

The Falmouth Way

A series of walks linking Glasney College Field and the churches in the Deanery of South Carmarth



The Falmouth Way has been produced by the
South Carmarth Creation Care Team.
With thanks to The Revd. A. Stevenson for his help with the
maps.

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The Helford River

St Gluvias and Glasney The town of Penryn itself offers a number of niche shops and popular pubs: The Famous Barrel, The Seven Stars and The Thirsty Scholar, as well as the very popular Muddy Beach Cafe and Bango Kitchen. There is car parking and public toilets are available in the town and on the Quay.

Buses from The Moor, Falmouth, to churches in the Deanery.

Church	Bus Number
All Saints' -Any which stops at the top of Killigrew St.	
Budock	35
Flushing	69
Glasney College Field (Eastwood Road)	69
King Charles The Martyr	60
Mabe Burnthouse (or Treverva)	35A or 69A
Mawnan Smith	35
Mylor Bridge	69
Penwerris (Old Hill is the nearest stop.)	69
Ponsanooth	U2
St Gluvias'	69

For further information about the churches , please go online and visit [A Church Near You](#), the Church of England's church-finder tool.

We strongly recommend that risk assessments are carried out before group walks are undertaken.

We also recommend the leader and walker at the rear of walking groups, wear hi viz jackets or tabards.

Many walks in this booklet cross farmland. Please keep dogs under close control, and where livestock is present, on a lead. Please pick up after your dog.

Timings for walks are based on an approximate speed of 1 mile per half hour.

Amenities

All Saints Church, is only a short distance from Falmouth town centre; however, there is a Spar shop in nearby Albany Road. There is a small car park.

Argal Reservoir has ample car parking, public toilets and a refreshment van.

Budock Water village is located across the footpath to the left of the church's north gate and down the hill. There is a well stocked village shop, a pub, The Trelowarren Arms, which is dog friendly and a restaurant, CJ's. There are toilets at the church. Parking is available at the church, subject to agreement.

Flushing offers a general store as well as popular pubs, The Royal Standard and The Seven Stars and The Waterside Restaurant. There is parking and public toilets are available in the village.

King Charles The Martyr stands in the centre of the town of Falmouth, which offers a wide range of shops and places to eat, as well as banks and public toilets. Car parking is available in the town and a seasonal park and ride/float facility is situated at Ponsharden.

Mabe Burnhouse is located approximately 1.5 miles from the church. There is a pub, The New Inn, as well as a shop and post office. Toilets are available at the church, when it is open.

Mawnan Church and St Michael's Mawnan Smith Car parking is available at Mawnan Church except around service times, or in Mawnan Village. There is a pub, The Red Lion, Mawnan Cafe and Maenporth Beach Cafe. There are public toilets in Mawnan Smith and Maenporth Beach.

Mylor Bridge has free car parking, a pub, The Lemon Arms, which is dog friendly, two well stocked local shops, the Post Office and Mylor Stores, as well as a butcher and fishmonger. There are public toilets in the village.

Mylor Churchtown offers two car parks, both of which fill up quickly at busy times; a restaurant, Castaways, which has an ice cream outlet, and also Cafe Mylor. Both are dog friendly. Public toilets are situated near the church.

Ponsanooth A car park is situated behind the pub, The Stag Hunt. There is also a village shop. There is no parking on the road to Kennall Vale.

About This Booklet

The walks in this booklet are planned as a series of walks around the twelve churches of our Deanery and the historic Glasney College Field, site of Glasney College, founded in 1265. Each walk can be undertaken on its own, or may be linked to others for those who enjoy longer hikes.

Along The Falmouth Way, there are plentiful opportunities to enjoy the wonder of God's creation, our beautiful church buildings and their surrounding churchyards. In addition, there are ample opportunities to explore the rich history of this beautiful place and chances to visit the wide variety of shops and hospitality outlets the area has to offer.

We recommend using the booklet in conjunction with **The Yellow Walk Map, Around and About Falmouth, Penryn and Mawnan Smith** priced £3.50 and usually available from the churches. Alternatively, OS Explorer Sheet 105 incorporates the area.



Through Him all things were made; without Him nothing was made that has been made.

