



British Walking Federation

LOSTWITHIEL & LANHYDROCK PERMANENT TRAIL

ORGANISED BY THAMES VALLEY WALKING CLUB

CONTACT: Di Renton, 10 Fernside Park, Tremar, Coombe, Liskeard, Cornwall PL14 5HY
Tel: 01579 344281 Email: k9r@btinternet.com

DISTANCE: 16 km

ENTRY FEE: £1.00 per walker (Cheques made payable to Thames Valley Walking Club)

AWARD: Cloth badge at £2.50 each

START VENUE: The Royal Oak Inn, Duke Street, Lostwithiel PL22 0AG. (Dog friendly, good food. Please thank the landlord by calling in for refreshments).

CAR PARKING: Small Car Park at start venue.

FACILITIES: Cafe and Toilets are available at Lanhydrock.

PUBLIC TRANSPORT: Train and bus services

TERRAIN: Minor roads, farmland and woods.

ROUTE DESCRIPTION (updated 26th Jan 2023)

From the car park turn left downhill to the main road. Turn left along the pavement to reach brown Restormel Castle road sign. Bear left and follow to eventually pass entrance to Restormel Castle on left and reach farm buildings.

Continue on lane with river to right for approx. 1 km, through gate, ignoring road on left to reach water treatment works. Continue ahead on track passing through gateway. Continue straight ahead across field to wooden gate. Go through gate & continue ahead on path between fields to reach red wooden gate.

Go through gate & bear left on track uphill. At fork bear left to reach farm track. Turn right, in approx 150m turn left through red (second) gate and ahead into woods. Follow path uphill through woods for approx 1 km, ignoring all merging paths to reach wide path at the top. Turn right, go through gate & turn right on driveway, bearing left to pass the 17th century gate house.

Q1. How many cones on top of the front wall?

Continue ahead on driveway following direction of arrow to 'Way Out & Car Park'. Follow driveway to reach road. Cross the road to wide path and take first path on right to the car park. Follow the Cycle Trails sign to reach the trails at the far right corner of the car park, taking care as you cross the car park entrance. Ahead on cycle trail (Skills Area) and straight on along main path to reach gate to road. Turn left on the road.

At road junction, cross road & continue ahead on track sign posted Cycle Route / Train. After approx. 50m, bear right through gate following yellow arrow on post. Follow wide stony track ignoring all side turnings for approx. 1 Km to sharp left hand bend. Continue to follow track downhill and around to the right to reach a gate on to road.

Turn left on road & after approx. 10m, turn right. Go through gate. Turn right on track.

Q2 On your right, what is the weight limit?

Just before you reach the Lodge turn left on path to go through the car park to reach the road. Turn left & cross Respryn Bridge, (the central arch of which dates from the 15th century). At far side of

bridge, turn right and ahead on path with the River Fowey on your right. Continue to reach wooden Bridge.

Cross river & turn left following path beside river. Follow path for approx. 350m & as the river turns left, bear right & continue on path to reach gate. Go through gate & after 20m, turn left through gate with sign 'Footpath to Restormel Castle'.

Follow path between fields to reach wooden gate. Go through gate & continue ahead across next field to reach gateway. Continue ahead, initially on track & then on tarmac lane. Pass water treatment works on left & follow lane to reach road junction. Continue ahead on lane past dead end road sign, through gate, to eventually pass between farm buildings and entrance to Restormel Castle. In approx 75m, at Footpath sign for Duchy Nursery & Cafe turn sharp left through gateway to Restormel Manor, follow to cottages at track junction.

Turn right downhill, through gate and follow track as it bends round to the left. Ahead over the river bridge to the rail bridge.

Q3. What is the name of the Rail Bridge?

Continue ahead to reach wooden gate. Ahead and in 40m turn right on stony track uphill through woods to reach stile/gate and road.

Turn right on road downhill ignoring minor road junction on left to cross small stone bridge.

Q4. What month & year was the Bridge Built?

Continue uphill to reach junction with main road. Cross road WITH CARE and ahead on path to right of barrier. Follow downhill to the monument at the bottom. Cross the road and turn right.

Continue to cross level crossing and bridge. At end of bridge turn left passing war memorial on left. Next to the memorial is a large stone with a plaque.

Q5. Under the Church Section in which Century was the square tower added?

Follow the road as it bends right through town, uphill passing the Lostwithiel Social Club on the right, to road junction and pedestrian crossing. Cross road and turn right along pavement to the Royal Oak Inn and the end of the walk.