

Pandora Inn circular walks

We have commissioned outdoor writer, Sue Viccars (who specialises in walks in the South West), to create some circular walks for us. We asked her to start the walks somewhere other than the Pandora Inn itself so parking won't be a problem at busy times. You will then arrive at the Pandora as part of your circular walk – allowing you to build up a thirst and an appetite along the way!



Walks One & Two

1. From the car park entrance cross the road and walk along Trevallan Road to reach the far end of the quay.
2. At the footpath junction turn left to climb uphill along a narrow wooded path, levelling off between fields. Walk up the right edge of two huge fields to reach a lane near Restronguet Barton.
3. Turn left along the lane for ½ mile to reach the crossroads (Cornwall Cross).

For the short walk turn right to walk down steep Restronguet Hill (watch out for cars). Pass Crownick Farm and descend to Restronguet Passage to find The Pandora Inn, turning right to pick up the directions from Point 7 below.

4. Keep straight on, soon dropping gently to meet the road to Mylor Bridge. Turn right. Pass the entrance to Tregunwith Farm.
5. About 150yd later turn right on a footpath that ascends gently along the right edge of a field, then follows a track to buildings at Halwyn. Follow the track sharp right and down across a field to reach Restronguet Creek.
6. Pass in front of the impressive house at Tregunwith Wood and along a narrow path that runs into a drive and then lane. As it rises away from the water turn left opposite a five-bar gate on a track that leads into Quay Road and The Pandora Inn.



Setting off from The Pandora Inn.

Start: Mylor Bridge TR11 5NA

Grid ref: SW805362

Distance: 3½ miles (5.6km) or 5½ miles (8.4km)

Time: 1½ hours or 2½ hours

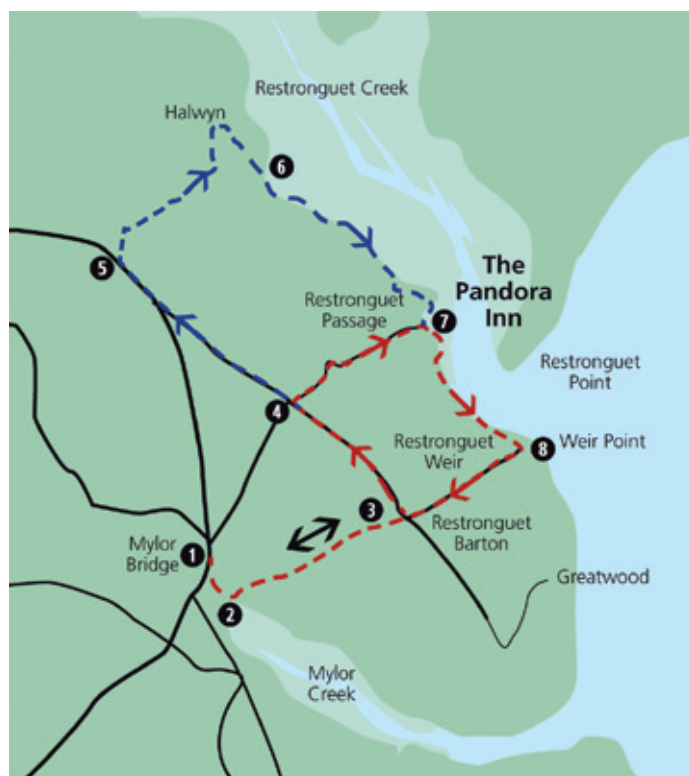
Terrain: Tracks, fields, lanes and creekside paths

Parking: Car park (free), Mylor Bridge

Public transport: Buses from Falmouth via Penryn and Flushing, Truro via Perranwell Station
www.cornwallfirstgroup.com/cornwall

Toilets: Recreation ground, Mylor Bridge (off route)

Dogs: On leads on roads and in fields



7. Pass in front of the pub and follow the signed path to the private beach at Restronguet Weir. Keep below the wall to meet a lane.

8. At the end of the beach turn right up a lane and climb steeply to pass Restronguet Barton. Note the early 19th-century listed whim house to the right of the lane: the original animal-powered threshing machinery is pretty much intact. Pass a lane (left) signed to Greatwood.

As the lane bears right keep ahead to pick up the outward route (Point 3), following the left edge of two fields and then the footpath to the quay at Mylor Bridge. Turn right along Trevallan Road to find the car park.

