

Short walks from Shire Hall

No.3: Camel Trail to Boscarne (and Nanstallon)

(**Distance:** 5.2 miles, with the option to extend it to 6.5 miles)

Map: Ordnance Survey Explorer 109

Leave Shire Hall via the front door and proceed diagonally left across the granite forecourt to the stone steps. Descend to the street and cross to Crockwell St (between estate agents and bank). Continue to the end of Crockwell St and turn left. At the pedestrian crossing, cross over and, almost immediately, turn right (NW) along Berrycombe Rd. Continue past the jail, through the Camel Trail car park at the end of the road, and onto the Trail. Continue for about a mile, passing a ramp on your left which leads up to The Borough Arms. Just past here, there is a bench on the left. Just past the bench, a footpath leads off left, away from the Trail. Take this and descend to the river's edge. Climb 2-3 steps on your left and follow the pleasant river-side path through woodland, at first, and then along the edge of a field, keeping your eyes open for kingfishers, dippers and grey wagtails. Climb a stile and continue over rough ground (this area can be muddy after rain) to meet a wide, concrete track. *At this point, if you wish to do the extended version, skip the next paragraph.*

[Turn right over the rickety wooden bridge (dippers usually nest under this bridge) and walk up to cross the Camel Trail. Walk ahead and follow a footpath sign on your right, just past Boscarne Cottage. For further directions go to *]

To extend the walk turn left up the concrete track and turn right where it meets a minor road. At the fork, turn right, and right again in the centre of Nanstallon village. Proceed past the pretty church over a stream. Take the next right, soon bridging the River Camel, and walk up to Nanstallon Halt. The route now goes right (E) but if you wish to sample the delights of the Camel Trail Tea Gardens make a short detour left (W) where the gardens are immediately found on your right.

Continue E along the Trail to Boscarne and take a left uphill past Boscarne Cottage to a footpath sign on your right.

* Go through the gate and along a pleasant path behind Boscarne Cottage. This path soon drops down to re-join the main Trail. Turn left, cross over the river, and, at the fork, go right towards the ramp that you passed on the way out. Continue walking towards Bodmin and, about a third of a mile before the Trail, keep an eye out for gaps in the hedge on your left. Take one of these and continue walking in the direction of Bodmin (now parallel to the main Trail), to find yourself in the vicinity of Scarlett's Well (if you leave the trail and find yourself on a tarmac road, you've gone past the well). Scarlett's Well is one of many such wells in Bodmin, and is in a secluded location, set back into an ivy-clad bank. A spring that is, allegedly, a consistent temperature year-round flows into a granite trough which holds the water briefly before it continues on its' way towards the River Camel and beyond to the Atlantic Ocean. The well was once part of the Priory of Bodiniel and has many stories of healing and miracles associated with it. The well and its' immediate vicinity is reputed to be haunted by a lady dressed in white. This ghost has been linked to Victorian times, but it is undoubtedly a much earlier ancient folkloric echo of the goddess of the sacred spring.

Continue along the road until you reach another road. Proceed straight across the road to pass through a gate and follow the footpath that leads on a mildly undulating route at the base of the towering walls of the jail. Return to your start point via the same route that you started your walk – along Berrycombe Rd and Crockwell St.

Legend

N: North

E: East

S: South

W: West

St: Street

Rd: Road

Keep Cornwall Tidy

Please remember to take your litter home with you, thus ensuring future enjoyment of Cornwall for others. Better still, take a carrier bag and pick up litter along the way! Thank-you.

These walks have been researched and compiled by Bodmin Visitor Information Centre. 'Gold' award winners at the 2009 Cornwall Tourism Awards- Best Tourist information Centre. For further information on this walk, refer to OS Map No 109. For details of other walks in the area, please speak to a member of staff. With compliments, Bodmin Visitor Information Centre ☎ 01208 76616. Written June 2010.