

Welcome to Cardinham Woods

If you're looking for fun and adventure or peaceful strolls, fresh air and exercise or natural beauty, we've got what you're looking for. Whether you come for a family picnic or a delicious teatime treat, to walk the dog or watch wildlife, you'll be surprised by what Cardinham Woods has to offer.

Go on, let Cardinham
Woods make your day...



Woods Café

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

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

 Woods Café
Cardinham



Location and information Enjoy your visit



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'.

Contact

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www.forestry.gov.uk/cardinham

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



Explore Cardinham Woods

Miles of trails waiting to be discovered



www.forestry.gov.uk

Walking trails

Lady Vale Walk ●●●

3km (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.

Lidcutt Valley Walk ●●●

5½ km (3½ 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 ●●●

4½ km (2¾ miles)

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

Wheal Glynn Walk ●●●

4½ km (3 mile)

This is a long 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.

Callywith Wood Walk ●●●

3½ 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.

Save money and support Cardinham Woods

With free parking as well as other great discounts, the annual Discovery Pass offers great value throughout the year. Income from the pass goes back into maintaining Cardinham Woods. Buy online or at the cafe.

www.forestry.gov.uk/pass



Explore Cardinham Woods

Follow the Forest Code

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



Key

- Parking
- Toilets
- Cafe
- Play area
- Picnic area
- Viewpoint
- Dog bin
- Barbecues

0 250 500m