

4 Fowey

Distance 7 miles/11km

Ascent 973 metres

Start/finish Readymoney car park, PL23 1DG

Set off downhill from the start to join the South West Coast Path on Readymoney Road. Turn R and follow the road then the coast path south-west around St Catherine's Point and then to the prominent red and white Gribbin Tower (2.5 miles/4.1km). Continue on the coast path heading north-west to Little Gribbin, then north to a path junction on the hill above Polkerris (4.3 miles/7km). Leave the coast path and turn inland, bearing R at a road and joining the Saints' Way. Take the first L through Tregaminion and onto a footpath east across fields. Still on the Saints' Way pass Tenant Farm, go along another field edge, through woodland and then up to Lankelly Lane (5.6 miles/9km). Run along Lankelly Lane, turn R onto Polvillion Road then R through a gate onto a footpath going generally south and contouring around the hill until you reach Readymoney Road. Turn L and retrace your outbound steps back to the start.

Miles	Km	Directions
0.0	0.0	Follow the road downhill from the car park to reach the South West Coast Path on Readymoney Road. Turn right and follow the road which becomes a path south-west to the tower on Gribbin Head.
2.5	4.1	Continue on the coast path now travelling north up the coast and then turning right inland and up to a road near Tregaminion.
4.5	7.2	Turn right onto the road and then left through Tregaminion onto a footpath which is the Saints' Way heading east. Pass Tenant farm and across a small valley to reach a road called Lankelly Lane on the western edge of Fowey.
5.6	9	Follow Lankelly Lane east then turn right onto Polvillion Road and then right onto a footpath heading south to Readymoney Road. Turn left onto the road and then left again uphill and back to the start.