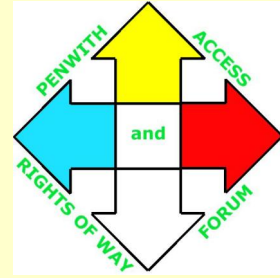


A Circular Walk from Zennor visiting Zennor Hill, Trendrine Hill, Ancient Sites. 7.1 Miles



This circular walk starts from Zennor with its interesting Church, Museum, Hostel and Café. The route climbs high onto the moors inland of Zennor and offers the opportunity to visit the ancient sites of Sperris Quoit, Zennor Quoit and the remains of Hut Circles. It climbs to the summits of Zennor and Trendrine Hills which offers amazing panoramic views before descending, inland, to Towednack Church. It then climbs to the summit of Rosewall Hill and Trevalgan Hill before descending to join either the inland route of the "Coffin" or "Post" path to return to Zennor or you can return along the longer Coastal Path.

IMPORTANT NOTE: Much of this walk is steep, rocky and isolated while some of the moorland paths are faint and can be hard to follow. The path is approximately 8 miles long for the inland return and longer for the coastal return and takes approximately 4 hours to complete. The route takes a reasonable level of fitness to be completed and should not be attempted in foggy conditions. An O.S. Map is essential. There are toilets available in Zennor at the start of the walk.

Penwith Access and Rights of Way (PAROW) is a local community based organisation working with a wide range of partners including the West Cornwall Local Action Group and Cornwall Council to improve access to the countryside for both local people and visitors, with a particular interest in access to Penwith's diverse collection of Ancient and Historic Sites. It also aims to help encourage tourism for the benefit of local businesses and to offer people the opportunity to carry out practical conservation tasks.



Zennor Church



The European Agricultural
Fund for Rural Development:
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Department for Environment
Food and Rural Affairs



South West RDA

CORNWALL
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Zennor Church to Summit of Zennor Hill

From Zennor village facing the church turn right along the tarmac road past the cottages and continue ahead to join the main coastal road. Turn Left and follow the road up hill.

After approximately 100yds turn right following the Public Footpath Way Marker Post and continue ahead onto the moor. Follow the clear path for some distance, then cross a granite stile into a field. Cross the field and pass through a

gateway and continue ahead ignoring two left hand turnings uphill. Cross over a granite stile

path. After approximately 20yds turn left through a gateway and take the main path, bearing slightly right, and heading up hill. Keep following the rutted path as it zigzags uphill, keep left following a small 'T' Way Marker and ignore a right hand path. Note that the path up to Zennor Hill summit is not a definitive footpath it is just a path on Open Access land. Continue to follow the path uphill and it zigzags towards the summit following another small 'T' Way Marker. Bear right in front of a granite outcrop and continue ahead, then bear left passing another small 'T' Way Marker to reach the summit.



Wayside Museum and Trewey Mill at Zennor



Left, View of Zennor village form the summit Zennor Hill



Small wooden 'T' Way Markers help with route finding

Pendeen Watch in the distance



Zennor Quoit

Zennor Hill to Trendrine Hill

At the summit cross the rocky summit plateau heading towards the coast and to reach a metal gate. Pass through the gate turn right along a narrow path through gorse, and at a large square granite block bear right then continue ahead and you will see a tumbledown house 50 yards away on your right. If you wish to visit Zennor Quoit after passing the old house turn left and the Quoit is on your right after about 400 yards.

Zennor Quoit is a ruined megalithic burial chamber or dolmen. It dates to 2500-1500 BC. Aside from the 12.5-tonne (12,500 kg) roof, which collapsed some time between 1770 and 1865, the chamber is in good condition.



Otherwise bear left to follow the path which goes down hill and then after approximately 300 yards turn right and climb back uphill to eventually pass an old mine building on your left. After the old mine turn immediately left, and then head towards and go between the two rocky outcrops in front of you. Follow the broader path for approximately 1/2 mile, to pass through a wooden gate and reach the Trig point at the summit of Trendrine hill.



View from the Summit of Trendrine Hill of the coastal plain and Trevesa Farm which you will go through on your way back.

Trendrine Hill Barrows - On the top of the hill there is a group of 3 Round Barrows. The southernmost of the barrows is a mound 46' in diameter and 6'6" high kerbed by very large stones. The largest and northernmost barrow is a large cairn of stones 62' across and 8'6" high now topped by an Ordnance Survey pillar. All that can be seen of the third barrow is a slight mound between the other two.

Trendrine Hill to Towednack Church

Facing inland (south) with your back to the Trig, bear diagonally left to pass through a gateway in a hedge and continue ahead on a clear path. Follow the grass hedge boundary ahead passing a small 'T' Way Marker, then continue ahead through low gorse, pass a second small 'T' Way Marker on a faint track which starts to head down hill. The path passes through another hedge bank passing a further small 'T' Way Marker. Continue ahead ignoring a left hand path running down hill. Continue to make your way down hill bearing right to keep on the open access land. You will see a house and you should find the meandering path that keeps the house on your left. Wend your way downhill to join a track, bear left on this to reach an iron gate onto a lane. Go through the gate and bear left to follow the lane in front of the house to reach a stile. Go over the stile and follow the footpath over three fields to reach Towednack

Towednack Church



Towednack Church to Towednack Road

From the church car park follow the tarmac lane to reach a road. Turn right and after approximately 50 yards turn left over a stile to follow a footpath uphill. Continue on this path as it goes over stiles across a number of fields. Eventually you will go through vegetation to cross another granite stile., a further field, a narrow granite stile to continue on a narrow path. Go over a further granite stile, then cross a field, and then climb over a stepped hedge stile, then bear diagonally left uphill to cross a further granite hedge to reach a concrete lane at a Way Marker. Follow the lane uphill to reach a tarmac road which is the old road from Towednack to St Ives..

