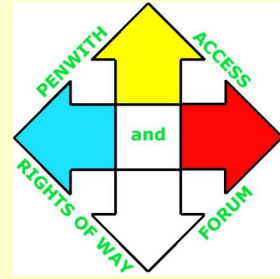


A Circular Walk from Lamorna Pottery including Lamorna Cove and Mousehole

7.6 Miles



This circular walk starts from a small parking area close to the tea rooms of Lamorna Pottery. The route follows Footpaths, Bridleways and quiet Roads and leads the walker first into the beautiful Lamorna Cove before following the rugged South West Coast Path to the lovely fishing village of Mousehole. It then continues through the Parish of Paul to return to the start.

Some of the route is steep and rocky but is mostly well Way Marked and easy to follow. The path is approximately 8 miles long and takes approximately 4 hours to complete. There are toilets available in Lamorna and Mousehole and lots of opportunity for lunch or refreshment along the route.



Lamorna Cove seen from the South West Coast Path

Penwith Access and Rights of Way - this 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.



Lamorna Pottery to Lamorna Cove (Start GR SW440257)

From Lamorna Pottery, turn right onto the B3315 road go along and the road for approximately 0.2 miles then turn left onto a bridleway just before a bridge (sign is opposite the lane) . Follow the lane up hill for approximately 0.3 miles. As the lane turns left towards a house, continue ahead on a grassy track and go through a wooden gate and cross the field to a second gate. After a short distance you may turn left for a detour to a flooded quarry. Back on the main bridleway, continue ahead for approximately 0.4 miles, passing through another gate, then pass buildings on your left to reach the road at the hamlet of Castallack. Turn right and go along the road for 0.6 miles, eventually going steeply down hill. Just after a house on your left called Sunnyside, turn left at Public Footpath sign, over a granite stile. Climb up hill, through fields, then over a series of granite stiles and steps, through vegetation, to emerge into a field. Cross the field heading for a house and just before the house, at a junction of paths, turn right and follow this footpath for approximately 0.5 miles down into Lamorna Cove. Take time to explore the cove and its opportunity for refreshment before starting the coastal path!



The Rocky Headland at the entrance to Lamorna

Lamorna Cove

Granite taken from Lamorna cove has been widely used in construction, most notably in the Thames Embankment. Stone from the cove was also used to construct the nearby church of St Buryan, whose 92 foot granite tower is an imposing local landmark often used as a line of sight by fishermen coming into port In the late nineteenth and early twentieth centuries Lamorna became popular with artists of the Newlyn School.

Looking back
from Lamorna
Cove Quay



Lamorna Cove to Mousehole

From the cove head back east to join the South West Coast Path. The coastal path leaves Lamorna Cove on a narrow and rocky path but once out of the cove the path moves down closer to the water until it climbs again through trees. After a mile the path becomes a bridleway lane which you follow to reach a road, Raginnis Hill on which you turn right continue down the hill to Mousehole. Lamaorna to Mousehole is approximately 2 miles with some lovely coastal scenery.

Follow the road through the village to reach the Post Office. Take the opportunity to look around Mousehole's many interesting shops and its lovely harbour.



The
Harbour at
Mousehole

Mousehole

The village is renowned as one of the most picturesque harbours in England. An islet called St Clement's Isle lies 400 metres offshore from the harbour entrance. Mousehole, along with Marazion, was until the 16th century one of the principal ports of Mount's Bay. Mousehole, like Penzance, Newlyn, and Paul, was destroyed in the 1595 raid on Mount's Bay by Spaniard Carlos de Amésquita, the only surviving building being the 'Keigwin Arms', a local pub. Outside the Keigwin Arms (now a private residence) is a plaque with the wording "Squire Jenkyn Keigwin was killed here 23rd July 1595 defending this house against the



St Clements Isle viewed
from Mousehole

Mousehole to Sheffield

Continue east, past the Post Office and as the road bears very sharply right, go ahead at a "No Through Road" sign. . Continue for approximately 30 yards then turn left uphill. After another 30 yards turn left again and continue to climb, then after another 45 yards the path bears right and continues up hill. 30 yards further on the path is joined by a smaller path on the right at the end of some iron railings. Take this smaller path and continue through vegetation, and at a wooden fence the path bears left and climbs uphill. The path reaches a turn to the left just before a field and continues directly uphill. Continue ahead to climb over a granite stile and emerge onto a wider grassy path. Continue uphill over a granite step stile into a field. Cross the field bearing slightly right to climb a further stile then follow the right hand field boundary to cross another granite stile.

Continue to follow the field boundary and ahead leave the field on a wide track. follow the lane ahead, bearing right between houses (Trevithal), then bear left to reach a tarmac road. Follow the road until a junction then turn right and after 50 yards turn left up a grassed track marked as a Public Bridleway. Follow this ahead for approximately 0.25 miles to reach another road. You have now reached the eastern outskirts of the small village of Sheffield.

Sheffield

Sheffield is thought to have been established to house the workers of the 'Sheffield Quarry' a Post Medieval Quarry dating from between 1540 AD to 1900. The settlement was built along the road into Penzance where the quarry's stone had to be

Sheffield to Lamorna Pottery

Turn right (east) along the road and after 20 yards turn left over a granite stile through the hedge, cross the field and then another stile. Continue ahead over two wooden steps and then over a third granite stile. Again continue ahead to cross another stile on the far side of the field. Then cross the next two fields to reach a bridleway lane. Turn left and continue to follow the bridleway as it bears sharply to the right and continues ahead to reach a road.

At the road turn left and after 0.2 miles as the road bears sharply to the right, continue ahead on a gravel track at a green Bridleway sign. Continue ahead and after several hundred yards the track becomes more grassy. Continue on, ignoring a turn to the left, until you eventually reach a tarmac bridleway lane. Turn left along the lane and after 0.1 miles turn right through a small wooden gate signed with a blue bridleway way marker. Follow the bridleway through trees and after 0.5 miles emerge onto a road. Turn left to return to the start point.

MAP



For Detailed Map Please Use OS Explorer 102

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

