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*Part 1: Cubert, Mount, Stampas, Treamble, Treworthen, Smugglers Den – 3.51 miles*

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**Part 2: Perran Round, Hendra, Treamble, Stampas, Hendravossan, Lower Rose – 3.35 miles Page 1**

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**Park:** Lay-by on B3285, very close to Perran Round, at approximately 77913/54403

**Getting there:** From A3075, Newquay - Redruth road at Goonhavern go R on B3285 towards Perranporth.

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### **Perran Round to North Treamble – 2.03 miles**

Start from the stile at the entrance to Perran Round at 77923/544030. Go back to the B3285 Goonhavern to Perranporth and turn L on it towards Goonhavern, with great care as this is a fast road. At 260 yards go L, following a FP sign, on a concrete track, signed as going to Parc Garow and Holman's Croft. *View half R of Carland Cross Wind Farm.* At 470 yards pass on your L Parc Garow. At 675 yards, at a galvanised gate on your L, look across the valley half L to see the tower and spire of Cubert church. The track now heads downhill. At 800 yards, pass on your R Kings Ransom. The track deteriorates. **(0.45 miles)**

Shortly, just before the track bends R, go L through a wooden kissing gate (WM) to a field and go R in the field following the WM, down to the bottom R corner on a reasonably clearly trodden path. At 0.52 miles go R following a WM, over (or round) a wooden stile (WM). At 0.54 miles go through a small orchard and continue following LH wire fence through brambly scrub, still downhill. At 0.56 miles bear L following a WM along the wire fence. A few yards on pass a gap leading down to a FB; ignore it and continue forward down to 2 steps up at 0.59 miles onto long wooden duck-boards over a stream at 170 feet. **(0.59 miles)**

The path goes L, with woodland on your L, a field on your R. At 0.60 miles, where the hedge bears R, go L over a stone step stile and steeply down projecting stone steps on the other side into woodland. Go up into a small field at 0.62 miles. The path goes L between a hedge on the L, an electric fence on the R and into a second small field at 0.64 miles. Continue, following the electric fence on your R, to a galvanised gate at 0.67 miles. Now follow a grassy path uphill, past the rear of attractive Wheal Hope Cottages on the L, to a tarmac driveway at 0.70 miles. Go R on the driveway to a tarmac track. **(0.72 miles)**

Ignore a WM on R pointing R on the track uphill. Go L on the well-made track downhill, past Greengarth Cottage on your L. At 0.77 miles the track bears down L into a garden area but continue forward on the path through scrub. At 0.81 miles it becomes a path between wooded hedges to a tarmac lane at 0.87 miles (*FP points back*). Go R on the lane uphill steepish, passing at 0.89 miles Hendra House on L, then Trewitt Bungalow on R at 0.95 miles. Immediately after a lane to the R, heading to the Newquay to Redruth road, at 1.06 miles, go L (FP) downhill on a track, passing barns L & R, through the yard to attractive Hendra farmhouse and a waymarked galvanised gate to a field to its R. Here is a WM post, labelled Treamble, with WMs forward into the field and R up a track. **(1.17 miles)**

*Thanks to a large and frisky herd of young cattle in the field, I took an alternative route from here. Had I followed John Alden's route I would have entered the field, followed the LH hedge, gone through a gate to a second field, across a track and through a gate to a third field, straight across to follow a LH hedge, at first in a field, then with woodland to the R, into Treamble Valley caravan site, bearing L to the path from North Treamble to Stampas. I chose to avoid the frisky cattle and instead took the following route.*

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**Perran Round to Stampas *continued***

Facing the gate, go R (WM) uphill on a well made track between wooded hedges to a tarmac lane at 1.25 miles. Go L on the lane towards Rejerrah, uphill fairly steeply, passing shortly white-painted Hendra Lodge on your L, Higher Hendra on your R, Coach House on your L, and Higher Hendra Barn on your L, then past the entrance to Higher Hendra Caravan Site to your L. Continue up easy and, where the lane jinks R and L, go L on a wide tarmac track into the beginning of a caravan site complex. **(1.57 miles)**