Towednack Road to Trevesa Farm

On reaching Towednack Road turn left along the lane and after approximately 200 yards turn right at the Public Footpath sign over the stile and go uphill through a field, and continue as it changes to gorse until you reach a stile in the top right hand corner. Go straight ahead after the stile, beside a rocky outcrop which is the western end of Rosewall Hill and follow the path as it bears left to reach a gate. Ignore the gate on your left and continue ahead down hill, bear left and follow the hedge until it reaches a path. Follow the path right and continue down hill through two gates to reach a parking area. Cross the coast road, pass through a metal gate and follow the path over Trevalgan Hill heading towards the sea to reach a tarmac road after a wooden gate. Turn left and follow the lane for approximately 400 yards and turn left over a stile and gate into a footpath which you follow to reach the hamlet of Trevega and Trevesa Farm.



Looking back to Trendrine Hill from Rosewall Hill

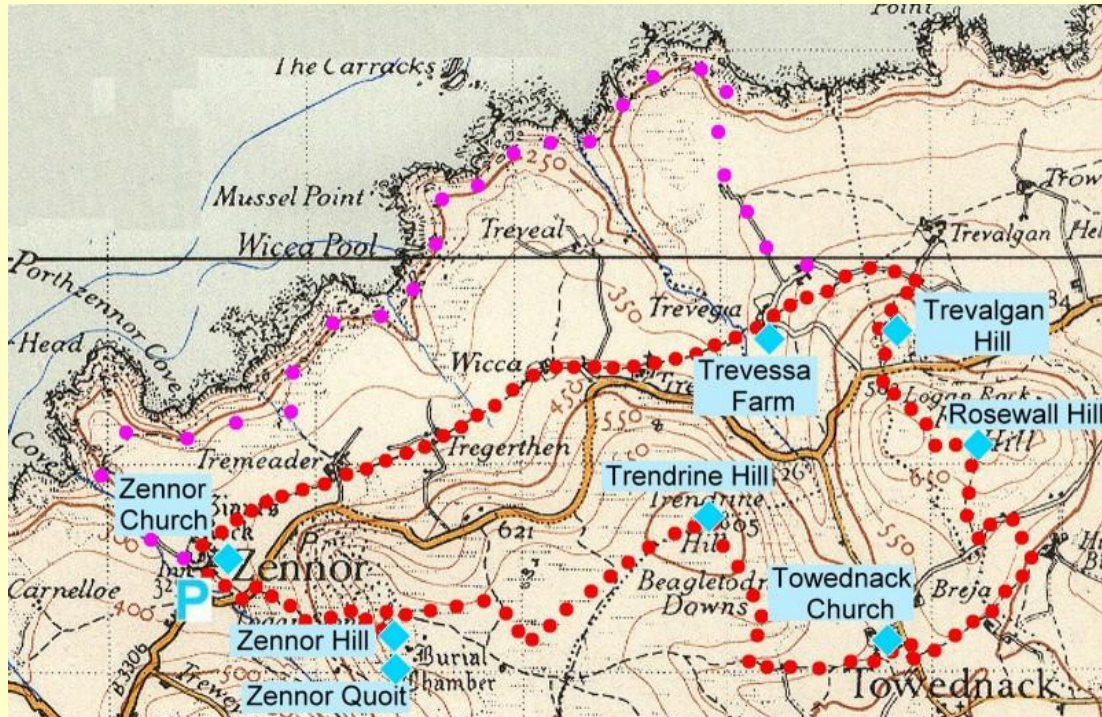
Alternative Coastal Route to Zennor.

If you are really fit you can choose to return to Zennor by the coastal path, but this is much further and arduous and rocky and steep in places. To return by the coastal path, after joining the lane stay on the lane for 0.5 miles until you see a bridleway on the right. Follow this and keep going straight towards the coast as it changes to footpath. Once on the coast turn left and follow the coastal path to Zennor

Trevesa Farm to Zennor

At the small hamlet of Trevega go up short drive to Trevesa Farm and follow the Public Footpath Sign right, between granite hedges, bear right over a granite stile and continue ahead to cross a bridge and stile at the bottom of the field. Continue ahead over several more stiles to reach a small hamlet. Continue through the hamlet crossing a low granite stile, then follow the field boundary on your left over two more stiles to reach a lane. Bear left up the lane and after approximately 40 yards bear right, with the house on your right, and continue ahead to cross a stile between houses. The path, is known as the "Coffin" or "Post" path. The path is now fairly easy to follow over the fields past small farms to Zennor and the start of the walk. This section crosses some particularly interesting granite stiles, and an old ruined chapel.

MAP



For Detailed Map Please Use OS Explorer 102

Also see Map displayed on PAROW Web Site
www.parow.org.uk

