

Coulson Park and Shirehall Moor nature reserve

Level, easy stroll along the river Fowey to a nature reserve, suitable for pushchairs and wheelchairs.

DISTANCE	ROUTE	START	ONLINE
About 1.2 miles (1.9km)	One-way walk	From Fore St, turn right down Quay St and walk along the quay.	 Scan for the interactive map, which can show where you are as you walk.

The Fowey river meanders through Coulson Park and Shirehall Moor, making it an ideal spot for a stroll.

Coulson park has road access and a car park in the centre. There is a fenced children's playground, grassy river banks and well-established trees.

From the end of Coulson Park you can walk along a short quay towards Shirehall Moor. There is a well-defined gravel path and picnic benches with barbecue spots.

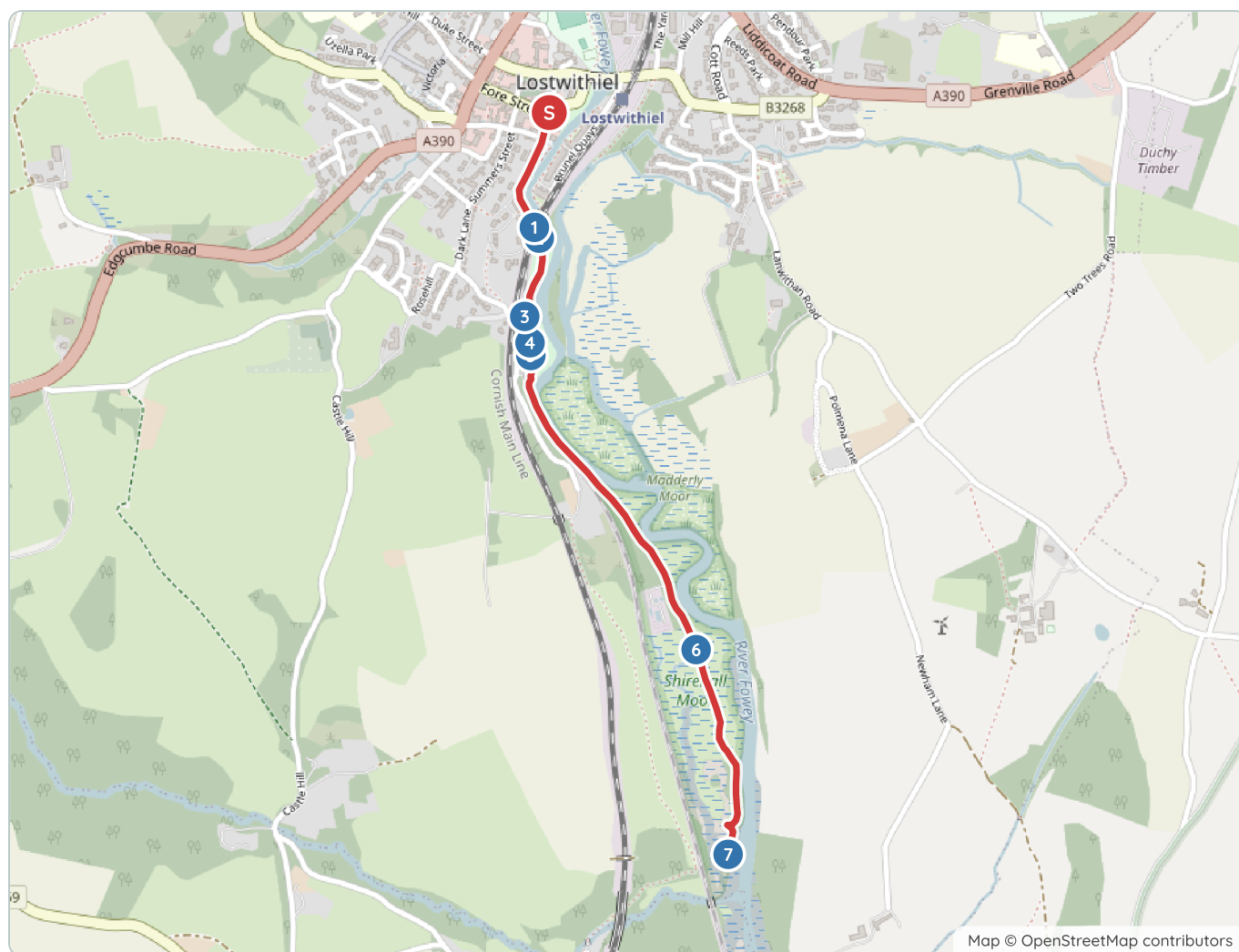
At Shirehall Moor the valley opens out to a wide salt marsh. The Moor is a haven for wildlife and a great deal of conservation work has been done in recent years.

Access: suitable for wheelchairs and prams (as far as the start of the moor). Dogs allowed.



River Fowey in Coulson Park © Debbie Curtis

Route map



Along the way

The numbers match the pins on the map above. **S** marks the start.

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| S From Fore St, turn right down Quay St and walk along the quay. | 4 Childrens playground This area was recently renovated by local group Lost In Play. |
| 1 Cross under the railway bridge. | 5 Parking This area has parking for more cars. |
| 2 Parking There is parking for a couple of cars here. If no parking is available, continue into the park, being careful of pedestrians and dogs. | 6 Shirehall Moor The path turns to grass here, and may not be suitable for wheelchairs or prams. |
| 3 This bridge is very low, and becomes flooded during heavy rain or very high tides. | 7 End of the path From here you can see down the Fowey to St Winnow Church. |

This walk online: lostwithiel.org.uk/see-and-do/visitor-guide/walks-and-paths/coulson-park-and-shirehall-moor/

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