Overlooking the Fal estuary, Trelissick has been a desirable and picturesque place for centuries. Today it’s a wonderful place to explore. Most visitors at least make it to the Park where ancient Monterey pines and dot a landscape that rolls towards the Fal.

“We have many beautiful ancient trees within the park at Trelissick. These would have originally been hedgerow trees which were used to enhance the designed landscape that was created in the 18th century.”
– Neil Stevenson, Head Estate Ranger

A secluded Iron Age promontory fort that even after two thousand years has survived with well-defined ditches and embankments. Stroll through the idyllic tree and heather clad peninsular accompanied by the sounds of the wildlife, which inhabit the oak fringed creeks of the Fal. Venture down to the 18th century quay and enjoy the beautiful vistas along the river.

Mark Rowe, our walking pro, has discovered this secret walk for you to explore. Now you can follow in his footsteps...

He fell in love with walking in the wilds of Hertfordshire, while growing up in the suburbs of north London.

Today, Mark has worked regularly for the Trust’s Great British Walk and The Independent on Sunday. He is also a contributing editor to BBC Countryfile magazine. He is however, still learning how to fold an OS map in a force eight gale.

Distance: 1 mile
The walk

Giant mushrooms

We descend through hairpins deep into Namphillows Wood, passing a beech tree sprouting dinner-plate shaped ganoderma mushrooms.

"They're good for the tree. Standing dead wood is good habitat. This is rotting out the middle of the tree, creating space for insects and grubs." – Charlie Watt, Estate Ranger

We have reached the head of Lamouth Creek and look out from the handcrafted timber bridge. The tide's out, it's muddy and it's magical: there's a wonderful stillness. Kingfishers often balance here on the lightest tree branches looking for fish.

Look out for a sawn-off limb, the fungus mapping its rings with a contour-like pattern.

The gardens cover 40 acres of extravagant colour, packed tight with azaleas and buddleas. A high-rise cryptomera Japonica takes centre stage, surrounded by herbaceous borders.

"In the 1920s and 1930s the country had this fantastic craze for Himalayan and Chinese plants. It was the golden age for gardening." – Tom Clarke, Head Gardener

Orchard

A few twists and turns away, we come to Trelissick’s wonderful orchard. It’s home to more than 70 varieties of apple, including Pig’s Noses and Cahacewater Longstems.

"The orchard is just about my favourite part, these apples are part of local history and culture. It would matter to me if this orchard disappeared. I've been here 13 years. I served my apprenticeship with the National Trust after school. They say you should experience as many gardens as you can and then find somewhere to plant a tree and watch it develop. That's pretty much what I've done."

The orchard is particularly special to Head Gardener, Tom...

Meadows and owls

We return via a lovely wildflower meadow. A great habitat for many farmland birds, the now rare and delightful harvest mouse and many moths’ butterflies and other insects. Charlie once put his head into a fractured trunk of a sycamore tree and inadvertently flushed out a tawny owl.

"It flew onto a post and got attacked by a raptor - not many things will take on a tawny owl as they are pretty fiesty."

After your walk, why not stop by Trelissick’s formal landscape gardens...

The headland has a striking view of the confluence of Lamouth and Cowlands creeks with the River Fal. The area is also special for Charlie, who was born locally and grew up the other side of Cowlands Creek.

"A lot of people who work and volunteer at Trelissick have grown up here as kids and felt part of it all their lives."

– Sam Parker, Trelissick's visitor experience manager

Discover more special places on foot at: nationaltrust.org.uk/greatbritishwalk

*Entry fees apply. NT members and under 5s free.