



**Walk 7: Cycle / Run - Sticker - Heligan -  
Mevagissey - Pentewan - Polgooth - Bosinver**

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1. Turn left out of Bosinver drive and head for Sticker village.
2. Turn left at car park, up Chapel Hill, following the signpost to Mevagissey, St Ewe and London Apprentice.
3. At Five Turnings, turn right, following the signpost to St Ewe, keeping the gravel heaps on your left (photo 1).
4. Follow the lane, past Tregenna Farm on your left, then continue down the hill to start climbing Nunnery Hill (this is the steepest bit!).
5. Bear left at the top of the hill and continue past Lanhadron Farm on your left until you come to a dip. Continue up the other side to a T junction.
6. Turn left, following the signpost towards Gorran, Gorran Haven and Mevagissey and continue to the next T junction.
7. Turn left following the road signposted towards Mevagissey and St Austell. (Heligan Gardens is just here on your right if you need a cuppa!).
8. Pass Heligan campsite and continue over a narrow bridge. Turn right at the cycle sign directing you towards Mevagissey and Pentewan (photo 2).
9. If you would like the shorter, 10 mile route, turn right to follow the Pentewan sign. If you are feeling energetic, you can turn left and follow the trail into Mevagissey (all downhill). This circular route is an additional three miles. At the main road junction,

turn left and continue back up the hill following the main road to the top of the hill and carry on towards St Austell, where you will rejoin the Pentewan link.

10. If you turned right for Pentewan, you will go down a trail to join the Mevagissey / St Austell road at The Meadows campsite. Turn left here towards St Austell. Cross the road at the crossing point and ride on the cycle path past Little Winnick Touring Park.
11. Turn right a little way past Nansladron Farm to cross the river via a bridge, then turn left on the Pentewan cycle trail heading for St Austell.
12. Follow the trail for a mile or so to a small car park where you will see Kingswood Business Park. Turn left here and then right at the main road, turning left again in a few yards opposite the Kingswood restaurant heading for Polgooth (photo 3).
13. Follow road past the Polgooth Inn and village. After Polgooth Press, look left for Bosinver Lane to come home. If it is wet and muddy, carry on up the hill to Trelowth and turn right to retrace your journey to Bosinver.

**Distance 10 miles (+3 miles for Mevagissey)**  
**Time 1 to 2 hours cycling**

**Suitable for cycling  
and running**