

Falmouth to Mylor Harbour

Distance: 4 Miles

Allow: 3hrs (approx)

A gentle 30 mins walk including two short ferry journeys. In Mylor Harbour you will find a harbourside restaurant and cafe where you can enjoy a light bite before returning to Falmouth. From the National Maritime Museum Cornwall, walk through town to Falmouth's Prince of Wales Pier and catch the twice hourly ferry to Flushing.

The pretty quayside village of Flushing received its name by Dutch engineers from Flushing in the Netherlands, who built the three main quays in the village. The grand houses on St Peter's Hill, the road that leads into the village, were owned by captains of the Falmouth packet ships that docked in nearby Falmouth. Intriguingly, the Spanish Armada intended to land here in their attack on England but they were not able to capture it.

When in Flushing turn right and head towards Mylor along the coastal path. The path will take you around the headland known as Trefusis Point, part of the Trefusis Estate. The trefusis family are one of the oldest families in Cornwall who can trace their family line at flushing/Mylor back to 1292. After you round Trefusis Point look out for the cave and steps cut into the stone foreshore. Both were used to transfer contraband goods ashore with the cave marking the entrance of an old tunnel that led up to the cellars of the estate house on the hill where the goods were stored.

Retrace your steps back to Flushing to catch the ferry.

