



[www.foweyharbourheritage.co.uk](http://www.foweyharbourheritage.co.uk)

## **Audio Trail: Polruan - Bodinnick - Fowey**

**Approximate trail length: 11 km/6.5 miles**

**Approximate walking time: Allow a full day to do all of it or break it into three sections of between 1, 2 and 2.5 hours**

**Please note: There are two trails that cover the same route around the harbour. This one goes in in an anti-clockwise direction.**

### **The Trail**

There are three communities around Fowey harbour. This trail starts and finishes in Polruan, on the east bank of the harbour and takes you in an anticlockwise direction around the harbour. Fowey is the largest community in the harbour and is sited opposite on the west bank and is accessible by passenger ferry. Further up river on the east bank is Bodinnick and it is from here that the car ferry runs to Fowey. This audio trail introduces you to all three communities and the harbour and is a walk around the harbour using the two ferries and designated paths.

### **Fowey Harbour background**

This harbour is one of the two naturally deep water harbours in Cornwall, the other being Falmouth. Fowey was the main port of Cornwall and one of the most significant in the South West for much of the medieval period. Today it is still a working port exporting large quantities of china clay to other countries. Over the centuries this harbour has seen pirate ships, privateers, pilgrim ships, foreign navies, potential invasion fleets, immigrant ships, merchant sailing ships, royal yachts and cruise ships. The harbour's charms have attracted many visitors and continue to do so. Among the well known past residents are Daphne du Maurier author of *Rebecca*, *Frenchmans Creek*, *My Cousin Rachel* and whose short story, *The Birds*, was made into a film by Alfred Hitchcock. Sir Arthur Quiller Couch, a noted Cambridge Professor of English, lived here from the late nineteenth century until his death in 1944 and wrote a series of novels based on local people and events. Others writers drawn to the area include Kenneth Grahame, author of *Wind in the Willows*, who was said to be inspired by the river here. Famous artists have depicted Fowey from Schellinck in 1662 who made 3 drawings of the busy port and who was possibly a Dutch spy to Joshua Southall, 1861 to 1944 who painted a well known picture *The Botanists*, used in many famous railway posters. Fowey has been promoted since 1928 as part of the Cornish Riviera.



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## Where do we start?

Polruan Car Park PL23 1PR

OS Explorer Map 107 SW125508 GPS 50° 19' 38.39" N 4° 38' 09.86" W

**How to get there:** For all latest public transport information please refer to  
**[www.cornwallpublictransport.info](http://www.cornwallpublictransport.info)**

## By train

- Lostwithiel station is 8 miles from Polruan. Taxis available.
- Par station is 3.5 miles from Polruan. Take a bus then a ferry.
- Bodmin Parkway is 12 miles Polruan. Take a taxi.
- Liskeard is 16 miles from Polruan. Take a taxi.

## By car/bike

- **For Polruan**

From the A30 leave at the Bodmin exit following signs for Lostwithiel, B3268 / B3269. Take the B3269 towards Lostwithiel until reaching the T-junction with the A390. Turn left onto the A390 and continue through the town for about one mile. Turn right into Cott Rd, continue to the junction, go straight across into Lanwithan Rd. Continue through Lerryn (approximately five miles). Continue onto St Veep and Penpol and up to the junction (approximately four miles). At the junction turn right and after about half a mile turn left signed Polruan. Continue just under two miles to the junction, turn right and continue about two miles into Polruan.

Please note: this route uses some narrow and single track lanes but is the most direct route from the A30, the route from the A38 below uses more main roads and may be preferable.

- From the A38 at the roundabout after the Dobwalls bypass take the exit onto the A390. At East Taphouse turn left onto the B3359. Continue approximately five miles, turn right signed Bodinnick, Polruan and Fowey via Ferry. After approximately four and a half miles and after Lanteglos Highway, turn left signed Polruan. Continue just under two miles to the junction, turn right and continue about two miles into Polruan.



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- From West Cornwall follow signs for St Austell and the A390. After St Austell leave the A390 at the roundabout junction with the A3082. Continue on the A3082 through Par following signs for Fowey. At the mini roundabout go straight across following signs for docks and vehicle ferry. Take the vehicle ferry to Bodinnick. On leaving the ferry follow the road round to the left. After approximately one mile turn right signed Polruan. Continue just under two miles to the junction, turn right and continue about two miles into Polruan.

There is a Pay and Display car park in the village, please follow the signs to the Main Car Park.

### **By bus**

- ERH Roadcar 281, operates a service from Looe and Polperro to Polruan. Four services a day Monday to Friday only. [www.travelinesw.com](http://www.travelinesw.com)

### **Ferry Services.**

#### **Fowey to Polruan Passenger and Cycle Ferry**

**Summer service** runs 1st May - 30th September from Whitehouse Slip 0715 to 1815hrs Monday - Saturday and 0900hrs on Sunday..

From 1830hrs service operates from Town Quay until 2300hrs.

**Winter service** runs 1st October - 30th April leaving Town Quay.

Monday - Saturday 0715hrs until 1900hrs continuous service.

Sundays 1000hrs until 1700hrs continuous service.

All ferry services are subject to weather conditions.

The operator reserves the right to alter the service without prior notice.

For more information visit [www.ctomsandson.ltd.uk](http://www.ctomsandson.ltd.uk) or telephone:

#### **Fowey to Bodinnick Vehicle Ferry**

**Summer service** operates 1st April - 31st October.

Service starts 0700hrs Monday - Saturday and 0800hrs on Sunday.

During early April service finishes at 1900hrs.

From mid April to mid June service gradually finishes later until it reaches 2045hrs.

From mid June to early September the service runs until 2045hrs.

Throughout September the service will gradually finish earlier until it reaches 1900hrs.

Please check the boards by the slipway or notices on the ferry for current finishing time.

A passenger service operates on some summer evenings, see the ferry men for details.



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**Winter service** operates 1st November - 31st March.

Service starts 0700hrs Monday - Friday, 0800hrs on Saturday and 0900hrs on Sunday.

Throughout the winter the service finishes at 1900hrs.

All ferry services are subject to weather conditions.

The operator reserves the right to alter the service without prior notice.

For more information visit **[www.ctomsandson.ltd.uk](http://www.ctomsandson.ltd.uk)** or telephone **01726 870232**

### **About the trail**

- **Approximate walking time:** Allow 1 hour to explore Polruan, 2.5 hours to walk from Polruan to Bodinnick around the harbour and 2 hours to explore Fowey.
- **Grade of Walk:** Easy to difficult with some steep climbs. The terrain consists of well maintained tarmac paths, pavements and unmade tracks (these can get muddy in wet weather).
- **Accessibility:** Suitable for wheelchair users in part only.
- **Toilets:** There are toilet facilities by the quay in Polruan and by the slipway at Bodinnick. There are several public toilets in Fowey
- **Health & Safety:** This walk takes in some fascinating features but also takes you along some busy roads, especially in summer. Please take care not to place yourself or others at risk whilst enjoying the trail.
- **Other trails:** There are several other town trails with specific interests. These are available from the local Tourist Information Centre.  
**[www.fowey.co.uk](http://www.fowey.co.uk)** Telephone **01726 833616**
- **Facilities:** Fowey, Bodinnick and Polruan have a variety of cafés and pubs.

For further information please contact : the local Tourist Information Centre.

**[www.fowey.co.uk](http://www.fowey.co.uk)** Telephone **01726 833616**



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