

**LEVEL 1:** Approx 45 – 60 mins / up to 1.5 miles

**SUITABLE FOR:**

Those who do little or no physical activity at present  
People restricted by mobility problems

**WALK DETAIL:** Flat, hard surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs and buggies

**LEVEL 2:** Approx 1 - 1¼ hour 1 – 2 miles

**SUITABLE FOR:**

People who would like to increase their physical activity levels  
Those with minor mobility problems who walk at a moderate speed and are able to cope with moderate gradients

**WALK DETAIL:** Footpaths and pavements with some gradients, some steps or uneven terrain.

**LEVEL 3:** Approx 1 - 1½ hours 2 – 3+ miles

**SUITABLE FOR:** People who already do a certain amount of physical activity  
Those who walk with a stronger pace and are able to cope with small hills

**WALK DETAIL:** Footpaths and pavements, possibly uneven terrain and a few moderate gradients. These walks may include the use of stiles or steps. Can possible be wet/muddy underfoot depending on weather conditions.

# Stroll Back the Years

Walks In & Around

# Bodmin



## Walk Programme

**Jan-June 2012**

**Walks start at 10.00 am unless  
stated differently**



**mobilise!**

MONTH	DATE	ROUTE	LEVEL	WALK INFORMATION
January	9 <sup>th</sup>	Lostwithiel Walk *9:30 Start*	3	Free parking Lostwithiel Community Centre. Grid Ref: 105598
	16 <sup>th</sup>	Wentford Bridge Walk	1	Free parking opposite Potters Barn. Grid Ref
	23 <sup>rd</sup>	St Gurons Way Walk	1	Free parking at the lower car park, Dragons Leisure Centre. Grid Ref: 077653
	30 <sup>th</sup>	Shell Woods to Helland Bridge	2	Free parking at Shell Woods. Grid Ref: 088723
February	6 <sup>th</sup>	Grogley Halt towards Wadebridge	1	Free parking, better approached via Nanstallon. Grid Ref: 015685
	13 <sup>th</sup>	Repryn Walk	2	Donation box for parking at Respryn car park. Grid Ref: 098636
	20 <sup>th</sup>	Dunmere & The Jail Walk	3	Free parking at Scarlets Well nr Bodmin Jail. Grid Ref: 062674
	27 <sup>th</sup>	Halgavor Walk	2	Free parking at end of Respryn Rd, Bodmin side of by-pass. Grid Ref: 087649
March	5 <sup>th</sup>	Cardinham Woods Walk	2	£2 car parking in Cardinham Woods. Grid Ref: 099665
	12 <sup>th</sup>	Helland Bridge Walk	1	Free parking Camel Trail. Grid Ref: 064714
	19 <sup>th</sup>	Berry Towers Walk	1	Free parking in ASDA car park, meet nr cash machines. Grid Ref: 082673
	26 <sup>th</sup>	Borough Arms – Camel Trail Walk	1	Free parking behind Borough Arms Pub. Grid Ref: 047675
April	2 <sup>nd</sup>	Athelstan Walk	2	Fees apply for parking in Priory car park.
	9 <sup>th</sup>	Ponts Mill Walk	3	Free parking in Ponts Mill (off A390 before St Blazey). Grid Ref: 073562
	16 <sup>th</sup>	Repryn Walk to Lanhydrock House	2	Donation box for parking at Respryn car park. Grid Ref: 098636
	23 <sup>rd</sup>	Shell Woods to Wentford Bridge	2	Free parking at Shell Woods. Grid Ref: 088723
	30 <sup>th</sup>	Bodmin Moor Walk	3	Donation Box St Breward Football Club. Grid Ref: 100762
May	7 <sup>th</sup>	The Beacon Walk	1	Free parking by Scout Hut off Beacon Rd. Grid Ref: 067667
	14 <sup>th</sup>	Bude Canal Walk *10:30 start*	2	Meet at Bude Crescent car park/Tourist Office. Parking Charge
	21 <sup>st</sup>	Respryn Circular Walk	1	Donation box for parking at Respryn car park. Grid Ref: 098636
	28 <sup>th</sup>	Restormel Castle Walk	3	Donation box for parking at Respryn car park. Grid Ref: 098636
June	4 <sup>th</sup>	St Gurons Way Walk	1	Free parking at the lower car park, Dragons Leisure Centre. Grid Ref: 077653
	11 <sup>th</sup>	Siblyback Lake *10:30 start*	1	Meet in car park at 10:30am. Parking Charge. Grid Ref: 237707
	18 <sup>th</sup>	Bishops Wood Walk *10:15 start*	2	Free parking at Bishops Wood. Better approached via Nanstallon. Grid Ref: 013694
	25 <sup>th</sup>	Goss Moor	1	Free parking near Tregoss, Bodmin side just off old A30. Grid Ref: 960610

For more information regarding the walks contact Walk Leaders Ron Goodgame 01208 73182, Peter Davies 01208 76044 or Pat McCune 01208 73128.  
This walking group is accredited through Natural England's 'Walking for Health' Scheme and is supported by Mobilise, an NHS project run by Cornwall & Isles of Scilly Health Promotion Service. For more information contact 01209 310062.