

Lostwithiel Riverside Walk, Lostwithiel PL22 OBS

Park along the quayside in Lostwithiel, where there is no charge. With your back to the river follow the road to your left, this is an ideal spot for a short stroll (15-20mins) tracking the River Fowey as it meanders through Coulson Park and then Shirehall Moor. The well defined path is suitable for wheelchairs and prams up until the start of the moor where it then narrows. In Coulson Park you'll find a fenced children's play area and picnic benches dotted along the route. Retrace your steps back to the beginning of the walk

Cadsonbury Riverside Walk, Newbridge, nr Callington

Take the A390 road from Liskeard to Callington. The road drops into a river valley and crosses a bridge at a place called Newbridge. Immediately before the bridge turn right along a small country lane, to a small National Trust car park about 100 metres on the right. From the car park there is a short level walk, suitable for all, along good surfaces, that follows the wide shallow River Lynher. As the footpath ends you can either retrace your route alongside the river or follow the peaceful country lane back to the car park. For the more active, there are wonderful far reaching views from the top of Cadsonbury Hill Fort, an impressive iron age fortification.

Mount Edgcumbe Country Park, Torpoint PL10 1HZ

The multi-use trail at Mount Edgcumbe Country Park is designed for cyclists, walkers and riders to share. The trail is also accessible for wheelchair users. There's a tarmac road and hard-surfaced tracks alongside generally flat grass. This walk can be joined from any of the car parks within the Country Park and heads from the Park towards Kingsand past ancient forts and farms as well as Maker Church and circles the Deer Park. Along the way are information points where you can join some of the parks less accessible foot paths

ACCESSIBLE WALKS IN SOUTH EAST CORNWALL



Here in South East Cornwall we are lucky to be blessed with the most beautiful countryside. The following selection of walks offer varying degrees of accessibility....for those with mobility problems, people in wheelchairs, families with pushchairs or for people who just prefer a flatter, easy—going surface.



VISIT LISKEARD
FOR THE EXPLORER IN YOU

If you know of any other routes suitable for those with mobility problems that could be included in this hand out, please let us know

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For the explorer in everyone!



Siblyback Lake, Bodmin Moor PL14 6ER

3.5m great family circular walk, ideal for people of all abilities, with wheelchair access around the whole lake. A mobility 'Tramper' is available to hire:- £4 for 2hrs. tel: 01579 346522. Wheelyboat also available to hire enabling less able groups, including wheelchair users to go on the water.

Golitha Falls, Nr St Neot PL14 6RY

Beautiful woodland walk following the River Fowey. The first 1/2 mile of trail up to the bridge is fairly level and wheelchair friendly, although can get muddy. A large electric chair would only just fit across the bridge, at this point, the left hand trail is not recommended but the right hand track is passable with some assistance to navigate tree roots and a small brook. There are some steps at the very end but you can retrace your steps back to the car park to avoid them.

Tokenbury Corner to Holman's Engine House, Tokenbury Corner Bodmin Moor.

Park in the large but uneven car park at Tokenbury Corner on the B3254 (signposted Pensilva). A rough track leads northwest and slightly uphill from the carpark. The views to the left are stunning, all the way to China Clay Country and the sea. After only half a mile you'll reach Holman's Engine House with the famous 'Man In The Mine' as seen on TV. Return by the same route or take a choice of tracks further into the world famous South Caradon Mine, upon whose profits Liskeard and the surrounding villages were developed.

Crows Nest to South Caradon Mine, Bodmin Moor PL14 5JQ

Park on the road opposite the Crows Nest Inn. Facing the pub turn right and walk along the lane until you can turn left up a rough track which is slightly uphill until you pass under a grade II listed bridge which carried the Liskeard & Caradon Railway that linked the mines and quarries on Bodmin Moor to the canal basin at Moorswater. Go through the gate, you are now in the Cornish Mining World Heritage Site. From here there are various tracks that pass the River Seaton, dressing floors where women and children worked the copper ore, the mine reservoir and some of the best preserved mine engine houses in the county. After your explorations return by the same track to the allegedly haunted Inn (Closed 3pm-6pm). A full exploration of the South Caradon Mine area would mean walking no more than 2 miles.

Seaton Nature Trail, Seaton PL11 3JD

Starting from the pay & display car park at Seaton this is a 2 mile there and back trail. The level well paved walk follows the Seaton River through a wooded valley, passing a dragonfly pond en-route with plenty of benches for stops along the way. There are toilets, a beach café, a kids play area, sensory garden and an outdoor gym at Seaton

Seaton to Downderry Coastal Walk, Seaton PL11 3JD

Starting from the pay & display car park at Seaton, this is a short on road walk of approximately 20 minutes along Main Road to Downderry. At low tide only it is possible to walk the route along the sea wall, although the wall is broken in places so walkers must then use the sand and shingle beach and care must be taken.

Hannafore Beach Walk, West Looe PL13 2DG

Park at the beginning of Marine Drive, Hannafore, a road with (unusually) no parking restrictions. A wide accessible gentle slope leads down the grassy bank to a beachside promenade. This level 20 minute walkway with wonderful views over the sea to St George's Island (Looe Island) will take you to the end of Marine Drive where you can either retrace your steps or walk back along the road of this rather exclusive part of West Looe. Plenty of benches to take in the views along the route. Cafés available and toilets are situated just below the coastguard lookout point.

Fowey Esplanade Walk, Fowey PL23 1AT

From Fowey Quay turn into Lostwithiel Street and after a short distance take the first left onto the Esplanade. From here it's a relatively flat 15 minute walk along a not too busy road to Readymoney Cove (not always a pavement available). From the Esplanade there are fantastic harbourside views and even a secret garden where you can rest awhile. Readymoney Cove is a safe sandy beach with toilets and an ice cream van in the summer months and Readymoney Cottage here was home to author Daphne Du Maurier in the 1940s. Disabled toilets are available on Fowey Town Quay.

Camel Trail, Bodmin PL31 2PL

18 mile flat trail which follows the old railway line and River Camel. Surfaced and virtually level, the trail is suitable for walkers, cyclists, horse-riders and wheel-chair users and falls into three main sections;
Bodmin to Wadebridge—5.75 miles
Bodmin to Wenfordbridge—6.25 miles
Wadebridge to Padstow—5.5 miles
Disabled toilets in the main towns on the route. Wheelchair accessible bird hide overlooking estuary 1 mile from Wadebridge. Picnic benches along the route.

Respryn Riverside Walk, near Bodmin PL30 4AQ

1 mile circular countryside path along the River Fowey suitable for wheelchairs. From Respryn car park turn left over Respryn Bridge, follow the footpath, which is even and well surfaced for wheelchair users alongside the river. Cross wooden Kathleen Bridge into Higginsmoor Wood. Turn right uphill and at 1st red gate turn right along Newton Lane. At the bottom of Newton lane you'll see the magnificent beech avenue which leads to Lanhydrock House. Continue right along Newton Lane, which can be stony and uneven in places. At end of lane turn right down hill and cross the road, go through red gates onto station drive (where you can extend your walk along a very well surfaced path and pleasant path to Bodmin Parkway Station and back) walk past Station Lodge and take right hand track back to car park

Cardinham Woods, Nr Bodmin PL31 1HE

Large woodland area where the circular 1.5mile Lady Vale trail runs alongside Cardinham Water A few bumps and a slight incline at the start but then an easy going, easy access route enjoyable with wheelchairs or pushchairs. If an anti clockwise direction is taken there is a downhill slope at the end. Some benches on route. Picnic tables are located in the car park, adapted for wheelchairs. Disabled toilets. Café on site.