



LET'S EXPLORE *Fowey*

YOU WILL NEED

Good shoes or boots (it might be muddy after rain), a pencil, a wax crayon and A4 paper for making a rubbing, a camera on a phone, a drink and a snack.

THEMES

a beautiful church, river boats, a castle, history, woodland and nature.

DISTANCE

5.5 km or 3.4 miles with some hills.

Saint Fimbarrus Church was named after Saint Fin Bar, a missionary from Cork in Ireland. There has been a church on this site since the 7th century. In medieval times, Fowey became a departure point for pilgrims on their way to Rome and then later, to Santiago de Compostela, in Spain.

Start at **Saint Fimbarrus Parish Church** in the centre of Fowey.

Extra

The church is open every day from 10.30am to 4pm.



Look up inside at the wagon roof.



Can you see lots of coats of arms and angels?



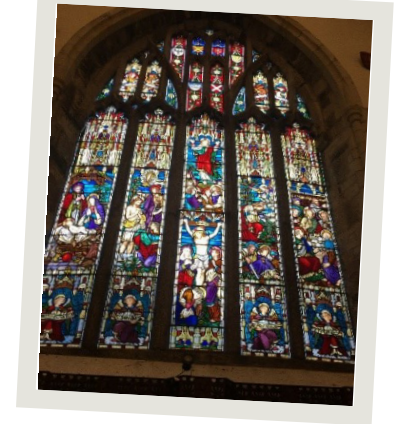
Why do you think it is called a “wagon roof”?



How many angels can you count in the ceiling?



Can you see all the colours of the rainbow in this window?



Turn right at the altar and find this gravestone of a knight.

TIME TO PLAY

Make a rubbing of part of the knight,
using your wax crayon.



Now look for this window. It shows Matthew, Mark, Luke and John, the writers of the 4 gospels.



Can you spot any animals hiding in this window?



READY TO REFLECT?

(You can do this at the start or at the end of your pilgrimage). Sit for a few minutes in the church and think about all the people who have worshipped and prayed here for hundreds of years. Take time to breathe deeply, relax and enjoy the peace and quiet.

What can you see? What can you smell? How does it make you feel?

If you want to, perhaps you can say a prayer to God, thanking Him for the good things in your life and asking Him to protect you on this journey and on your life's journey.



Walk out of the church, cross over the road and continue straight ahead down **Market Street** till you come to the **River Fowey**.



Can you see this sculpture called “Rook with a Book”?



Take a photo of you and your family beside the sculpture to share on Instagram.



What is the title of the book he is holding?



Look across the river to **Polruan**.



What different types of boats can you see?



Can you see the ferry taking passengers across the river?



Can you see any fishing boats, yachts with sails, kayaks or paddle boards?

With your back to the river, walk back up **Market Street** and turn left into **Lostwithiel Street**. Follow the road uphill. Turn left and walk along the **Esplanade** towards **Readymoney Beach** and **St Catherine's Castle**. As you walk, you will see lots of houses and some of them have really strange names.



What is the weirdest name?



Look out for the **Old Grammar School Garden** on the left and the **Harbour Hotel** on the right. At a junction, continue straight on. As you walk, you will see a high wall on your right.



Look for different types of materials in the wall.



Can you see bricks? Stone blocks?
Any other materials?



Think and discuss: Which is the oldest part of this wall, do you think?



You can take a photo of the oldest part of this wall to post on Instagram.



Look out for a building called "**The Crab Pot**" on your left.



Why do you think it has that name?

There are good views across the river mouth on the left here. You might see seabirds and perhaps a seal, if you are lucky.

When you get to **Readymoney beach**, if the tide is low, you might be able to walk or play on the beach. Be careful if the tide is high and it is windy, because there might be big waves.



Continue on the path to **St Catherine's Castle**. This path might be muddy and slippery after rain, so take care! The oldest bit of this castle was built in Tudor times to help defend the river from invaders. It was also used in the English Civil War, Victorian times and the First World War. Look for 2 large circles, which are metal tracks for large guns. The guns would have been mounted on the short metal poles in the centre and wheels would have enabled the guns to turn on the tracks.

If you climb up the steps, be very careful because it is easy to slip and fall.



Think and discuss: Why was this a good place to build a castle?



What can you see from here?



Can you see another castle on the other side of the river?



The **River Fowey** has been an important trading port since Medieval times and it is still used to export china clay today. It would have been easy for invaders to sail up the river, land an army and attack Fowey. So the castle was important to prevent this.

Fowey was a base for pirates throughout history. The town was attacked by the French in 1457, during which the church was almost destroyed.



Take a photo of you and your family at the castle to share on Instagram.



Think and discuss: What were these square-shaped holes used for?

Return to **Readymoney Beach** along the same path.

Walk back towards Fowey, but within 100m you will see a footpath to your left, signposted **Public Footpath**. Follow this path, which is called **St Catherine's Parade**. This starts off as a hard tarmacked path, but becomes rougher and may be muddy after rain. The path follows a wooded river valley.



Look for squirrels and birds.



Stand still for a minute to listen to birds calling, or the wind in the trees.



TIME TO PLAY

Collect natural materials as you walk. These could be interesting twigs or leaves, maybe different colours in autumn, or nuts or pine cones. When you have got enough materials, stop and make a piece of woodland art. Here's an example:



Take a photo of your beautiful creation to share on Instagram.

Continue straight along this path, which goes uphill. At the end of this path, you will go through a large gate onto a road. Cross over and turn right, so you are walking on the pavement.



When you get to the **Community College**, the road bends right. Take the left fork, onto **Pollvillion Road**. You will pass a playing field on your left and also the Premier shop.

When you get to a junction with **Green Lane**, you will see **Fowey cemetery** on your left. Step inside for a few minutes.



Can you spot a Celtic Cross?



Can you see any patterns on the cross?

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.

Walk out of the gate again and turn right on **Green Lane**, passing the hospital on your right. Walk straight down this road. You will see some tall pine trees ahead of you. When you get to the junction, turn right and look for the gates and turrets of **Place**.

Place House is the home of the Treffry family, and played an important role in defending the town against the marauding French. The tower is from the fifteenth century and it was here, in 1457, that **Elizabeth Treffry** led the defence. Legend has it that she poured molten lead from the tower onto the heads of the French invaders. The tower was strengthened and largely rebuilt in the early sixteenth century.



Take the road to the right of the gate and follow it downhill and it becomes a pedestrian pathway. Turn left down some steps which lead back to the church.

READY TO REFLECT?

You have completed the Fowey Micro Pilgrimage. Congratulations!

If you didn't stop to reflect at the beginning, take a few minutes to do the reflection inside the church.

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



*Join us for
another pilgrimage
adventure soon!*