John 1:3

Glasney to Mylor Bridge
Distance: approximately 6.25 miles
Time: approximately 3.25 hours

From Glasney College Field, turn left up College Hill, then left into Glasney Terrace and straight on into Eastwood Road. At the bridge, turn left into Commercial Road and at Just Delights, turn right up Church Hill. St Gluvias Church is on the right. Please note, parking in the church car park is restricted.

Leaving St Gluvias Church, turn left down Church Hill, as you approach Islington Wharf, just past the church car park, turn left on to the footpath. Follow the footpath along the Penryn River, through the churchyard (there is no access from the church itself) and continue to follow the path along the river, enjoying views of the countryside and the river and spotting waterfowl, until you reach a field. Crossing the field, walk parallel to the river, then on to the foreshore, which will lead you into the picturesque village of Flushing.

The route through Flushing is a pavement walk. Leaving the foreshore, proceed to the top of the slope, turn right into St Peter's Road. The church of St Peter, Flushing, is on the left, approximately half way along.

On leaving the church, continue down the hill, turn right and along the street enjoying views of the harbour and across to Falmouth. (The Flushing Ferry operates across the river, giving the opportunity to link this walk with the route from Falmouth to St Gluvias.) Eventually the route joins Trefusis Road, part of the Trefusis Estate. To the right, there is a beach, Kiln Quay, ideal for a swim or a picnic.

Follow the footpath through the fields, enjoying spectacular views of the Carrick Roads and the River Fal. Eventually the path brings you to Mylor Churchtown, where you can walk along the road or the foreshore, to the lower gate of the beautiful church of St Mylor, where a holy well, The Ganges Memorial and the grave of Howard Spring, are to be found in the churchyard.

St Laudus' Church, Mabe
Post Code TR12 9LG
Grid Reference SW757325

The church is usually open on Thursdays from 10am to 3pm.

St Mawnan Church
Post Code TR11 5HY
Grid Reference SW788272

St Michael's Church, Mawnan Smith
Post Code TR11 5JG
Grid Reference SW777287
Please note, the church is not always open.

St Michael and All Angels Church, Penwerris
Post Code TR11 2QD
Grid Reference SW8032
Please note, there is no wheelchair access.

St Michael's Church, Ponsonooth
Post Code TR3 7ED
Grid Reference SW759375

St Mylor Church
Post Code TR11 5UF
Grid Reference SW 820352
Open early until approximately 5pm.

St Peter's Church, Flushing
Post Code TR11 5TL
Grid Reference SW 8033
Usually open all day.

Locations

All Saints' Church, Falmouth

Post Code TR11 3PN

Grid Reference SW802325

All Saints 'Church, Mylor Bridge

Post Code TR11 5SH

Grid Reference SW804365

The church is open from 9am to 4pm.

Accessible to wheelchair users via a ramp.

Argal Reservoir

Post Code TR11 5PE

Grid Reference SW760328

St Budock Church

Post Code TR11 5BZ

Grid Reference SW786324

The church is open from 10am to 4pm.

Glasney College Field

Post Code TR10 8LH

Grid Reference SW78573415

Open access.

St Gluvias Church, Penryn

Post Code TR10 8AJ

Grid Reference SW782345

King Charles The Martyr Church

Post Code TR11 3DX

Grid Reference SW810325

Leave St Mylor Church via the lych gate at the top of the path and cross the road to join the footpath opposite. Stay on the path until it joins the one track road, (with a footpath throughout most of its length) and follow the road until you reach the staggered junction known as Six Turnings, where you walk straight across. Here there is a park to the right, affording a pleasant walk along the river to Mylor Bridge. Please note however, dogs are not allowed in the field, but there is a wide pavement with uninterrupted views of the river.

As you approach the village, turn right at the roundabout, up Lemon Hill, then left into Comfort Road, passing the old Methodist chapel, before turning right into Bells Hill. A short distance along the road, the church of All Saints, Mylor Bridge, is found on the left.

From Mylor Bridge you can either retrace your steps, or return to Six Turnings, taking the second turning on the right. Walk up the hill until you reach a T junction. Turn left along the road, which leads you into Flushing. Turn right into Tregew Road and walk down the hill until you reach the turning on the right which leads down to the foreshore and the path leading back to St Gluvias Church. Alternatively, take the ferry across to Falmouth.



