

Welcome to Cardinham Woods

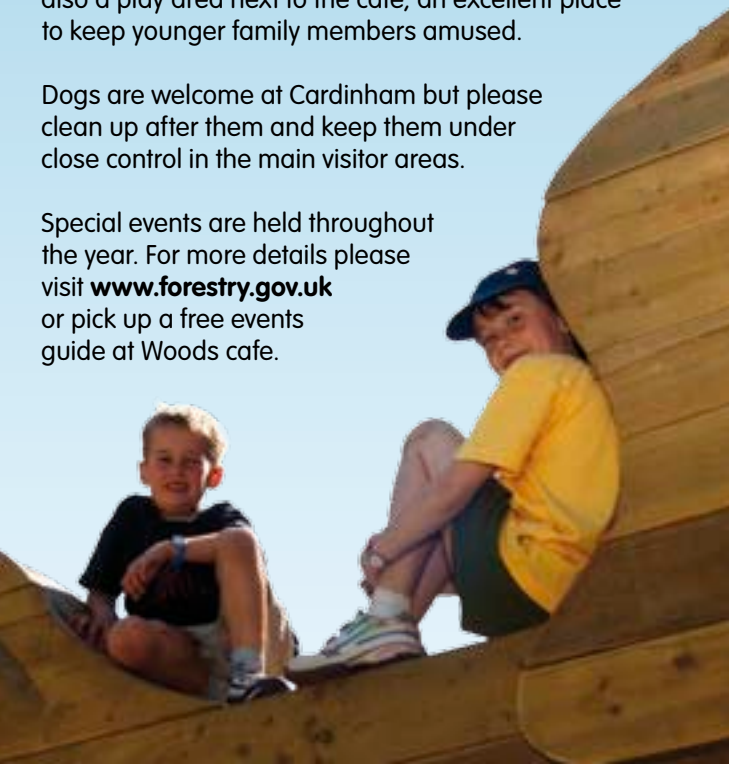
With four waymarked trails and miles of other tracks and paths to explore weaving their way through 650 acres of scenic woodland, the woods offer plenty of opportunities to blow away the cobwebs. As you explore, look out for buzzards circling high above the treetops, dippers and kingfishers by the river and deep in the woods listen for the rustle of deer.

If you've brought bikes, feel free to make up your own route using the many forest roads. Please ride with consideration, slowing down for walkers and horse riders.

After a busy day exploring the wood, relax in the picnic area by the river. You can even cook up a feast on one of the BBQs which are free to use. For a special treat visit Woods cafe which offers delicious home-made cakes, cream teas and light lunches. There's also a play area next to the cafe, an excellent place to keep younger family members amused.

Dogs are welcome at Cardinham but please clean up after them and keep them under close control in the main visitor areas.

Special events are held throughout the year. For more details please visit www.forestry.gov.uk or pick up a free events guide at Woods cafe.



Locations and information Enjoy your visit



Cardinham Woods

Near Bodmin



Location

From Bodmin, take the A38 to Liskeard. Take the first exit at the roundabout and follow the brown tourist sign. Pass the crematorium, and just after a sharp right hand bend take the turning on the left (signed 'Cardinham Woods').

Contact

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Exeter, EX6 7XR
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E: enquiries.peninsula@forestry.gsi.gov.uk

» www.forestry.gov.uk

Parking

£2 all day, £1 for 2 hours.
Annual permit available.

Woods cafe

Open daily throughout the year. Please phone for opening times: 01208 78111.
E: woodscafe@hotmail.co.uk



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after use

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Walking trails »

Lady Vale Walk ●●●●●

3 km (45 mins). Easy.

This is an easy-access route, so you should have no trouble enjoying it with wheelchairs or pushchairs. The track follows 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.

Lidcut Valley Walk ●●●●●

5½ km (1½–2 hrs). Moderate.

This is a long loop leading off the Lady Vale walk for those who wish to stretch their legs. There is one steep section as you climb up the valley side, but you are rewarded by views over the forest and a well deserved rest at the Scots Pine picnic area.

Alternative route avoiding steep hill: ● ● ●

Wheal Glynn Walk ●●●●●

1½ km (45 mins). Short and strenuous.

This is a short loop starting from Lady Vale Bridge leading up to the old lead and silver mine of Wheal Glynn. The old 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 out over the forest.

Callywith Wood Walk ●●●●●

4 km (1–1½ hrs). Moderate.

This is a stroll on a good track with gradual slopes that skirts the Callywith Wood Wildlife Research Area. Within this special area we are carrying out a long term research project to help conserve the Dormouse. About halfway round the walk you arrive at a viewpoint where you can see up the valley of Cardinham Water to its source on Bodmin Moor.

Cardinham Woods

Follow the Forest Code

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



Key

	Cafe		Viewpoint
	Picnic area		Parking
	Play area		Toilets
	Dog bin		