

Devon and Cornwall

# Walks from the Railway



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# Introduction

The railways of Devon and Cornwall offer some of the most scenic train journeys in Britain.



From stunning coastal views to rolling green countryside, heavily wooded valleys to fine river crossings, train travel in Devon & Cornwall offers a very different view of the two counties.

The train is an ideal way to enjoy a walk in this beautiful part of the country, and in this booklet we have put together a small selection of what is on offer.

As you will see, there are longer more in depth walks books available for some of the lines. Details on how to purchase these can be found inside.

## Walking

Please remember all public rights of way cross private land, so keep to paths and keep dogs on leads. Occasionally short term work may mean diversions are put in place, follow local signs if necessary.



The maps in this booklet are intended as a guide only; it is always advisable to carry an OS Map with you whilst out walking.

## St Ives Bay Line

Carbis Bay to Porthminster Beach  
Distance 1 ¼ miles.

Lelant Saltings to Carbis Bay  
Distance: 2 ¾ miles.

## The Maritime Line

Penryn to Falmouth via Flushing  
Distance: approx. 5 miles.

## Atlantic Coast Line

Luxulyan to Eden Project  
Distance approx. 2.5 miles.

Luxulyan Mining Heritage Circular  
Distance approx. 3.7 miles.

## The Looe Valley Line

Looe to Polperro  
Distance 5 ½ miles.

St Keyne Wishing Well Halt Station to Causeland  
Distance 1.5 miles.

## Tamar Valley Line

Gunnislake Station to Calstock  
Distance: 3 miles.

Calstock Station to Cotehele House  
Distance 2.5 miles.

## Tarka Line

Umberleigh - Moats and Crosses, a circular walk  
Distance 3 miles.

Yeoford to Copplestone  
Distance 3.4 miles.

## Avocet Line

Exmouth Circular Walk  
Distance, approx. 8 miles.

## PAGE

6 & 7

8 & 9

10 & 11

12 & 13

14 & 15

16 & 17

18 & 19

20 & 21

22 & 23

24 & 25

26, 27 & 28

# Walking Routes





# Carbis Bay TO Porthminster Beach

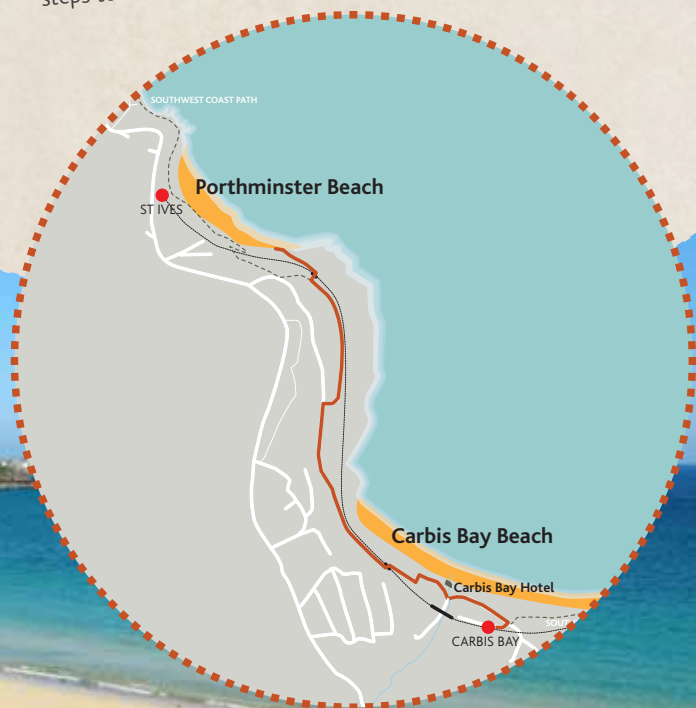
From the station car park, go down the road towards the beach. Pass below Carbis Bay Hotel then follow a path which leads steeply left, then right to reach a rail footbridge.

Cross the bridge, continue along the main footpath to reach a wider lane coming in from the left. Continue past houses, to a junction, the right branch is signed 'Pedestrians Only'.

Take the lower right hand route from this junction which leads downhill and then bends left. Where it levels off by the railway, cross a stile on the right to a track which leads beneath the railway and out to Porthminster Point.

The main route continues along a surfaced road, past houses. Follow the lane left and uphill to the last house and a 'No Parking' sign.