St Mylor Church

Budock to St Glasney, via All Saints', King Charles The Martyr, St Michael and All Angels, Penwerris and St Gluvias.

Distance : Approximately 6.5 miles

Time: Approximately 3.5 hours

Leaving St Budock Churchyard by the north gate, turn right, then immediately left opposite the car park. A short distance along the lane turn right on to the marked footpath and follow the path until it crosses Bickland Water Road. Having crossed the road, enter Tregonigie Woodland Nature Reserve and follow the path through the reserve.

On leaving the reserve, join Shelburne Road and follow the road until it joins Penmere Hill. Turn left and walk to the top of the hill. Turn right on to Chard Terrace and continue right on to Western Terrace. Cross the road at the pedestrian crossing, then turn left back a short distance along Western Terrace, before turning right into Killigrew Street.

All Saints' Church is a short distance along the road, on your right.

Leaving All Saints', continue right down Killigrew Street, then take the first turning on the right into Albany Road. Walk the length of the road before turning left into Woodlane, Walk along Woodlane and join Swanpool Street, then take the second turning on the left into New Street. Along the way, enjoy spectacular views of Pendennis Castle and The Carrick Roads.

As you walk along the street you will see the church of King Charles The Martyr on the right.

St Michael's Church Ponsanooth to Kennall Vale

Distance: approximately 0.25 miles

Time: approximately 0.25 hours

From the church, walk downhill to cross the A393 at the pedestrian crossing. Continue downhill to turn left at the village shop and post office.

Follow the road out of the village (passing Kennall Vale School on the right) and climb steadily uphill to the entrance to Cornwall Wildlife Trust's Kennall Vale Nature Reserve and Historic Site.

Explore this delightful, but sometimes muddy, valley, with its historic gunpowder mills and artefacts. There is also a plethora of birdlife to enjoy.

Retrace your steps to return to the church.



*He leads me beside the still waters
He refreshes my soul.
He guides me along the right paths.
Psalm 23*

St Michael's Church Ponsanooth, a circular walk

Distance: approximately 2.5 miles

Time: approximately 1.25 hours

From the church, turn left and walk uphill, crossing the busy A393 opposite Ponsanooth Hall. Walk through the grounds to join Commercial Hill. Turn left to follow the road uphill and out of the village. At the first road junction, signposted to Stithians, turn right, follow the road to the next junction and turn right.

Take the first turning to the right, which takes you past the old Lidgely Chapel, now a Greek Orthodox Church, and Lidgely Farm, on your right.

At the right hand bend, you have the option of continuing along the road round several bends, to the next crossroads and returning to Ponsanooth, or joining a public footpath with a rather awkward granite stile.

The Footpath Option

Go through the metal farm gate ahead and cross the field to the second metal farm gate, which has a stile beside it. Cross the stile and bear slightly left to a stile into a large field, where you follow the hedge on your left, to the access track for Tory Farm. Here turn right and follow the track down to the road.

The route turns right onto a road signed “Not suitable for long vehicles,” which is the road to Ponsanooth.

Having crossed the road, continue to follow it towards Ponsanooth, passing the entrance to the Kennall Vale Nature Reserve and historic site — well worth a visit! (See page 15.) Follow the road to the village of Ponsanooth. At the junction, turn right and proceed uphill to the church.

Leave the church by the lower exit and turn left on to Church Street.

The route now takes you through the town of Falmouth, with many shops and food outlets to enjoy. Views through the opes, allow enticing glimpses of the harbour, famous as the third deepest natural harbour in the world and the deepest in Western Europe.

Walk through the town along Church Street, Market Street and on to Market Strand. Here you will see Prince of Wales Pier on your right. The Flushing Ferry departs from here every hour, on the quarter hour. (Note, there are 20 steps down to board the ferry.)

This facilitates linking this walk with the previous walk from Glasney College Field to Mylor Bridge.

