

## Hessenford to Seaton

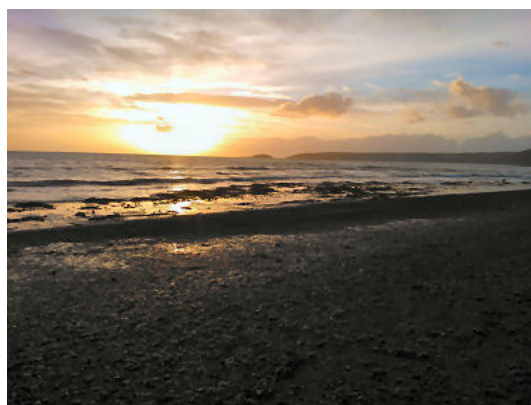
This super and flat walk takes about an hour at an amble - it is 3.5km in length.

Pass the Copley arms and the bridge, and take the road on your left signed to Seaton. Take care as this is a B road. After about fifty metres you will find a footpath on your left. N.b. - the gates get a little stiff in the rain. This leads along the valley over a series of raised walkways to the beach at Seaton, two miles away. It is a lovely path through the woods and past little lakes, but it can be a little muddy in places - sturdy footwear is recommended. After about a mile there is a small bridge to cross, which leads to a path with a firmer surface. Be aware that if it has been very wet, or the tide is exceptionally high, this path can get flooded and is not safe, as the river is very close and fast flowing. If you have very small children we would suggest keeping them under fairly close supervision for the first part of the walk, as the path is close to the bank, and in a few places there are holes along the river's edge.



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Once at Seaton, enjoy the beach or have lunch in one of Seaton's eateries - Seaton Beach Cafe is great if you have children with you, as it is right on the beach, and they do very good ice-creams, as does the little post office and general store beside the beach. There is also the Smugglers' Inn, or Peasants Bistro. A bonus for families at Seaton is the river, which is usually shallow enough for safe paddling. You could turn left on the beach and walk to Downderry, which is very pleasant, and has a Spar shop, restaurant and a pub The Inn on the Shore offering quality food. The boats often look lovely at Downderry - there are a number of traditional Cornish boats moored here.



We would suggest walking back the way you came, but it is possible to extend your walk into a circular one by turning right at Seaton and taking the bridlepath up

Keveral lane, or turning sharp left and walking along pleasant back lanes back to Hessenford. We would recommend at this point refering to the OS Explorer map which is provided in each of our carriages! Another option for the energetic would be to continue along the coast path to Looe (which for this leg is primarily back lanes) or better still along the beach if the tide is out (check the tide times first - getting stranded by the tides is a real hazard and easily done - as we can confirm having been caught out on occassions!). This option adds about four miles to your walk. You then have a choice of return modes of transport - train (change at Liskeard) or bus.