

Hills and Mills: a circular walk from Table Table

Distance: approx. 2½ miles (4 km). Allow 1¼ hours for this circular walk.

Surfaces: On footpaths, farm tracks and across fields. One muddy area to cross - sturdy waterproof footwear advised.

Gradients: Some hills.

Obstacles: Five stiles to cross. May be livestock in fields so all dogs **must** be kept under close control.

(All information is provided in good faith and for guidance only. Numbers in the text refer to the detailed route map on page 2.)

Route Guide

This walk starts and finishes at “Table Table” restaurant, next to the Premier Inn to the south east of Liskeard. Crossing fields and stiles, it drops down to the River Seaton, climbing back up from Bodgara Mill to head along Lake Lane and back through woodland to its starting point.

Turn right out of the “Table Table” car park and, on the opposite side of the road, you will find a small stile **1** leading into a field. Cross the stile and head across the field, towards the gate **2** diagonally to your right on the opposite side.

Take the lane which bears to the left away from the buildings of Tencreek Farm. After you have passed two fields, at a dog-leg, on your right you will come to a rather overgrown stile **3**. Once over this, keep the hedge on your left and head down towards the next stile **4** to the left at the bottom of the field. Once over this you will see - at the far side of the field, near to some buildings - a metal kissing gate which leads you to the little hamlet of Pope's Mill.

Bear left on the paved road, following the signs, over a charming bridge, pausing perhaps to buy some eggs, and then walk up a little rise till you come to a gate into a field. Just to the right, on the other side of the gate you will see a signpost suggesting three routes.

For this walk you are sticking to the lower route, keeping to the base of the field with the very sturdy fencing of the poultry farm on your left. Cross through into the next field until you come to a metal gate leading to a farm track. Go through and turn right and you will see a kissing gate with a yellow arrow **5** on the opposite side of the track.

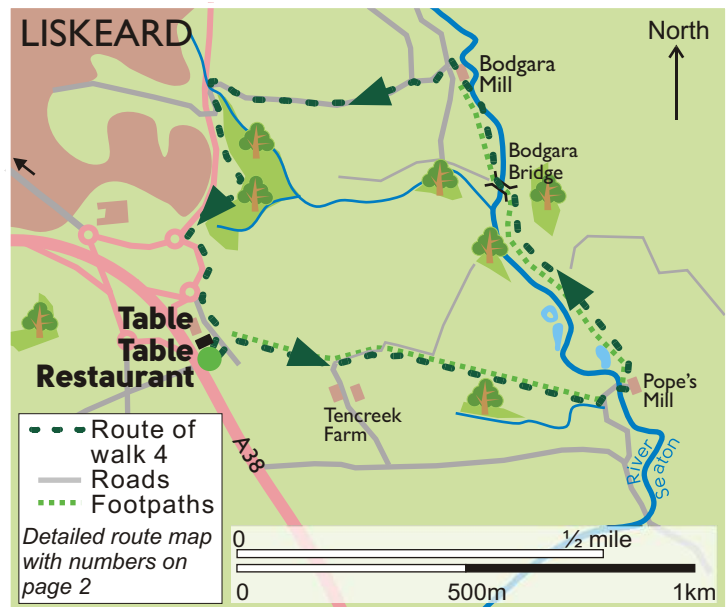
Unfortunately, the other side of the stile is very boggy, even in summer. However, some kind soul has placed a number of boulders close to the fence immediately to your right and you will find it fairly straightforward to use these stepping stones till you reach relatively dry ground. Head across the field, drawing nearer to the Seaton River on your left, keeping the copse above you on your right.

The River Seaton

The river Seaton rises on Bodmin Moor, 370m above sea level, and flows for approximately 17km through a narrow and steep valley and on to broader wetland floodplains before it enters the sea at Seaton, east of Looe on the south coast of Cornwall.



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You will come to a stile **6** just below a line of oak trees which were obviously part of a long uprooted hedge. Go over the stile and cross the little stone bridge over the river. Once on the other side, cross the small wooden bridge to your right and, keeping the river on your right, take the path to Bodgara Mill **7**, via another stile.