From Market Strand, join The High Street and follow it on to Dunstanville Terrace, Stratton Place and Stratton Terrace, passing St Michael and All Angels Church, Penwerris on the left. Continue along Tehidy Terrace and North Parade, until eventually joining Falmouth Road. This leads you across the bridge and into the ancient borough of Penryn, along Commercial Road.

Follow Commercial Road until you see Just Delights on the right. Just past the shop turn right up Church Hill. St Gluvias Church is a short distance up the hill on the right.

Retrace your steps to the Penryn Bridge. Turn right into Eastwood Road and join Glasney Terrace. Turn right into College Hill, where Glasney College Field is a short distance along on your right.



Argal Reservoir, Mabe, a circular walk via St Budock Church, Glasney College Field and College Reservoir.

Distance: approximately 7 miles

Time : approximately 3 .5 hours

Starting at Argal Reservoir, Mabe; follow the signed route through the overflow car and cross the reservoir bridge, which affords interesting sights of waterfowl. Turn left and go through the gate. Cross the road with care, and take the lane opposite.

Continue past Argal Manor and Home Farm on the left, and on until you reach the main road. Cross the road and over the stile into the field. Keep left until the field exit, then follow the right hand hedge of the next field, to the stile at the top. Cross the third field and through the kissing gate, onto the footpath leading to Nangitha Farm. Just past the outbuildings cross the stile on the right, to join the footpath. Follow the path until you reach the road at Budock. Cross the road and climb the steps opposite into a field. Cross the field to St Budock Church, which you will see in front of you.

From Budock Church walk a short distance along the road to a footpath entrance on your right. At the second exit, cross the road and cross the stile on the right side into a footpath. This exits on to a path above a housing estate. Walk along keeping the hedge on your left to the corner where there are two stiles. Do not cross the stiles, instead turn right down the path with houses on the right. Cross the stream (or, in summer, the stream bed) continue until you cross a stile into scrub land.

Follow the path to a stile onto Hillhead Road. Turn right and at the fork in the road, bear left down Hill Head, to Penryn. (Please note, this road can become busy.) At the bottom of the hill turn left along Glasney Terrace, then right to Glasney Field, which will be on the right.

From Glasney, walk up College Hill, passing Glasney Place and College Green on your right. Pass under the railway arch and through the edge of College Woods.

St Michael's Church Ponsanooth to Glasney College Field

Distance: approximately 3.75 miles

Time: approximately 1.75 hours

From the church, turn left and walk uphill, crossing the busy A393 opposite Ponsanooth Hall. Walk through the grounds to join Commercial Hill. Turn left to follow the road uphill and out of the village. At the first junction, signed to Stithians, turn right and follow the road to the next junction, the road ahead is signposted Longdowns.

To your left you will see a signed footpath leading up steps to a large field. Walk up this field to the far left corner. Here you cross the stile on to the road. Turn left and follow the road, passing the entrances to Menkea on your left, then Trevarthen's and Roscrow Barton on your right and a little further on, Menthownick on your left.

Continue on and pass through a wooden farm gate, set back from the road on the right, into a field. The path runs diagonally up to a kissing gate, crosses a track and through a second kissing gate.

Continue to a stile in the far left corner of the field. This leads to the busy A39 road. Cross with care to the road opposite. Follow this narrow vehicular road to the T junction. Turn left and follow the road down to Tremough Dale, passing the Kingdom Hall of Jehovah's Witnesses.

Cross the road and follow it over the stream and uphill to join the road into the ancient borough of Penryn. There is much to enjoy here!

Pass the town clock and cross the road to turn right into St Thomas' Street. Towards the lower end of the road turn right into a narrow path, College Ope. Walk down the ope, turn right and then left, Follow the road a short distance to enter Glasney College Field on your left.



A Relic from Glasney College

St Laudus' Church, Mabe, a circular walk via Argal Reservoir.

Distance: approximately 3.5 miles

Time: approximately 1.75 hours

At St Laudus Church, enjoy the spectacular views over the valley to the east and Argal Reservoir. The churchyard also commands long-distance views to the northeast (Penryn, Falmouth Bay and, on a clear day, Dodman Point); and to the southwest (The Lizard Peninsula).

