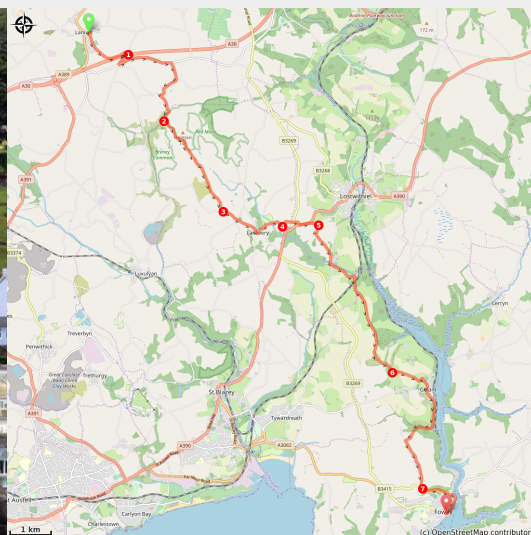


# Lanivet to Fowey

England - Cornwall



Fowey



*The itinerary in a very enclosed woodland landscape is conducive to meditation before reaching the very active south coast of the English Channel with its small fishing ports and tourism.*

Like the first stage from Padstow to Lanivet, the crossing of Cornwall continues southwards along the signposted "The Saints Way" in a hilly and green area sheltered by hedges that protect against the wind.

