

From Little Callestock Farm sign go right and turn right at the end of the road - you will notice the old-fashioned sign post on your left - Goonhavern 2 and Perranporth 5 miles.

Continue up the tarmac road passing the farm buildings on your right.

Both of the fields on either side of the road belong to the farm - on your right - Church Close and on your left Pednegare (Cornish for top of hill).

As you walk past the gate to Pednegare glance in you may catch a glimpse of our young jerseys or the horses.

Wandering down the road the next property on your left is Rees Farm.

As you come down the hill around the bend glance to your left into the river - look carefully and you may see a fish or two darting around.

Rising away from the river keep an eye open for squirrels and pheasants and even the odd woodpecker. Continue up the road and after Polgoda Farm on your left look across the stunning countryside to see the windmills and above the fir trees the stack of the old West Chiverton Mine Engine House.

Continue straight on along the tarmac road past the turning on left for Wheal Frances and past the next turning on left (signed to Woodlands Farm) and continue up the rise approaching Polgoda Stables on your right.

If by now you are feeling a little fatigued or in need of a drink or snack call in on Carol in Polgoda Feedstore - she does sell feed other than horse feed!

Pass Polgoda Cottage on your left and continue ahead keeping to the tarmac road. You will now be approaching the outskirts of Goonhavern village.

Continue past the turning for the Community Centre and turn left into the village. I hope that you have brought your postcards, as you will notice there is a post box on your left.

We are now coming up to Bridge Stores our local village shop - it has taken us about 35 minutes to walk to here.

At the roundabouts - turn right and head to Newquay (don't worry we're not going that far).

Continue along the pavement on the right hand side of the road - walk past the turning on the right and continue down the road.

On your right you will pass Goonhavern Methodist Church - if you are interested in attending the service is at 11am on Sundays and everyone is welcome.

Continue to Goonhavern Garden Centre - it has taken us about 40 minutes to walk here.

As you can see the garden centre has a lot to offer - The Bay Tree Café (excellent for lunches and snacks); Outdoor Clothing and Camping Shop; Organic Farm Shop; Plant and Garden Shop; Pet Shop, Aquatic Shop; Equestrian Shop and a Bioflow Shop. All the plants at Little Callestock were supplied by Goonhavern Garden Centre.

On leaving the Garden Centre turn left and head back up to the roundabouts in the middle of Goonhavern village.

At roundabouts turn left past Bridge Stores and head out of the village taking the right hand fork the way we came.

Along this road opposite Honeysuckle Cottage is a turning on the right - you can either walk back along the tarmac road and keep your feet clean or alternatively you could take this off road way back home.

So now turn right past the Goonhavern Community Centre. Follow the track along until you come to a left hand bend continue on the track passing Sandette on your right (nice property with shutters and lead glass windows).

Follow the track ignoring the turnings off on the left and right - continue ahead watching out for the sign on your left pointing straight on for Wheal Frances.

Walk down the slope to the bend continue straight on through Woodlands Farm onto the grassy track through a little gate and into the meadow.

Follow the well-trodden path to the other side of the meadow and through the little gate and down the steps.

At the crossroads go straight on and meander on this track to the river - to the left of the river is a little bridge.

Rise away from the river up the gravel bridlepath, where it levels you will come to a turning on the left opposite a wooden gate - take this turning and walk through the metal gate straight on along the grassy lane.

When you get to the tree across the path turn right and follow the path around to the left through the woods with the hedge on your right.

As you slope down keep the hedge on your right bearing around to the right on the path continue for about 20 paces through the gap in the hedge and bear left down the steep slope to the valley floor.

At the bottom bear to the left and after about 25 paces turn right across the bridge.

Continue ahead up to the stone stile and forward to the wooden stile and into our field 'Lower Field'.

Go across the field to the metal gate, go over the stile and walk up the footpath. Go through the small walk through galvanised gate onto the road and turn right onto the tarmac road - turn left and back to the Courtyard.

Hope you enjoy this one as much as we do! Time taken 2 hours.