
Start from Woods Café by the Cardinham Woods (pay) car park at 09984/66747 at around 175 feet.

Woods Café to Ladyvale Bridge Junction – 0.82 miles

Head roughly SE, leaving a children's play area on your R and at the end of it go R under a wooden "Walking Trails" archway and R again on a broad well made track signed Ladyvale Walk, with Cardinham Water below you on R. There is a purple footprint WM. The track undulates roughly NNE fairly gently through coniferous woodland (Callywith Wood) on L and mostly deciduous in the valley below on R. Along the way you pass a number of wooden cut outs of animals (real or imaginary) in trees to your L and R and occasional small nature storyboards. At 0.48 miles you pass a track labelled "Lidcut Valley Walk" on L and continue more or less at river level climbing gently again. At 0.83 miles at 10657/67710 you come to a fairly complex junction. L is the return of the Lidcut Valley Walk. Bear R across a stream and, almost immediately, at 10678/87697 at 0.82 miles, go L NW up a track with deciduous woodland and valley below L, coniferous woodland of Deviock Woods above R. **(0.82 miles)**

Ladyvale Bridge Junction to Lidcut Wood – 0.73 miles

The track is initially fairly steep but eases off after about 300 yards then goes gently down then up again. At 1.12 miles pass a track coming down on R out of the woods. At 1.18 miles at 10299/68125 at 235 feet, picnic tables on L, unstable looking rock face on R, track turns 90° right and starts uphill again easy, heading initially roughly NE but bearing NNE at about 1.26 miles. At a T at 1.36 miles at 10477/68321 ignore a L downhill and go R uphill, almost immediately passing on R a direction post for the 'Bodmin Beast' mountain bike trail. Continue uphill easy, at about this point Lidcut Wood on your L. In a few yards, at 1.39 miles at 430 feet, two tracks head off R uphill but continue forward on a narrower grassy track, gently downhill then up again easy, woods above R, valley below L. At 1.52 miles the undulating track becomes a bit wet and muddy in places. At 1.55 miles at 10560/68596 the track heads up R and peters out. Here go ahead over a wooden stile into Lidcut Wood. **(1.55 miles)**

Lidcut Wood to Deviock Cottage Barn – 0.59 miles

A clear enough path goes gently uphill through the woods. After 100 yards you cross a muddy area and the path continues through the woods becoming briefly steep uphill. At 1.69 miles at 10827/68799 enter a field by a WM post. Follow the WM, bearing round R, up to a gate at 1.78 miles at 10964/68818 at 485 feet. You come out onto a concrete track. Go R on it towards Deviock Cross, uphill easy, heading roughly SW at first but soon bearing S then SSE. At 1.92 miles at 550 feet you pass on your R track to Deviock Barns. Continue forward, now slightly downhill on a muddy track, passing immediately on R a small wind turbine, down to a T at 2.04 miles at 11045/68427, Deviock Cottage on your L, Deviock Cross ahead of you. Go L on a muddy track, heading roughly ENE, to the end by Deviock Cottage's small corrugated tin barn at 2.14 miles at 11194/68441. **(2.14 miles)**

Deviock Cottage Barn to the road to Cardinham – 0.61 miles [this section subject to amendment]

Go R through a galvanised iron gate and go forward on what becomes a fairly steep track downhill, heading at first roughly SSE then bearing SSW. After 200 yards at 11445/68362 the track divides, R fork goes uphill, take the L fork downhill. When the track bears R, at 2.36 miles at 11570/68292 at 300 feet, you need to bear L on a smaller track still downhill a few yards to a T. R downhill heads for Milltown clapper bridge, you should go L uphill heading roughly NE, still in woodland. After 50 yards or so, at 11626/68302 you come to a fork with WMs pointing R and forward. Follow the forward WM, heading roughly NE, fairly steeply in a well defined hollow way. The track must once have been a road as, although deeply rutted now, and probably like a stream in heavy rain, there is evidence of tarmac. At 2.49 miles the track is briefly concrete. You are now out of woodland proper and just between high hedges. At 2.58 miles, pass a bridleway WM post and continue uphill more gently, still between high hedges. At 2.68 miles, in wet weather a vast puddle may well be almost impassable. You can, however, avoid it by taking a gate into a field on the R and another one out. At about this point there is a fine view down to Cardinham church to your R. Continue up to a tarmac lane at 11467/68855 at 2.75 miles at 525 feet. To your L is a turning signed Blisland and Launceston. **(2.75 miles)**