Bear right along a narrow path between trees. At a T junction with a lane, turn right cross the railway bridge. Where the lane bends sharply to the right, keep straight ahead down a narrow path and steps to reach the Porthminster café and beach.



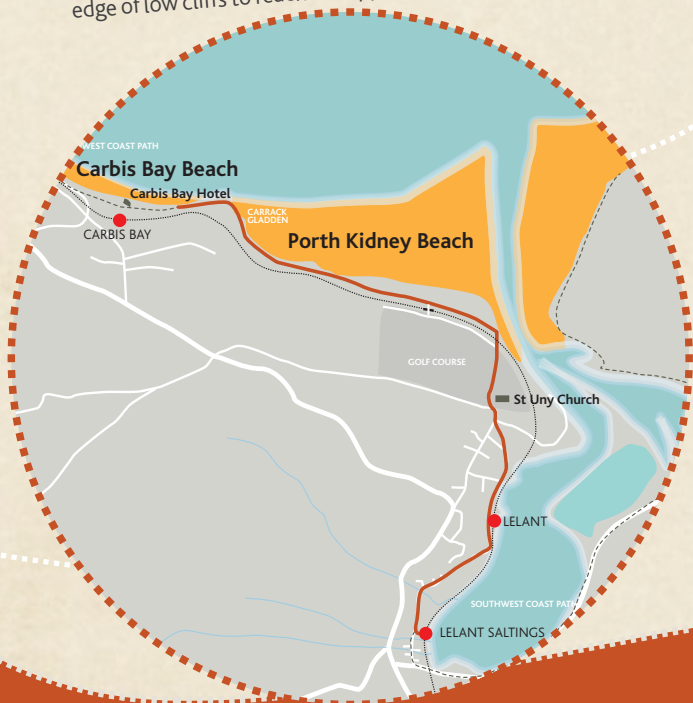


# Lelant Saltings TO Carbis Bay

From Lelant Saltings station, turn right along The Saltings road and continue past Lelant station (limited train service) until the road merges into Green Lane. Pass a junction with a lane from the right, keep ahead until you meet a T junction and turn right here to reach St Uny church.

Follow the walled path to the left of the church then continue along a sandy path across the golf course. Follow the South West Coast Path signs down to the right.

Continue through the dunes above Porth Kidney Beach, then climb steadily to the headland of Carrack Gladden. Here, just past a railway crossing, the path branches right, signposted 'Coast Path' and 'To beach'. The higher, main path follows the railway to Carbis Bay, the lower right hand path runs along the edge of low cliffs to reach the approach road to Carbis Bay beach.



## Penryn TO Falmouth via Flushing

**A riverside walk which starts in the ancient borough of Penryn, ending in the pretty village of Flushing before taking the ferry to Falmouth.**

From the station, turn right uphill and then left down Helston Road. Take the first turning on the left (Shute Lane) and then first left into Mutton Row. Follow it along and then down its steps to West Street. Turn right into town.

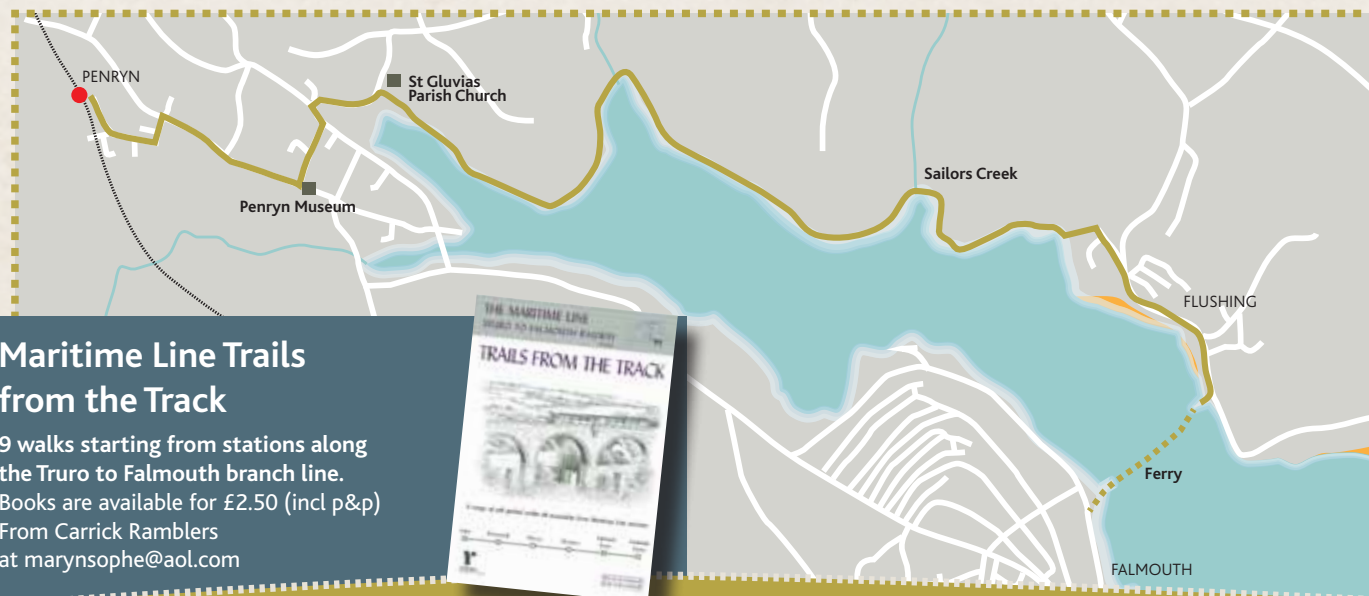
Take the second left into St Gluvias Street, down to Commercial Road. At the bottom of the street, turn left and cross onto Church Road, signed "Mylor Yacht Harbour".

