



# Falmouth three beaches walk

VIA THE SOUTH WEST COAST PATH

**3-mile walk from Penmere station via three of Falmouth's beaches, with great views out to sea and of Pendennis Castle.**

**3 MILES | APPROX. 1.5 HOURS**

Line	Maritime Line
Start	Penmere station
End	Falmouth Docks station

From Penmere station, walk down the approach lane and at the bottom, turn right and head downhill towards the railway bridge.

Once you have gone under the bridge, cross over the road into East Rise.

Walk through this residential close for a couple of minutes until you see a narrow path in the corner next to no.25.

Follow this path for a few minutes until you get to a crossroads.

Take the little path to your right, which leads downhill.

Carry on along this path which leads downhill and then along the valley.

You will pass over the river at one point and shortly after the path opens out and to your left you will see two posts

Turn left here and walk through the posts.

Carry along this path for a few minutes as it leads alongside the river.

The path opens out into a quiet road next to Swanpool Lake.

Swanpool Lake is a Site of Special Scientific Interest and is home to 100s of birds throughout the year. Due to its unique conditions, the lake is home to an animal that doesn't live anywhere else in the UK, the Trembling Sea Mat.

Find out more: [www.swanpool.org.uk/About.html](http://www.swanpool.org.uk/About.html)

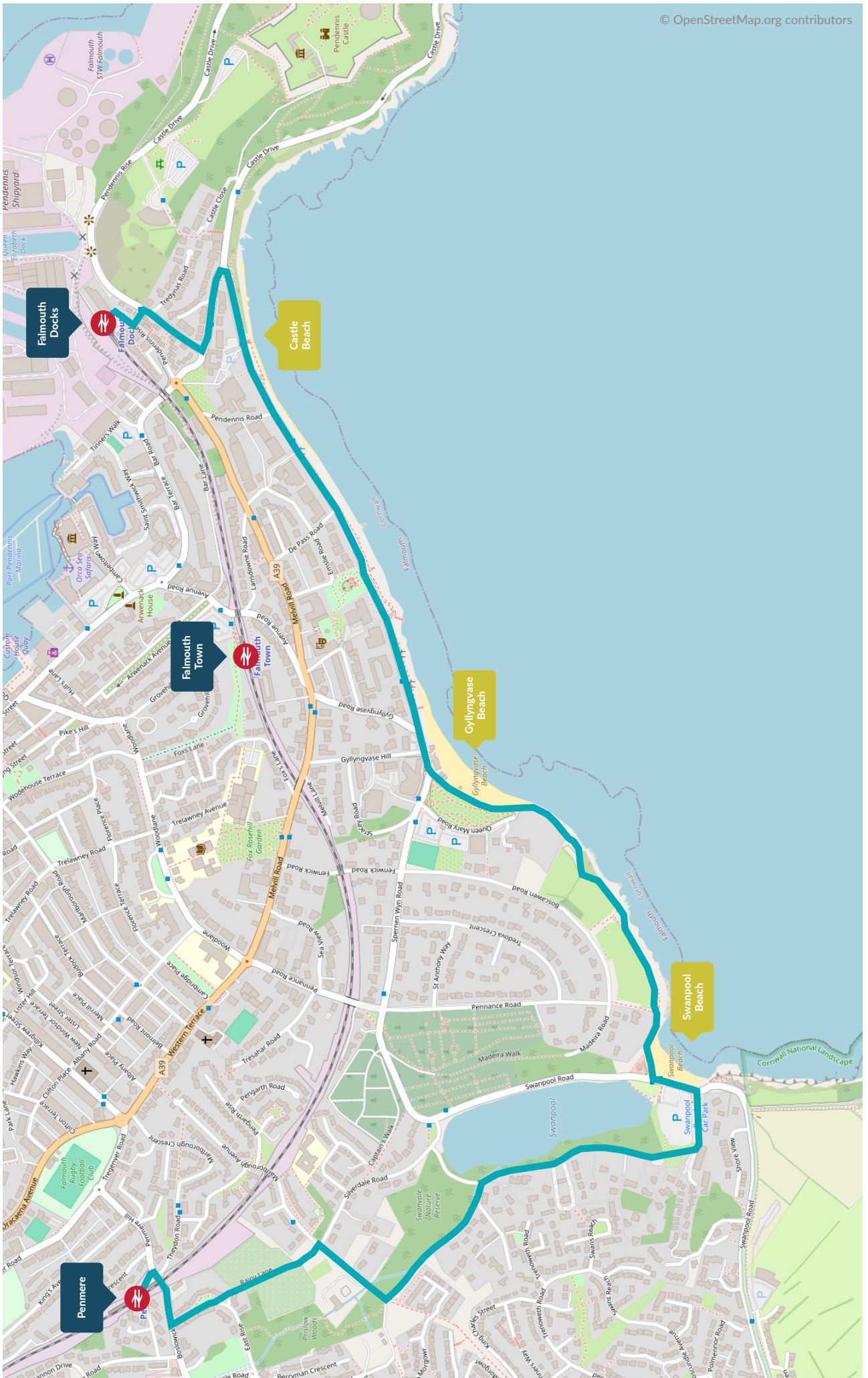
Follow the road around to the right, ignoring the sign for public footpath, instead continuing along the quiet road, keeping the lake to your left.

After a couple of minutes the road opens out and you will see some houses ahead of you and a car park to your left.

Walk to the end of the road near the houses and turn left to skirt the car park in front of Swanpool Beach.

Walk across the beach, in front of the café, and up onto the coast path in the left hand corner.

You are now going to follow the coast path along to the next beach, Gyllyngvase.





Follow the path for about 10 minutes and where there is a choice, choose the path that bears right and is a sealed surface.

After crossing an open section of the path, bear right, down the steps and you will find yourself on a path that runs alongside a beach. This is Gyllyngvase Beach (the word Gyllyngvase comes from the Cornish An Gilen Vas, which means shallow inlet).

Walk across the beach, behind the back of the café and up the slope onto the main road.

Walk along this road for 10 minutes, following the beach to your right.

This is Castle beach and up ahead you will be able to see the imposing Tudor castle of Pendennis.

Keep walking along this road, and after the Falmouth Hotel, the road climbs uphill slightly.

When you get to the top of the hill, bear left, to walk into a residential road.

Walk down this road until you see a sign to your right for Pendennis Rise.

Walk along this residential road for a couple of minutes and you will see a sign post to Falmouth Branch line, leading down some steps.

Walk down the steps, turn right and you will be at Falmouth Docks station.

If you want to end your walk here you can hop on the next train.

Alternatively, if you turn left at the bottom of the steps and walk down the hill, under the railway bridge, you will be minutes away from Falmouth town centre with all its shops, cafes and the National Maritime Museum.

## Train times

- [GWR.COM](http://GWR.COM)
- 03457 48 49 50

## More walks to enjoy

[GREATSCENIC.COM/WALKS](http://GREATSCENIC.COM/WALKS)

*All public rights of way cross private land, so please keep to paths and keep dogs on leads. Occasionally work may mean diversions are put in place. If so, please follow local signs.*

*These directions are intended as a guide only. It is always advisable to carry the relevant OS Map whilst out walking.*