Exit the church car park onto the road and turn right. Follow the road to pass Lower Spargo Farm and continue down into Rose Valley. Where the road starts to ascend and bend to the left at Chy Noweth, climb (with care) the steps set into the right-hand hedge and climb over into the adjoining field. Cross the first field diagonally to a granite stile, then follow the path along the left-hand (i.e. northwestern) edge of the next field. This leads to a stile opening out onto the road from Mabe to Mawnan Smith. This carries quite fast-moving traffic .

Turn right on descending the stile, and walk downhill to the gate and lane into the public car park of Argal Reservoir.

From the car park, take the path down to the water, which leads round the north western bank of the reservoir in an anti-clockwise direction. Follow the path into the wooded area at the upstream end of the reservoir. Just before the main feeder stream, turn right through the gate to follow the permissive path through woodland, following the course of the stream.

This leads to the by-road from Treverva and Constantine to Mabe. Turn right and follow this road past Trevone and Higher Spargo Farm until you return to the church car park.

Walk along the lane beside the small reservoirs, which will be on your right. After passing under the viaduct, turn right across the grass covered dam wall and spillway of the main College Reservoir.

Continue right along the path beside the reservoir, which will be on your left. Make your way to the tip of College Reservoir enjoying the views and the wildlife, and walk along the pathway to the main road.

Carefully cross the road and walk up hill to a gate on your right, which leads you to the bridge which crosses Argal Dam. The path on the other side of the dam leads to the car park.



Swans at Argal Reservoir



St Laudus' Church, Mabe

St Budock Church, a circular walk

Distance: Approximately 6 Miles

Time Approximately 3 Hours

At St Budock Church turn right out of the Car Park and take the first right onto the footpath. At the second exit, cross the road to Nangitha Farm drive, continue past the farm until you reach a stile on the left. Crossing the stile, follow the footpath at the perimeter of the field until you reach a gate on the left. Descend the steps and follow the drive until you see Sparnon Woods ahead. Cross the stile to enter the wood.

Follow the footpath through the wood until you cross the stream, then take the narrow track on the right, which runs diagonally up the slope to the boundary. Here some steps lead up and into a field, walk up the field, exiting by a stile on the right.

Walk straight on along the lane to Trewen Farm. Just past the bungalow on your right you will see a stile into a field. Follow the paths along the edge until you reach Higher Crill. A short distance along the driveway you will see a field gate on your left. Go through the gate and straight across the field, then over a stile into the road. Turn left down the road a short distance until you come to a small lane on your right, next to the back entrance of Penjerrick Park. Go down the right hand lane to the road and turn right. Follow the road until you reach Rosemerryn Farm lane straight ahead. Go down the lane as far as the cottages and turn left along the side wall of the cottage to a stile.

This will take you down the side of a field towards Tregedna Farm. Go through the woods, over a boardwalk and up out of the woods into a lane alongside Tregedna Farm. Follow the track up and into a field. Keep straight on up the track to cross a stile, follow the track along the right hand hedge, cross another stile into a small copse of trees. Coming out of the copse, go down the field to the gate and into a lane that leads you to Roscarrack Road, with Lower Crill Farmhouse opposite. Turn right here and at the bottom of the slope, turn left along the signed footpath to Roscarrack Mill. Follow the path until you reach granite steps leading up to a field. Follow the track across the fields until you reach some steep steps and a small gate, leading into Trelil Lane.

Walk up the lane to the road, turn right and walk through Budock Water Village to the converted Chapel. Take the steep path on your right, this leads to St Budock Church, where you can rest on a bench, or enjoy the lovely church.

St Mawnan Church Circular Walk via Maenporth

Distance : Approx imately 6 Miles

Time: Approximately 3 Hours

Starting at St Mawnan Church , turn left, taking the path which runs along the outside of the churchyard, then descend some steep wooden steps into a holm oak wood. At the bottom of the steps turn left along the path through the woods. At the bottom of the winding path, turn left, keeping the sea on your right.

Coming out of the woods, follow the S.W. Coast Path past Prisk Cove and then around Rosemullion Head and along to Bream Cove. Coming up from Bream Cove you climb some steep wooden steps into fields. You are still on the South West Coast Path. Continue along the path until you reach Maenporth Beach.

