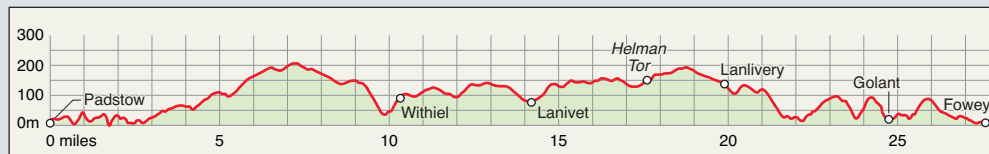


PRACTICAL INFORMATION



● **Terrain** Footpaths, farm tracks and quiet lanes with sustained uphill sections. Short sections on A and B roads.

● **Difficulty** Challenging

● **Directions & GPS*** 007.pdf, 007.gpx, 007.kml at <https://trailblazer-guides.com/press>

* See p10-11 for more information on downloads

ROUTE OVERVIEW

27.6 miles (44.4km)

Be prepared for plenty of climbing and descending. The highest parts of the walk are exposed and often windy so check the weather forecast and ensure you are properly equipped with the appropriate clothing. Take a packed lunch for the Padstow to Lanivet section.

Padstow to Lanivet

14.3 miles (23km)

● **Time** 5hrs 45mins actual walking time ● **Total ascent** 625m/2050ft

● **Map** OS Explorer 106 *Newquay & Padstow*; 107 *St Austell & Liskeard*

The route picks up the Saints' Way at St Petroc, Padstow and climbs alongside the River Camel to reach Little Petherick (**2.5 miles**). You follow the Saints' Way, extremely well marked with black Celtic Crosses, all the way to Fowey. There is a steady but fairly gentle climb to St Breock Downs (**5.1 miles**) followed by a slow descent via Tregustick (**2 miles**) and Withiel (**0.8 mile**) to Lanivet, reached in a further **3.9 miles**.

Lanivet to Fowey

13.3 miles (21.4km)

● **Time** 5hrs 15mins actual walking time ● **Total ascent** 704m/2309ft

● **Map** OS Explorer 107 *St Austell & Liskeard*

The second part of the walk begins with a steady, occasionally strenuous climb to Helman Tor (**3.5 miles**) followed by a long slow descent via Lanlivery (**1.9 miles**) to Milltown (**2.5 miles**). Then comes a further climb and descent to Golant, reached in **2.2 miles**, before the final stretch high above the River Fowey to Fowey itself (**3.2 miles**).

Day walk options

● **By public transport** For the Padstow to Lanivet section, take a train to Bodmin Parkway station, then a taxi to Padstow. From Lanivet take a taxi back to Bodmin Parkway station. For Lanivet to Fowey, from Bodmin Parkway station take a taxi to Lanivet. From the end point at Fowey, take a bus or taxi to Par station for a train home.

● **Taxi option** Carbis Cabs (☎ 07944-034547, bodmin-parkway-taxis.co.uk).

