



Pentewan Valley trail



Suitable for

Walking, Cycling, Horse riding

Distance

3.4 miles (5.5km)

Terrain

The route is mostly off road and comprises of woodland, paved and grassy surfaces.

Highlights

Travel from the beach to St Austell town
Secluded woodland paths
Trail follows an old railway line from St Austell to Pentewan

Start point

Address: Pentewan Valley Cycle Hire

1 W End, Pentewan, PL26 6BX

OS grid reference: SX 017473

GPS coordinates: +50° 17' 31.17", -4° 47' 4.49"

End point

Address: Sawles Road, St Austell, Cornwall,

PL25 5BU

OS grid reference: SX013517

GPS coordinates: +50° 19' 52.38", -4° 47' 32.99"



Recommended maps

Ordnance Survey Explorer 105 & 107

Parking

There is a free car park in Pentewan village and various pay and display car parks in St Austell

Public transport

Western Greyhound bus 525 and 524 connect Pentewan with St Austell, Par and Fowey. Par and St Austell both have a main line train station with frequent trains to London and Penzance.

Directions and points of interest

The trail follows the old Pentewan railway between St Austell and Pentewan.

Start at Pentewan valley cycle hire just off the B3373, go through the cycle hire area, take a slight left and then bear right crossing a small bridge. Carry along the trail through a wooded area passing a caravan and camping site to your left.

Bear right and follow the trail along the riverbank. Continue to follow the trail through King's Wood and follow signs as the trail traverses left, back onto the riverbank.

After a further wooded section the trail bears right away from the river and onto a lane. Follow the lane for a short distance and then turn off left where you will pass a car park and then River Valley Holiday Park. A track goes left to the village of London Apprentice but you need to continue to follow the trail as it bears right through fields and round the back of water treatment works.

Once you've passed the treatment works turn left to meet the B3273 where you turn right to join the pavement (which also serves as the cycle path) heading towards St Austell. This is where the off road part of the trail finishes however you can pick up National Cycle Network route 3 which continues along Sawles road and through St Austell and towards Eden Project.

Facilities and attractions

Pentewan beach

Sandy shingle beach with good access from car park

The Ship Inn

Serving food and drink throughout the day. Beer garden has sea views.