Go along Church Road, cross it with care at the church. Follow the path just below the church car park, beside the river, up through the cemetery, over a stile and along the lower edge of fields to a way mark to the beach.

Walk through the reed bed before turning right at the T junction. Continue on beside the river path to Sailors' Creek (stepping stones). Continuing beside the river, go up a fenced path to come out into a field. Cross the field to the right, to a flight of steps onto the beach.

Turn left along the beach to the boat yard. Now go up past the old oyster sheds to the road. Turn right and follow the road down past the Royal Standard pub before bearing right down to the beach. Now go along the road to the quay and the ferry to Falmouth.

For ferry details, call Traveline on 0871 200 22 33 or visit [www.falriver.co.uk](http://www.falriver.co.uk)



### Maritime Line Trails from the Track

9 walks starting from stations along  
the Truro to Falmouth branch line.  
Books are available for £2.50 (incl p&p)  
From Carrick Ramblers  
at [marynsophe@aol.com](mailto:marynsophe@aol.com)



# Luxulyan to Eden Project

**This route is part of the Saints' Way which runs from Padstow to Fowey. It is steep in places and has 16 stiles! The route is clearly way marked with a black cross and a yellow arrow.**

On arrival at Luxulyan station, exit at the end of the platform, cross the car park and bear right onto the road, following it uphill to a T junction.

At the T junction, turn left and immediately right, up a flight of steps onto a paved footpath and continue across a residential road. Cross the stone stile in front of you, after a while the footpath swings left and joins a residential road for a while.

On reaching the next T junction, turn right and walk the short distance to the church. Take the next right onto a lane which runs alongside the Post Office. Here you will see a way marker showing the distance of 1 ¼ miles to Prideaux. Take the footpath ahead, crossing a stone stile and granite Rail Bridge to enter a field.

Follow the direction of the way marker across the field and through the gap in the hedge. Continue in the same direction to a stone stile and cross the boulder strewn field. Continue diagonally across the corner of this field over another stone stile and onto a track.

Follow the signs across the stiles left, right and left, then keep to the field boundary on your left until you cross the wooden stile, down the steps where the sign takes you right. Follow the markers over the twin bridges. \*

Here the path splits, follow the Saints' Way marker ahead, up the slope and into the field. Keep the hedge on your right and go over the granite stile and onto the next one.

There are three more stiles ahead, cross these keeping the hedge to your right. At the other end of the field is an exit just left of the gate with another 3 stiles to be crossed.

Cross the middle of this next field, uphill towards the two gates. Go through the gate and follow the way marker diagonally across the field. Cross the wooden stile into the green lane. The signs then take you through a wooded valley and up to a 'kissing gate'.

The path now goes straight ahead, uphill and across the middle of the field towards a gate. Beside the gate is a stone stile which you cross onto the road.

Turn right here and continue along this quiet country lane for about ½ mile.

On reaching the T junction, turn left onto a much busier road and continue a short distance, ignoring a turning on your left, until you see the Eden gateway ahead of you. Turn in here and follow the signs for the pedestrian route to the visitor's centre.





