Distance - 7½km (4¾ miles) Map Ordnance Survey Explorer 107, St. Austell and Liskeard, 1:25,000. Ascent 300m. (985ft.).



- Walk

- See attached instructions for details of points

- National Trust Pencarrow car park

Disclaimer:

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Polruan

Walk 7

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Polruan is a pleasant village, facing the more famous Fowey across the estuary. Most of the buildings cling somewhat improbably to the steep hillside rising directly from the water. There is a foot ferry to and from Fowey and a neat little quay, with organised picnic area. Inns, tea room and post office stores all offer refreshments.

The former blockhouse was connected by chain to a similar blockhouse close to Fowey, forming a defensive barrier across the estuary. Lanteglos Church is situated on a hillside in a farming area, with ancient crosses in the churchyard. Originally of the 14th century, it was much restored about 100 years ago; most of the wagon roof is original. The route of this circular walk combines a short length of very minor road with a delightful woodland path across the hillside above Pont Pill (a substantial creek), the village of Polruan and a section of the South West Coast Path.

The aggregate ascent is considerable but there are no stiles and no problems underfoot. There are excellent views across the estuary to Fowey and over Lantic Bay and its beaches from the coast path.

Start/car parking National Trust Pencarrow car park, **grid reference 150513**. From Duloe Manor drive either via Pelynt, Lantyglos Highway and Whitecross or via Crumplehorn (shorter but more minor roads).

Refreshments Inns, tea room and picnic area at the quay, Polruan.

WALK

From the car park turn right to walk along a minor road, downhill, soon heading towards Lantyglos Church. Pass the church and continue uphill along the road.

- 1 At a road junction cross over to a little gate, almost opposite, and follow a path to the left, just below the road. The path is quite narrow, with a steep twisting descent before a more major path is joined; bear left to continue through woodland, high on the side of the Pont Pill valley.
- 2 At a fork in a few hundred metres keep left to maintain height; there are occasional glimpses of the attractive waterway below. Cross a small stream and join a surfaced roadway for 20m. before forking left to continue along the path towards Polruan. There are splendid views across the water to Fowey and well-placed seats before the start of the steep descent to Polruan, aided by several flights of steps. Head for the quay, with twists and turns, downhill all the way. The Luggar Inn, post office/stores, public conveniences and a tea room are close to the quay.
- 3 Start the return by walking back a few metres from the quay; turn right into West Street to follow a 'coast path and blockhouse' sign. Start a long ascent, with views over the estuary, passing a church. Turn left at Battery Lane, still rising. Go ahead at a junction with cul de sac road sign, pass Headland Garden, and bear left to a 'coast path, public footpath, Polperro 6½ miles'

sign. At the fringe of Polruan, pass another coast path sign and continue, over grass; to the right is the former blockhouse. Go right at a yellow waymark and coast path sign. Rise past a car park, a coastguard building, a slab of stonework from a former chapel and a National Coastwatch Foundation lookout building. Join a minor road at a gate, pass the suburbanised 'St. Saviour's Tower' and turn right at a signposted junction.

- 4 Go left through a gate in a few metres to continue along the coast path, always clear on the ground. At any fork keep to the right to stay close to the sea as the path rises and falls, with occasional small gates. At a significant fork keep right, down a few steps to a little gate.
- 5 After the longest and hardest ascent of the route, there is a farm gate on the right; the coast path continues through the gate. Turn left here to leave the coast path and walk along the top of a sloping meadow. There is a 'Pencarrow car park ¼ mile' sign. On approaching the road, go right, through a little gate, to follow a roadside path as far as the road junction which is close to the car park. Cross the road and return to the car park.