

# Lostwithiel to Lerryn Walk

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## Distance

Lostwithiel to St Winnow: 2 miles (3.2km)

St Winnow to Lerryn: 2.5 mile (4km)

This is a great varied walk for the whole family. The first section is largely traffic free over hills, while the second section is entirely traffic free through flat woodland along the river.

From the medieval bridge in Lostwithiel cross the railway and continue up the hill past the Earl of Chatham pub. At the crossroads turn right to Lerryn.

From the hill out of Lostwithiel, take the right turn signed to Polmena. The road turns into a wooded track and joins the road into St Winnow at the top of a hill. Walk down into St Winnow and stop for refreshment at the farm, which sells home-made burgers and cream teas. There is a Farm Museum and the beautiful 12th century church has fine carvings dating from the 15th century.

From the slipway into the river, walk along the water's edge then climb the stile into a field. Follow the path along the bottom of the field and into the woods. A well-defined track follows the edge of the Fowey river. There are spectacular views downstream to Golant where the Lerryn river meets the Fowey. Continue along the edge of the river until you reach Lerryn. If the tide is low enough you can cross the stepping stones. Have a meal at the Ship Inn or enjoy an ice-cream overlooking the river.

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