
Start from Woods Café in the Cardinham Woods (pay) car park at 09984/66747.

Woods Café to Ladyvale Bridge – 0.85 miles

Leave children's play area on R and go R under a wooden archway and then R again on a broad well made track signed Ladyvale Walk, with Cardinham Water below on R, following a purple footprint waymark. Track climbs roughly NNE fairly gently through coniferous woodland (Callywith Wood) on L and deciduous in valley below R. At 840 yards pass on L a track labelled "Lidcutt Valley Walk" and continue climbing gently again, passing at 0.63 miles a bench with a view over the river. After descending gently, at 0.83 miles you come to a fairly complex junction. L is the return of the Lidcutt Valley Walk. Cross stream and next L is track up through Deviock Wood up towards Cardinham Downs and Racecourse Farm. Bear R following Ladyvale Walk sign. By a grid ref. post and a stream on R, one track goes L uphill fairly steeply, another (almost parallel) follows the N bank of the river. Continue across the next bridge over the river proper, noting on R Ladyvale clapper bridge, seen from 10699/67669. Continue to a cross track (R goes back to the car park) at 10755/67653. **(0.85 miles)**

Ladyvale Bridge to Milltown Clapper Bridge – 0.73 miles

R is signed Ladyvale Walk, L is signed Wheal Glynn (small mine remains up a steep hill). Go L along S bank of river, signed Wheal Glynn. At 1.07 miles a footbridge goes off L to N bank of river. At 1.08 miles a mountain bike trail (the Bodmin Beast) heads up steeply R. At 1.13 miles at 11092/67774 a track heads off up R signed "Wheal Glynn Walk"; a detour would add about ½ mile. At 1.27 miles pass a rough track going up R steeply to Wheal Glynn. Track splits at 1.34 miles at 11379/67932, R goes uphill but go L downhill past a barrier, following bridleway WM, across wet ground to Milltown Farm. As the track levels, below on L is a landscaped garden. Continue on a now badly degraded tarmac track, millpond below on L. Then, at 11654/68412 at 1.54 miles, immediately after a white cottage, you come to a T. Go L downhill on a tarmac lane for a few yards and, after passing Lang's Mill on L, pass a sign "Unsuitable for Motor Vehicles" and on to a ford and clapper bridge over Cardinham Water at 11605/68170. **(1.58 miles)**

Milltown Clapper Bridge to Deviock Cross – 0.58 miles

Cross the bridge to a sunken track up fairly steeply through first deciduous woodland. Surprisingly, this must once have been a road as there is evidence of tarmac. At the top of the first rise at 11579/68244 at 1.62 miles the track divides; R is FP in Cardinham direction. Go L, continuing uphill, re-entering Forestry Commission coniferous woodland. A few yards on you come to a cross track; bear R on it, starting N but bearing NW, fairly steeply uphill. At 1.67 miles a quite severe S bend L and R starts. Ignore a track heading up right. At 1.77 miles the gradient eases and then at 1.92 miles at 11227/68153 you come to a cross track. L goes downhill steeply; go R heading roughly NNW, uphill through young conifers, and at 2.00 miles at 11137/68287 you come to another cross track. Go R gently uphill on this muddy track, heading initially NE, but then at 2.07 miles bear L to go roughly N, uphill fairly gently, fields on L. At 2.11 miles the track heads R but go L through a galvanised gate and L on to a lane to Deviock Cross at 11052/68413. **(2.16 miles)**

Deviock Cross to Lemar 'Clapper' - 1.37 miles [this section subject to amendment]

Go R on a track, leaving Deviock Cottage to your R, gently uphill. At 2.28 miles a track on L is signed Deviock Barns. Continue forward on a concrete track downhill then up again to a T with a tarmac lane at 11035/69089 at 2.58 miles. Go L on the lane downhill, passing small wind turbine on L and a turning signed "Deviock Barns" on L. The lane bears L then R uphill, up to 550 feet at 10584/69144 at 2.90 miles. Here ignore the lane bearing R and continue straight on uphill on what is at first rough tarmac. After 40 yards cross the track to Lidcutt Farm to L and continue up on a wide grassy swathe between a wooded hedge on L and a brambly hedge on R. **(2.92 miles)**

At the top at 625 feet at 3.15 miles bear L, roughly following the hedge line off to your L with the A30 off to your R, heading downhill roughly towards Racecourse Farm. View forward L of wind turbine with Bodmin Moor behind, half L to the masts on Caradon Hill. At 3.37 miles you come to a rough stony/grassy track still downhill and bearing a bit L. At 3.42 miles, with 2 field gates ahead, go R on a fairly steep grassy path between brambly hedges. At 3.50 miles a small stream enters from R and the path becomes wet. Down to the bottom, to a confluence of small streams south of Lemar Farm and an unusable tiny clapper bridge at 370 feet at 09586/69083. **(3.53 miles)**

Lemar Clapper to Callybarrett Cottage – 0.47 miles

Ford the streams and bear L uphill fairly steeply, through a galvanised gate, on a stony grassy muddy hollow way track between wooded hedges. Ignore stiles R and L. Through a wooden gate at 3.69 miles and bear L still on the track. The hill eases off and you enter an open field at 09387/68644 at 3.81 miles. Follow a blue bridleway WM straight across the field to a galvanised gate near the far L corner at 620 feet at 3.90 miles. Go through the gate and continue forward on a wide grassy track between brambly hedges. Soon it becomes gently downhill to iron gates to a T at Callybarrett Cottage at 09385/68295. **(4.00 miles)**

Callybarrett Cottage back to Woods Café – 2.62 miles

Go L through a wooden gate signed bridleway along a track following the LH hedge and fence. Immediately pass on your R a radio station, then two masts. The track climbs to about 600 feet and then begins to descend. At 4.50 miles go through a gate to a second field and continue approximately SE following a slight path across the field. Continue down to a wooden gate at 10139/67548 at 4.68 miles. Re-enter Cardinham Woods and follow what starts as a grassy track downhill through woodland. At 4.77 miles come to a cross track. Go L following the white arrows, labelled 'Lidcut Valley Walk'. At 5.15 miles at 10174/67948 come to a Y; forward is cycle trail, go R downhill 'Lidcut Valley Walk'. At the bottom at 10156/68214 at 5.30 miles come down to a junction with a wide track. Go R down to Ladyvale Bridge and the main track from the car park that you began your walk on. But, instead of taking it back to the start, go L, over a bridge over a stream, bear round R, passing a doggy bin and Ladyvale clapper bridge to your R, and cross the bridge over Cardinham Water, to the next main track at 5.78 miles, signed Wheal Glynn L and Ladyvale Walk R, and go R on this main track. Pass "Lost in the Woods Lodge" on your L at 6.23 miles and "Range Cottage" on your R at 6.35 miles. At 6.38 miles come to a fork. Bear R back to toilets at 6.48 miles, to the car park and to Woods Café. **(6.62 miles)**