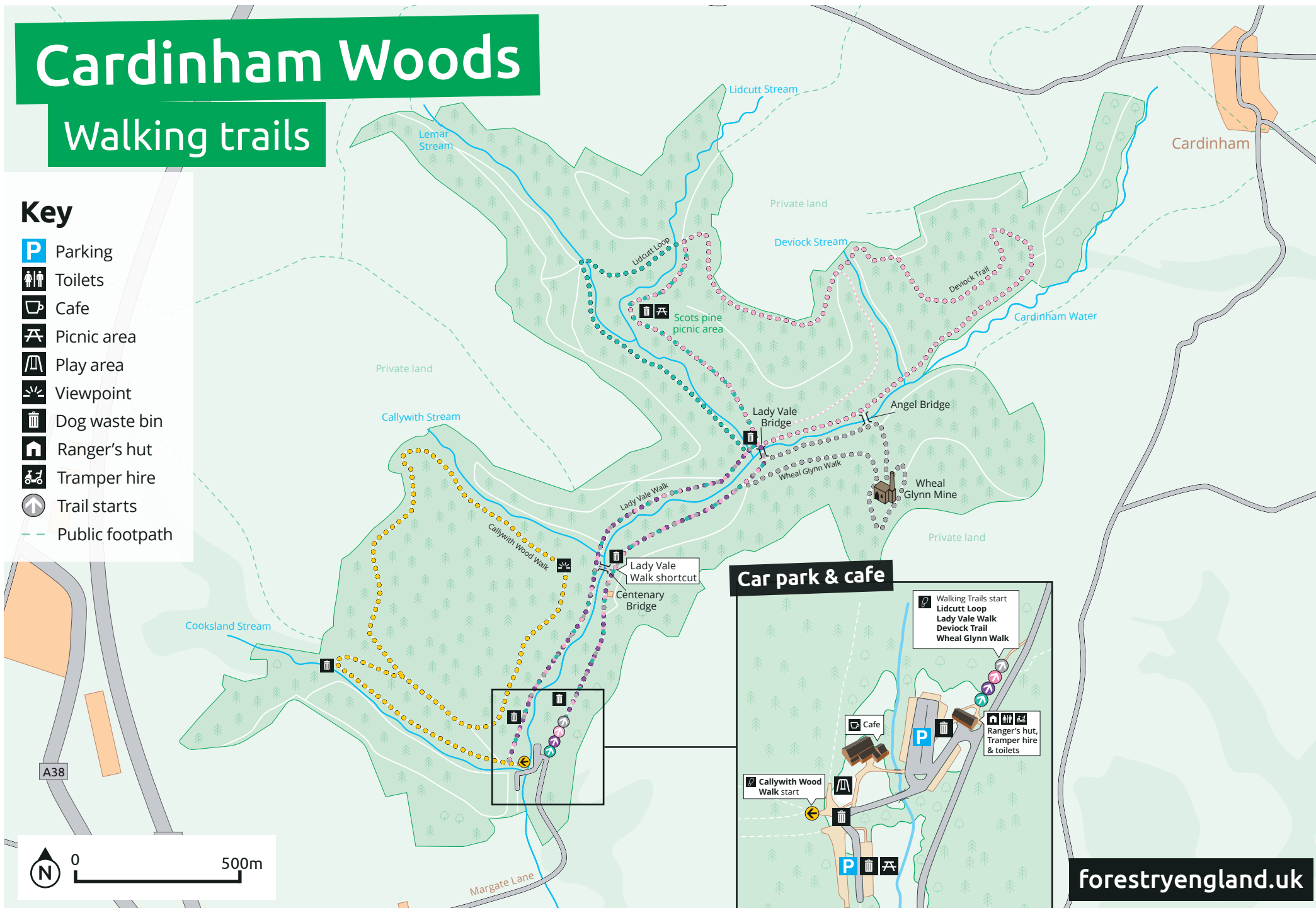


# Cardinham Woods

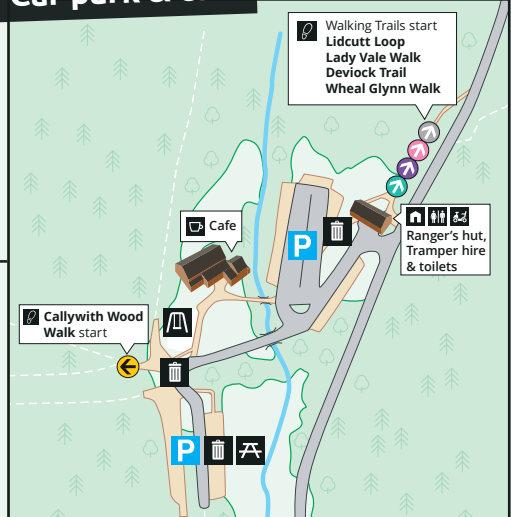
## Walking trails

### Key

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



### Car park & cafe



## Walking trails at

# Cardinham Woods

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

### Trail information

#### Lady Vale Walk ●●●

*Kerth Nans Arlodhes*

Full walk 2.75 km (1.7 miles) ---

Shortcut 1.45km (0.9 miles) ---

♿ Suitable for Tramper

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, believed to have 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.

#### Lidcutt Loop ●●●

*Trogylgh Looskos*

4.8 km (3 miles)

♿ Suitable for Tramper

Follow the gentle Lady Vale Walk to the Lady Vale Bridge then strike out uphill to reach the Scots pine picnic area. Take in the views before rejoining the Lady Vale Walk to return to the car park.

#### Wheal Glynn Walk ●●●

*Kerth Hwel Glynn*

4.6 km (2.8 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.

#### Devioc Trail ●●●

*Lergh Devyek*

Full walk 7 km (4.3 miles) ---

Shortcut 5.8 km (3.6 miles) ---

The longest walking trail in Cardinham Woods takes you on a gentle climb up the tracks to explore the outer edges of the forest. 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.

#### Callywith Wood Walk ●●●

*Kerth Koos Kelliwydh*

4.3 km (2.7 miles)

♿ Suitable for Tramper

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 look out along 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.

## 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.
- Keep dogs under control.
- 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)