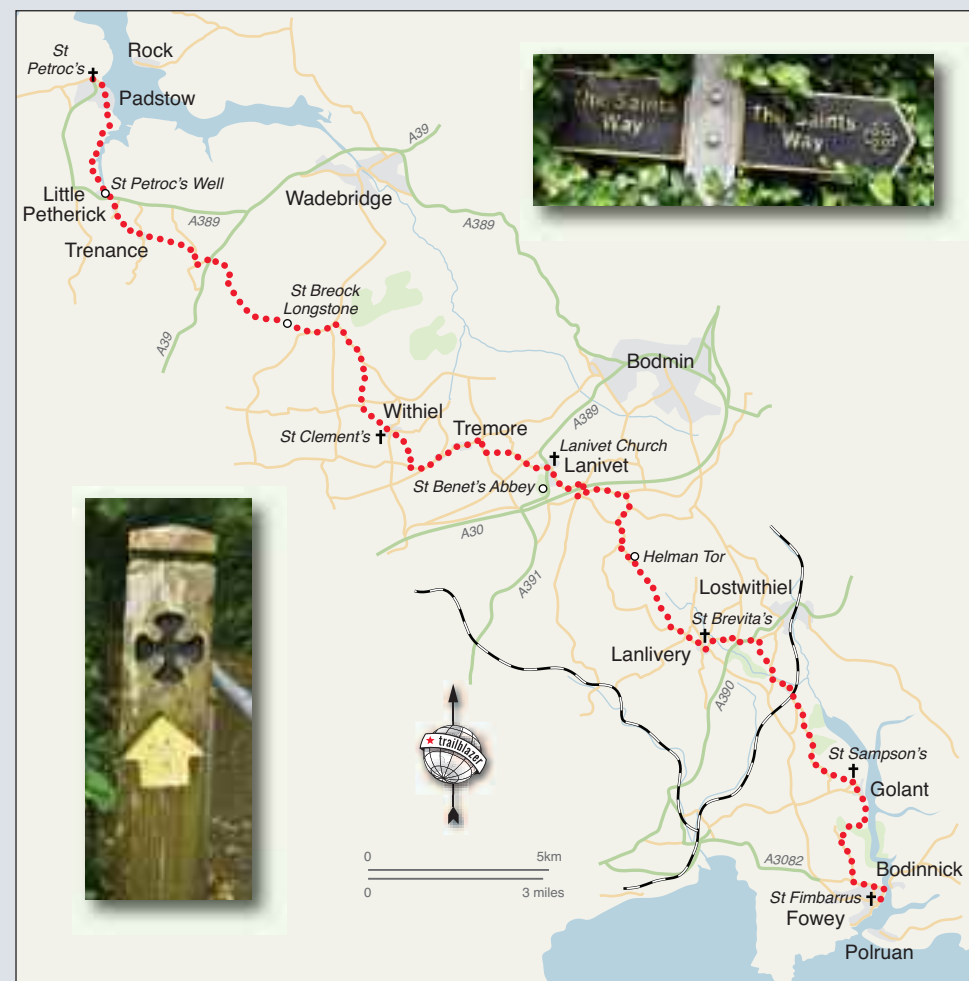
Where to eat or stay along the way

● **Padstow Stay** overnight in Padstow at the *Old Custom House* (☎ 01841-532359, oldcustomhousepadstow.co.uk, S. Quay) right on the harbour.

● **Lanivet Stay** at *St Benet's Abbey* (☎ 01208-831352, stbenetsabbey.co.uk, Truro Rd), a 15th century former pilgrim hostelry turned B&B. **Eat** at the *Lanivet Inn* (☎ 01208-831212, lanivetinn.co.uk; food Mon-Sat noon-2.30pm & 5-9pm, Sun noon-9pm) for superior, locally sourced and seasonal pub grub.

● **Lanlivery Eat lunch** at the *Crown Inn* (☎ 01208-872707, thecrowninn Cornwall.co.uk), a pilgrim hostelry dating from 1130. Food daily noon-2.30pm & 6-8.30pm.

● **Fowey Eat** at *The Old Quay House* (☎ 01726-833302, theoldquayhouse.com, 28 Fore St), where you can sample their Fowey River oysters, local scallops, or fabulous fish and chips. Food daily noon-2.30pm & 6-9pm.



