



Forestry Commission
England

Cardinham Woods

Walking trails



There are miles of tracks to discover at Cardinham, or you can explore the forest along one of these waymarked routes.

Lady Vale Walk ● ● ●

2.4km (1½ miles)

An easy-going, easy access route enjoyable with wheelchairs or pushchairs. Follow the river upstream to Lady Vale Bridge, which takes its name from the Chapel of Our Lady that stood beside the river during the 12th century.

Deviock Trail ● ● ●

6km (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 the Lady Vale walk via a steep descent.

Wheal Glynn Walk ● ● ●

4.2km (2½ miles)

This long loop starts from Lady Vale Bridge and leads up to the old lead and silver mine. The engine house and chimney can still be seen amongst the trees. As you walk through some of the tallest trees in Cardinham Woods the ascent is steep, but the reward is a leisurely descent with wonderful views over the forest.

Callywith Wood Walk ● ● ●

4.2km (2½ miles)

A stroll on a good track with gradual slopes that skirts the Callywith Wood Wildlife Research Area, where we're carrying out a long-term research project to help conserve the dormouse. Look out for the viewpoint halfway round the walk where you can see up the valley of Cardinham Water to its source on Bodmin Moor.

Car park & cafe

Key

P Parking

Toilets

Cafe

Play area

Picnic area

Viewpoint

Dog bin

Barbecues

0 200 400 600m