

Pocket Friendly Ideas Short Walks for Families



Bodmin Beacon ~ PL31 1AW. Sitting just above the town the beacon is a nature reserve with safe walking for children around various trails suitable for kite flying and games. Dogs are allowed and there is a picnic area. The Gilbert Memorial, a 144' high obelisk, dominates the reserve and there are panoramic views of the countryside.

Cardinham Woods ~ PL31 1HE. Just outside Bodmin on the A38, Forestry Commission land offers sheltered walks through 650 acres of scenic woodland. A choice of way marked trails will take you deep into the woods to discover stunning viewpoints and an intriguing history. Then make your way back and stop in at Woods café for a cuppa and some homemade cake. Or treat the family to lunch! There's also a picnic area as well as picnic areas, barbecues and toilets.

Rocky Valley ~ PL34 0BB. Situated between Tintagel and Boscastle Mill, cross the road and follow the footpath over the bridge and along the river soon you will come to the ruin of Trewethet Mill. Carved into the cliff-side at the rear of the ruin are two labyrinth patterns, possibly dating to the Bronze Age. If you continue over the little bridge you can follow the river to the sea which is well worth the walk but it is steep in places and children should be kept close by.

St Nectan's Glen ~ PL34 0BE St Nectan's Glen is approached by several footpaths, the main one being behind "The Rocky Valley Centre" at Trethevy on the Boscastle to Tintagel road. Although a longer walk than the previous one it is well worth a visit. The unique 60 foot waterfall sits at the head of an idyllic wooded valley which is hidden and only accessible by foot. It is a particularly beautiful walk around April and May when a sea of bluebells carpet the ground. Entrance is via the café at the top. Check at the VIC desk for opening times. Adults £3.50, Children £1.75

St Clether Well ~ PL15 8QN. Considered to be Cornwall's best preserved and most beautifully situated holy well, St Clether is tucked away in complete isolation about half a mile behind St Clether Church on Bodmin Moor. It is a perfect place for a short walk and picnic and once there you can wander down the valley to the river liny for a splash about. Park up at the church and follow the path around the side of the churchyard until you come to a kissing gate at the back and then follow the track along the side of the valley for approx. ½ mile until you see the chapel.

Wherever you are walking please remember:
Do not drop litter, or light fires
Please respect landowners privacy-
Do not trespass onto privately owned land
Please show consideration to other users

This leaflet has been compiled by Bodmin Visitor Information Centre, "Gold" Award winners at the 2009 Cornwall Tourism Awards for Best Tourist Information Centre. Tel 01208 76616. Reviewed & updated Feb 2011

Luxulyan Valley ~ PL30 5EA. Situated towards St Austell is a place breathtaking natural beauty with thickly wooded terrain and steep gite slopes surrounding the river Par. The area contains an extraordinary concentration of early 19thC remains from the copper, tin, gran and china clay industries of the valley. Park at Pounts Mill and then head into the valley following the river. There are various trails of different lengths leading past an abandoned mill onto the Treffry Viaduct. The main trail follows the river where a short way along (approx ½ mile) there is a shallow crossing with a bridge which is a great for children and dogs to splash about in. Follow the trail to the top and then is a waterfall, a wonderful place for children to explore the natural environment.

Minions ~ PL14 5LE, is situated on the south eastern edge of Bodmin Moor and is a great place to visit as you will find many different aspects of the moor in a relatively small area. Take a short walk around the Huriers stone circles or wander further along to Stowes Hills and the Cheesewring rock formation where, on a clear day, you can see the way to Dartmoor. There is also a mining and archaeological heritage centre which is free to visit and a choice of establishments to satisfy your hunger and thirst...

Respyrn ~ PL30 4AH. Part of the Lanhydrock Estate has beautiful walks along the river Fowey. Go back to the entrance of the car park turn left and across the 15th C bridge, turn right to follow the river along to Kathleen Bridge, a great place to spot trout and, if lucky, salmon. You can then double back on your tracks or extend your walk by following the path up through the woods to the bottom of the former estate boundary and back to the car park (keep bearing right). An alternative walk can be made by going through the 5 bar gate on the right hand side of the car park (riverside) and follow the river until the trail meets up with the main path. Here you can either turn right and walk on towards Bodmin Parkway station or left and back to the car park



The Camel Trail ~ PL31 2PLA multi use trail that runs from Bodmin to Padstow via Wadebridge. It is virtually flat and follows the old railway line (tracks have been taken up) alongside the River Camel. At Nanstallon Halt there is a lovely tea room in an orchard where you can feed the many birds flying about. You can also choose to follow the trail up river along the old clay line to Poley's Bridge where there are woodland walks through Forestry Commission land.

Daymer to Rock ~ PL27 6SA. The walk up the estuary from Daymer Bay is very popular with families and dog walkers. Stroll along the wet sands when the tide is out, stop for a bite to eat at the Rock Inn and wander back through the sand dunes, or vice versa.

Daymer Bay to Polzeath ~ PL27 6SA. Alternatively walk in the opposite direction towards Polzeath along the coastal path. It is fairly level with a few short inclines and in the main quite suitable for buggies. There is a small beach with access along the route and Polzeath Beach is a large surfing beach. Treat yourself to an ice-cream and stroll back again.

Golitha Falls ~ PL14 6RY. A famous beauty spot on the southern edge of Bodmin Moor not far from Minions. The Falls lie on the river Fowey where the river passes over a series of cascades. The trail takes visitors through woodland of oak, ash and beech a relic of the ancient woods that once covered the area.

Helman Tor ~ PL30 5HT. A short drive from Bodmin the Tor offers beautiful views across the countryside. Children will love to scramble over the giant rocks and play hide and seek. The walk takes you around the Tor or you can follow the way marked route a short way, which is part of the Saints Way.

Lanhydrock ~ PL30 5AD. Wander to the end of the main car park and you will find a picnic area and a small children's adventure playground. If you leave the play area on your left there is a marked path which takes you to the road cross over at the junction into a small lay-by and then on into Harts Wood where you will find circular walks down to the river, the climb back is fairly steep.