







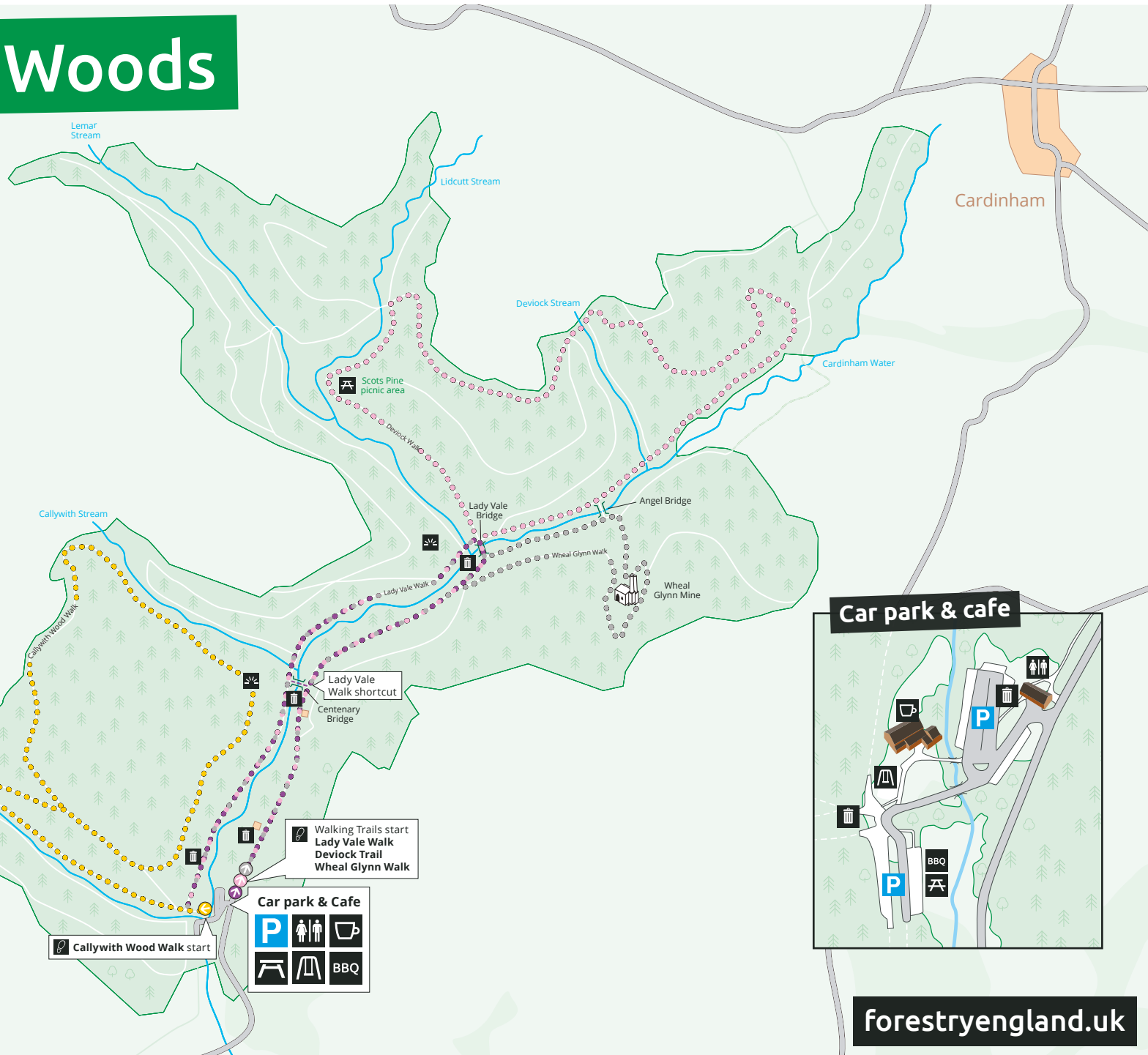


Cardinham Woods

Walking trails

Key

-  Car parking
-  Toilets
-  Cafe
-  Play area
-  Picnic area
-  Viewpoint
-  BBQ area
-  Dog waste bin





Forestry England

Walking trails at Cardinham Woods

There are miles of tracks to discover here at Cardinham, or you can explore the woodland along one of these four waymarked routes. All routes start at the carpark.

Trail information

Lady Vale Walk ●●●

Full walk 2.5 km (1.5 miles)

Using shortcut 1.3 km (0.75 miles) - - -

An easy-going route suitable for wheelchairs and pushchairs. Follow the river upstream to Lady Vale Bridge, which takes its name from the Chapel of Our Lady that stood beside the river in the 12th century. For a shorter walk, cross the Centenary Bridge to return to the car park. There is a short, slight slope on the return stretch.

Kerdh Nans
Arlodhes

Wheal Glynn Walk ●●●

4 km (2.5 miles)

This steep loop splits from the Lady Vale walk and leads up to the old Wheal Glynn Mine, which produced silver and lead until 1859. Look carefully to spot the engine house and chimney through the trees. Zig-zag back down the valley to rejoin the Lady Vale walk and return to the car park.

Kerdh Hwel
Glynn

Callywith Wood Walk ●●●

4.3 km (2.7 miles)

Follow a pleasant stream then gradually climb up the slopes past some of the oldest conifer trees in the woods. Look out for the viewpoint halfway round where you can see up the valley of Cardinham Water – a perfect spot to watch the foliage change during the seasons. Take a steady descent back to the car park.

Kerdh Koos
Kelliwydh

Deviock Trail ●●●

6.5 km (4 miles)

The longest walking trail in Cardinham takes you on a gentle climb up forest tracks to explore the outer edges of the woods. At the top, you'll have the best chance to catch sight of deer, and in May you will be greeted with a carpet of bluebells. Head back down to the Scots pine picnic area and rejoin the Lady Vale walk via a steep descent. Please note, this steep section may not be suitable for inexperienced walkers.

Lergh Devyek

Emergency info

Key locations:

Cardinham Woods PL30 4AL

Grid Ref: SX100667

Nearest minor injury unit:

Bodmin Hospital, Boundary Road, PL31 2QT

Nearest A&E hospital facilities:

Derriford Hospital, Plymouth, PL6 8DH
or Treliske Hospital, Truro, TR1 3LQ.

In case of an emergency call 999.
Inform Forestry England on
T: 01208 76787

Forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.

Join today

As a member you'll be supporting Cardinham Woods and get free onsite parking, forest updates and discounts.

forestryengland.uk/membership