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## **Useful Information**

**Parking:** Just off A30, lay-by at beginning of Five Lanes at 22434/80667.

**Parking for shorter walk:** Shortly before Eastmoorgate on broad grassy swathe on L.

**Getting There:** 15 miles E of Bodmin, go L towards Altarnun and bear L, lay-bys along road.

**Transport:** Western Greyhound bus 225 links Launceston and Altarnun vis Five Lanes (M-F only).

**Refreshments:** King's Head, Five Lanes, open all day and does B&B.

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## **Route Directions**

### **Five Lanes to Fox Tor Trig Point – 1.63 miles**

**Start from lay-by at Five Lanes at 22434/80667.**

Cross the old A30 and follow the Tregirls sign, under the A30, to a roundabout and follow the Tregirls lane. After about ½ mile, immediately after a bridge over a stream, Old Corn Millis on your R. The lane bears L uphill, wooded at first, then downhill passing a massive stone on your L and a cottage on your R. You reach Eastmoorgate house on your R at 1.18 miles. Bear L on a track to a galvanised gate (sign East Moor Agricultural Grazings) at 1.25 miles. Enter East Moor and follow the LH hedge, Halvana Plantation off to your R, to a fork in the track. From here head uphill, roughly SE, on grassy, then rocky, land uphill a little steeply, crossing a boundary work at 1.36 miles, to the Trig Point on the L of the Fox Tor ridge at 22635/78600 at 1070 feet. *From here there is a full panorama, including views E to Dartmoor, S to Hawk's Tor, Trewortha Tor, Kilmar Tor, and the Caradon Hill masts. (1.63 miles)*

### **Fox Tor Trig Point to Cairn Hill Ring Cairn – 0.64 miles**

From the trig point on Fox Tor head SSW downhill. After about 250 yards, the ground becomes a bit scrubby. A vague grassy track through the scrub heads overall in the correct direction. You come into clear grazed land at 2.04 miles then head up toward the summit of Ring Cairn Hill. A Stone Row is encountered at 22402/77905 at 960 feet at 2.10 miles. Follow the Stone Row uphill, encountering first a faint ring cairn at the top, followed by the main Ring Cairn, with a recumbent 6 foot stone, at 22410/77634 at 1005 feet. *From here views are, S to E, of Smallacombe Woods, Stowe's Hill, Caradon Hill mast, Kilmar Tor and Hawk's Tor. (2.27 miles)*

### **East Moor Ring Cairn to Ridge Cairn – 1.26 miles**

Head slightly N of E towards the LH end of the summit of Ridge, 'tumulus' on the map. After a while Tresellern comes into view to your R. You should encounter one of largest of the stones of the Stone Row leading to Nine Stones Circle at 23240/77730 at 2.81 miles. A and N marks are visible, as are 2 or 3 more stones. Continue down to the northwestern extremity of Watery Marsh at 3.00 miles. From there continue uphill through intermittent scrub, following the line of least resistance, heading roughly ENE, moderate to steepish. On the way up, you pass a settlement at 24004/77779 at 3.30 miles. The clear ground begins at 3.44 miles, with long views east to Kit Hill and Dartmoor. Bear NE along open ground to Ridge Cairn at 24331/77849 at 1090 feet. **(3.53 miles)**

### **Ridge Cairn to Clitters Farm – 1.29 miles**

From the cairn, head downhill, initially NW avoiding furze on your L. The Nine Stones of Altarnun soon come into view roughly WNW, with Fox Tor behind. Head for them over mostly clear grazed ground, with some scrub, to reach them at 23616/78142 at 4.07 miles. From there set off roughly ENE to find the Stone Row heading for Clitters. The first (recumbent) stone is at 23751/78210 at 4.17 miles, standing stones start at 23863/78262 at 4.26 miles. The second standing stone, with odd sculpted looking rock behind, is at 23924/78286 at 4.30 miles. Continue to follow the line up to 24031/78333. *At this point Clitters Cairn, identified by thorn tree growing on top, is 200 yards off to your R with an old hedge line heading for it. You could detour by it with no additional mileage. (4.38 miles)*

Now head downhill, following the stone row, which heads for the corner of Clitters Plantation, but soon bear R to the E end of the plantation. At the end follow the LH hedge round to a galvanised gate (WM) at 4.70 miles. *Here you join the Copper Trail for the rest of the way back to Five Lanes.* Go L on a grassy track downhill, with woodland on your L, to a WM at 4.76 miles, very muddy here, and then easy uphill to abandoned Clitters Farm. **(4.82 miles)**