# Luxuglan Mining Heritage Circular

This route takes in the spectacular Treffry Viaduct as well as other historic remains of the mining era. There is a poster at the station which, if you have a smartphone, you can click on the QR code and access the map and detailed information for this walk.

Follow the same directions as the walk to the Eden Project until \*.

Where the path splits, take the left yellow arrow and continue to follow the arrows, bearing right keeping the leats on your left.

You emerge from the wood by crossing a wooden stile. Look for the way marker ahead and left of you and follow this down some steps to the Treffry Viaduct.

This was built between 1839 and 1842 and stands 30m above the valley floor. It is entirely made of granite, has 10 arches and was the first of its type to be constructed in the south west.

You can either turn back here and retrace your steps back to the village, or continue on following the signs to enjoy a longer walk which eventually leads you back to the viaduct, after which you can retrace your earlier steps back to the village.





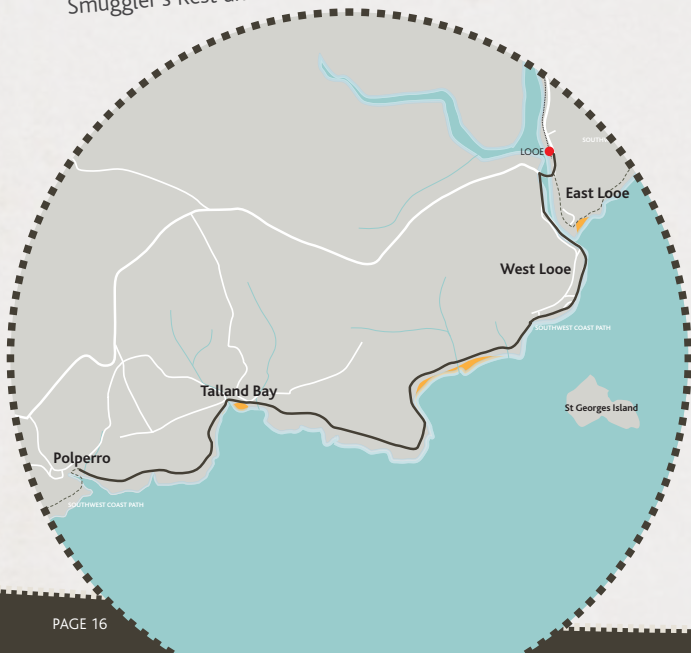
## Looe to Polperro

**A walk along the stunning South West Coast Path, ending in the picturesque village of Polperro before catching a bus back to Looe. (bus service 573).**

Exit right from the railway station and follow signs down Station Road to the bridge. Cross over it to West Looe, turn left and walk down Quay Road alongside the harbour. At the end of this road you will see a steep hill which curves round, walk up this hill. Caution- there is no pedestrian footpath.

At the top of the hill, carry straight along Marine Drive, which has great views of Looe Island, past the café and the tennis courts. Go through the gate in the corner and on to the South West Coast Path.

Stay with the coast path until you come to Talland. Dropping steeply downhill into the car park at Talland, turn left at the Smuggler's Rest and then left again to go past the toilets.



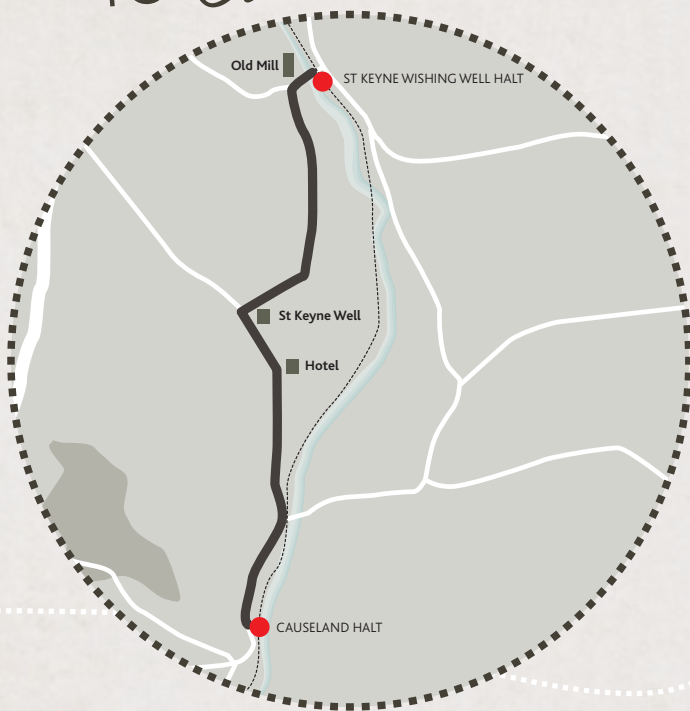
Turn right along the tarmac path to take the coast path uphill towards Polperro. Do not take the path signposted Brent. Follow this path until finally you will drop down into Polperro.