Walk along the top of the beach path to steps leading down to the road, opposite The Cove Restaurant. Cross the road and turn right, then immediately left, up the bridleway beside the restaurant. Follow the path to a gate leading to a woodland track.

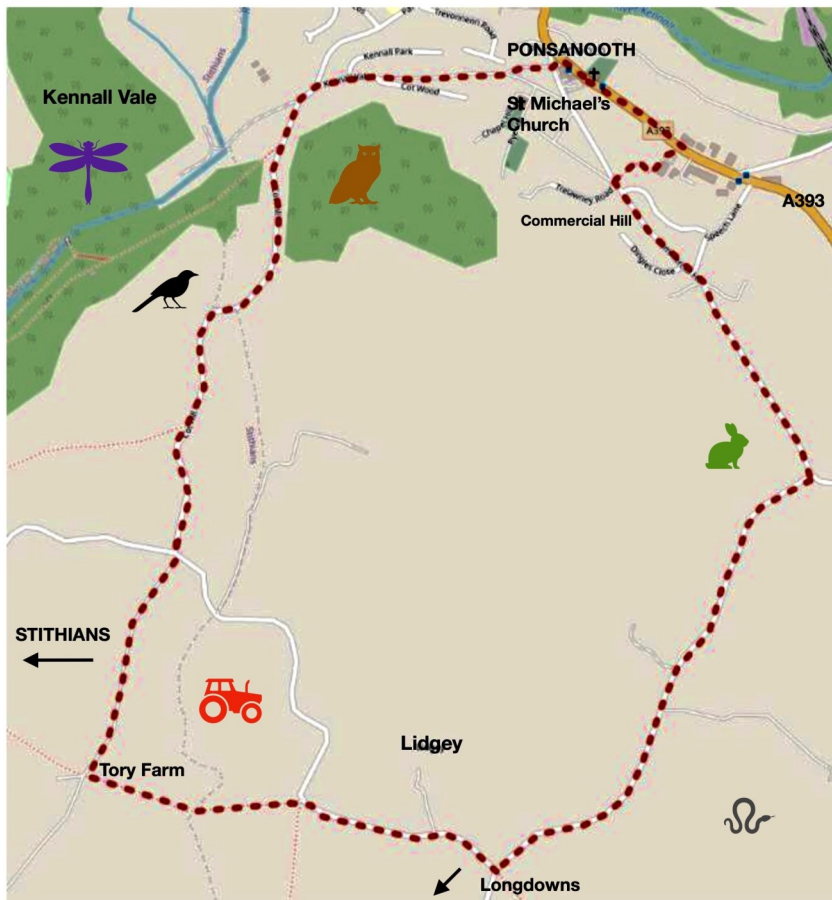
Follow the track and later a field all the way to Rosemerryn Farm. At the gate in the corner at the end of the field, turn right down a lane just a very short way and then left through a gate that takes you around the edge of the garden of Rosemerryn House. You come out of the lane with two cottages opposite. Take a left turn here to a gate which leads into a lane and steps down to a field. Walk down the field, across a stream then on to Bareppa. Cross a stile into Barreppa and onto the road. Turn left here and follow the steep road up into Mawnan Smith.

At the junction opposite the Village Stores, turn left along the road and then take the left hand fork at the Red Lion Pub. Carry on up the road and you will see St Michael's Church on your right.

On leaving St Michael's, turn right up Carwinion Road. Follow the road until you reach a junction on a wide corner. Take the right turn into Old Church Road. This will take you back to where you started your walk at St Mawnan Church. Enjoy the lovely old church with its stunning views of The Helford River, and a well deserved rest.

