

Useful Information

Parking: Many CPs in St. Ives. Best: Smeaton's Pier, Porthgwithen Beach, Barnoon, Railway Station. Zennor CP.

Intermediate Parking: Nearest convenient parking at foot of Rosewall Hill on B3306 St. Just road.

Getting There: From A30, after Hayle take A3074 for Station, Smeaton's Pier or Porthgwithen CPs. For Barnoon CP, circle St. Ives to Consols on B3306 St. Just road, then turn R and follow first Tate Gallery signs, then CP sign.

Transport: First Bus 16A links St. Ives and Zennor. First 300 links St. Ives, Zennor, Pendeen and St. Just, summer.

Refreshments: Everywhere in St. Ives. You pass Porthmeor Beach Café and all year Café/Bar Porthgwithen Beach. Zennor, Tinnars Arms pub (all day) and Backpackers Hostel café (all year 10-5).

Toilets: St. Ives, Smeaton's Pier, Porthgwithen Beach (seasonal), Porthmeor Beach end of CP. Zennor CP (seasonal).

Route Directions**Leaving St. Ives, mostly on the road - 1.20 miles**

Start from the entrance to Smeaton's Pier and follow the Coast Path, not signed at first, past the St. Ives Museum and round Porthgwithen beach, then up to St. Nicholas Chapel on The Island. Continue behind, or across, Porthmeor Beach then follow the road past the excellent Porthmeor Beach Café, the Tate St. Ives, a small car park and toilets. Where the Coast Path goes R, climb a few steps and follow the footway steeply uphill for a short distance on Porthmeor Hill to a junction. Go R on the main Alexandra Road fairly steeply uphill, to the Garrack Hotel sign on your R (*1.20 miles*)

Burthallan Lane to the Hor point to Hellesveor track – 1.03 miles

Go R on Burthallan Lane (*no WM*) to Garrack Hotel entrance. Bear L on a lane uphill, passing a Venton Vision Farm sign, almost to its end. *Here a WM forward leads to the Coast Path.* Follow the fingerpost (*Trevail, Gurnards Head, Zennor*) L over a cattle stile to a narrow path up to a step stile to a field. Follow the RH hedge to a step stile (WM) on R, then follow a path between scrubby hedges and go through a metal gate. The path continues between scrubby hedges for 20 yards and into a scrubby field. Follow the RH hedge uphill (*view back over St. Ives Bay to Godrevy Light*) for a few yards, then bear R over a step stile to a second field. Follow the RH hedge to a crude stile to the third field. Now follow the RH hedge for 20 yards to a metal gate and a massive cattle stile to a path through scrub up to a another cattle stile to the track between Hor Point and Hellesveor (*2.23 miles*)

Hor Point to Hellesveor track to Trowan – 0.46 miles

Cross the track and over a crude stile (WM) to a field. Follow the RH hedge for 50 yards to a gap and a high concrete stile to the second field. Go straight across to a gap to the third field. Follow the LH hedge to a high cattle stile to the fourth field. Go straight across to a gap to the fifth field. Follow LH hedge to a cattle stile to the sixth field. Cross to a tall cattle stile to the seventh field. Cross (*heading directly towards Trowan*) to a cattle stile to the eighth field. Cross this field (*heading directly towards Trowan*) to a cattle stile to the ninth field. Follow RH hedge, and go through a gate (WM) to **Trowan** (*2.69 miles*)

Trowan to Trevalgan – 0.41 miles

Go straight through Trowan and follow a sign (*FP Zennor*) passing converted barns. At the end bear L into a field and R to a wooden stile to the second field. Follow the RH hedge (*heading roughly towards Trevalgan*) through an (open) gate to the third field. Follow the RH hedge to a step stile to the fourth field. Cross, to L of telegraph pole, to a cattle stile by a gate to the fifth field. Follow LH hedge (*Trevalgan farmyard, caravans, on L*) to a crude sheep stile to the sixth field. Follow LH hedge to its end and go diagonally L to a high cattle stile (*FP Zennor*) to the L of a bungalow at **Trevalgan** (*3.10 miles*) *To take the worthwhile Trevail Mill, Treveal and Boscobben detour, take the right path here, adds 0.37 miles. See final paragraph on page 2 for detailed route.*

Trevalgan to Trevega – 0.57 miles

Follow FP sign (*WM inaccurate*) diagonally R across a field to a high cattle stile (WM) to the second field. Cross to a gap to the third field and follow the LH hedge to a high step stile to the fourth field. Follow the RH hedge for 20 yards and over a step stile to the fifth field. Follow the RH hedge to a lane to Trevega Wartha. Go R on the lane for about 150 yards and go L over a step stile (FP) and through a hunting gate to a scrubby field. Bear R (WM), past Trevega Wartha on your R, to a cattle stile (WM) to the second field. Follow an indistinct path, keeping just R of telegraph pole, downhill to a step stile (WM) to the third field. Follow the RH hedge for a short distance and then continue on the same line towards the middle of Trevega village to a cattle stile (WM). Follow a narrow path down between houses, crossing a cattle stile, down to a lane at **Trevega** (*3.67 miles*)