In the village, the bus stop is located at the top of the village, near the Crumplehorn Pub. There are frequent buses to Looe Health Centre, just down the road from the railway station.





## St Keyne Wishing Well Halt Station TO Causeland



A relatively short walk along Cornish Country Lanes deep in the East Looe Valley taking in the Holy Well of St Keyne.

Exiting the station, go past the tall building straight ahead which was an old mill, and follow the road around to the left, ignoring the junction to the right. The lane now starts to climb, with high banks to either side.

At the top of the hill, you come to a junction and St Keyne Well. The Well is famous for its connection with newlyweds and the story is displayed in the slate for you to read. From the well, go left down the hill to the St Keyne Well Hotel. This fine building was built in 1884 by a tea plantation owner who made his money in India before returning to Cornwall.

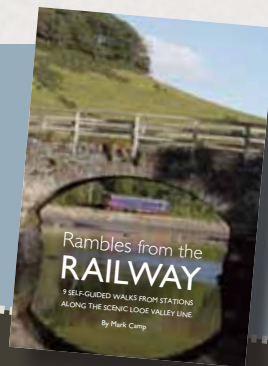
The road descends back down into the valley passing a large abandoned quarry on the right-hand side. Carry on down the road passing the remains of an old lime kiln.

The little halt at Causeland is soon reached. At the station, behind the platform, you can see the remains of the old canal.



On sale at Looe Tourist  
Information Centre  
priced at £4.50.

For details of how to purchase,  
call 01503 262072.



# Gunnislake Station TO Calstock

**A varied walk through fields, along footpaths ending up in the delightful riverside village of Calstock.**

From Gunnislake station, walk towards the main road and turn left up the hill towards the Nisa Local Shop. Keep onto the left fork of the road and head past the Tamar Valley Centre into the village of Albaston.

At the junction by the Queen's Head pub, turn left and walk down the road for a minute or so until you see a signpost on the other side of the road which says Metherrill/Cotehele. Cross over the road and follow this quiet road for approx. 10 minutes.

As you start to go up a slight hill, you will see a gate and a field which has a 'Footpath to Danescombe' sign, turn left into this field and walk to the bottom until you get to a stile. Go over the stile, down the steps and then follow the river.

Keep following the river until you get to a wooden gate, go through it, and follow the path.

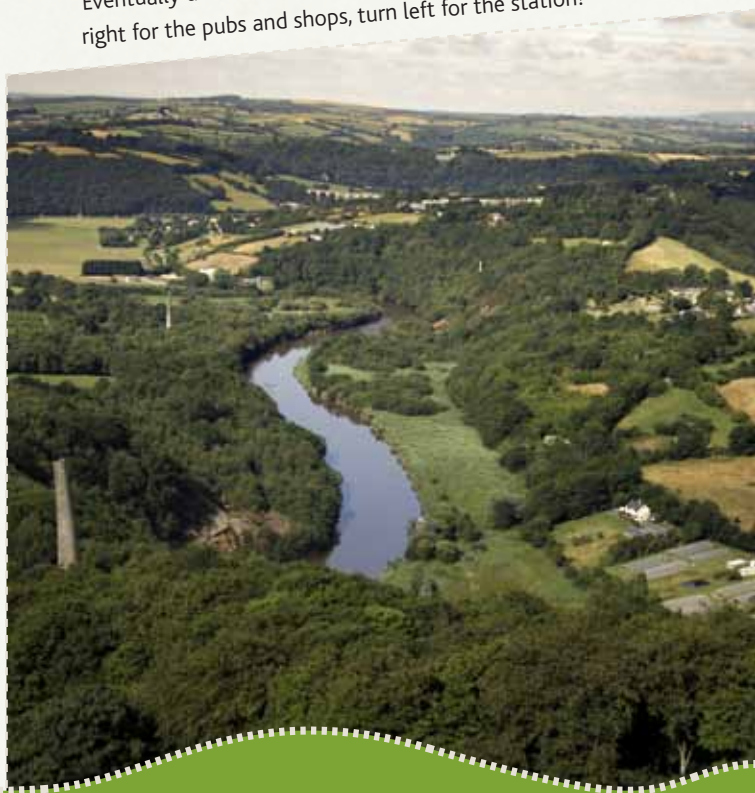


Eventually you will pass some sheds, then a house on your right. Go through the big gate and you will see an old white cottage as you come out into the lane.