Bodgara Mill

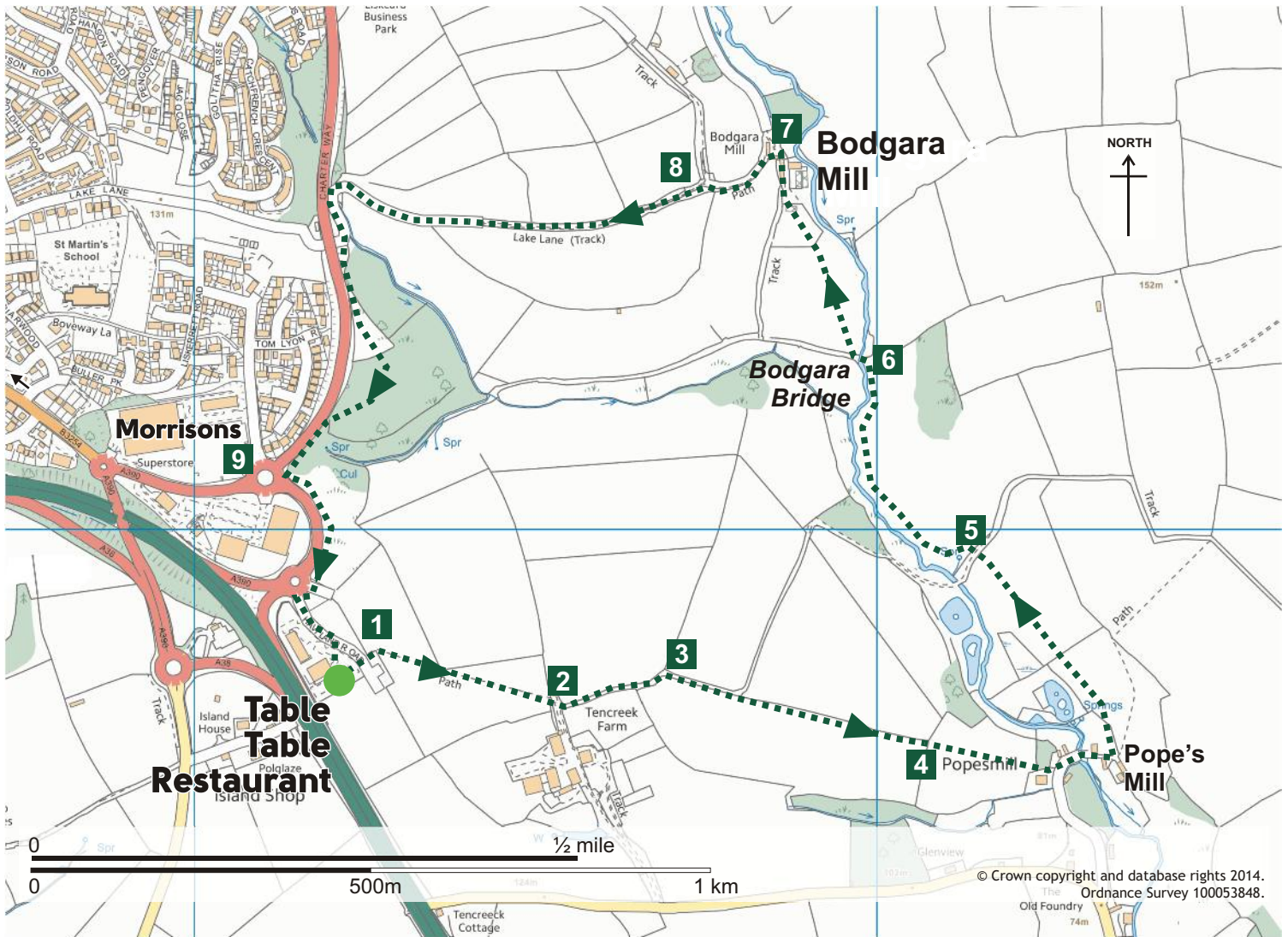
Bodgara Mill is mentioned in Royal Charters from the time of Edward II (1307-1327) onwards. It was the Town Mill for Liskeard, where local people had to bring their wheat and barley to be ground. By 1800 it was very busy, with three waterwheels and other machinery. But in the early 19th century it lost its monopoly on grinding local corn, and it fell into decline.

When you have passed the last of the buildings on your left, turn sharp left and take the track which leads past the rear of the house uphill onto Lake Lane. This has become very rutted and may be a little slippery after any rain.

Bear left when you come to a fork in the lane **8** and follow the track upwards until you come to a paved track. Keeping the stream to your left, avoid the underpass and head through the gap in the wooden fence ahead of you. This will take you along a well-maintained path through recently planted woodland till eventually you find yourself back on Charter Way near the Morrisons roundabout **9**.

Turn left at this roundabout to head back to your car, after perhaps availing yourself of refreshments at Table Table, Morrisons Café or, a little further down the road into town, at Café Fleur in the Golden Bank garden centre.

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For more details of the route, use OS Explorer map 107, St. Austell and Liskeard

Follow the Countryside Code - Respect other people;
Protect the natural environment; Enjoy the outdoors.
(Visit www.naturalengland.org.uk for more details)



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