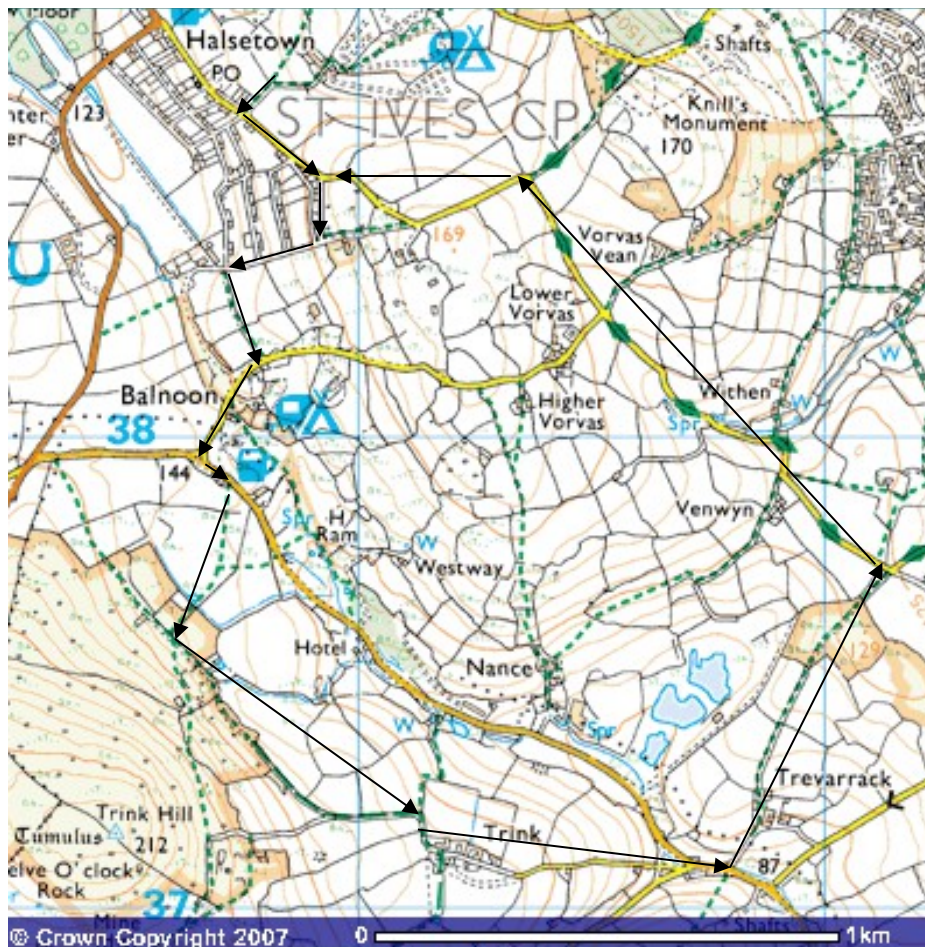


POLMANTER CIRCULAR WALK 4 TRINK

Distance: approx 3.5 miles

Time: 1.5 – 2 hours

Reference: Ordnance Survey map: Lands End 102



1. At the end of Polmanter Tourist Park, turn left onto Laity Lane.
2. Turn right at the signpost to Halsetown, at the bottom of the hill take the footpath on the left through the fields to Balnoon campsite.
3. From the Balnoon campsite turn right to the main road and go left for a short distance where there is a footpath on the right opposite the Balnoon Inn. Follow this footpath across the field and over a stile into another field.
4. At the end of the field follow the farm track towards Trink Hill and then turn left. Continue to follow this track around the bottom of Trink Hill until you reach some farm buildings.
5. Go around the houses and cross over a cattle grid following the road down through Trink.
6. Once you meet the main road turn right along it for a short distance before crossing over and going up the first lane on the left.
7. Follow this lane all the way until you meet a road, Laity Lane, at which point turn left and follow it back to Halsetown without turning off it.
8. For those who want to walk a bit further you can turn off Laity Lane and walk up to Knill's Steeple and go back to Polmanter Touring Park through the footpath leading into the bottom of Consols (see circular walk 3).