
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 "Lidcut 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 Lidcut Valley Walk. Cross stream and next L is a 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 Lang's Mill – 0.69 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, immediately after a white cottage, you come to a T. **(1.54 miles)**

Lang's Mill to Cardinham – 0.49 miles

L would take you past the white cottage (Lang's Mill) to a clapper and ford over Cardinham Water. Go R on a hollow-way lane uphill and, at a RH bend at 11702/68149 at 1.57 miles, at a public footpath sign on L, bear L into woodland initially down on a muddy track for 25 yards to bypass an un-openable wooden gate. Continue on muddy track through deciduous woodland, passing an abandoned building on L, to a wooden footbridge (damaged at January 2015) over a tributary of Cardinham Water at 11782/68213 at 1.63 miles. Cross with care and follow track for a short distance up to a wooden gate (WM) to a field at 1.66 miles. WM obliterated but go diagonally L uphill, leaving a low single jump to your R, to a wooden stile to a second field at 1.72 miles. Follow WM diagonally uphill to a line of beech trees and to a wooden fence and a wooden stile at 1.79 miles. Follow a path between hedge on L, fence and field on R to a galvanised gate at 1.84 miles. Continue for 25 yards to another galvanised gate to a third field. Cross to a little to the R of the far LH corner. As you pass a large oak tree in the middle of the field note that Cardinham church tower and Cardinham House come into view to your L. Surrounded by mud, you come to a galvanised gate to a lane (Cardinham to Bodmin) at 12315/68529 at 370 feet. **(2.03 miles)**

Cardinham to the Mount to Bodmin Road – 0.69 miles

Go R on the lane downhill, passing Cardinham cemetery on L, tennis court on L and entrance to Millpark on R. Shortly after Old School House on R, the road bears R but go L (bridleway WM) at 12390/68287 at 2.20 miles through a gate to Wayside Cottage. Go forward over stone chippings to a narrow gap between bamboos and, ignoring gate to field on L, follow stream-like path down to a wooden gate at 2.22 miles. Fairly narrow path continues between hedges and turns R at 2.24 miles into woodland to reach a wide clapper bridge over a stream and an iron gate at 2.26 miles. Continue uphill on grass to pass a telegraph pole on R. Ground levels off, valley below on R; follow LH hedge downhill to an iron gate by a mini waterfall at 2.42 miles. Continue past the ancient buildings of Castle Farm and go up the drive between gate pillars to a lane at 12498/67860 at 2.47 miles. Go R on lane, pass cottage on L to a dead end at 2.50 miles and go L (no WM) through a wooden gate and up a rough track uphill between high hedges to a wooden gate to a field at 2.56 miles. Follow the LH hedge uphill, bearing eventually a little R to a galvanised gate at 2.72 miles at 450 feet to a lane (Mount to Bodmin). **(2.72 miles)**

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The Mount to Bodmin Road back to Woods Café in the Cardinham Woods Car Park – 2.05 miles

Go R on the lane uphill very gently, passing Park Farm and Gwel an Nans Farm on L, then gently downhill to a junction of roads and tracks at 11836/67443 at 3.20 miles. Lovely old fashioned signpost with granite post and wooden arms – many found around Bodmin Moor – points R Cardinham and L Bodmin. Cross the road to a well made track, signed Public Bridleway, heading first WSW then SW, gently uphill to cross Long Downs, grazing for cattle and sheep. The well-graded track was probably once the coach road from St. Neot to Bodmin. From 3.32 miles there are fields to both sides. In wet weather there may be something of a lake soon after. Then views open out, Bodmin Beacon and Castle-an-Dinas forward R. The track climbs very gently up to 620 feet at 3.65 miles. It then becomes easy downhill for most of the rest of the way. Pass a WM at 3.76 miles. Pass a modern barn on R at 3.92 miles. Track now essentially stony and ahead half L view of Clay Country. At 4.14 miles becomes a little steeper and noticeably rougher. At 4.19 miles pass barn and Tawnamoor farmhouse on R, then you pass an obliterated WM and the track narrows, crossing a filled-in coffen stile and passing more houses. The track is now concrete, enters woodland at 4.27 miles, becomes fairly steep down until you go R at 4.44 miles on the lane leading back to the Cardinham Woods CP. Back to toilets at 4.63 miles, to the car park and on to Woods Café (4.77 miles)