Walks Three & Four

1. From the car park entrance cross the road and walk along Trevallan Road to reach the far end of the quay. At the footpath junction keep straight on (Greatwood/Restronguet), soon following a narrow hedged path, then briefly passing the landward side of houses to reach a gate into a field. At the field end the path clips a small beach and continues behind a bank of blackthorn. Continue along the lower edge of fields and through woodland patches, with increasingly good views towards Mylor Yacht Harbour.

2. Pass Greatwood Quay – a great viewpoint over the confluence of Mylor Creek and the River Fal, almost 1½ miles (2km) wide at this point – then follow the path north, ascending under trees to reach a lane.

3. Turn right downhill, keeping left at the entrance to Greatwood (dogs on leads). Follow footpath signs past pretty cottages; take care to pick up a narrow hedged path to the left of the track where the latter becomes tarmac. Join the drive to Weir Point House to reach the beach at Restronguet Weir.

4. Cross the beach and continue past beautiful cottages and houses to reach The Pandora Inn.

For the short walk turn left up steep Restronguet Hill to Cornwall Cross; keep ahead down Passage Hill to return to the car park.

5. Cross the access lane and continue along Quay Road (signed Halwyn), soon joining a creekside lane which reduces to a footpath. Pass the impressive house at Tregunwith Wood. The path ascends across a field to reach buildings at Halwyn. Follow the track sharp left, uphill, then descend the left field edge to reach a road.

6. Turn left, soon passing a lane to Restronguet Weir; keep ahead down Bells Hill towards Mylor Bridge. At the T-junction turn left down Comfort Road, passing the Methodist Church; on meeting Lemon Hill turn right to regain the car park.

Start: See Walks One & Two

Distance: 4 miles (6.4km) or 5½ miles (8.8km)

Time: 1½ or 2½ hours

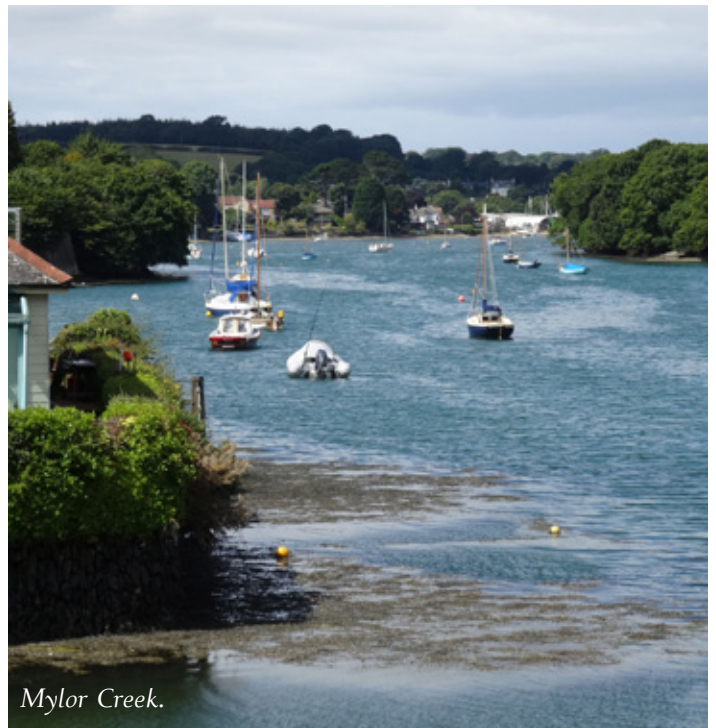
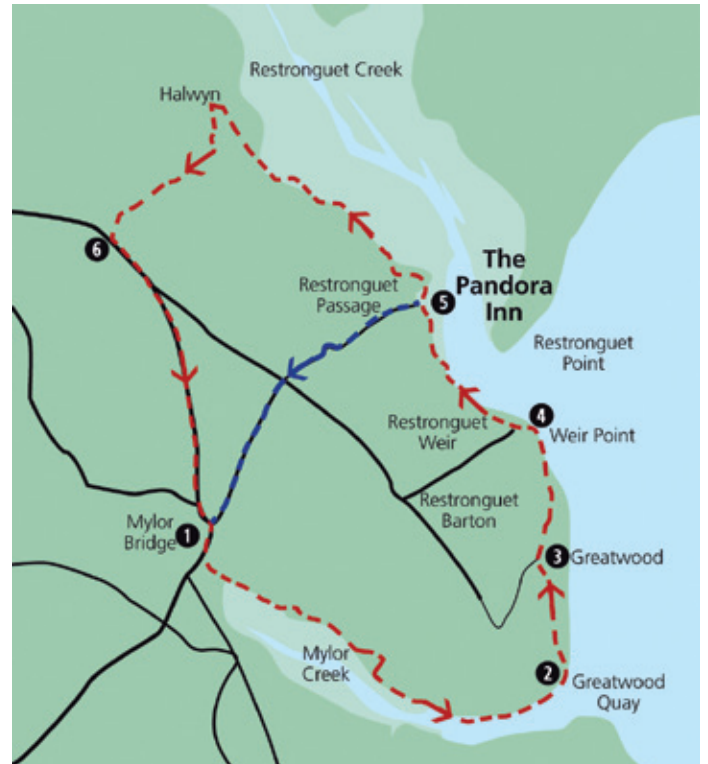
Terrain: Creekside paths, woodland tracks and roads

