

**A walk on the quiet side – sheltered and not too strenuous.
Incorporates Footpaths 4 and 5.**

This is a sheltered circular walk around the north of the Parish starting and ending in Crafhole. The walk uses two of Cornwall County Councils designated Gold Paths, two very quiet country lanes and a short section of the A374 at Sheviock. It is a great walk in the winter when you are protected from the wind but see the full beauty of the frost in the valley at Pool and again in Sheviock. The walk is superb in the spring when the hedgerows are at their best, refreshingly cool in the summer when most of the walk is in shade and relaxing in the autumn as the countryside settles down for its winter sleep.

The walk starts on the Dowlerry road from Crafhole. At the sharp bend, just before the sewage treatment works, take the right hand footpath, known as Sanders Lane. Along the lane are Elderflower trees with flowers in the spring and berries later in the summer if anyone is into home made wine. There is also a large badger set near the end of the lane.

Sanders lane leads to the road from the Andrew's farm, Trewickle Lane. Turn right and follow the road along to Pool Cottages and on to the junction with Polscoe Hill. This section is an absolute delight in the spring with primroses, bluebells, campion, and stichwort together with leather and common ferns unrolling at the start of their growing season. There are also beautiful horses to be seen in the fields along the lane particularly near to Pool where they are stabled.

Cross over Polscoe with care as traffic comes down the hill at a tremendous rate, and continue along Horsepool Lane to Sheviock. Part way along pause to visit the agricultural reservoir and perhaps give some bread to the nesting Moorhens but take care as the reservoir is very deep and the sides steep. In the summer look out for dragon flies. I once saw a 'Blue Spot' dragon fly at the reservoir, which an enthusiast at the reservoir informed me, was only the third time it has been sighted in England as it is a native of Spain. He was excited, but by talking to me he had missed his photograph, so I disappeared quickly!

At Sheviock turn right along the A374 initially on the footpath but then on the road. Take particular care when walking through the narrow 'traffic calming' section where the County Council should try and get a footpath introduced; luckily, whenever I have followed this walk I have not meet a homicidal manic driver or just one that is not paying attention but even so it would not take much of an error to cause an accident here so be careful. Continue down the hill on a wide verge to the right hand turning to Trethill where you turn right and return to tranquillity.

Within 50 m take the second Gold Footpath on the right up to Crafhole. This section provides access to teaming wildlife. Rabbits are everywhere and badger runs from the gorse to the stream, foxes are often to be seen over the stream on the left, a heron is often in the stream, when not at the fishing reservoir closer to Crafhole, Mallard ducks have taken up residence in the flooded area below the reservoir and buzzards circle and dive into the set aside below the fishing reservoir. A super new bridge crosses the stream below the fishing reservoir where in the spring primroses are at their best. The walk continues up past the fishing reservoir and ends below the Finnygook Inn, where for those who think they have earned it, a warm welcome and refreshments are always available.

Enjoy the walk!