

Three Saints Nature & Heritage Trail: Linking the walk to the local buildings, landscape and history.

Buildings and monuments listed as of national historical or architectural interest and importance: **Grade 1 red**, **Grade II* orange**, **Grade II blue**

1	Start at Treneglos (grid ref 207,881) and visit the Church of St Gregory, return to the lane and walk up the hill towards Kyrse. You will find a stile on the left after 200 metres, cross the stile and keep the field edge on your left until you reach a gate and the road.	Church of St Gregory (St Werburgh) is of Norman origin with a Norman font and tympanum. North aisle and south wall of nave and porch added in 15 th and 16 th century. Tower rebuilt in 1872. Entrance to the churchyard, tombchests, monuments and gravestones are of interest. Near to the church are The Old Vicarage late 18 th - mid 19 th century and Treneglos Farmhouse late 16 th – 20 th century. This path was used for carrying the dead to the Church for burial.
2	Take the quiet lane opposite to Kyrse. Go through the hamlet and you will find a gate on the left that leads to a public footpath that goes down the valley to cross the river Kensey.	There are signs of Prehistoric settlements and mediaeval farming around Kyrse. This path was used by children of Kyrse to go to school in Tresmeer (They called it 'Smeer').
3	Climb the field and head for the top right hand corner and a large swing gate that leads into Trew Farm.	In the farmyard of Trew there is a plaque which was an award for farm buildings. This was won from a National award after a long selection process. The restoration of the farm building (barn) was carried out about 50 years ago. It was fairly unique in that they built a shell inside to preserve the character of the farmyard.
4	Walk past the farm keeping the house on your left and straight ahead to go through a series of gates.	The settlement of Trew is first recorded around 1250. Some of the old farm buildings are 'cob'. You pass a small duck pond on the right.
5	Cross the field following the overhead wires and go through another gate.	On your right are far reaching views of the moors. The 'Land Girls' cultivated this moorland during the 2nd World War. A demolished cottage is on the left, and the last funeral from there they carried the coffin all the way up to the Chapel on their shoulders.
6	Continue in the same direction with trees on your right, you will locate a 'stile' in the hollow that leads to an enclosed path.	This path at one time was the main route into Trew Farm. The stile may be difficult.
7	After a short distance you will come to a road and another stile, cross the road and go through the gate opposite, keep the hedge on your right and go through a kissing gate.	Alongside is Bunny's meadow, called after Mr Bunny, near which the gin traps from WW2 rabbit catching are buried. On entering the field see the Church of St Nicholas .
8	Carry on in the same direction through another kissing gate. Cross a small paddock through another gate to an iron gate at the rear of the church, which you go through.	The public footpath goes through the churchyard. Church of St Nicholas with Norman font, late 15 th century west tower and the rest rebuilt in 1878-81, reusing earlier material. Set in east wall of porch is the top of a pierced wheelhead cross. Many gravestones are listed. Wesley preached at Tresmeer 4 times in 1745 - 1751. In the summer the church is often open. For key details enquire at the shop. The 19 th century Tresmeer Farmhouse backs onto the

		<p>churchyard.</p> <p>You will leave through Churchtown where to the left are the 17th century The Cottage and nearby old carpenter's workshop.</p>
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9	<p>Leave the church at the front and turn left up the lane, at the end you will see the Tresmeer Shop adjacent to the Village Hall <i>(After a break you can take a short cut by walking back up the lane past Three Hammers and Trew Farm. Take the bridleway on the right, which is about 500 metres past Trew Farm to return to the Church of St Gregory. This bridleway is an unmarked sunken track that drops down to a farm gate. Follow the field keeping the hedge on your right and you will see another gate that leads to the track back to Trenglos.</i></p>	<p>Take a break if you like and enjoy a cup of tea. The short cut goes past a National or Board School with attached schoolmaster's house built in 1879 now a house and Well Cottage late 18th century built of stone rubble and cob (as most of the older houses in this area), hung with rag slates. On Tregeare Down (to the North East) are a barrow (good view from the graveyard) and signs of mediaeval farming. At the crossroads is a Wayside Methodist chapel and attached Sunday school from the end of 19th - 20th century with a graveyard across the road.</p>
10	<p>Leave the Village Hall and walk east down the road to the next junction and turn left for Tremain. After crossing the old railway turn left down a fairly steep hill.</p>	<p>The railway used to give the farm workers an idea of the time. You will go over a number of old railway bridges on the rest of the walk. There has been a tenement at Helson since 1606, and there are signs of mediaeval farming at Dunnaquarry and the wood there was cut down during WW1 probably for the sides of the trenches. In Tremain a footpath leads to Grove Cottage built around 1700 with later additions.</p>
11	<p>When you have passed a farm, turn left at the road junction and within 300 metres you will reach the Church of St Winwalo</p>	<p>Church of St Winwalo said to be the smallest parish church in Cornwall is only 45 feet long and 12 feet wide. Started in the 12th century and added to over the next 4 centuries. The north door has Norman elements and the font is Norman. This charming listed church does not have electricity. The churchyard has wonderful views and outstanding headstones, and was given the right to carry out burials in 1506 in exchange for payments of wax and money to St Stephen's near Launceston.</p>
12	<p>Leave the church and continue in the same direction. When the road turns to the right take a footpath to the left. This path continues for a short distance and turns left. After less than 100 metres turn right and you will again cross over the old railway.</p>	<p>The hamlet of Westcott contains 2 old buildings, on the North side a Farmhouse probably late 17th century with recent porch and windows. Westcott Farmhouse on the South side, which originated in the late 16th century with additions up to the 20th century. Across the fields to the North you will see Trussell, there is the Old Farmhouse late 17th century, shippon now holiday cottages, with fine garden walls, gate piers and railings and Lower Trussell Farm late 19th century with earlier origins. To the South East you will see Grove Cottage and to the South West North Tregeare Farm a late Elizabethan yeoman's house.</p>
13	<p>Continue on this path for 500 metres, then turn right and after 250 metres turn left through a farmyard to join the road at Splatt.</p>	<p>There are features likely to be the remains of a field system or system of tracks and pathways of medieval or later date. In Splatt (to the left) is Splatt Pottery the old blacksmith's smithy and house.</p>

1 4	Turn right at the road and over the railway - turn left down the lane.	If you look over the railway bridge you can just see the old sign for Tresmeer Station. The railway was used to transport cattle to the cattle fair in Splatt. In WW2 it took food: rabbits (there was an official rabbit catcher), birds and vegetables to London.
1 5	You will cross a small stream and reach a road junction, turn left and walk back up to the Church of St Gregory.	Along this road you will encounter fine outbuildings including stables and then Treglith House a 17 th century house, outbuildings of a back kitchen, dairy and farmbuilding, a stone trough dated 1636 with initials J.S. in the courtyard, and fine garden walls . There is also the 17 th century Treglith Cottage .

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