

# Walk from St Teath to the coast and back

Distance about 6 miles

Steep uphill sections: one - climb about 250 ft

Muddy sections in wet weather

Some gates and stiles may be difficult for non-spritley large dogs.

On-road walking about 1½ miles

This walk is more demanding than our first - wear sturdy footwear!

Start from the Square in St Teath(1) and follow the path alongside the cemetery through three kissing gates and turn left at Treroosal Road. Go downhill, past Rosewater Caravan site, then uphill past Treroosal farm on the right. Take the roughly surfaced lane on the right (2), marked public foot-path. Follow the lane gently uphill to the remains of a railway bridge over what was the line from Waterloo to Padstow, although the cutting under the bridge has been completely filled in (3).



To your right are excellent views of St Teath with Michaelstow Beacon beyond. Now follow the path into a tree covered lane, through a gate at the end and after a few yards over a stile on the right. Turn left after the stile and walk along the edge of three fields to reach the B3314 road. Turn right into the road beware traffic. In about 50 yards turn left into a track alongside Lower Tynes farm (4). Soon there is a fork - take the right-hand track into a lane, which opens out into three gated fields, eventually reaching a large farm building on the right. Carry on by the fence to the end of the field. Bear left here, but you could turn right along a permissive path to avoid the steep descent and climb that follows. Bearing left you soon reach the remains of the hamlet of Dannon Chapel (6), which included a manor house, now on National Trust land. After this, head for the sea to reach the coastal path at (7). To your left are good views of the coast to Pentire Point and the Rumps. Turn right along the coast path with Tregardock beach ahead and then descend a long series of steps to the bottom of the valley. Cross the bridge over the stream and climb the steep zig-zag path to the top of the cliff. Turn right here leaving the coastal path to pass through a gate and follow the fields, eventually reaching Tregragon Farm (9).

Follow the path through the farmyard, (keep dogs under close control) and then take the rough track downhill on the right, 50 yards or so after the farm buildings. This leads to a boggy area (10) at the bottom which you cross, and then go up a bank, then turning left under some trees and along the lower side of the hedge to head uphill. Turn right at the end of the first field and pass through two fields to reach a gated lane on the left. This leads out to the B3314 road again. Cross straight over into a narrow road which is Gypsy Lane. At the end of the lane (11) turn right onto the B3267 to St Teath (1).

Thanks to Gill Jones for this walk. Suggestions for new walks in the St Teath area welcome