

Penrose trails



To enjoy the outdoors please remember:

- Use the bridleways safely and be considerate of others.
- Avoid cycling or riding too fast, and warn walkers of your approach. Stop if required, and always pass on the right.
- Stout footwear is advisable. Many paths can be muddy.
- Take care when near livestock. Keep your distance, and avoid getting between animals and their young. Keep your dog on a short lead or at your side, and if ponies or cows approach let your dog off the lead.
- Leave gates and property as you find them and follow paths.
- Please take your litter home.
- Keep dogs under control and use the dog bins provided.

For your safety

- No swimming is allowed on Loe Bar, in Loe Pool and at Gunwalloe Fishing Cove. Use the seasonally lifeguarded beaches at Poldhu, Porthleven, and Gunwalloe Church Cove.
- No boating, watersports or fishing are allowed in Loe Pool.
- Be aware of the tide. Don't get cut off by rising water. Loe Pool and the River Cober are prone to seasonal flooding.
- Stay away from cliff edges and be aware of the risk of rock falls. Do not enter caves.
- Keep children supervised.
- In an emergency dial 999 and ask for the coastguard.

Key

- - - footpaths
- - - bridleways (horses and bikes)
- National Trust land
- car park (NT)
- P car park
- ▲ campsite
- 🏠 bunkhouse
- 🏠 holiday cottage
- 🍷 pub
- ☕ café
- ☕ café (seasonal)

Times and distances

Loe Pool circular – 6¼ miles (10km) 3 hours walking. Starting and finishing at Penrose Hill car park.

Helston to Porthleven – 5 miles (8km) 2½ hours walking. From Coronation Lake to the harbour, via the Stables and the coast path.