Walk just past the cottage and then take a right turn down the track where is says 'footpath'. Keep going past the old mine on the right then the little mine train on the left, over the little bridge, the cottages and down the hill.

You will see a large roofless building on your right, which is an old paper mill and then the track splits. Head towards the cottages and the left track. Keep going along this road which will take you past the boatyard and under the viaduct.

Eventually at the end of this road you will see the village. Turn right for the pubs and shops, turn left for the station!





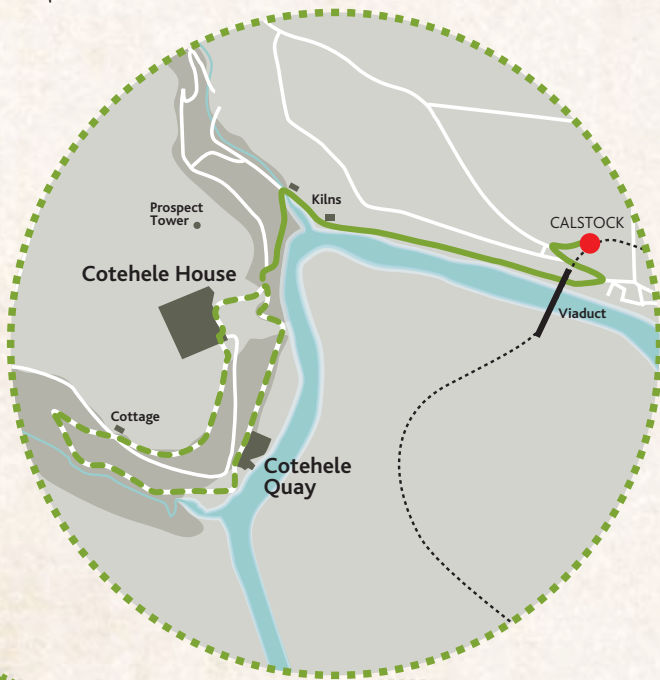
# Calstock Station TO Cotehele House

**A circular riverside walk which leads to the National Trust estate of Cotehele. Once at Cotehele Quay, there are options for longer walks.**

From the station, follow the signs down the hill onto the road. Take the first road to the right before you reach the centre of the village, signposted Cotehele.

Follow the road ahead, which leads you along the riverside. You will pass two old lime kilns along the way, as well as the impressive Danescombe House, which used to be a hotel.

Keep following the path until you see the signpost to Cotehele pointing up a steep path. This is a steep climb so take your time.



## Cotehele House

You will notice the path soon splits and here you have a choice. Take the right path to go up to Cotehele House where you can explore the house and gardens (admission rates apply) or take the left which heads down to Cotehele Quay and further walks into the woods beyond.

To get back to Calstock, simply re-trace your steps. Alternatively, you could catch the little ferry that runs from the Quay to Calstock. Details can be found at [www.calstock-ferry.com](http://www.calstock-ferry.com)

For details about visiting Cotehele, visit [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

