










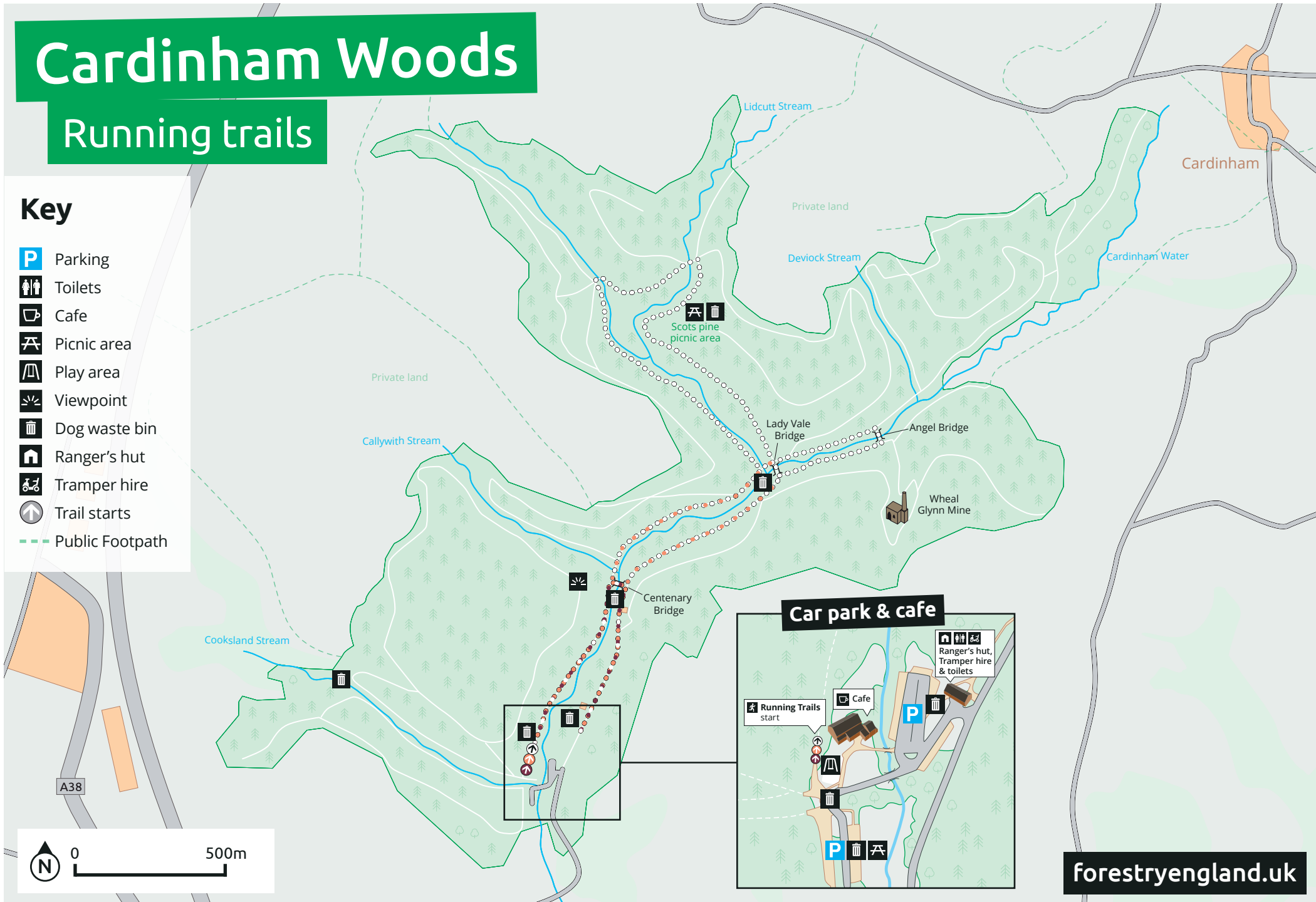


# Cardinham Woods

## Running trails

### Key

-  Parking
-  Toilets
-  Cafe
-  Picnic area
-  Play area
-  Viewpoint
-  Dog waste bin
-  Ranger's hut
-  Tramper hire
-  Trail starts
-  Public Footpath



# Running trails at

# Cardinham Woods

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

## Trail information

### 1km Running trail ●●●

A perfect introduction to running. Follow the wide, mostly flat, and well surfaced trail upstream to Centenary bridge to get the lungs working.

### 2.5km Running trail ●●●

Great for building your fitness on a mostly flat route along the beautiful Lady Vale Walk. Ideal for starting to increase your distance.

### 5km Running trail ○○○

This challenging route explores the Lidcutt Valley, before crossing the river at Angel bridge. Featuring a steady climb before a slow descent, this route is our longest and toughest trail, guaranteed to get the heart pumping.



## 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 our forests and get free onsite parking, forest updates and discounts.

[forestryengland.uk/membership](https://forestryengland.uk/membership)