			Walk 7: Padstow to Fowey
Distance from start	Distance from last direction	OS references	Direction
0miles/0km	0miles/0km	SW 91572 75407	St Petroc, Padstow Leave St Petroc churchyard to the south, following the footpath and Saints' Way signs.
66yds/60m	66yds/60m		Bear left, keeping to the footpath until it becomes Hill St and meets the B3276.
380yds/350m	320yds/290m	SW 91879 75218	At the junction, cross over diagonally right into Station Rd and almost immediately take Dennis Rd on the right. Follow it to the end where it bends sharp right
0.8miles/1.3km	1040yds/950m	SW 91990 74803	At the bend, continue straight ahead along Dennis Ln, passing over Dennis Hill.
1mile/1.6km	330yds/300m	SW 91935 73943	As you descend over grassland and reach a wood, take the path into the wood. Do not turn right to walk along the field margin as the Saints' Way sign appears to suggest.
1.7km/2.8km	0.7mile/1.2km		Follow the path as it runs high above and parallel to Little Petherick Creek and use the duck walk to cross a muddy inlet.
1.9miles/3.1km	330yds/300m		At the corner of a field turn sharp left, following Saints' Way sign and continue to next corner.
2miles/3.2km	110yds/100m		Turn sharp right, following Saints' Way sign.
2.3miles/3.7km	550yds/500m	SW 91757 72419	Keep straight on as path joins road past holiday homes towards Little Petherick.
2.5miles/4km	330yds/300m	SW 91861 72144	Arrive at Little Petherick. Turn left onto the A389, cross over and follow the road as it bends round to the right, looking out for a Saints' Way sign on your right.
2.6miles/4.2km	220yds/200m	SW 92039 72040	Take Saints' Way footpath leaving road on your right and continue along until you meet a lane.
2.8miles/4.5km	330yds/300m	SW 92117 71759	Bear right onto lane and follow it all the way to Trenance village.
3.4miles/5.6km	0.7mile/1.1km	SW 92799 71027	Where Trenance Rd joins from the left, continue straight on and in a few metres bear right and follow the lane round to the right.

3.5miles/5.7km	110yds/100m	SW 92859 70966	As the lane bends right again, take the Saints' Way signed track leaving the lane to your left. Continue, initially along field boundaries and then diagonally across fields towards Blable House.
4.5miles/7.3km	1mile/1.6km	SW 92859 70966	At Blable House, turn right when the track reaches a lane and continue past Blable Farm to a T-junction.
4.8miles/7.7km	440yds/400m	SW 94296 70143	At the T-junction of lanes turn left and continue along to the A39.
5.1miles/8.2km	550yds/500m	SW 94754 70330	At the A39 cross over diagonally left and turn right onto the West Park Farm track. Follow this through trees and between fields.
5.6miles/9km	880yds/800m	SW 95211 69803	Follow the track as it turns sharp right at the corner of three fields and continue to the next corner.
5.7miles/9.1km	110yds/100m	SW 95082 69720	Follow the track as it turns sharp left.
5.8miles/9.4km	330yds/300m		Follow the track as it bears left past Pawton Gate Farm.
6.6miles/10.7km	.8mile/1.3km		At the crossroads of tracks, keep straight on past Pawton House and the St Breock Downs monolith.
7.6miles/12.2km	0.9mile/1.5km	SW 96789 68390	Reach St Breock Downs. Keep following lane, then bear left as lanes merge and continue to St Breock Downs Farm and joining lane.
8miles/13km	880yds/800m	SW 98081 68396	Turn sharp right into joining lane and follow it to Higher Tregustick.
8.9miles/14.3km	0.8mile/1.3km	SW 98778 67305	At Higher Tregustick, where lane bears left, keep straight on, following Saints' Way sign, onto track.
9miles/14.5km	220yds/200m		Follow path as it bears left along field margin.
9.1miles/14.7km	220yds/200m	SW 98907 66988	Follow path as it turns sharp right to cross field, passing wind turbine.
9.4miles/15.1km	440yds/400m		Keep straight on as path joins track running alongside stream to Tregustick.
9.6miles/15.5km	440yds/400m	SW 98796 66183	At Tregustick, turn right onto lane.

