

Penrose trails



PORHLEVEN ☕ ☪

HELSTON ☪ ☪

South West Coast Path to Rinsey & Praa Sands
Porthleven Sands (seasonal lifeguard)



0 1/2 mile

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Key

- footpaths
- bridleways (horses and bikes)
- coast path diversion
- National Trust land
- P car park (NT)
- P car park
- B bunkhouse
- A campsite
- H holiday cottage
- G pub
- C café
- C 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.



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.
- 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 follow paths.
- 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.**

coast path closed

South West Coast Path to Gunwalloe Church Cove