



LET'S EXPLORE *Falmouth*

YOU WILL NEED

Good shoes or boots for walking on rough paths, a drink and a snack, a camera on a phone.

THEMES

Falmouth history, Pendennis castle, docks, packet ships, environment and conservation, our part in looking after nature.

DISTANCE

7km or 4.3 miles. This pilgrimage is mostly on hard, level pathways but with one section through woodland which may be muddy.

Saint Mawes was a Christian teacher from Brittany, who arrived in Cornwall in 550AD. There is a legend about him which you will read as you go on this pilgrimage.

Start at **Pendennis point carpark**. There is a castle high up on the hill behind the Coastguard building. You can see the roof from the carpark. It was built in **Tudor times** when Henry VIII was king. It was also useful in the two World Wars. There is another castle on the other side of the Fal estuary called St Mawes castle.



Extra

You can visit Pendennis Castle, perhaps another day. See the website for opening times and prices: www.english-heritage.org.uk/visit/places/pendennis-castle





Why is this a good place to build a castle (or 2 castles)?

You are standing on a solid rock which is almost surrounded by the sea. It is a great place to look out and watch ships and boats. So in war time, it was easy to defend against a sea attack. The views on a clear day are spectacular.



With the castle behind you, stop and look around. What can you see? Look for Gyllyngvase Beach to the right and the grand hotels all along the seafront. Why are there so many hotels here?



Look for St Anthony lighthouse to your left, across the water. Can you see the light shining? Why are lighthouses important?



Look for the Black Rocks, halfway across the Fal River mouth. This marks the entrance to Falmouth Harbour and also warn ships of the rocks which are underwater at high tide. Here is the legend of Saint Mawes:



The Legend of Saint Mawes

Saint Mawes is one of the Cornish saints. His stone chair is still preserved in the wall of a house in St. Mawes village. One day, so the legend goes, he was sitting there preaching when a noisy seal came out of the sea and interrupted him with its barking. After a while he became impatient, picked up a large rock and threw it at the animal. It missed, but legend tells us that the rock still remains where it fell, wedged on top of the Black Rocks halfway across Falmouth Harbour.



Look for the ferry boats going from Falmouth to St Mawes (they are blue and cream coloured).



Look for any other boats. You might see big tankers, sailing dinghies, speed boats, kayaks or paddle-boards.



Can you see any birds or other wildlife?



Take a moment to listen to the sounds of the sea.



Facing the Coastguard building, walk to the right along a path into the woodland. The path goes to the right of the road and is quite rough in places. It might be muddy after rain.





As you are walking, look out for flowering plants. In spring there are lots of bluebells and primroses in these woods.



You might be able to identify some of the trees from their leaves. In autumn it is great fun to kick up the fallen, crunchy leaves as you walk.



Can you hear any birds?



We are surrounded by wildlife: trees, plants, birds and animals, and often we do not notice them. In different seasons, a woodland can change a lot. There might be colourful leaves in autumn, or bare trees in winter. There might be lovely flowers, green shoots and birdsong in spring, or many butterflies and other insects in summer. Take a moment to notice nature and how amazing it is.



Can you create a piece of art using natural materials? Take a photo of your creation to share on Instagram.

At the end of this path, you will come out of the woodland and see **Falmouth docks** on the right. There are often large ships in the dry docks here.



Why do you think ships need to come into the dry docks? Can you see anything happening on or around these ships?

Falmouth used to be a place where ships were built, but these days, it is mainly for boat repairs?



Why does Falmouth have so many ships and boats?

The docks are at the end of the River Fal. This is the **third largest** natural harbour in the world and the deepest in Europe. All through history it has been important for ship building, repairs, fishing and defence.



Look at the docks now. Can you see people working here? Can you imagine how many jobs have been going on here through history?

Continue to walk past the docks and follow the road as it turns to the right. At the mini roundabout, go straight on along Bar Road, under the railway bridge and towards the town centre. You will come to a carpark on the right and signs to Discovery Quay.

Walk into **Discovery Quay** (towards the Maritime Museum) but turn left and look over the railings at the boats in the harbour.





Can you spot different types of boats? Look for yachts with sails and engines, kayaks, sailing dinghies, paddle-boards and large cargo ships.



Can you spot any passenger ferries going to and from Falmouth pier?

Falmouth was also world famous for the **packet ships** which were here. For over 150 years, between 1699 and 1850, packet ships filled Falmouth harbour. These ships sailed all over the world, initially delivering important state letters and dispatches to other countries. Falmouth was further west than London, so it was very useful for companies that sailed to America and the West Indies. As this way of sending mail grew, the packet ships became part of the General Post Office and different companies competed with each other to deliver the mail fastest. These ships had no engines, so were completely reliant on the wind to take them in the right direction and also men to row them.