9.7miles/15.6km	110yds/100m	SW 98733 66069	Turn left off lane onto footpath (still the Saints' Way but unsigned).
9.8miles/15.8km	220yds/200m		Follow path as it joins track and fords stream (there is a footbridge) and bears left, past Blackhay Farm and through trees towards Withiel.
10.4miles/16.8km	0.6mile/1km	SW 99410 65413	Arrive at Withiel. Bear right past church, then turn right into lane for 100m, and look out for a footpath sign on the left.
10.5miles/16.9km	110yds/100m	SW 99461 65266	Turn left off lane onto footpath.
10.8miles/17.4km	550yds/500m		Continue as footpath becomes farm track, then footpath again across fields and past woods to reach another track.
11miles/17.8km	440yds/400m	SX 00076 64677	Turn right onto track and continue on to meet a lane.
11.3miles/18.2km	440yds/400m	SW 99929 64350	Turn left onto lane.
11.6miles/18.7km	550yds/500m		Keep straight on, ignoring lane to Retire on left and other lane joining from right.
11.9miles/19.2km	550yds/500m	SX 00849 64569	At Y junction in Tremorebridge, take the right fork past Lanzawda Cottage and Tremore Farm, and continue to staggered crossroads of lanes.
12.5miles/20.2km	0.6mile/1km	SX 02055 65020	At staggered crossroads, turn sharp right.
12.9miles/20.9km	770yds/700m		Follow lane as it turns sharp left by Higher Woodley Cottage and continue to next bend.
13miles/21km	110yds/100m	SX 02159 64643	Where lane turns sharp right, keep straight on to footpath signed Saints' Way and continue through fields to the next lane.
13.4miles/21.6km	660yds/600m	SX 02818 64594	Turn right onto lane and continue to crossroads with Old Coach Rd.
13.7miles/22.1km	550yds/500m	SX 03191 64320	At crossroads, go straight on along Clann Rd towards Lanivet.

14.1miles/22.8km	770yds/700m	SX 03791 64150	Reach Lanivet. <i>If you are staying overnight at St Benet's, turn right onto A389 Truro Rd. The hotel is on your right after 500m.</i> To continue, where lane meets A389 Truro Rd in village, cross over and turn immediately right into Church Rd.
14.3miles/23km	110yds/100m	SX 03942 64208	Reach Lanivet church, St Nivet's. To continue, follow the lane past the church as it bears right and becomes Rectory Rd. Continue along out of the village as the lane bears left and runs parallel to the A30 dual carriageway, up to a T-junction.
15miles/24.3km	0.9mile/1.4km	SX 04859 63628	At junction of lanes, turn sharp right to follow lane that runs beneath A30 and continue to next junction at Reperry Cross.
15.3miles/24.6km	330yds/300m	SX 04664 63343	Turn sharp left at Reperry Cross and continue along for nearly a mile to a lane joining from the right just past St Ingunger Farm.
16.1miles/26km	0.9mile/1.4km	SX 05979 63336	Turn right into joining lane.
16.4miles/26.4km	440yds/400m		Bear right to follow lane, ignoring turning to left and continue on through Trebell Farm.
16.8miles/27km	660yds/600m	SX 05710 62541	Just after Trebell Farm bear left at junction of lanes.
17.1miles/27.5km	550yds/500m		Follow lane as it bears sharp right and passes under power lines up to a lane joining from the left.
17.3miles/27.8km	330yds/300m	SX 05706 61917	Turn left onto joining lane towards Helman Tor. NOTE: The Saints' Way divides here, with two options for completing the route to Fowey. I am following the eastern option that sticks close to the Fowey River. (Saints' Way signs had been snapped off at this point when I walked the route.)
17.8miles/28.6km	880yds/800m	SX 06195 61362	Arrive at Helman Tor. Footpath left, off route, leads to summit. Lane becomes a track after passing car park area and continues through trees and fields to West Pennant.