## Useful information

Practice : Pedestrian

Duration : 5 h

Length : 21.3 km

Trek ascent : 559 m

Difficulty : Easy

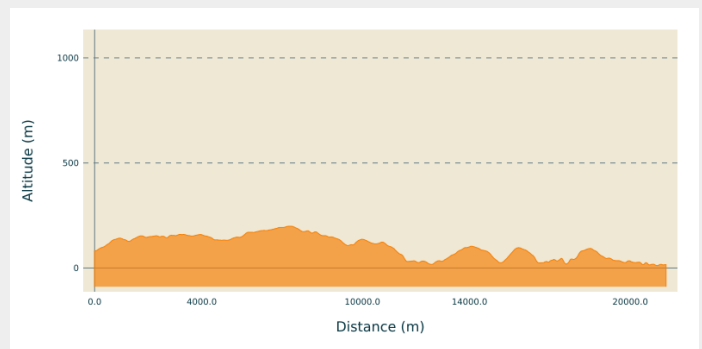
Type : Step

**Departure** : Parish Church, 81 Rectory road, Lanivet PL30 5HG

**Arrival** : Parish Church, 5 Church Avenue, Fowey PL23 1BU

**Cities** : 1. Cornwall

## Altimetric profile

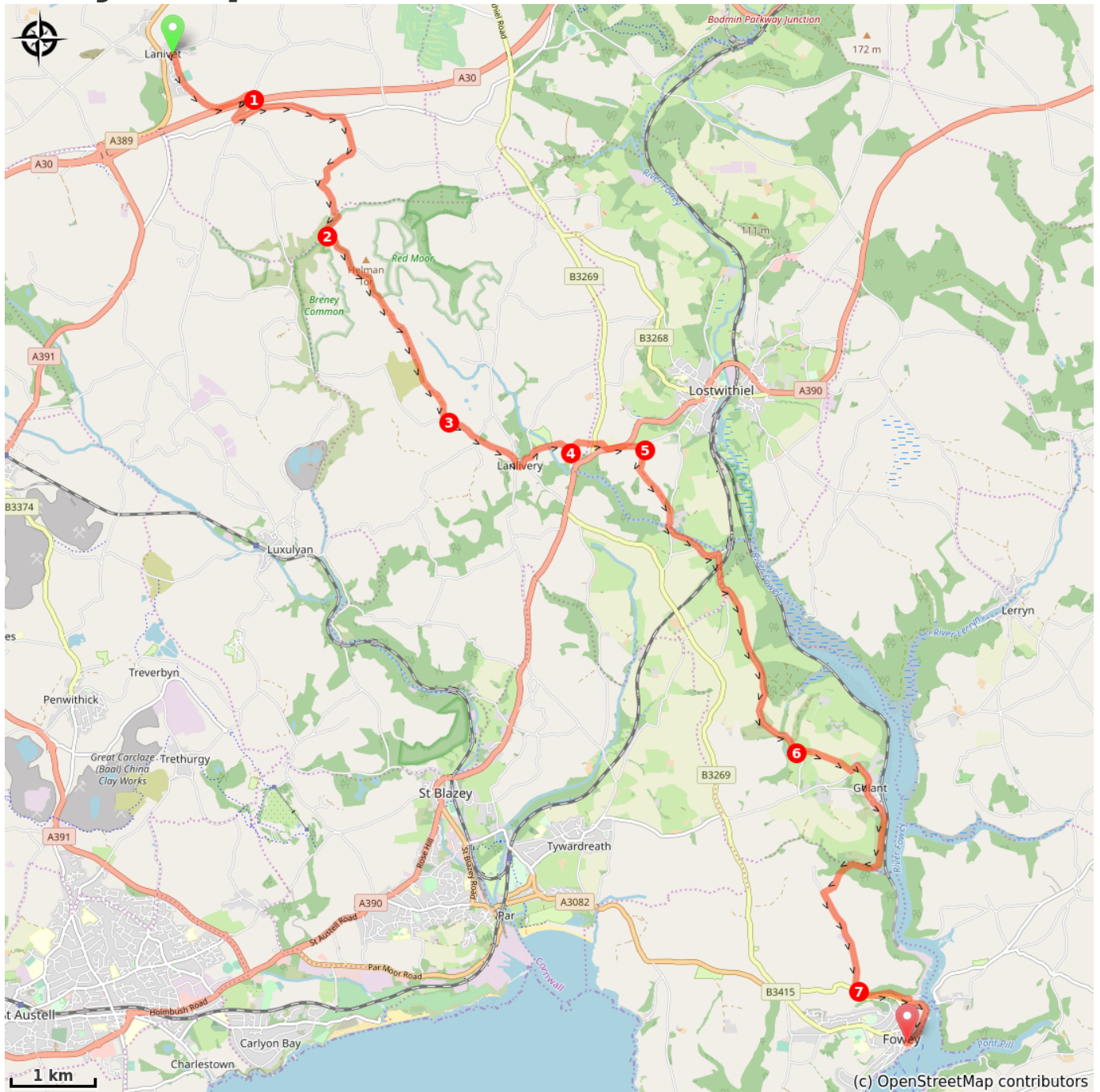




Min elevation 11 m    Max elevation 199 m

From Lanivet Church with its tower-shaped bell tower, continue south on the only pavement on Rectory Road to leave the village :

1. At the end of the Rectory Road after the village, turn right under the road which passes through a tunnel under the A30 motorway. At the next crossroads turn left along the motorway eastwards to the first road which climbs to the right (signposted The Saints Way). Follow this signposting on this road southwards. At the first crossroads, follow the signs to the right; at the next crossroads, turn left. Cross a creek and a power line before going along this creek on its other bank.
2. At the first crossroads (two stone bollards), turn and climb left towards the Helman Tor hill until you reach the car park. Follow the ridgeline trail until you reach a small steep road.
3. Turn left on the road (signposted) to reach the village of Lanlivery, crossed to the east by the main road. At the exit, turn left at The Sains Way, follow the signs to Eden Valley Holliday Park and cross a river.
4. After a right turn to the south, climb the stairs marked by the markings to join a path heading east. Climb the hill, cross a road and continue on the trail until you reach a larger road. Follow this road and, at the next crossroads to the right, continue eastward.
5. Follow the markers up the hill to the right before going south down to a small road (Castle Hill) that crosses a river. At the next crossroads, turn left to follow the river through the hamlet of Miltown. At the exit, turn right south, go under the railway tracks and join the first farm in Lantyan. Turn left up the hills overlooking the River Fowey. Go down the track into the first valley and then up the hill opposite.
6. Leave the road following the signs for a trail which, after a metal fence, climbs across fields, crosses a road and continues to the top of a hill before coming down a road to St Sampson's Church and Golant on the edge of River Fowey. In the village, follow Fore Street and School Hill in succession, which becomes a path overlooking the railway and River Fowey. Follow this trail through the next valley, across a creek and up the opposite hill where it meets a road. Follow this road down to the entrance to Fowey.
7. At the bridge, turn left onto the road along the creek. At the first crossroads, turn right and then left on the Station Road to join the River Fowey and the town centre via Fore Street and Webb Street where the arrival point is located.

# On your path...



 Helman Tor (A)  
 Museum (C)

 St Sampson's Church (B)

# All useful information

# On your path...

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## ⬅ Helman Tor (A)

Granite blocks at the top of a hill that offers a superb panoramic view.



## 🏰 St Sampson's Church (B)

Although Cornwall has more saints than any other county in the UK, Saint Sampson is one of the best known. He sometimes stayed in Golant during his travels in Brittany and became Archbishop of Dol. Many Cornish saints travelling from Ireland to France via the south coast of Cornwall stopped along the way (sometimes in the village or nearby).

[Read more about them.](#)



## 🏛 Museum (C)

The Fowey Museum may be a small, one-room museum housed in one of the town's oldest buildings dating back to the 15th century, but it is filled to the ceiling with interesting objects that illustrate some of the rich and varied history of this port town and its people. Some of the exhibits are changed every year to commemorate local events.

[Find out more.](#)