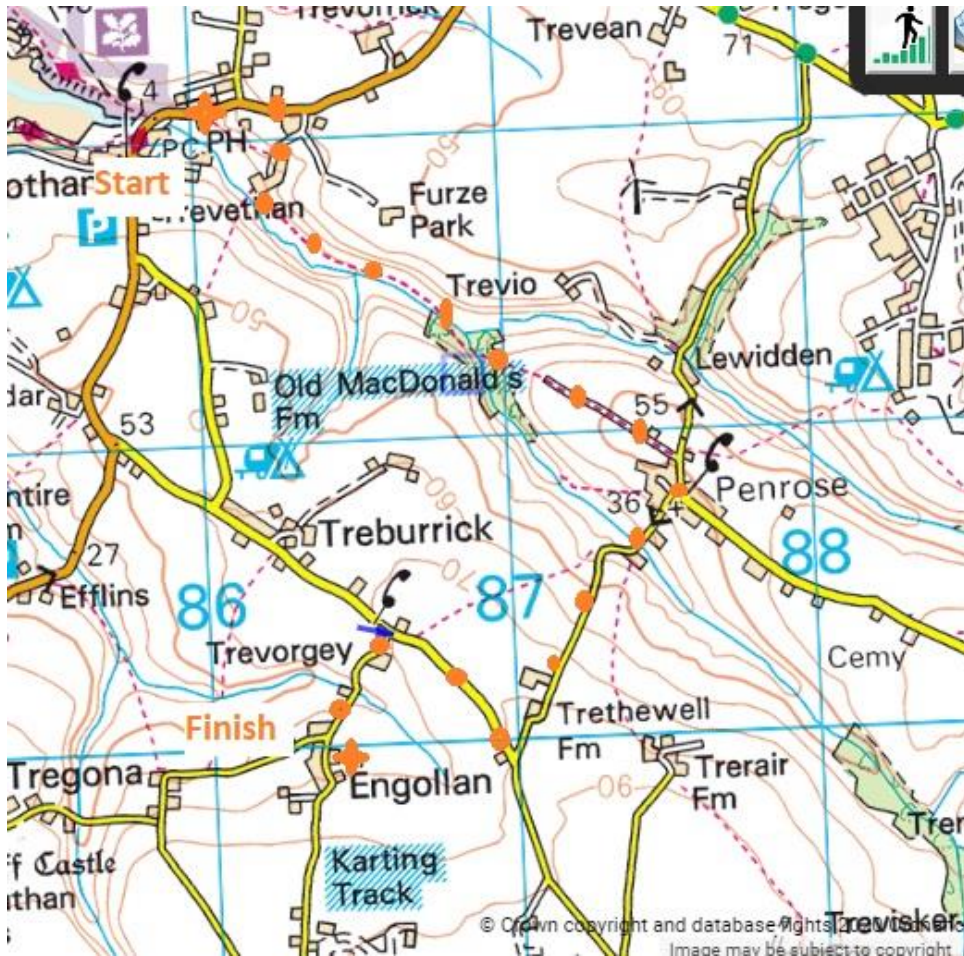


Newquay Road Runners

Penguin Challenge

Leg 9: St Eval North (3.2 miles)



Porthcothan Bay to St Eval Candle Co, Engollan

Road & footpath.

This route is very muddy during winter. Photos to help with navigation can be found on the NRR facebook page by searching 'Leg 9'

- Start where the beach/coast path meets the road.
- Head up the hill towards St Merryn, passing the pub on your right.
- Take the right turn down a track, just before the pond/after the 30mph sign.
- Head down this track until you see a stone stile on your right.
- Go over the stile, down the narrow track. When you reach the river go left.
- Follow the footpath through the garden and out into the fields.
- Follow the valley until you reach the trees. Follow the path through the trees, over 2 bridges and then up the hill until you reach the gate.
- There is a short field section. Head to the gate in front of you when you entered the field.
- Follow the farm track. Turn right when you meet the road.
- Turn right in the small village.
- At the end of the road turn right (again).
- Turn left towards Engollan. Follow this road to the Candle Co.