18.7miles/30.1km	0.9mile/1.5km	SX 07127 59573	At the hamlet of West Pennant, where the track reaches a lane, turn left onto lane and continue to crossroads in Lower Pennant.
19.4miles/31.2km	0.7mile/1.1km		At crossroads of lanes in the hamlet of Lower Pennant, keep straight on towards Lanlivery.
19.6miles/31.7km	550yds/500m	SX 07945 59057	In Lanlivery, bear right to pass church and pub, then bear left at junction of lanes.
19.7miles/31.8km	110yds/100m	SX 08061 59004	At junction of lanes, bear left to continue skirting village.
19.8miles/31.9km	110yds/100m	SX 08171 59126	At junction of lanes, bear right.
20miles/32.6km	770yds/700m	SX 08607 59161	Just past Pelyn Tor Cottage, leave lane, taking footpath to left over meadow towards B2369.
20.5miles/33km	440yds/400m	SX 08941 59189	Turn right onto B2369 for 100m.
/20.6miles/33.1km	110yds/100m	SX 08975 59101	Turn left onto A390. Caution: there is no pavement along this section of the route, but the wide grassy verge on the left-hand margin offers safe passage.
20.8miles/33.5km	440yds/400m	SX 09327 59166	Take first lane that leaves A390 road to the right. Pass drive entrance on right and continue on for 100m to a farm.
20.9miles/33.6km	110yds/100m	SX 09327 59166	Turn right off lane onto farm track and continue to next lane.
21.5miles/34.6km	0.6mile/1km	SX 09857 58339	Where track meets lane, bear right onto it and continue to Y-junction of lanes.
21.6miles/34.8km	220yds/200m	SX 09818 58131	At Y-junction of lanes, take the left-hand option and continue towards Milltown.
21.9miles/35.3km	550yds/500m		Where lane joins from the left just before Milltown Farm, keep straight on. Follow lane as it bends left and reaches Milltown.
22.1miles/35.6km	330yds/300m	SX 10418 57793	In Milltown, where lane turns sharp right, follow it as it goes under the railway line and along to Lantyan.

22.4miles/36.1km	550yds/500m	SX 10490 57358	At Y-junction of lanes in Lantyan, take the left-hand option and follow lane past Lantyan Wood and Woodgate Wood.
23.9miles/38.4km	1.4miles/2.3km	SX 11267 55357	Just before Leskernick, leave the lane via footpath to left, signed Saints' Way and continue to follow path diagonally across a field, straight over a lane and across more fields towards Golant.
24.3miles/39.2km	880yds/800m	SX 11968 55073	When track meets lane, turn left towards church.
24.4miles/39.3km	110yds/100m	SX 12053 55153	Reach St Sampson's church and Holy Well. To continue, take Church Hill heading down to crossroads in Golant.
24.6miles/39.7km	440yds/400m	SX 12142 54820	At crossroads of lanes continue straight on along School Hill.
24.7miles/39.8km	110yds/100m		Continue straight on through Golant village, taking footpath through woods that runs parallel with Fowey River to Golant Down.
25.4miles/40.8km	0.6mile/1km	SX 12153 53865	Follow footpath as it turns right, away from the river, at Golant Down, crosses stream and then climbs steeply, the stream to your right.
25.8miles/41.5km	770yds/700m	SX 11557 53591	After steep climb, pass farm buildings then turn left after them onto track, passing Penventinue Farm. The track soon becomes Penventinue Ln. Follow it all the way to the B2369 (Passage Ln).
26.6miles/42.9km	0.9mile/1.4km	SX 11902 52333	Turn left when Penventinue Ln meets B2369, and cross over. Caution: there is no pavement on this section of the route.
26.8miles/43.1km	220yds/200m		Bear left to continue on B2369, descending towards Fowey.
27miles/43.4km	330yds/300m		Ignore turning on right, continue on B2369, which takes you into town alongside the River Fowey.
27.6miles/44.4km	0.6mile/1km	SX 12534 51706	Reach Fowey parish church, St Fimbarrus.