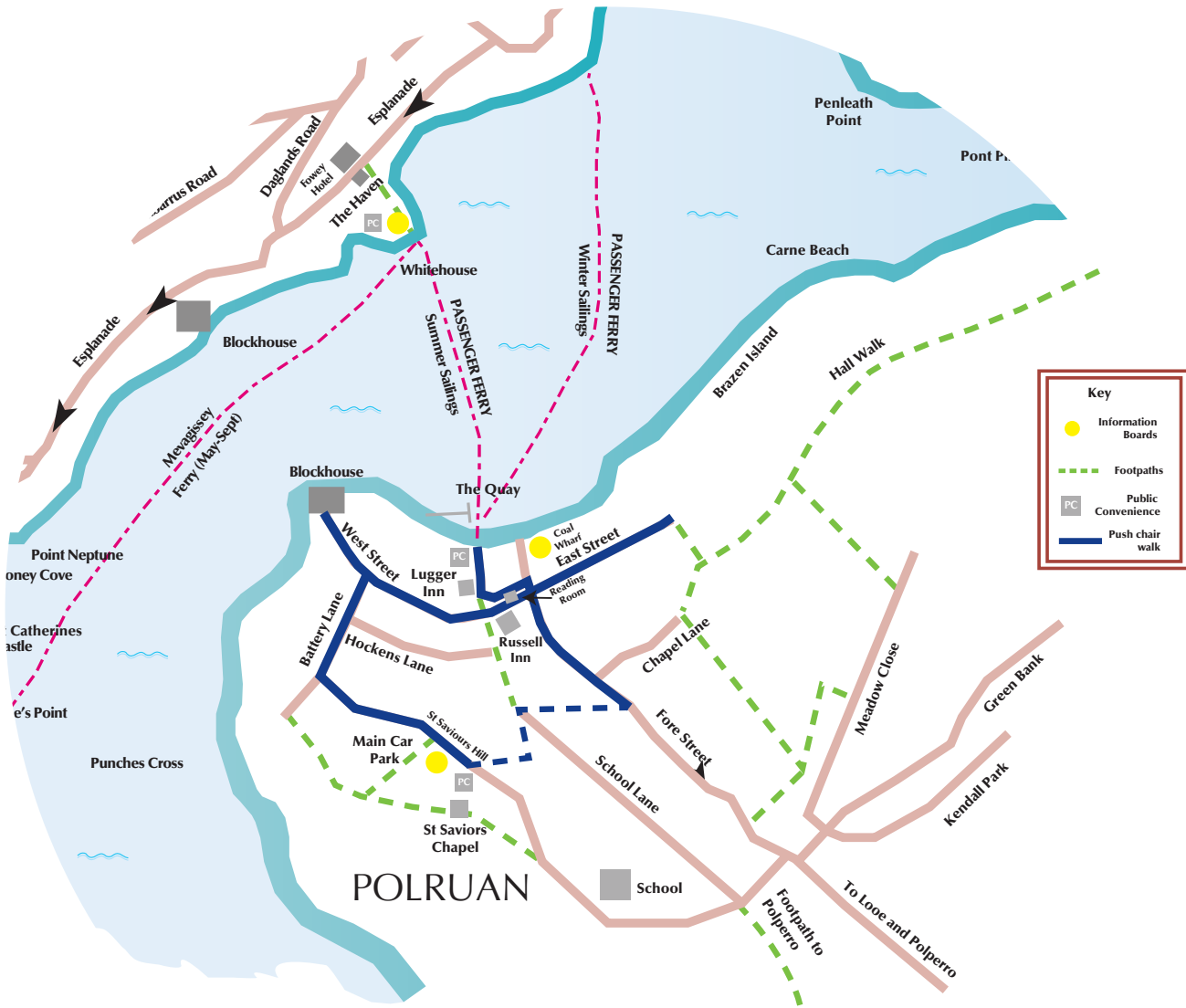


Polruan Push chair walk (not for wheel chairs)



Polruan Push chair route (not recommended for wheel chairs)

This is a circular route of about 45 minutes around the historic village which uses roads and paths and avoids steps. These are narrow roads with traffic so please take care. Polruan is on the steep side of the valley so be prepared to walk uphill. Polruan is thought to be an older settlement than Fowey and has been a shipbuilding and seafaring centre for generations. In 1851 almost every house was home to someone involved in the industry.

From **Polruan Main Car Park**. *Go to the main car park entrance (there is an information board here) and turn right onto the road then take the foot path to the left down a grassy hill. Pause to admire the view of the village and harbour. At the bottom pass the village hall on your left and continue straight ahead to Fore Street. Turn left down the hill (this can be a busy road with cars and is narrow). Walk down the hill all the way down to the quay. **From the quay walk up the road to the crossroads at the bottom of Fore Street, turn left into East Street. East Street is short and you can look down into the boatyard and across to Fowey. Walk back to the cross roads and then continue straight ahead into West Street. Take care as cars can access both streets. If you follow all the way along West Street and past then follow a narrow path it will take you to the Blockhouse (castle), one of two medieval fortifications either side of the harbour. Retrace your steps back to West Street turning right up Battery Lane. Walk up Battery Lane and take the second turning on the left into St Saviours Hill. Follow this to the Main car park.

From **Polruan Quay**, follow the directions above from **. Then at the Main car park entrance follow the directions from * and arrive back at the quay.

There is more information about Polruan on an interpretation board on the coal wharf, situated between the quay and the boatyard and another board by the entrance to the Main car park. These are marked on the map.

