

**Directions from Bodmin Parkway (mainline station) to Bodmin Town, for  
walkers/cyclists**

**(approx. 4.3 miles to the Tourist Information Centre)**

*This route is a pleasant, safer alternative to the main A38, and is strongly recommended. It is suitable for cycles, wheelchairs, mobility scooters and buggies but beware of a stiff climb out of Respryn.*

- 1 From the station follow National Cycle Route 3 (CR3). The sign is mounted on the high wall directly opposite you as leave the platform. The route heads right towards the station car park. After just a few metres, go through a red gate. *You have now entered the NT property of Lanhydrock Estate.*
- 2 Follow the track downhill and, later, over the River Fowey. Keep an eye on your speed, if cycling, as other users might be on the path. About 100m after crossing the R. Fowey there is a bench overlooking the river – ideal for a short break. From here, it is possible to see dippers on the river, and roe deer in the woods and fields opposite.
- 3 Soon after the bench, follow the CR3 signpost by turning right off the track and onto a minor road. Turn left along the road and, after 0.3 miles, you will need to fork right (CR3 sign) and right again (not signposted), onto a busier road (*beware of traffic*) and start to climb. *Note: A safer option would be to go left at the fork and straight across to the Lanhydrock lodge house. From here walk (cycling is not allowed) up the avenue to Lanhydrock House entrance. If you do not wish to visit the house turn right and, just past the rondavel information centre, turn left onto the road. Go to bullet point 6.*
- 4 Continue up a steep gradient for 0.6 miles. As the gradient becomes less steep fork left (CR3 sign). *Note: Immediately after turning left, walkers can take a pleasant wooded alternative by going through a red gate on the right onto a path that leads to the NT car-park. On exiting the car park the main route can be re-joined by turning right. Go to bullet point 6.*
- 5 After the turn-off, the gradient becomes less steep and the route soon starts to descend slightly and passes the NT car-park. *This is where walkers re-join the route.*
- 6 Shortly after the car-park, the route meets, and crosses a busy main road. *Take care when crossing.*
- 7 Beyond the stone hedge, a CR3 sign indicates St.Austell to the left and Bodmin to the right. Turn right and proceed along the path, parallel to the road, and over the dualled A30 via a foot-bridge. *If cycling, take care not to approach this bridge too fast as it is a 90° degree turn on to and off the bridge.*
- 8 Follow the obvious track through the woods for 0.3 miles and exit via a gate onto a disused minor road. Turn left and stay on this road for 0.5 miles as it climbs to join the railway line on your right. At this point, look for a CR3 sign to your left. Take the

track left and down a steep incline to meet a broader track. *Note: This broader track is a private farm road and you cannot turn left here.*

- 9 Turn right and, at the end of the track, Bodmin Town Centre (CR3) is sign-posted right. *From here, you will be on a busy road into town so take care.* Alternatively, and depending on which part of town you want to get to, you may turn left towards the leisure centre, from where it is possible to pick up the St. Guron's Way, a scenic traffic-free route that skirts Bodmin Beacon Nature Reserve and links various parts of the historic town. *Please ask a member of the Shire Hall Team for a St. Guron's Way leaflet.*

October 2009

*These directions have been compiled by Bodmin Visitor Information Centre, 'Gold' award winners at the 2009 Cornwall Tourism Awards- Best Tourist information Centre. With compliments, Bodmin Visitor Information Centre ☎ 01208 76616. Reviewed and updated. January 2010.*