

# 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.

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## Key

- Footpaths
- Bridleways (horses and bikes)
- National Trust land
- car park (NT)
- NT bunkhouse
- NT holiday cottage
- café
- 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

South West Coast Path to Gunwalloe Church Cove