

## Suggestions for short walks close to the Apartments

There are a couple of lovely walks close by to the apartments that are ideal for a 20 to 40 minute exercise. Ideal for stretching the legs or taking the dog for a stroll.

### **Carnsnew Pool (7 minutes away)**

You walk towards the viaduct and the end of the harbour. Follow harbour around so you are opposite Penpol Terrace. Keep to the left of the harbour and not along the harbour edge. You will walk over rough ground but you will see Carnsnew Pool on your left. If you walk past the historic water way tunnels you can follow the pool all the way around doing a full circle back to the start. At the far end of the Pool you have great views of the estuary. You can also walk to the end of the 'Spit' from the water tunnels by walking straight instead of going around the pool. There is a bench at the end to sit on and take in the views of the entrance of the harbour and estuary. These views were made famous by the well known artist John Miller. You can see the house he lived in until his death just a few years ago. It is the taller, closer one on the side of the beach (which is Lelant/Porth Kidney). Most of his paintings were of Lelant Bar and views to Godrevy Lighthouse, Carbis Bay and St Ives most of which you can see from the bench.

### **The Millpond Walk (7 minutes away)**

A perfect 20 or 30 minute walk, ideal for a stroll, dog owners or even for children to feed the ducks. From the pub car park turn left towards the viaduct and walk along Penpol Terrace. Carry on under the viaduct, going past the bus stop and Lloyds Bank in Foundry Square. As you go around the corner from the bank you will see The White Hart Hotel. Cross the road and keep the hotel on your left, basically following the main road. Walk down to the other Philips Pasty Shop (pasties are often even better from this one!) and you will see a small car park in front of you. You will see Millpond Gardens in front which if you do not have a dog you can walk through. If you do have your pet with you then you need to walk down a small lane next to the garages as seen in the picture below.

Follow this path to the end of the garden wall and you will see three granite steps on your right. Go up these and you will be in what was once the Grist Mill which operated 1822. It was demolished in 1941. The path continues through the Hammer and Boring Mills which worked from 1776 until 1903, and the Brass Foundry to the Rope Walk. To your right is the Lower Millpond, once used as an ornamental lake for the villas and now an important wildlife haven. On a hot summer's day you may be fortunate enough to see one of its rarer occupants, a turtle, basking in the sun on a log. The Upper Pool dates from 1780 and was the source of power to turn the Water Wheels for the Hammer and Boring Mills. Continue along the path until the bridge. After crossing the wooden footbridge, follow the path along the stream to the end. Here you can double back either the same way or along Millpond avenue which will bring you past the other side of the ponds. Or you can continue up through the lane which runs parallel to the bottom of the houses and after 5 minutes brings you to a field. You will see the public footpath sign here. Walk up the right hand side of the field which takes you to the main Hayle/ Helston road. To get back into town you turn right at the top of the field and follow the road all the way back into Hayle passing the front of the Millpond. From here it will take no more than 10 minutes to get back to Foundry square. When you get to the bottom of Foundry hill (opposite the Millpond) you can get to the plantation by turning left and following the narrow road.

### **The Plantation (5 minutes away)**

Walk down Penpol Terrace under the viaduct and follow the road past Barclays Bank and back under the other side of the viaduct. You will see a piece of open rough ground/car park on your left. Walk over this to the lane at the end. The small grass hill in front of you is the plantation. There are several paths that lead around it and a couple of benches to take in the views again. Because you are slightly elevated you have great views over the estuary and beach.

### **King George V Memorial Walk (5 minutes away)**

Turn right and walk around the corner past the pub. Just before you get to the petrol station cross the road and walk over the iron bridge. You pass the harbour master office on your right and just at the end you will see the start of the walk on your right. This walk has won many awards for Hayle because of its beautiful plants, some are even tropical because its so sheltered. Local people work hard maintaining it and preparing it for the Village In Bloom yearly competition. Hayle often comes in the top 5 in the National completion. The walk is about two thirds of a mile long. You can see all sorts of birds if the water is out. It's a popular bird watching area.