



## St Nectan's Glen and the Rocky Valley

Start your walk in St Nectan's Glen car park, head out of the car park, cross over the road and head up the lane towards St Pirans Well and the church. Follow the lane to the right and keep walking for approximately 650 meters until you reach the woodland path.



Follow the woodland path towards the waterfall - approximately 720 meters. You can purchase tickets to the waterfall at the cafe here - no need to pre-book. Once you have walked around the waterfall head back down the same woodland path.

Following the same path back through the woods, you will come across a bridge signposted Halgabron. Cross over the bridge and keep to the path for approximately 650 meters until you reach a narrow road just outside of the campsite. Turn right and head down the road for approximately 450 meters.

Once you reach the main road at the bottom cross over and follow the path on the right that leads to Trevillet Mill holiday cottages. Follow the public footpath past the cottages and through Trethevy Mill, it is approximately 500 meters until you reach the Rocky Valley.



Follow the coastal path round to the left past the Rocky Valley. If you would like to visit Benoath Cove you can do so by taking the public footpath to the right and down to the beach. It is very steep getting down to the cove so I wouldn't recommend it unless you fancy a bit of rock climbing!

Keep following the coastal path at the top as it forks around to the left and takes you back to the main road. Once on the main road turn left and follow the road for approximately 1.15km until you reach St Nectans Glen car park once again!

