

forestry.gov.uk/pass

With free parking as well as other great discounts, the annual Discovery Pass gives great value back into maintaining Cardinham Woods. Buy online or at the cafe.



...and support
Cardinham Woods
**Discover the
freedom of
the forest...**



Welcome to Cardinham Woods

With forested slopes of mixed woodland, Cardinham Woods is one of Cornwall's hidden gems. Approached along sunken lanes, it's a real discovery in the heart of the county.

Take the family for a picnic, enjoy the play area or go for a peaceful stroll through the woods. There are cycling routes to choose from too, with trails for different abilities.

Explore to find the stunning viewpoints around Cardinham and if you 'dig' even deeper you'll find evidence of the area's past intriguing history with remnants of the old mine and the pretty, traditional clapper bridge. This beautiful valley with its bubbling stream is literally teeming with insect and birdlife for those quieter moments.

After your exploring you can indulge in a treat at Woods Café, or cook up a feast on one of the barbecues provided free of charge.

forestry.gov.uk/mobileapp
Lots of info on our main sites.
Get the forest in your pocket!
Download our free app, with
an easy tree identifier and
lots of info on our main sites.

Forest Explorer

forest.gov.uk/mobileapp

forest.gov.uk

or visit:
forestry.gov.uk/moreinfo
information, sign up for
England. For more
and woodlands throughout
Woods. We care for forests
looks after Cardinham
The Forestry Commission
Haldon Forest and
Bellever Forest Park.
Explore our other forests
in the south west.

Enjoyed your visit?

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

Follow the Forest Code

BBQ Family

Play area

biking off-road

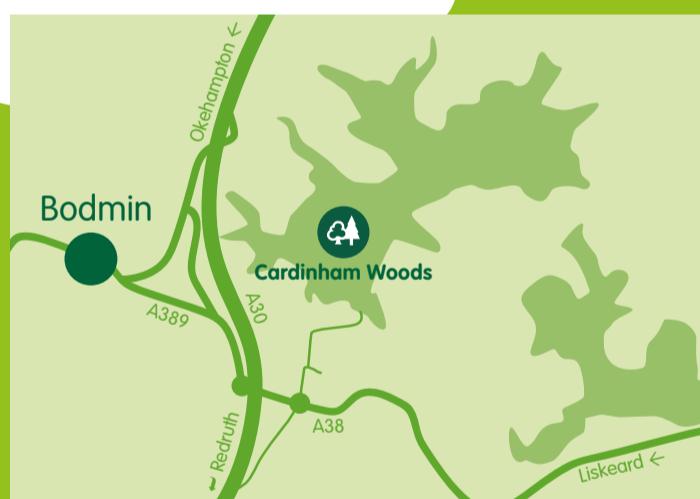
Once you've burnt off some energy outside, step inside Woods Café to recharge and refuel, with a selection of scrumptious homemade food, made using local ingredients where possible.

T: 01208 78111 E: woodscafe@live.co.uk

Woods Café

Cardinham Woods Café logo

Visitor information



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'. Satnav: PL30 4AL.

Contact

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www.forestry.gov.uk/cardinham

If you need this publication in large print or in another language please contact us. **Tel:** 0131 314 6575
Email: diversity@forestry.gsi.gov.uk



Forestry Commission
woodlands have
been certified in
accordance with the
rules of the Forest
Stewardship Council.
The mark of
responsible forestry



Cardinham Forest is cared for by:
Forestry Commission
England

**Forestry Commission
England**

Explore Cardinham Woods



Explore the trails

Walking trails

Lady Vale Walk ●●●

2.4 km (1½ miles)

An easy-going, easy access route enjoyable with wheelchairs or pushchairs. Follow 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.

Wheal Glynn Walk ●●●

4.8 km (3 miles)

This is a short steep loop starting from Lady Vale Bridge leading up to the old lead and silver mine. The old engine house and chimney can still be seen amongst the trees. A steep ascent, but the reward is a leisurely descent with wonderful views over the forest.

Lidcutt Valley Walk ●●●

6.4 km (4 miles)

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 ●●●

4.8 km (3 miles)

Take the second left turning off of the Lady Vale Walk.

Callywith Wood Walk ●●●

3.2 km (2 miles)

A stroll on a good track with gradual slopes that skirts the Callywith Wood Wildlife Research Area, where we are carrying out a long term research project to help conserve the dormouse. About half way round the walk you arrive at a viewpoint where you can see up the valley of Cardinham Water to its source on Bodmin Moor.

Cycle trails

Bodmin Beast ▶▶▶

Distance 12 km
(7.5 miles) 1-2 hours

Suitable for cyclists with a moderate level of off-road experience and keen mountain bikers, this exciting trail explores the wooded slopes of the Cardinham Valley. You'll find challenges along the way while you take in the sights and sounds the woodland has to offer.

Dialled-In Dave ▶▶▶

Distance 900m
(0.5 mile) 5 mins

Natural, flowing and fast; this is an ideal introduction to Red grade single track and a great place to develop your trail riding skills. Berms, rock climbs, step downs and a variable surface take the challenge up a notch.

Hell's Teeth ▶▶▶

Distance 1.8 km
(1 mile) 15-20 mins

Hell's teeth, it's steep! After a tough climb, with some very steep sections, you'll be rewarded at the top with some narrow, flowing trail featuring numerous technical features. The trail ends with a steep, bermed descent back down the hillside, before rejoining the main trail.

Forest roads

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.

Trail: Gradients can vary. Surfaces may be uneven or potholed in places, look out for vehicles & other users.

Orange Extreme

Suitable for: Proficient mountain bikers with good off-road skills & fitness. Good mountain bikes.
Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks.

Suitable for: Riders in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some 'single-track' sections & small obstacles of root & rock.

Suitable for: Cyclists in good health with basic off-road riding skills. Basic mountain bikes.
Trail: Some 'single-track' sections & small obstacles of root & rock.

Suitable for: Cyclists in good health with basic off-road riding skills. Basic mountain bikes.
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