



Walk 9: Trelowth, Miners trail to S Polgooth mine Little Polgooth, Polgooth Inn



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1. Turn left out of Bosinver drive and walk towards Sticker. After Polgooth junction turn left at the gate after the second layby (photo 1)
2. Continue along the track. Keep going until you reach a T junction where you turn right. Where the main track turns sharp left, continue down the narrow path in photo 3 which leads to the old Miners Trail.
3. Continue along the track keeping the old mine buildings to your left (photos 4 & 5).
4. Continue until you come to a T junction at the Chapel Hill road. Turn right. (photo 6).
5. At Five Turnings, turn right towards Little Polgooth (photo 7).
6. At Little Polgooth turn left again (photo 8)
7. Follow the track until you come to photo 9 where you can take a turning to the right.
8. At the road, turn left and continue into Polgooth.
9. Continue until you come to Bosinver Lane, where you turn right and continue back to Bosinver.

Distance **3.5 miles**
Time **1.5 hours**

Suitable for walks or running.
Some footpaths