







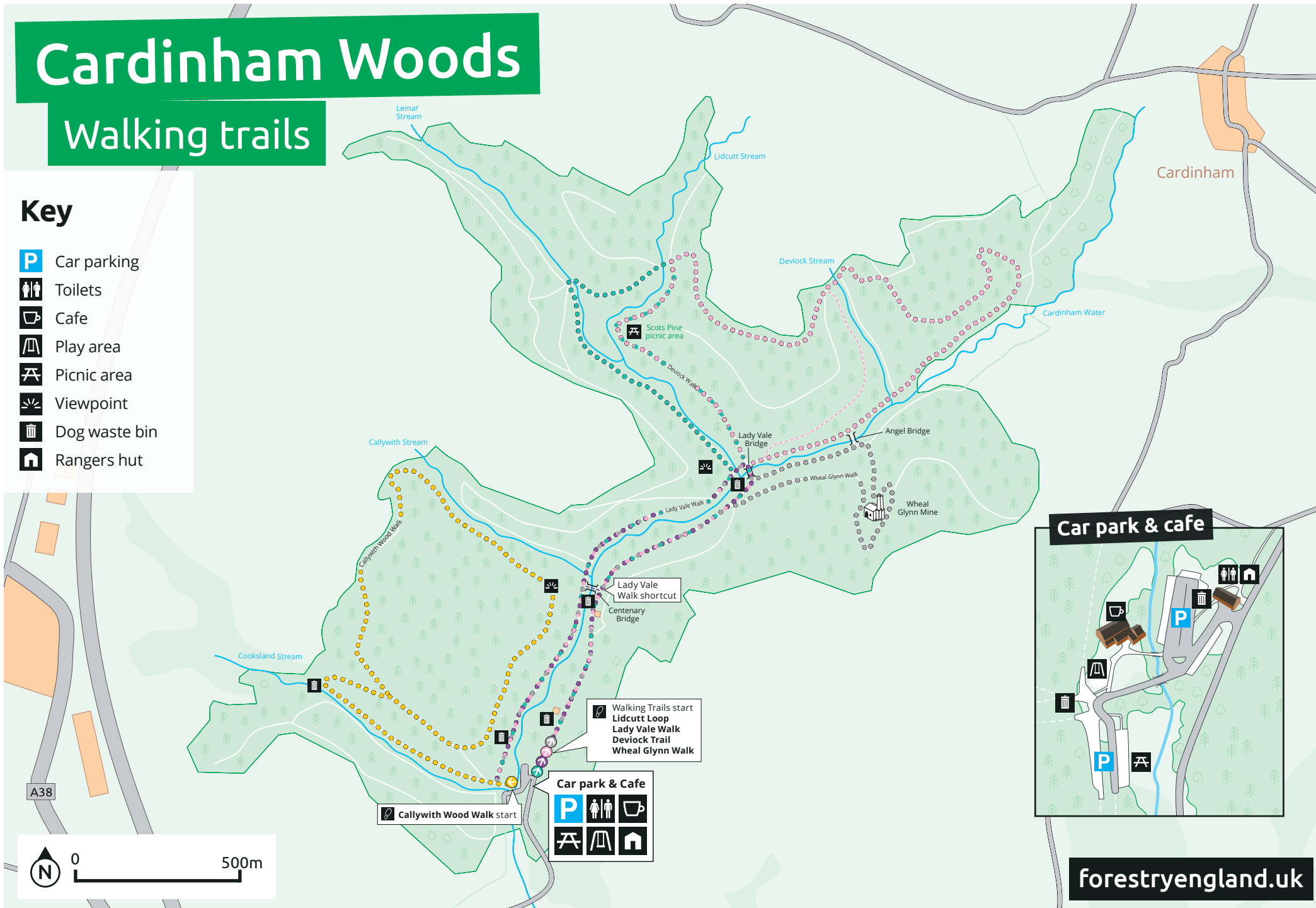


Cardinham Woods

Walking trails

Key

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





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 five waymarked routes. All routes start at the carpark.

Trail information

Lady Vale Walk ●●●

Kerdh Nans Arlodhes

Full walk 2.5 km (1.5 miles)

Using shortcut 1.3 km (0.75 miles) - - -

An easy-going route along Cardinham Water, suitable for wheelchairs and pushchairs. For a shorter walk, cross the Centenary Bridge to return to the car park and cafe.

Wheal Glynn Walk ●●●

Kerdh Hwel Glynn

4.6 km (2.8 miles)

This steep loop splits from the Lady Vale Walk and leads around old Wheal Glynn Mine which produced silver and lead until 1859. Look carefully to spot the engine house and chimney through the trees.

Lidcutt Loop ●●●

Trogylgh Looskos

4.85 km (3 miles)

This walk steadily climbs up the Lidcutt valley to the Scots Pine Picnic Area. Take in the views, before heading back down to the Lady Vale Walk to return to the car park.

Callywith Wood Walk ●●●

Kerdh Koos Kelliwydh

4.3 km (2.7 miles)

Follow Cooksland Stream, gradually climbing up into Callywith Wood, which has the finest view of Cardinham Water valley. The trail does a loop around the woodland before returning along the stream.

Deviock Trail ●●●

Lergh Devyek

6.5 km (4 miles)

Using shortcut 5.8 km (3.6 miles) - - -

The longest walking trail in Cardinham takes you on a gentle climb up forest tracks to explore the outer edges of the woods. There is a steep descent on the return which may not be suitable for inexperienced walkers. This can be avoided through taking the shortcut.

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