



St Michael's Mount



Newlyn



Mount's Bay

Challenging

The First and Last Trail

Lergh Kynsa ha Diwettha

► The First and Last Trail

Heading east along quiet lanes, the route leaves the magnificent coastline and enters the ancient landscape of West Penwith, taking in picturesque villages en-route. The route's emergence on the more sheltered south offers a fantastic contrast to the exposed, dramatic coast at Land's End.

With continuous views across Mount's Bay, the route provides a level, mainly traffic free link between Penzance and Marazion, as well as providing excellent links to popular tourist attractions such as St. Michael's Mount. With the Mount forming a spectacular backdrop, the trail leaves the south coast to follow minor roads along sheltered river valleys towards Hayle and the more rugged north coast.

► How to get there

Rail - www.nationalrail.co.uk Tel: **08457 4584950**
Penzance, Hayle and St Erth are situated on the main line.

Public Transport - www.traveline.org.uk
Tel: **0871 200 2233**

Car - These routes make use of existing car parking facilities.

► Further Information

For more detailed information refer to OS Explorer map **102**. Other guides are available from the local Tourist Information Centres.

► Tourist Information Centres

i **Penzance**
Tel: **0844 8889275**

i **Hayle**, The Library, Commercial Road
Tel: **01736 754399**

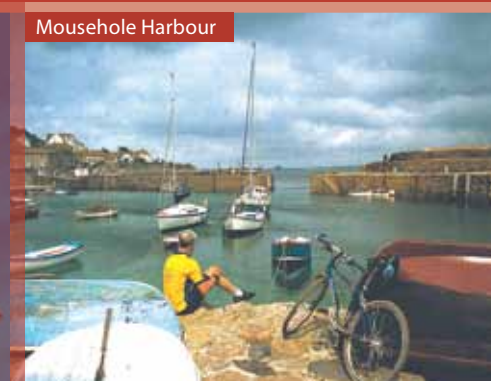
► Contacts

Cornwall Council
www.cornwall.gov.uk/cornishway
or tel: **0300 1234 202**

www.sustrans.org.uk
www.visitcornwall.com



Marazion



Mousehole Harbour



3 National Cycle Network Route Number

- Off Road
- Minor Road
- Urban Road
- Other routes
- Cycle hire
- Gradient:
 - 1:7 to 1:5
 - 1:5 and steeper
- Take Extra Care
- Trail crosses a busy road use crossing provided
- Off road section crosses a road
- Railway/station
- Places of interest

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Land's End. Pub, eateries, toilets. Land's End attracts visitors by virtue of its location, outstanding natural beauty, myths and legends and ever-changing atmosphere.

Sennen Cove. Pub, eateries, toilets.

Mousehole. Pubs, eateries, toilets. The village's narrow streets are lined with old granite cottages and there is an unhurried feel to the place. It offers a good selection of craft shops and art galleries.

Newlyn. Pubs, eateries, toilets. Its galleries and the pilchard factory museum pay tribute to the local fishing industry.

Penzance. Pubs, eateries, toilets. Facing south onto Mount's Bay, Penzance enjoys a sunny, sheltered position. It boasts Cornwall's only promenade, an art deco open air swimming pool, several museums and one of the largest granite buildings in the world, St. John's Hall.

Standing Stones. Situated on the south side of the B3315 between St. Buryan and Lamorna are the Merry Maidens - twelve standing stones which form a perfect circle. Folklore holds that the twelve maidens danced to the music of 'The Pipers', standing to the north of the road, on a Sunday and, as punishment, all were turned to stone.



Marazion. Pubs, eateries, toilets. Known for its beautiful surroundings - the stunning Mount's Bay and the magnificent St. Michael's Mount.