The Maps

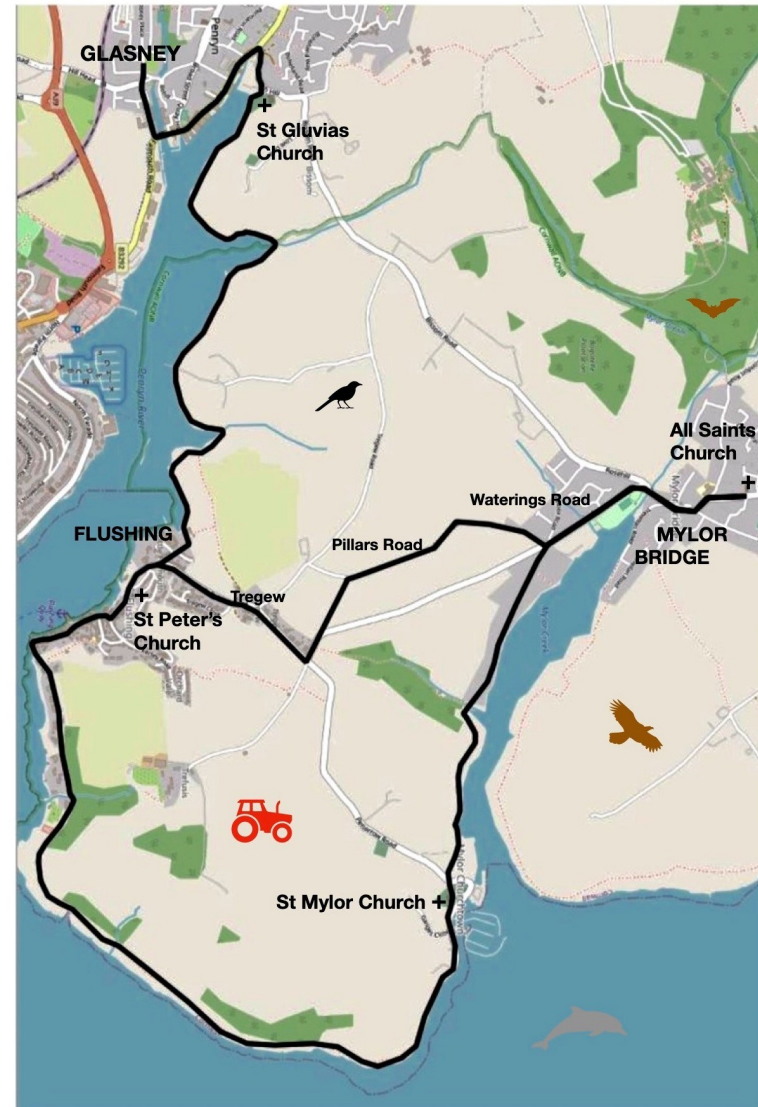
The maps in this section accompany the walking routes



St Michael's Church, Ponsanooth

A circular walk

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Glasney to Mylor Bridge

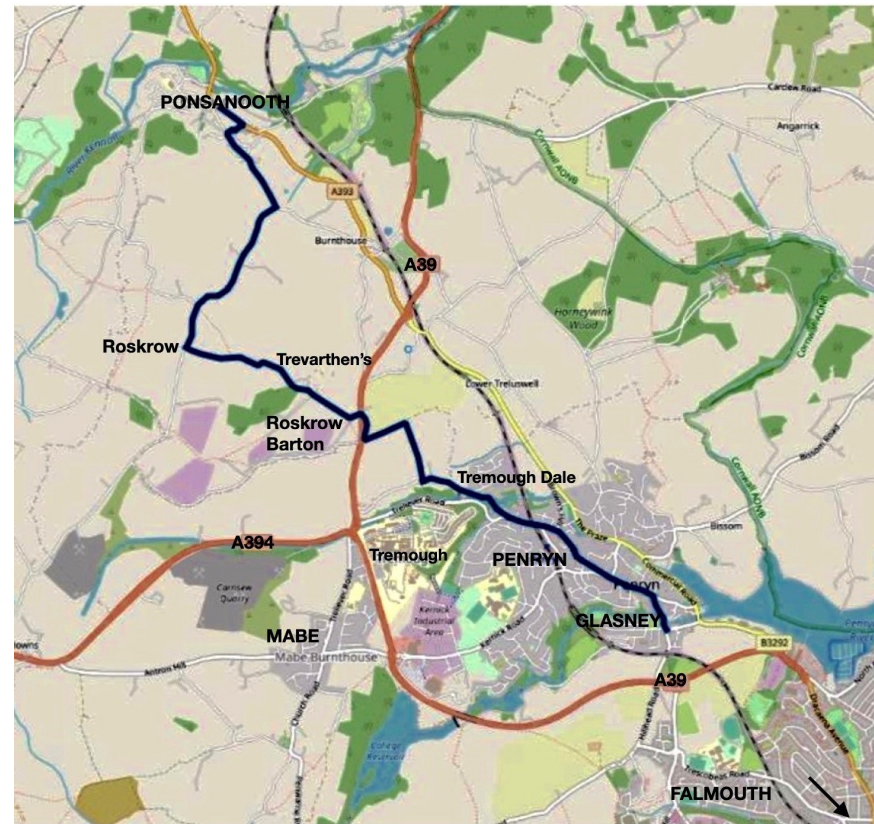
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Budock to Glasney

