

The route starts at Poley's Bridge, where the Wenford Driers once loaded china clay onto the railway to Padstow, and follows the Camel Trail to Wenfordbridge. From here the route heads up De Lank valley, passing the granite quarry, and crosses the De Lank river to Pendrift Downs. Here, the route passes Jubilee Rock, carved with insignia then follows lanes into Blisland. The route leaves the village via the pub and returns across the mediaeval bridge at Keybridge.

DOGS

Larger, less-athletic dogs may need to be lifted over some of the stiles. A spritely collie would have no trouble though.

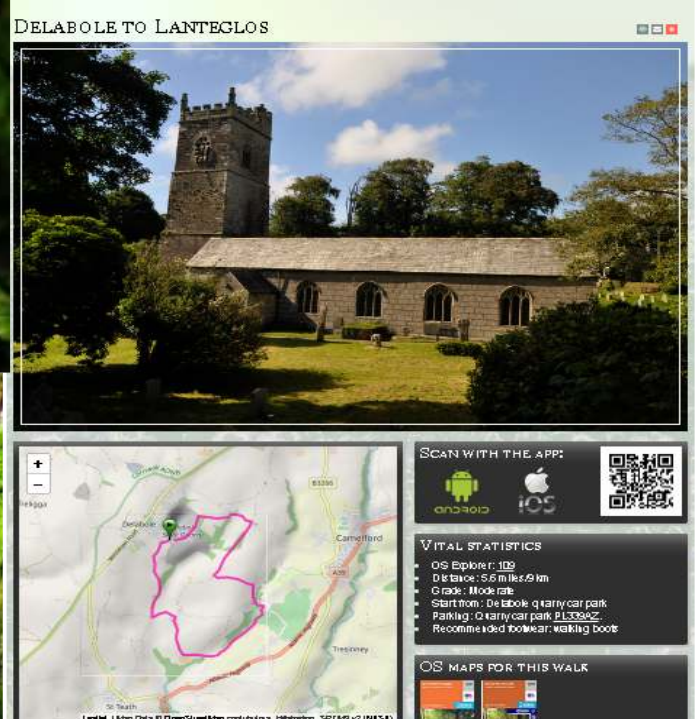
- OS Explorer: [109](#)
- Distance: 5.1 miles/8.2 km
- Grade: Moderate
- Start from: Poley's Bridge
- Parking: Camel Trail Poley's Bridge car park [PL304QX](#).
- Recommended footwear: walking boots



Starting from Delabole quarry, the route goes through Helland Barton woods to Trewalder, and then along the River Allen from Treforda to Lanteglos church. The return route passes the hill forts of Castle Goff and Delinuth Camp, before returning to Delabole via Deli woods.

DOGS

Dogs will need lifting over a number of the stiles on the route. For medium or large dogs, this will take 2 people for some of the stiles.



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OS Explorer: 109

- Distance: 5.6 miles/9 km
- Grade: Moderate
- Start from: Delabole quarry car park
- Parking: Quarry car park PL339AZ.
- Recommended footwear: walking boots

From Tremaine church, the route crosses the tributary valleys of the River Ottery criss-crossing the trackbed of the old North Cornwall railway to reach Treneglos church. The walk then crosses into the valley of Launceston's River Kensey, close to its source on the Badgall Downs and follows the valley downriver to reach Tresmeer church.

DOGS

Several stiles with closely-spaced fence slats. Dogs are likely to need lifting over at least one of these. The route passes through a farmyard.

- OS Explorer: [109](#)
- Distance: 6 miles/9.7 km
- Grade: Easy-moderate
- Start from: Tremaine Church
- Parking: Grassy parking area beside Tremaine Church [PL158SA](#).
- Recommended footwear: waterproof boots (involves crossing marshy areas in fields)

