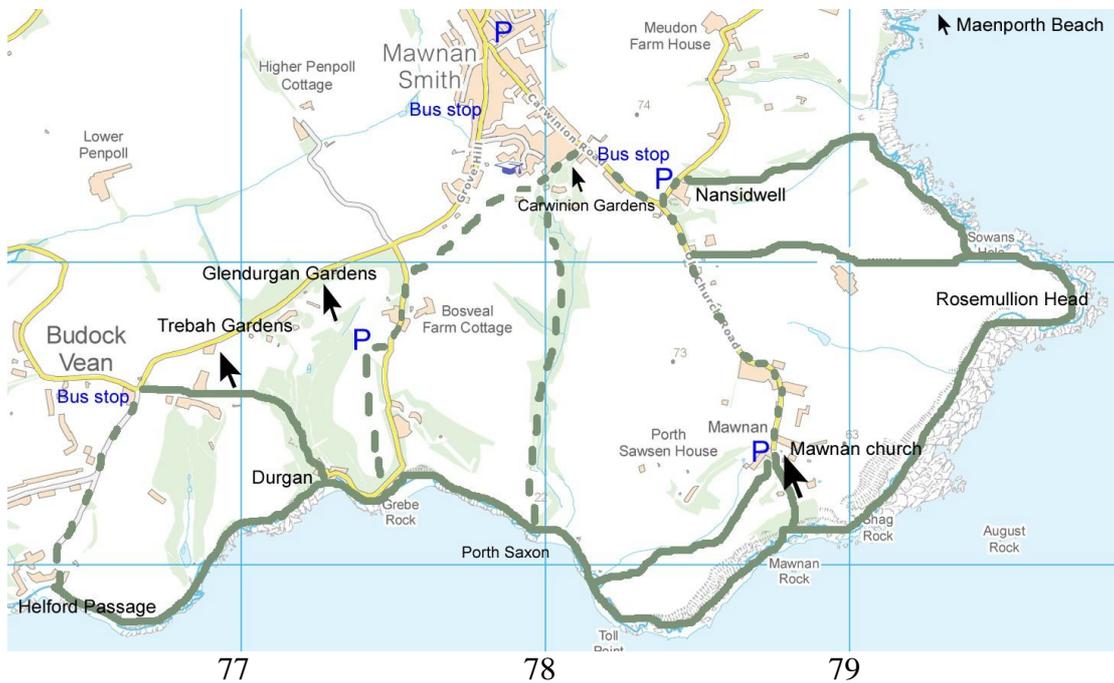


## Here and Now Magazine- April 2011

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OS Explorer Map 103. Grid reference for the centre of Mawnan Smith is 778 287.

The Helford River is south of Falmouth with Helford the gateway to the Lizard Peninsula.

### Travel

P means parking but may be for only a few vehicles. There are honesty boxes at Mawnan church and at Bosveal NT car park.

The 500 bus does go at various times through the day from Helford Passage through Mawnan and Maenporth to Falmouth. [http://www.westerngreyhound.com/route\\_pdf2/500.pdf](http://www.westerngreyhound.com/route_pdf2/500.pdf)

### Walk Details and Directions

As I mentioned in the Here and Now magazine article my approach to walking involves exploring the interconnecting paths around an area creating your own set of walks which you can revisit again and again. Getting to know an area is prerequisite to increasing the enjoyment of walking. I'll now take you around the area and point out what might be of interest. Let us start on the road at Nansidwell.

Walking down the path through woods to the sea at Gatamala Cove one passes some old elm trees on the left and a small enclave up into a walled area with up to a dozen oak tree species. With only two native oaks the remainder are from around the world.

My 6-year-old son calls this area Garlic beach as around this time in April great wafts of the smell of wild garlic filter through the air as they grow in profusion down to the sea. We also love the protection of this shingle beach, as it is also wonderful for rock pooling.

Turn right and make your way onto the promontory of Rosemullion Head, which affords fantastic views of Falmouth and St Mawes to the left and the Lizard peninsula to the right. An Iron Age fort existed beneath your feet. If you only want a short walk of an hour then instead of following the coast path around Prisk Cove go back up the spine of the promontory to the wall and follow the path back up to Nansidwell farm and the Mawnan church road. Turn right and you will be back at the beginning again.

If you are heading along the coast path to Helford Passage you can go down to the beach at Prisk Cove for some more rock pooling watching and listening out for oystercatchers – long reddish beak and seemingly wearing a dinner jacket and white shirt viewed when they fly off.

The woods on the path south of Mawnan Church are quiet and steep sided. A path to the right goes up to the church, which is well worth a visit. The car park is here and is a popular start to the local walks. The road beyond the church also leads back up to the original start point if you want to make a larger circular walk.

As you leave the wood and emerge on to the highest point stop for a wonderful view. To the left is the Lizard peninsula and in front is the Helford River that wends its way inland for 6 miles (9kms) to Gweek. A protected area of European importance it has 42 kms of waterfront, 7 creeks and an abundance of unique flora and fauna.

Go around Toll point to Porth Saxon where there is a remnant of a 2<sup>nd</sup> World War pillbox on the beach. I have found it a good place for a swim. There is a path that leads up hill into the woods, which takes you up to Carwinion Gardens (01326 250258) and close to the start of the original walk. A wonderful bamboo collection and cream tea within 14 acres awaits you.

Keeping to the coast path Bosloe Manor comes into view, owned by the National Trust. Follow a road down to Durgan. At the road junction one can also walk up through the woods to the right to the car park at Bosveal, which is an alternative starting point for exploring this area of the Helford River.

Durgan and the famous Falmouth Fox family are interlinked. Built by Alfred Fox, Durgan hosted a school and even a couple of pubs and is now mainly cottages available for let all year round. There is a path that leads up through the village and takes one past the entrance to Trebah Gardens and here a large circular route via Helford Passage can be taken.

Trebah has free entrance to its visitor centre where meals or just a coffee can be taken (01326 252200). Glendurgan Gardens can also be accessed via this path (01326 250906). Alternatively continue along the coast path through the enclosed path of Trebah between the beach and the garden. This is where the 29<sup>th</sup> US Division embarked for the Omaha beach in the Normandy landings in the 2<sup>nd</sup> World War. In fact one reaches the concrete road that they built for the purpose of getting all their vehicles and soldiers as quickly and safely as possible to the beach.

Continue on the coast path to Helford Passage and the Ferryboat Inn (01326 250625). The ferry (01326 250770) runs from April to October. A steep hill takes one up to the cross roads where the bus stop is which is a good start/end point for this areas walk. The path to the right takes one down to Durgan.

I have now covered all the area and I leave it to you to decide where to start your walks. There are so many combinations of paths. Engage, Enquire and Enjoy!

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