

Newquay Road Runners

Penguin Challenge

Leg 2: Newlyn Downs (4.2 miles)



St Newlyn East to Mitchell

Road & Footpath

The footpath section of this route may be wet or muddy during winter.

Think Goss Moor Trail, but it's not flat.

- Start with your back to the church gates and head down the road directly away from the church.
- Turn left towards Truro.
- At the end of the road turn left.
- After approx 600m take the track on the left opposite the right hand turning. You should cover approx 1.8km before you reach the road again.
- Follow this and fork left at the first windmill.
- Pass the second windmill which will be on your right.
- Follow this footpath until you rejoin the road, then turn right.
- Follow this road under the A30 and into Mitchell.
- This leg finishes at the turning circle on the left (before the pub).