*Looking ahead you can see to the massive Penhale dune system.* Follow the track, signed Public Byway, downhill passing on your R a farmyard and Little Treamble Farm, to the main entrance of the Treamble Valley Caravan Site at 1.78 miles. Bear R downhill, easy becomes moderate, on a waymarked stony byway between wooded hedges. At 1.80 miles the track becomes sunken and tunnel-like, trees meeting overhead. *At a gateway on your L at 1.98 miles, look over it slightly R and, between the trees, you can see across the valley to Cubert church and, below it, Treworthen.* Continue down into North Treamble to a crossing of tracks at 78642/56055 at 2.03 miles. Forward is a byway to Mount. R, signed Holywell 2 ½, is a byway to Treworthen. **(2.03 miles)**

**North Treamble to Stampas – 0.33 miles**

Go L down a concrete ramp, across the gravelled yard of Treamble House (*to your R is what may have been the original Treamble House*) to a grassy path. Follow the path, on the L a high well-made hedge with trees growing on it, on the R a wooded hedge, to a wooden kissing gate (WM) at 2.07 miles. Follow the WM forward a short way to a crumbly tarmac track in the Treamble Valley Caravan Park. Cross the track to a wooden kissing gate (FP and WM) and down 2 steps to a narrowish grassy path between a hedge on the R, scrub and a field on the L, to a wooden gate (WM) at 2.16 miles to a second field. Follow the WM R for a few yards, go through a galvanised (*no WM*) to a third field. 10 yards in is a WM post on your R. Follow the WM to cross this field diagonally R on a fairly well trodden path, to reach a hedge corner at 2.25 miles. Follow the RH hedge, downhill gently, to a wooden gate at 2.33 miles. Forward on a grassy track through low woodland into the yard of Stampas Farm and forward slightly R to a wooden signpost. This indicates back to Treamble, R for a byway to Mount, forward to Rose. **(2.36 miles)**

**Stampas back to Perran Round - 0.99 miles**

Continue forward, passing a restored barn on your L, following the Rose signpost direction and passing a WM, gently uphill on a concrete track, which very soon becomes a grassy track. After about 50 yards, with an opening to a field ahead, bear slightly R, passing a WM on a concrete post, on to a track, which becomes a path between high wooded hedges, gently uphill. At 2.47 miles at a WM post a path heads forward to Hendra Farm, but go R following WM Rose downhill on a path through woodland. Cross a concrete bridge over a stream at 2.50 miles. The path then bears L uphill between low scrubby hedges, still in woodland, passing at 2.53 miles a treehouse on your L. It then bears R to a WM post pointing ½ L. You need to pass this WM, almost to white painted Orchard Cottage, before bearing L on a concrete path uphill, passing also Primrose Cottage on R, up to a track and a WM. **(2.58 miles)**

Follow the WM L on the well-made tarmac and grass track uphill fairly easy through woodland. The ascent becomes moderate and crosses a filled-in cattle grid at 2.64 miles. It then bears R, still uphill, becoming a stony and grassy track between low scrubby hedges, then with scrubby fields to both sides. At 2.71 miles the track bears L over another filled-in cattle grid, still uphill easy to 2.80 miles then gently down, an open field on your L, a hedge on your R. From 2.82 miles the track is now between wooded hedges L & R. At 2.91 miles you come to a concrete cross track and a wooden sign reading R Gear, L Lower Rose. To your R is Hendravossan Farm and a path heading to Gear on the edge of Penhale Sands. **(2.91 miles)**

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**Stampas back to Perran Round – *continued***

Go L downhill on the concrete track, with woodland on the L, a scrubby hedge on the R. At 2.94 miles you enter woodland, passing Avalon bungalow on the R at 2.96 miles. Down to a filled-in cattle grid at 2.98 miles then up again. The first buildings of Lower Rose come at 3.01 miles. Continue up to a lane at 3.03 miles, Laurel Cottage on L, Glendale on R. Cross this lane to continue on a tarmac lane, passing cottages on your R. At 3.05 miles, where the tarmac lane goes R, continue ahead, leaving Rose Wollas on your R, following a WM, on a narrowish path uphill moderate between wooded hedges. At 3.13 miles the path bears R as a wide grassy track between scrubby hedges, now uphill easy. Continue back to the stile at the entrance to Perran Round at 3.35 miles. **(3.35 miles)**