

Penrose footpaths and bridleways



To enjoy the outdoors please remember:

Use the bridleways safely and be considerate of others.

Avoid cycling or riding too fast, and warn walkers of your approach. Stop if required, and always pass on the right.

Do not cycle off the bridleways or create off-road trails or jumps.

Stout footwear is advisable. Many paths can be muddy.

Take care when near livestock. Keep your distance, and avoid getting between animals and their young. Keep your dog on a short lead or at your side, and if ponies or cows approach let your dog off the lead.

Leave gates and property as you find them and keep to the access routes.

Please take your litter home.

Keep dogs under control and use the dog bins provided.

For your safety

No swimming is allowed on Loe Bar, in Loe Pool and at Gunwalloe Fishing Cove.

Use the seasonally lifeguarded beaches at Poldhu, Porthleven, and Gunwalloe Church Cove.

No boating, watersports or fishing are allowed in Loe Pool.

Be aware of the tide.

Don't get cut off by rising water. Loe Pool and the River Cober are prone to seasonal flooding.

Stay away from cliff edges and be aware of the risk of rock falls. Do not enter caves.

Keep children supervised.

In an emergency dial 999 and ask for the coastguard.

Key

--- footpaths

--- bridleways (horses and bikes)

■ National Trust land

P car park (NT)

■ NT bunkhouse

■ NT holiday cottage

■ café

P car park

■ campsite

■ pub

■ café (seasonal)

Times and distances

Loe Pool circular – 6¼ miles (10km) 3 hours walking. Starting and finishing at Penrose Hill car park.

Helston to Porthleven – 5 miles (8km) 2½ hours walking. From Coronation Lake to the harbour, via the Stables and the coast path.

National Trust

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