Trevega to Trendrine 0.39 miles

L on lane 20 yards, R into Treveffa Farm driveway for 10 yards, then R (FPsign) on path between hedges to a step stile (FP) to a paddock. Straight down paddock (*may be stile over electric fence divider*) to a WM. Go L, 2 steps down, on a narrow path, for a few yards to a little bridge over a stream and a cattle stile to a field. Now bear L to a crude stile to a second field. Straight across to a crude stile (WM) to third field. Straight to far RH corner to a cattle stile. Follow a path between fence and hedge to a cattle stile to a field (*WM points too far R*). Straight across to a cattle stile in corner at **Trendrine** Farm. (*4.06 miles*)

Trendrine to Wicca – 0.36 miles

Go forward for 45 yards to a massive coffen stile (WM) to a field. Follow LH hedge for 40 yards then on to LH corner of field (*heading towards Boscubben*) to a coffen stile to the second field. Follow LH hedge to a coffen stile. Forward for 10 yards to a track up from Treveal and go L (WM) uphill on the track, passing WM by Boscubben Farm, to a T at **Boscubben**. Go R on lane downhill to **Wicca**, then follow WM (*Zennor only*) forward between house and barns to a WM and on for 10 yards to a coffen stile to a field. (*4.42 miles*)

Wicca to Tregerthen – 0.42 miles

Follow RH hedge for 20 yards to a coffen stile to a field. Follow RH hedge to a cattle/coffen stile to the second field. Cross on an indistinct path to a massive cattle/coffen to a third field. Cross on an indistinct path, *heading towards top of Zennor Hill*, to a gap (WM) and coffen stile to a fourth field. Continue downhill to bottom L corner to a coffen stile (WM) to a path. Follow path through scrub, winding to a coffen stile. Continue for 30 yards, passing a partly hidden abandoned chapel on L, to a coffen stile to a maize field. Cross to a gap (WM). Follow a path between scrubby hedges, rocky and wet but with stepping stones, to a coffen stile. Continue uphill, stony, with hedge on L, to a coffen stile to another maize field. Follow RH hedge to a coffen stile to the drive to **Tregerthen**. (*4.84 miles*)

Tregerthen to Tremedda – 0.31 miles

Cross the drive to a coffen stile to a maize field. Go forward for 40 yards to a coffen stile to a second maize field, then follow RH hedge for 40 yards to a coffen stile to a third maize field. Follow RH hedge to a massive coffen stile to the fourth maize field. Go straight across to a massive coffen stile. Cross a clapper bridge over a stream to a coffen stile to another maize field. Go straight across to a coffen stile (WM) to the next field (*pasture at last*). Go straight across to a gap (WM) to a second field. Follow LH hedge to a coffen stile to a track to **Tremedda** Farm. (*5.15 miles*)

Tremedda to Zennor – 0.55 miles

Cross the track to a massive cattle stile to a field. Follow RH hedge to a gap and a coffen stile to a second field. Follow RH hedge to a coffen stile to the third field. Follow RH hedge to a coffen stile to a fourth field at 5.33 miles. Continue slightly L of RH hedge to a coffen stile (WM) to a fourth field. Follow RH hedge to a coffen stile to a fifth field. Go straight across (*Zennor church tower in view ½ L*) to a gap to R of a gate and over a coffen stile (WM) to a sixth field. Follow a WM downhill, gradually bearing L towards Zennor church, passing WM and following RH hedge and passing another WM, to a coffen stile (WM) to a seventh field. Follow RH hedge to a coffen stile (WM). Follow RH hedge, with Post Office Row on R, downhill to a cattle stile. Bear L down to the lane in **Zennor**. Go L on the lane, with the church on your L and the Tinnars Arms on R to the road. Go R on the road to Zennor CP. (*5.70 miles*)

Detour from Trevalgan via Trevail Mill and Treveal to Boscubben – adds 0.37 miles

After the Trevalgan stile, ignore the Zennor FP sign and follow the R WM along the hedge. Then follow LH hedge to corner, and over a crude stile to a second field. (*Mine ruin visible ahead*) Continue to a gap to a third field, then follow LH hedge to a crude stile (WM) by galvanised gate to small fourth field. Follow RH hedge to a crude stile (WM) to a fifth field. Follow RH hedge to a small crude stile (WM) to a sixth field. Follow RH hedge to a gap to a seventh field. Follow RH hedge to a crude stile (WM) to an eighth field. Follow the RH hedge to a crude stile (WM) to a ninth field. Follow RH hedge to a lift/cattle stile to a green lane. Follow green lane/bridleway for 50 yards, the bridleway then goes L to Trevega Wartha, you should follow FP sign straight across between hedges (*view ahead of Carn Galva*) downhill on what was a green lane between hedges down to a gate to Trevail Mill. A path continues up through the garden of Trevail Mill to a kissing gate and cattle grid. Continue up on a partly grassy tarmac track to Treveal (National Trust). Track bears L between hedges uphill to **Boscubben**. Here go R (WM) on a track rejoining the route to Zennor.