



## Mawnan Smith to Maenporth

From woodland and farmland to rocky coves and sand beaches, this circular route exploring the paths between Maenporth and Mawnan Smith is wonderfully varied. Showcasing its natural beauty, you will enjoy this short walk on The Helford and its two sea dipping spots.

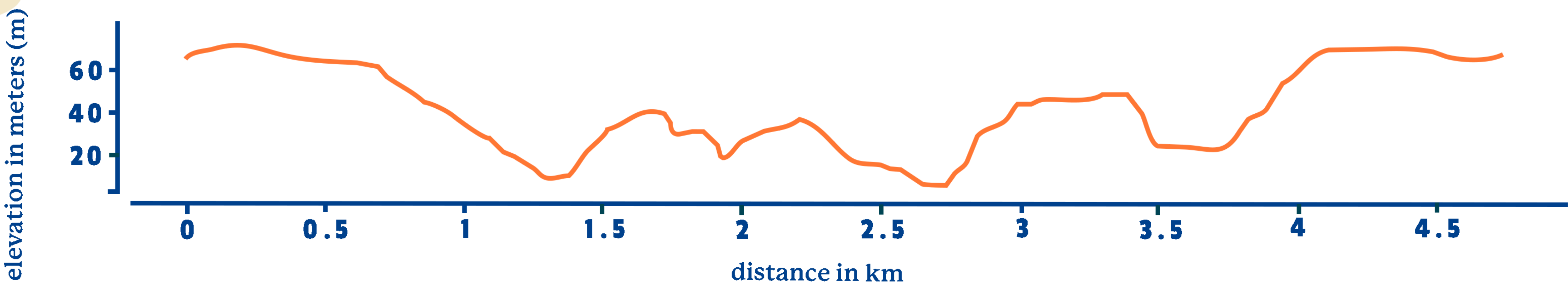
**Start/Finish:** Carwinion Playing Field,  
Carwinion Rd, Mawnan Smith, TR11 5JD

**Total Distance:** 4.7 km

**Total Ascent:** 151 m

**Terrain:** Coastal path, woodland trails,  
country road, fields.

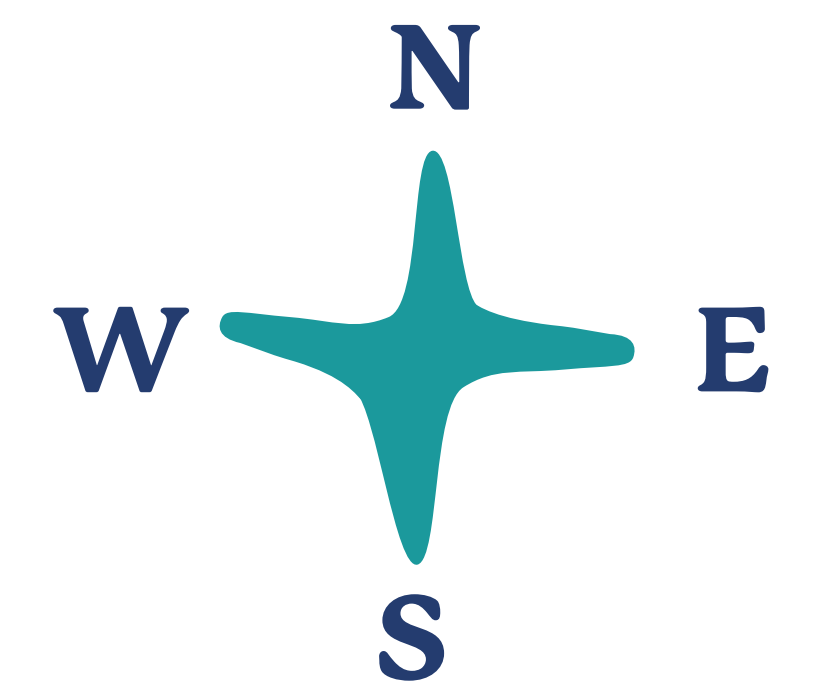
**Gentle Pace:** > 2 hours





## Walking Route Guide: Mawnan Smith to Maenporth

Guide your way through the walk using the way markers on the map. Remember to keep hydrated, protected from the elements & to leave no trace.



Start in Mawnan Smith at the public footpath opposite the Bowling Club. Follow the path over three fields and keep straight ahead.



When you see the farmyard in the third field, look to the left along the hedge for the hidden wooden gate. Go through and follow the path down the steep hill.



Keep straight across the first field to the gate. Then walk towards the bottom right corner of the second field where the gate leads you into the woods to Maenporth.



Maenporth Beach is an east-facing, sandy cove. With a gentle slope, the waters are shallow on the outgoing tide and it is naturally sheltered between headlands.



Continue on the coast path south of Maenporth. You have approx 20 yards of road then the path runs behind a red hut. It will guide you back to the Helford River.



Maenporth in Cornish is 'Meyn Borth' meaning 'stones cove'. This sheltered cove was once a natural harbour and heritage environment records indicate a forest terrain beneath the sands. Overtime, easterly weather has built up the beach covering its history. Also, up to seven Bronze age Tumuli have been identified suggesting a significant settlement and trading base in the middle to late Bronze age.



Bream Cove is a shingle beach with a beautiful & interesting rocky reef structure. This east facing cove is quiet and peaceful to dip at on a calm day.



Bream Cove was part of research conducted by The University of Plymouth published in the journal Science Advances. Scientists believe fossilised beaches along the Cornwall coastline enable them to demonstrate, for the first time, how melting Antarctic ice sheets impacted global sea levels during a period of pronounced climate warming more than 100,000 years ago.



When you have enjoyed the wanders of Bream Cove, follow the woodland track leading away from the beach and up Nansidwell Valley till the country road.



Turn left at the wide country road. It is a popular route for walkers and vehicles, so be mindful of traffic. Follow it back to the village of Mawnan Smith.



You have completed the route! We hope you enjoyed this 4.7K from Mawnan Smith to Maenporth exploring the coast path and field that connect them.