

# Autumn Walking at The Nare

There are many lovely walks on the Roseland Peninsula, an Area of Outstanding Natural Beauty. The walks planned for autumn 2020 are shown below. Two of these will be used for the *Walking and Art* break from 4th - 8th November. The *Veryan Circular* walk is likely to be used for the scheduled guided walks for resident guests, which are due to be on 11th, 18th and 25th November. Any of these walks could also be used for a private guided walk or for walking independently.

## Dodman Point Circular



A brilliant walk that starts with a 3 mile stretch along the coastal footpath from the picturesque village of Gorran Haven. The route takes you above remote Vault beach, and on to Dodman Point - the highest point on the south Cornish coast. On a clear day you can see for miles, as far as Lizard Point. The route then slowly descends towards Hemmick Beach before turning inland over fields and country lanes and rejoining the coastal footpath back to Gorran Haven. Walking time = 2.5 hours.

## St Anthony's Head Circular



This walk starts at St Anthony Head, which has panoramic views across Carrick Roads, where the Fal River meets the sea. St Mawes Castle, Pendennis Castle and Falmouth Harbour are all visible on a clear day. After a 2 mile stretch of coastal footpath the route turns inland through two pretty villages and alongside a charming 13<sup>th</sup> century church. The route then descends into Place Creek and the Percuil river before returning to elevated St Anthony's Head to finish. Walking time = 2.25 hours.

## St Just & Messack Point Circular



A magical and mostly sheltered walk along the banks of the Fal River. The route starts at the medieval St Just in Roseland Church, set in beautiful botanical gardens, before weaving around St Just Creek, first on one side and then on the other. At Messack Point there are stunning elevated views over the Fal and its labyrinth of hidden creeks. Walking time = 2.25 hours

## Veryan Circular



A pleasant walk from The Nare that starts and finishes on the coastal footpath. Explore an Elizabethan Mill, the round houses where the devil cannot hide, one of the longest graves in Britain, and a burial site used for watching planes in the 2nd World War. There is one steep ascent and one steep descent but many spectacular views of Gerrans Bay. Walking time = 2.5 hours