



Distance: about 3½ miles
 Modest uphill sections: 2
 All on road

Round walk from St Teath avoiding busy roads

From the clock head towards the Post Office and almost immediately left into Trevilley Lane. Pass the 19th century Methodist Chapel on your right and soon pass the small cemetery at the village boundary. You will see the slate dumps at Delabole in the distance. After passing under the pylons you should get good views to your right of our route past Trewalder on the other side of the valley, and further in the distance, Roughtor and (partly obscured) Brown Willy on the right. After about 1 mile, turn right at the crossroads and over the bridge to the pretty hamlet of Newhall Green. If you have a dog, it may fancy a paddle in the stream just before the crossroads.

Now head uphill to the hamlet of Trewalder. Turn right at the T junction and pass the imposing Trewalder House on your right. You are now heading south and soon pass the large Bodulgate dairy farm on your right, with good distant views back towards St Teath. Follow the road over the small bridge to Treforda and further on cross the busy A39 to the wooded road opposite.

Take the first turning on the right towards Knightsmill and pass the old attractive Tregreenwell farmhouse on this twisting road. You soon emerge on to the A39 again. Cross the road and on to the pavement over the bridge at the bottom of the hill. Here on the left is Knightsmill Trade Centre, worth a look, because you will almost certainly find a household item that you didn't know you needed. Walk up the hill back to St Teath. You arrive in Fore Street, passing Greystones, an interesting slate fronted house on the right and originally a village pub. Carry on past the church on the left to the village square, where you will find refreshment at the pub (dogs on leads are welcome).