

# Walking

From Bosinver there are several footpaths into the countryside surrounding our local village of Polgooth. A favourite walk with guests is that from Bosinver to our local award winning pub, the Polgooth Arms, just a 15 minute stroll down the lane (although after rain the path is muddy and you'll need a torch after dark). The pub is very family friendly with a large garden and great local beers. [www.polgoothinn.co.uk](http://www.polgoothinn.co.uk)

**Details of this and several other recommended local short walks/jogging routes/cycle routes are available to borrow from reception as laminated A4 sheets.**

If you'd like a longer walk then why not walk the 3 miles down the Pentewan Valley Trail to the sea and from there along the coast path to Mevagissey or Porthpean.

Or if you're fit and up for a real challenge then try one of Cornwall's coast to coast pilgrim's routes:

The Saint's Way - a 27 mile coast-to-coast walk which links Padstow and Fowey [www.cornwalls.co.uk/walking/the\\_saints\\_way.htm](http://www.cornwalls.co.uk/walking/the_saints_way.htm) or St Michaels Way – a 12.5 mile route from Lelant near St Ives to Marazion near St Michaels Mount – see our blog post [www.bosinver.co.uk/walk-st-michaels-way-st-ives-marazion](http://www.bosinver.co.uk/walk-st-michaels-way-st-ives-marazion)

**Between us, we've walked most of the Cornish coastline and we're quite happy to advise you on the best routes to follow, taking into account your personal requirements (pushchair, wheelchair friendly, little legs, no steep inclines, pub en route, etc!) and we have many recommended walks on our blog – search “walks” on our website to find them.**

We've also got a comprehensive collection of walking books and OS maps in reception which we're happy to share with you, but **please return them when you're back from your walk for others to enjoy.**

There are walks to suit all ages and abilities, from casual afternoon strolls with the whole family exploring sandy beaches and hidden coves to treks along the rugged cliffs and rocky outcrops along the coast path.

Check out Visit Cornwall's blog post on buggy friendly walks [www.visitcornwall.com/about-cornwall/bloggng-cornwall/5-buggy-friendly-walks](http://www.visitcornwall.com/about-cornwall/bloggng-cornwall/5-buggy-friendly-walks) and for more suggestions see [www.walkswithbuggies.com/](http://www.walkswithbuggies.com/)

We also recommend the South West Coast Path website which is a fantastic user friendly resource with maps and directions you can print out [www.southwestcoastpath.com/](http://www.southwestcoastpath.com/)

The iwalk website [www.iwalkcornwall.co.uk/](http://www.iwalkcornwall.co.uk/) and app have recommended downloadable walks throughout Cornwall.

The Cornish Mining World Heritage website also has lots of great ideas for walking and cycling trails too [www.cornish-mining.org.uk/areas-places-activities](http://www.cornish-mining.org.uk/areas-places-activities)