

A BOOT UP NORTH CORNWALL'S SITES OF MAGIC & MYSTERY

Terry Faull

Halsgrove's popular Boot Up Series is fast becoming a phenomenon in local walks books that attract families and others to exploring the countryside in a leisurely way. It includes short walks for those living in or visiting popular areas of the country, written by those who know the area well. They provide a healthy hour or two of exercise, exploring parts of Britain's countryside that the casual visitor might otherwise miss, pointing out interesting features along the way. Perfect walks for families.

This book of 10 walks covers the far north of Cornwall, a remote district of deep wooded valleys, secret paths and ancient churches. Its history is full of strange characters, family rivalries, hauntings, smuggling and forgotten mysteries. This area is rich in stories and legends and the walks in this book explore places where there are such stories to be told and where magic and mystery can still be found.

The locations covered are:

MORWENSTOW & TONACOMBE •
COOMBE & STOWE • LAUNCELLS & STRATTON
• POUNDSTOCK, MILLOOK & TREBARFOOTE •
DIZZARD • WEEK ST MARY & PENHALLAM •
WARBSTOW & DOWNINNEY •
EGLOSKERRY • ST JULIOT & MINSTER •
ROCKY VALLEY

None of these walks is more than five miles long and all are intended for those who enjoy a leisurely amble of discovery. The routes follow public rights of way or land open for access. In a few cases short stretches of roadway are included.

ABOUT THE AUTHOR

Terry Faull is a seasoned and enthusiastic walker, being involved with walking organisations and advisory bodies linked to a number of local and county authorities. As a landscape historian he has researched and investigated the origins of the Christians, in what is now Devon and Cornwall, for many years, and his book *Secrets of the Hidden Source* covers the history of many of the Holy Wells in Devon.

ALSO BY TERRY FAULL
Secrets of the Hidden Source
A Boot Up the Tamar Valley
A Boot Up Bodmin Moor

HALSGROVE CATALOGUE

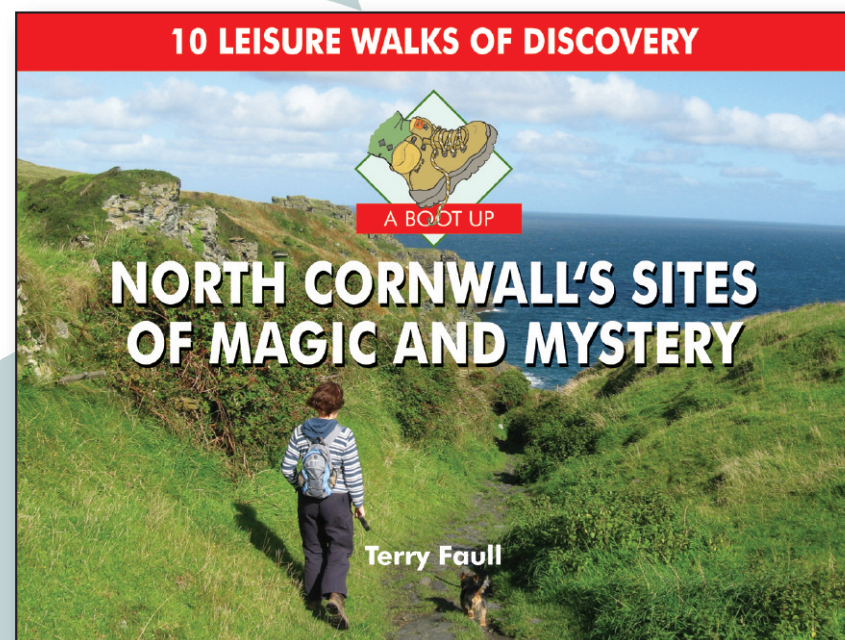
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Great Books from your Local Bookseller

A BOOT UP NORTH CORNWALL'S SITES OF MAGIC & MYSTERY



Boscastle Old Village



Cliffs at Millook



View from Warbstow Bury

1

Marvenstow and Tonacombe

only on wild thyme plants and as the larvae feed, they leave a sugary secretion. This attracts red ants who take the larvae down into their nests where they overwinter to emerge the following summer as fully grown butterflies. Traditional farming practices and wild rabbits ensured that thyme and colonies of red ants could flourish here and so the large blue pupae after it had overwintered elsewhere in Britain.

Soay sheep on cliff path

Continued along the path to the waymark sign pointing up hill, this path returns you to the lane leading to Coombe and so back to the car park.

2 Coombe and Stowe

The first Cornish mole and the last Great House of Stowe.

Coombe Valley has everything needed for a Cornish seaside holiday – a cave, old cottages and farms, village amenities at Kilhampton and a network of footpaths. This walk passes through some of the places associated with mysterious events and stories from its history.

Level:
Length: 3.5 miles
Terrain: Level paths and low steep sections
Parking: In the lay-by next to gate to Coombe
Start Ref: SS 5011 16
Explorer Map 126

Coombe and Stowe

Example of a double-page spread.



Minster Church