Parking: See Walks One & Two

Public transport: See Walks One & Two

Toilets: See Walks One & Two

Dogs: On leads on roads and in fields



The Pandora Inn is open
10.30am – 11pm every day
Food is served 10.30am – 9.30pm every day

Linking routes from alternative start points

For a slightly longer walk enjoying lovely views across either Mylor Creek or the Penryn River any of the walks described above can be accessed from start points at Mylor Yacht Harbour or Flushing.

Link One – Flushing to Mylor Bridge

Start: Entrance to the bowling green, Trefusis Road, Flushing TR11 5TY

Grid ref: SW810337

Distance: 1¾ miles (2.8km) each way

Time: 45min (each way)

Terrain: Field and woodland paths

Parking: Trefusis Road, Flushing (unrestricted stretches)

Public transport: Buses from Penryn and Falmouth (bus stop just under 1 mile/1.6km from start point) www.cornwallfirstgroup.com/cornwall; ferry from Falmouth www.falriver.co.uk

A. Follow the footpath through an iron gate to pass the bowling green (wonderful views across the Penryn River to Falmouth) and playground. The path drops to meet a tarmac way; turn left downhill to meet a lane (Coventry Road). Turn right, and climb steadily past pretty cottages, marked dead end.

B. As the lane bears slightly right among newer houses bear left opposite Kersey Close on a narrow hedged footpath that climbs to a stile into a huge field. Keep along the left edge to the top corner. Turn left over a stile and keep ahead to a path junction via a gate; turn left down the farm drive (Trefusis Barton) to meet the road, and cross over.

C. After 75yd turn right over a stile down an initially fenced path (Trelew), descending gently into woodland. The rocky and in places muddy path descends steadily, passing through two gates and crossing a stream and ascending steps to meet a track. Turn right to reach Church Road.

Follow the directions for Link Two towards Mylor Bridge and the Pandora walks.



Link Two – Mylor Yacht Harbour to Mylor Bridge

Start: Admiralty Quay, Mylor Yacht Harbour TR11 5UF

Grid ref: SW820353

Distance: 1½ miles (2km) each way

Time: 30min (each way)

Terrain: Surfaced creekside path

Parking: Car park (pay & display), Mylor Yacht Harbour

Public transport: None

Toilets: Mylor Yacht Harbour, Mylor Bridge

Dogs: On leads on roads; not allowed in the playing field at Mylor Bridge

1. From the entrance to the Admiralty Quay/Zone 1 car park turn right up the road, soon ascending steeply (for a look at the lovely church of St Mylor turn left along the lane for 50yd to find a gate into the churchyard, then exit the top of the churchyard to pick up the route).
2. Just past the war memorial and lych gate turn right on a footpath between houses. The path drops to a small beach and joins a residential lane (Church Road), eventually passing a footpath on the left (Link One Flushing). The lane eventually reaches a road.
3. Turn right and follow the road to the mini roundabout. Turn right over the bridge to find Trevellan Road on the right.

Note Those without dogs can pass through the playing field (passed on Point 3) and follow the creek towards Mylor Bridge. Pass the playground and toilets to reach the road; turn right across the bridge to find Trevellan Road on the right. (At low tide stepping stones can be taken across the creek to reach the post office on Trevellan Road; turn right for the quay.)



Mylor Yacht Harbour.