

From Little Callestock Farm sign turn left and walk up the road past Orchard Cottage and on up past the bungalow on the tarmac road.

On reaching the crossroads at the top of the road turn right. Continue along the road a little way and turn left onto the gravel track. Follow the track/path to the road.

Go straight across and up the lane marked public bridleway. Walk up the hill and over the bridge over the A30 and go through the first gate on your right adjacent to the A30 onto the bridlepath.

Go through the next gate and continue along the path round the bend and down the hill to the road.

Turn left and walk along the tarmac road for a little way.

At the turning which says 'unsuitable for motors' turn left and head for Ventontrissick.

Ignore the turning on your left for Boswellick and continue straight along the lane.

As you proceed down the hill you come to a property - carry straight on keeping the phonebox and letterbox on your right and go through the little opening to the left of the gate.

Walk straight on with the buildings on your left and the pond on your right and you will come to the river.

On the right hand side of the river is a bridge go over the bridge but be careful as it is a little slippery.

Continue ahead and follow the track, which rises up out of the valley.

When you reach the top of the hill ignore the openings to the field on your left and right and carry along the track.

Eventually the track slopes down to the farmyard.

Ignore the first yard gate on your left and continue to the lower yard gate and go into the yard.

Carry on to the next gate ahead of you and on to the next gate, which takes you onto the lane and go straight ahead.

When you reach the end of the lane turn left and head up the hill.

A little way ahead the road bears to the left signed for St Allen continue this way.

Eventually the road slopes down - look across to your right and you will see St Allen Church a pretty little church and well worth a visit. As you will see services are at 9.30am on Sundays.

Carry on past the church and along the road until you get to the junction signed for Zelah.

Turn left and follow the road around the bend and then on up the hill to some buildings on your right - this is Terice.

Continue along the road down the hill to the river and turn left to Zelah (this road is marked 'no through road').

When you reach the little gate go through and up the steps to the A30 - be very careful when you cross this road!

Follow the path down the other side of the A30 and onto the little lane.

At the end of the lane you will notice the Hawkins Arms Pub - this is a very good place to stop off and have a drink and a bite to eat - you will be made to feel most welcome.

Turn left and head through the village a little way and then turn right.

Continue up the hill away from the village past the playing field on the right a carry on along the road, following the sharp left hand bend and along the level until you reach the next crossroads.

Go straight ahead and down the hill - you should recognise where you are - welcome back home. Time taken 2 hours.