Road to Cardinham to Cardinham Church – 0.61 miles

Go R on the lane downhill fairly steeply, passing a lane coming in on the L and passing a FP sign at 11931/68930 pointing R into a gated field. At the very bottom the road crosses a small stream. Immediately after, at 11982/68926 at 3.10 miles at 335 feet, go R over a tiny clapper bridge to cross a high wooden stile into a field. It may be extremely wet on the other side but there are stepping stones. Cross diagonally L heading gently uphill, roughly SE, just to the R of Cardinham church to a high wooden stile, alongside a wooden gate, at 3.30 miles at 12216/68705. Follow the wooden fence on L, passing Tower View House on your L, to a grassy ramp. Go up that and through a wooden gate to the churchyard of St. Meubred's Church, Cardinham. The south porch is at 3.36 miles at 430 feet at 12302/68683. **(3.36 miles)**

Cardinham Church to Quarryhill Wood – 0.48 miles

Leave the churchyard by the eastern entrance, down 10 steps to the road. Go R on the road downhill for about 200 yards, passing Cardinham House on R, down to a FP sign at 3.49 miles at 12322/68537. Go through a galvanised gate (*can be very muddy on the other side*) into a field. Head roughly WSW, leaving a lone oak on your R, to a galvanised gate (*WM post but no WM*) at 3.65 miles on to a short muddy track for about 25 yards to another galvanised gate to a second field. The track continues with tall beeches on R and a wooden fence on L. The track becomes a narrow path following the fence on L to a wooden stile at 3.71 miles to a third field. Head diagonally slightly L downhill to a wooden stile (WM) at 3.79 miles to a fourth field. Go diagonally L across this field, leaving a wooden jump just to your L to a difficult wooden gate to the southern end of Quarryhill Wood at **3.84 miles**.

Quarryhill Wood to Cardinham Woods – 0.31 miles

Follow a path through scrub for a few yards to a FB (*damaged in January 2015*) over a small tributary of Cardinham Water at 3.87 miles at 11790/68223. Continue on wet muddy track, passing an abandoned hut, to a wooden gate at 3.91 miles (*can't open it but can bypass it*). Continue to a tarmac lane at 3.93 miles at 11715/68165. Go R on the lane for 50 yards, still in woodland, down to just before white painted Lang's Mill. Go L on a track, signed Milltown Farm and Goathouse. At 4.05 miles pass Goathouse on L, Milltown Farm and a long bungalow on R. Track deteriorates with iron gates to R and L and crosses some very muddy ground and on briefly uphill to Forestry Commission land, passing a low barrier. At a well-made cross track at 4.15 miles go R following a bridleway WM. (**4.15 miles**)

Return through Cardinham Woods – 1.32 miles

At 4.22 miles a track comes in down steeply on L. Cardinham water is now below on R for the rest of the way. At 4.35 miles pass on your L a steep track up to Wheal Glynn mine remains. At 4.41 miles 'Bodmin Beast' mountain bike track comes steeply down on L. A few yards later ignore a wooden FB crossing the river to the track on the N side. At 4.61 miles you come to the Ladyvale Bridge junction. Continue forward, Ladyvale clapper bridge below you to R, passing 'Lost in the Woods Lodge' on your L and Range Cottage on your R, and bear R to the toilets at 5.33 miles, the car park and on to Woods Café at **5.47 miles**.