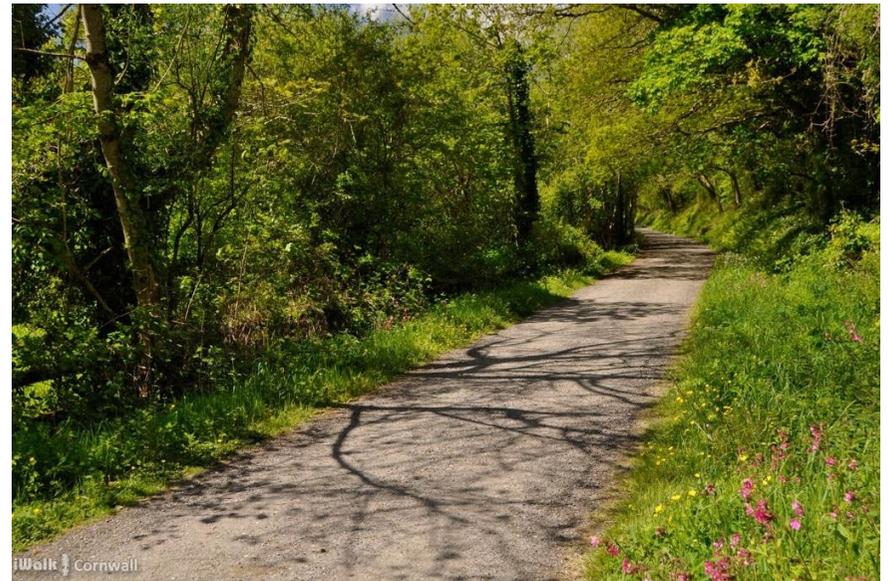


ENJOY A CAR FREE DAY OUT IN BODMIN

Camel Trail - Walking



This information has been compiled by Bodmin Visitor Information Centre, Tourism Award winners since 2002. Reviewed and updated February 2018. With compliments, Bodmin Information Centre 01208 76616.

Walk 1

Set off from Bodmin and follow the signs to the Camel Trail. There is a free car park at Scarlett's Well at the Bodmin end of the trail where you can park all day. (Pick up a set of directions from the Information Centre).

Follow the signs towards Wadebridge and continue, passing the Borough Arms and Boscarne Halt, until you reach Nanstallon Halt Tea Rooms (open Mar-Oct), which are located 1.7 miles from Scarletts Well. Sit in the orchard and enjoy a meal or cup of tea and piece of cake whilst you feed the robins, chaffinches, blackbirds and various other birds. Tel: 01208 74291.

Amble onto the Camel Valley vineyards approx 0.6 miles further along towards Wadebridge for an enjoyable afternoon having a guided tour and wine tasting. Tel: 01208 77959. Open all year - Tours are April-September.

Retrace your steps back along the Camel Trail until you reach Boscarne Junction. Turn right down a steep incline between two cottages, cross over the River Camel via a wooden bridge and turn immediately left. Cross over a stile and follow a delightful riverside path, watching out for dippers grey wagtails, nuthatches and buzzards as you walk. Maybe you'll even see the brief blue flash of a kingfisher shooting past or if you are very lucky and quiet, deer.

At the end of the riverside path, after climbing through woodland, rejoin the trail just before the Borough Arms. Why not stop off here for a pint or evening meal before walking back to where you started.

Walk 2

Set off from Bodmin town centre in the direction of the Camel Trail or drive to the free car park and begin your walk from there.

Walk 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 riverside 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.

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.

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.

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.