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**Clitters to Five Lanes – 2.22 miles**

Continue uphill on a grassy track to a metal gate (WM) to open land at 5.87 miles. *A WM R is for a path from which you could visit ruins of a fortified manor house, Upton Castle, rejoining by a different path, adding about ¼ mile.* The grassy track continues near the RH hedge, by woodland, up and then down. At a fork keep R (WM), following a grassy then stony track downhill through furze & blackthorn along the LH hedge, *nice views of Upton valley below R.* At a WM at 5.22 miles join a better made track and go R on it downhill. The stony track, now very wet at times, then bears L uphill, following a WM. At 5.25 miles, go R over a step stile and wooden stile (WM) into a plantation. Now follow a grassy track out of the plantation and go L to the LH corner of a field to a high wooden stile by a wooden gate to a track. **(5.35 miles)**

Go R on the tarmac track, passing Newton Cottage on your R and, at 5.40 miles, go L (FP) *(stile missing, WM at first not visible).* Immediately cross a track and continue forward on a path, with a plantation on your R, into an open grassy area. Cross to the far R corner to a wooden stile *(tree collapsed over it)* at 5.53 miles, into a wooded area. Bear L for a few yards then R to a wooden stile (WM) at 5.55 miles. Cross stepping stones over a stream and follow a WM uphill in a field, bearing L to a shed and wooden stile (WM) at 5.62 miles. Go on for 20 yards to a crossing track and go straight across it on concrete track uphill, passing Treburland House on your L. After gateposts, the track continues uphill to a sheep stile on your R (WM) to a field at 5.72 miles. Cross the field diagonally L to the far corner *(an electric fence may intervene)* to a wooden stile *(WM hidden)* at 5.86 miles and go down 13 steps to a tarmac lane. Go R on the lane, down to a bridge over a stream, then up to Tregrenna House on your R. **(5.99 miles)**

The lane bears L then, at a R bend, go forward through a galvanised gate *(no WM)* to a field at 6.05 miles. Follow the LH hedge to an open gate to a second field at 6.15 miles. Continue along the LH hedge to a tall cattle stile (WM) *(with wooden barrier before and after it)* to a third field at 6.24 miles. Follow the RH hedge to a cattle stile *(barrier)* to a fourth field at 6.27 miles. Continue along the RH hedge to a wooden stile by a galvanised gate to a fifth field at 6.31 miles. Follow the RH hedge to a wooden stile (WM) to a grassy track. After 15 yards bear L on a gravelly track with Rivendale House on your R. **(6.35 miles)**

After about 60 yards go L through a gate and follow a well made track between hedges, passing a white WM. The track becomes a tarmac track then a lane into Trenilk. *On your R note a former butter store at 6.47 miles, opposite Trenilk Farm.* Continue on the lane for 40 yards and go R over a high cattle stile *(no FP or WM)* to a field. Cross to a wooden topped cattle stile (WM) to a second field. Now go diagonally L to a filled-in cattle stile (WM) to a third field. Cross this to the L corner to a wooden stile to a minor road at 6.78 miles. Go L on the road to the roundabout and go R under A30 to return to your start point at Five Lanes. **(7.04 miles)**

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**If you would like to stay longer on the moor, avoiding farmland stiles, try this alternative return to Five Lanes. Clitters summit over the moor to Eastmoorgate and on to Five Lanes – 2.35 miles (saves 0.31 miles)**

Head roughly WNW, staying on the moor, to skirt the northern edge of the Open Access land to Eastmoorgate. This is mostly open, close-cropped grazing land. You will pass a hut circle at 24058/78375, then a ford over Redmoor Brook at 23318/78781 at 4.69 miles. At 5.06 miles you cross a rough track, banked on both sides, which leads down to a lane at Tregune. Continue on the moor, with Halvana Plantation in view ahead. At 22466/78888 at 5.26 miles, you will see a standing stone and an alignment pointing up Fox Tor. The gate from the moor is at 5.49 miles. Follow the lane back to the roundabout and Five lanes. **(6.73 miles)**

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**An alternative walk, starting from Eastmoorgate and using the above return route – 4½ to 5 miles**

At a pinch, you could park at Eastmoorgate, close to the gate to the moor. This is not recommended. However there is a quarter mile of broad grassy swathe above the lane, starting at 22151/79140, just 250 yards from the gate to the moor. If you start and finish here, your walk would be only 4½ to 5 miles, almost entirely on Open Access moorland.