Via All Saints, King Charles The Martyr,
St Michael and All Angels, Penwerris and
St Gluvias

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St Michael's Church, Ponsanooth to
Glasney Field

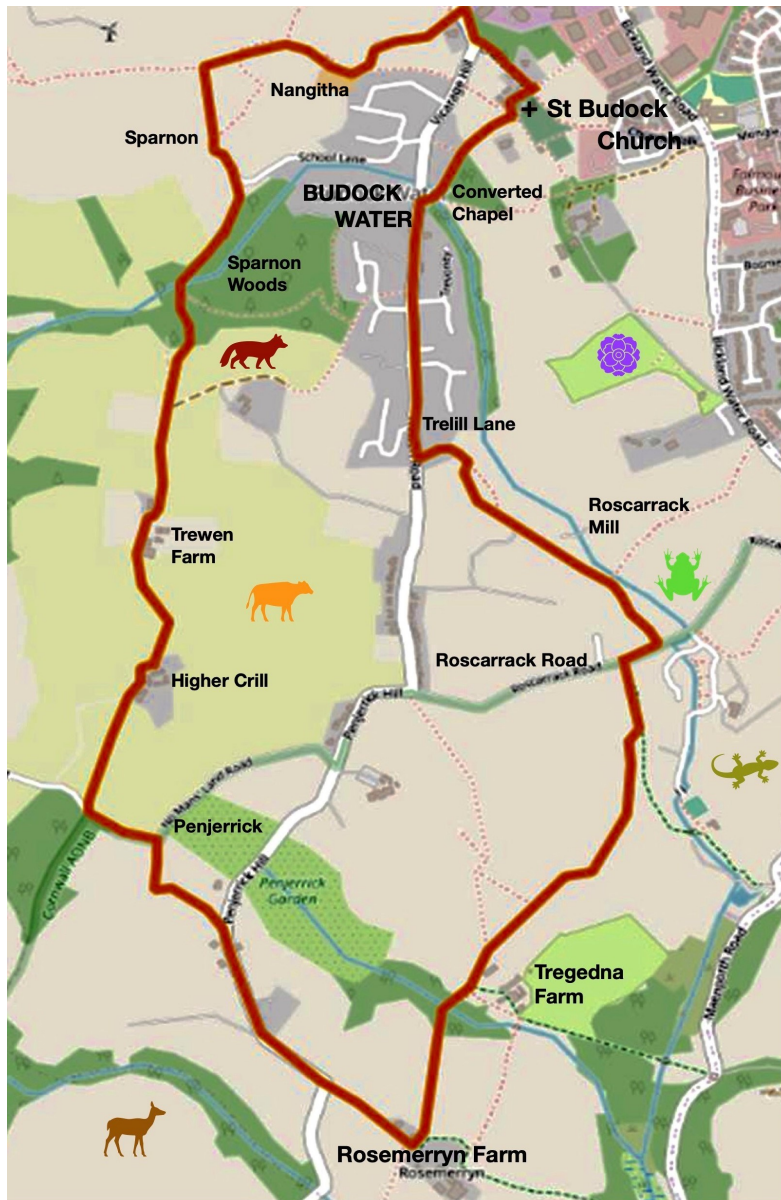
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St Laudus Church, Mabe
 A circular walk, via Argal Reservoir
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Argal Reservoir, Mabe
 A circular walk via St Budock Church,
 Glasney College Field and College Reservoir
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St Budock Church

A circular walk

(Page 10)



St Mawnan Church

A circular walk via Maenporth

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