

# CAR FREE DAYS OUT **CL07**

... how to enjoy St Austell without the car!



Grid Ref  
**C:1**

## Roche Rock and Tresayes Trail

A trail which incorporates Roche Rock and a walk along quiet roads and tracks across fields to a nature reserve owned by Cornwall Wildlife Trust.

How to get to Roche Rock without the car!  
From the St Austell bus station take the Western Greyhound Bus N.529 and alight at Roche.

See grid ref 'C:1' on the St Austell Discovery Map



## Roche Rock and Tresayes Trail

*A walk combining history with nature*

Start this trail from Roche Rock or Tresayes Quarry. You can take the Western Greyhound bus no.529 from St Austell station to Roche.

Roche Rock is formed from two very tough minerals; quartz and tourmaline and sticks up above the surrounding countryside, visible for miles.

There is a ruin of a chapel built on the top of Roche Rock which was once occupied by a hermit. The Rock is owned by Tregothnan Estate but leased to the Cornwall Wildlife Trust for just a peppercorn a year!

Tresayes Quarry which is also part of this trail is a nature reserve belonging to the Cornwall Wildlife Trust. The quarry is filled with willow trees cloaked in lichens, mosses and ferns abound, including the rare Tunbridge



Filmy Fern. Its higher parts are covered in heathers and wild flowers.

The trail winds its way across fields and can be muddy in wet weather - so go prepared!

You can start the trail by firstly exploring Roche Rock and then follow the signposted footpath which takes you to a tarmac road. Turn left here, then follow the track to the right uphill to the nature reserve. This is called Tresayes Quarry where feldspar rock was quarried. After a walk along Prosper Road you will see a track across fields which will take you back to Roche Rock.

Roche has facilities including a pub, toilets and shops.

[WWW.STAUSTELLMAP.CO.UK](http://WWW.STAUSTELLMAP.CO.UK)