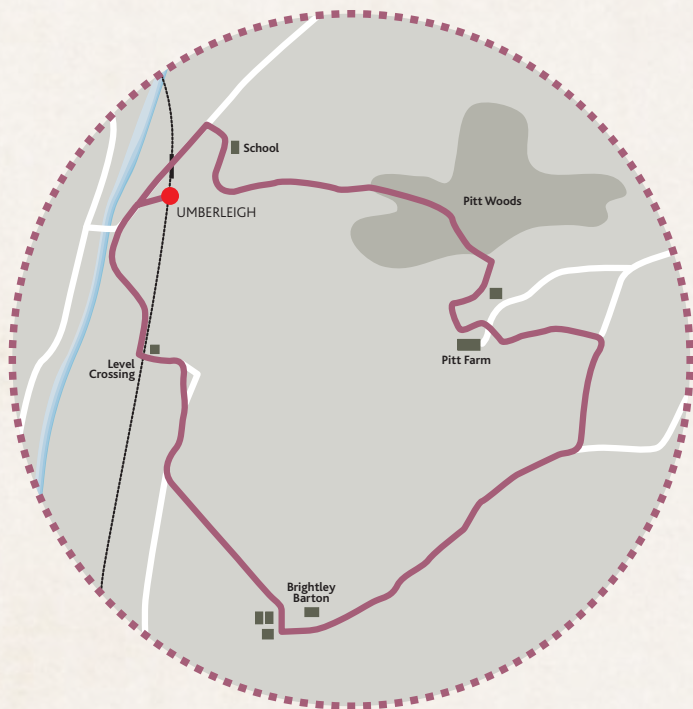


# Umburleigh Moats and Crosses

## A Circular Walk

A short outing involving a 118 metre (323 ft.) climb to viewpoints above the Taw Valley.

From the station, head left along the B3227. Just before the river, turn left (Sign posted Warkleigh) to reach a level-crossing. Continue along, past Brightley Cross. At Toits Cottages, turn left up a sign posted path to a field with barns and, beyond, a road corner. This is Brightley Barton, a 16th Century house with a mediaeval moat.



Brightley Barton

Carry on for about a mile to Stone Cross junction. Continue ahead (signposted Chittlehampton) for 200 yards to a track (just **before** a road junction). Turn left down this track passing Pitt farm and a plantation to reach Pitt wood. Continue through the wood to a field, following its right-hand edge down to a gate.

Ignoring side turns, stay ahead along a grassy way to South Nethercleave. Here follow the path sharply right to pass a school. Turn left onto the B3227 and **very carefully** follow it over the bridge to the station.



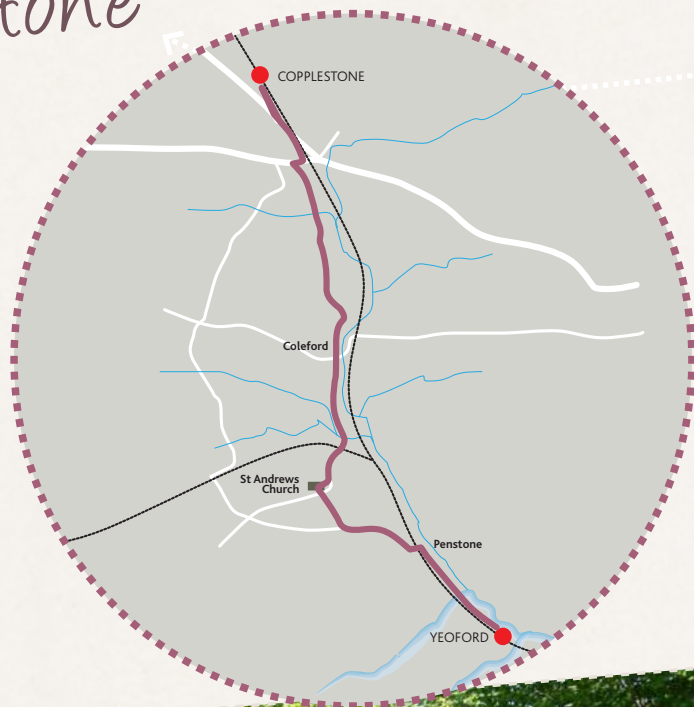
# Yeoford to Copplestone

**A varied walk along the lanes and footpaths of the mid-Devon redlands. Ideal for children.**

From Yeoford station platform, walk under the bridge to join a lineside footpath. After 0.5 miles, cross a lane. Continue walking alongside the railway to reach a watermeadow. At its far end turn right into a lane which fords the river and enters Penstone. Follow the lane through Penstone, turning left at its far end to pass under the railway and re-cross the river.

Beyond, where the lane turns right, continue ahead along a footpath crossing the railway. Cross the line and follow the field edge uphill, joining a road at the summit to enter Colebrooke. St. Andrew's church makes a good resting place. Walk to the east end of the churchyard where a gate opens onto a footpath. Turn right through the church carpark and then left into a lane. Proceed downhill and at the bottom

bear left and continue for 0.3 miles to Coleford village crossroads. Keep ahead for another mile to a T-junction and here turn right. The station lies 0.2 miles to your left just beyond a second bridge over the railway.