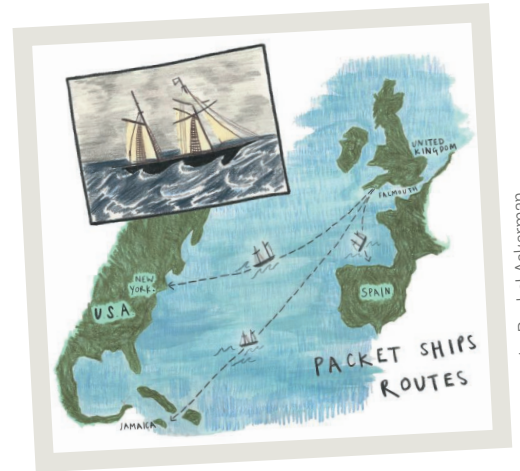


Illustration by Rachel Ackerman



Can you imagine how dangerous it was to sail in a packet ship, racing across the Atlantic Ocean in stormy weather?

Walk back across Discovery Quay, cross over Grove Place on the zebra crossing and turn right into Avenue Road, past the Dell station, under the railway bridge and uphill to the pedestrian crossing. Cross over Melvill Road and continue straight down Gyllyngvase Road. You will see the **Gyllyngvase Beach** ahead of you.

Extra

There is an **optional Beach Scavenger Hunt** here (see separate sheet), or you can do this when you get to Swanpool beach

TIME TO PLAY

Collect shells and stones and make a work of art on the beach.

Can you make a sandcastle shaped like Pendennis Castle?

You can take a photo of your creation and post it on Instagram.

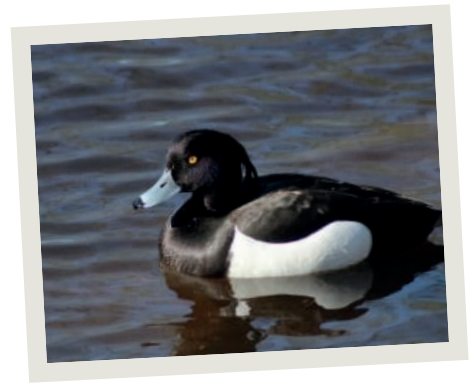


Ready for a rest?

If this is far enough for you, you can do the **reflection activity** (see end of pilgrimage) on Gyllyngvase beach and then return to Pendennis carpark.



Continue along the coast path to **Swanpool beach**. Behind the beach and across the road is Swanpool lake. Walk to the left of the lake following the small road as it goes alongside the lake. This is a **Nature Reserve** because it is a good habitat for lots of birds, fish and mammals. It has a mixture of fresh and sea water in it. It used to be part of the sea, but was cut off by the shingle bar, which is Swanpool beach, after the Ice Age.



In autumn and winter, different types of ducks come here to feed. Look out for small black and white ones called tufted ducks. You might also see mallards, coots (white beaks) and moorhens (red beaks). More than 100 species of bird have been seen here.

At the far end of the lake, the path turns right and there is a large noticeboard with information about the lake and the wildlife that lives there. At this point, cross over the road ahead of you (be careful of traffic!) and walk into Falmouth Victorian Cemetery.



Can you find any Celtic crosses like this one?

There are thousands of Celtic crosses in Cornwall, some beside roads, some on wild open moorland and some in graveyards and cemeteries. A Celtic cross always has a circle joining the 4 parts of the cross together.



Can you see any patterns or writing on the cross?



Stand for a moment and look at the cross. Can you draw it? Or take a photo?

Cross back over the road to the lake.



Watch out for different types of ducks as you walk down the path.

Extra

Walk back along the footpath to Swanpool Beach. There is an **optional Beach Scavenger Hunt** to do here (see separate sheet).

TIME TO PLAY

**Make a Celtic cross out of natural materials on the beach.
Take a photo to post on Instagram, so everyone can see it.**



READY TO REFLECT?

Well Done! You have completed the Micro Pilgrimage around Falmouth. Pilgrims make their journeys with God and find time to pray and thank him for the world.

Sit or stand still on the beach. Listen to the sea, watch the waves, be still and quiet and breathe deeply for 2 minutes. Think about nature, the changing seasons, the trees, plants, the animals and insects. Christians believe that God created the world and everything in it.

Swanpool lake is a very special place for wildlife. There are many birds and creatures living there. We are responsible for looking after nature, so think and talk about how you and your family can help. Picking up litter is a good start.

If you want to, say a prayer to thank God for the wonderful world we live in and for all the beautiful things in nature around us



TIME TO PLAY

**You might like to think of ways you and your family can help look after the sea.
Can you get involved in an organised beach clean?**

Return to Pendennis point carpark to end your micro pilgrimage.

DON'T FORGET TO POST & TAG YOUR PHOTOS ON INSTAGRAM: #PILGRIMEXPLORERS



*Join us for
another pilgrimage
adventure soon!*