Available from all good bookshops, [amazon.co.uk](http://amazon.co.uk) or postage-paid directly from the author:

[pcbcraske@gmail.com](mailto:pcbcraske@gmail.com)  
at £10 per copy including postage



## Exmouth Circular Walk

**This route uses an old railway line and the coast path. Generally quiet roads and footpaths with one steep climb.**

From the main station exit, turn right and follow the walkway through the bus station, cross the station car park to reach the river estuary and turn right to follow this to the far end of the car park. Pass through a kissing gate and follow the estuary-side path. At a way mark, turn right over a small mound to reach a foot crossing of the railway line – stop, look and listen and cross with care.

Walk ahead through the recreation ground and exit through a gate on the left onto Carter Avenue. At Highland Cars showroom turn left for a few yards then follow cycle path signs for Phear Park, crossing the main road at a light controlled crossing. Turn left then right into Lyndhurst Road. At the far end of Lyndhurst Road take another light controlled crossing and turn right. Ignore entrances to Phear Park, skirting a roundabout and following busy Marpool Hill for some 200 yards until reaching a cycle track sign indicating Littleham 1½ miles.

Turn left and follow this leafy route, first alongside Phear Park and then through a long cutting until it emerges onto a road.

Follow the cycle path, which is now signposted to Budleigh Salterton, through Littleham Village. It first crosses Salterton Road on a light-controlled crossing, then after crossing another road at Littleham shop head down Jarvis Close, then through Bidmead Close to John Hudson Way.

The main walk follows the railway track bed through open countryside, then woods until reaching a signpost to Castle Lane shortly before a tall overbridge.

Go up the slope and right onto Castle Lane. When the lane turns right go up a short incline to the left then right onto a footpath marked West Down Beacon.



The footpath crosses the East Devon Golf Club course. Keep ahead in a straight line; continue until reaching the South West Coast Path high above the Holiday Park.

Turn right onto the coast path, following it to the Devon Cliffs Holiday Park. Keep seaward of the caravans until reaching the third hedge just short of Straight Point Firing Range. Turn right along the hedge and beyond the firing range keep as close to the sea as is possible to reach the South Beach Café and Stores.

Crossing the café terrace, the coast path continues uphill, following the cliff top over the High Land of Orcombe (where it may be muddy) until reaching Exmouth's geoneedle. From here the path is made up and soon

reaches a zigzag slope down to the start of Exmouth's long esplanade and beach. Follow the Esplanade past Exmouth's Lifeboat station and a line of sand dunes.

Just beyond the Bath House pub, turn right onto a walkway and follow to the end. Where it re-joins the road, veer right and walk up to the roundabout at the top of Chapel Hill. Turn left, going down past Exmouth Town Council Offices and almost immediately fork right into the Strand. Follow the paved pedestrian path across the centre of the area to the mini-roundabout at the bottom of Rolle Street, where the station is prominently signed.



# Walks from the Railway

## Rail Information

For full information about train times and fares contact National Rail Enquiries on 08457 48 49 50 or visit [www.firstgreatwestern.co.uk](http://www.firstgreatwestern.co.uk). Trains run six days a week all year round on all the lines mentioned. All lines, except for the Looe Valley Line, have trains on Sundays too.

**OFF PEAK DAY RETURN** - These great value tickets are available Monday to Friday after the morning peak and at anytime weekends and Bank Holidays. You can buy an Off Peak Day Return ticket between any two stations in Devon & Cornwall.

**GROUPSAVE** - GroupSave allows groups of three or four people to travel together for the price of two adult Off Peak Day Returns on First Great Western services.

**UNLIMITED TRAVEL TICKETS** - Rangers and Rovers. There is an extensive range of Ranger and Rover tickets available. Visit [www.greatscenicrailways.com](http://www.greatscenicrailways.com) for more information or ask at a staffed station.

**BRITRAIL PASSES** - International visitors can use their BritRail Pass on all the lines mentioned in this booklet.

**BUS LINKS** - For details of public transport links contact Traveline on 0871 200 22 33 or visit [www.traveline.org.uk](http://www.traveline.org.uk)

**DOGS AND CYCLES** - Dogs and cycles can be taken free of charge (max 2 dogs, 2 cycles).

For more information about other ways to enjoy days out by train, visit [www.greatscenicrailways.com](http://www.greatscenicrailways.com)

Timetable information can be found on a smart phone by scanning this code



All information supplied in good faith and correct at time of going to print (January 2014).

No responsibility can be accepted for any changes, errors or omissions. Published by the Devon and Cornwall Rail Partnership, School of Geography, Plymouth University, PL4 8AA. Tel: 01752 584777. Email [railpart@plymouth.ac.uk](mailto:railpart@plymouth.ac.uk)

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