

Duchy of Cornwall Loop Walk

A circular walk up one side of the Fowey valley and back down the other, with a stop at the Duchy of Cornwall Nursery for refreshment. Some hills but not very steep. Good views of Restormel castle, Restormel Manor and down the valley towards Lostwithiel.

DISTANCE 2.6 miles (4.2km)	ROUTE Circular walk	START Community Centre	ONLINE Scan for the interactive map, which can show where you are as you walk.
--------------------------------------	-------------------------------	----------------------------------	--

This circular walk takes you from the centre of Lostwithiel up the Fowey valley, past Restormel Castle and via the Duchy of Cornwall Nursery where you can have a meal or a drink before returning to Lostwithiel.

Free parking is available in car park next to Lostwithiel Community Centre. From the entrance of the car park cross the A390 and walk down Restormel Road towards Restormel Castle. This wooded country lane is a no through road but there may be traffic going to the castle or to Restormel Farm.

When you reach the farm, you can turn left and head up the steep hill to Restormel Castle. To continue the walk, turn right you will enter a field and cross in front of Restormel Manor, part of the [Duchy of Cornwall cottages](#).

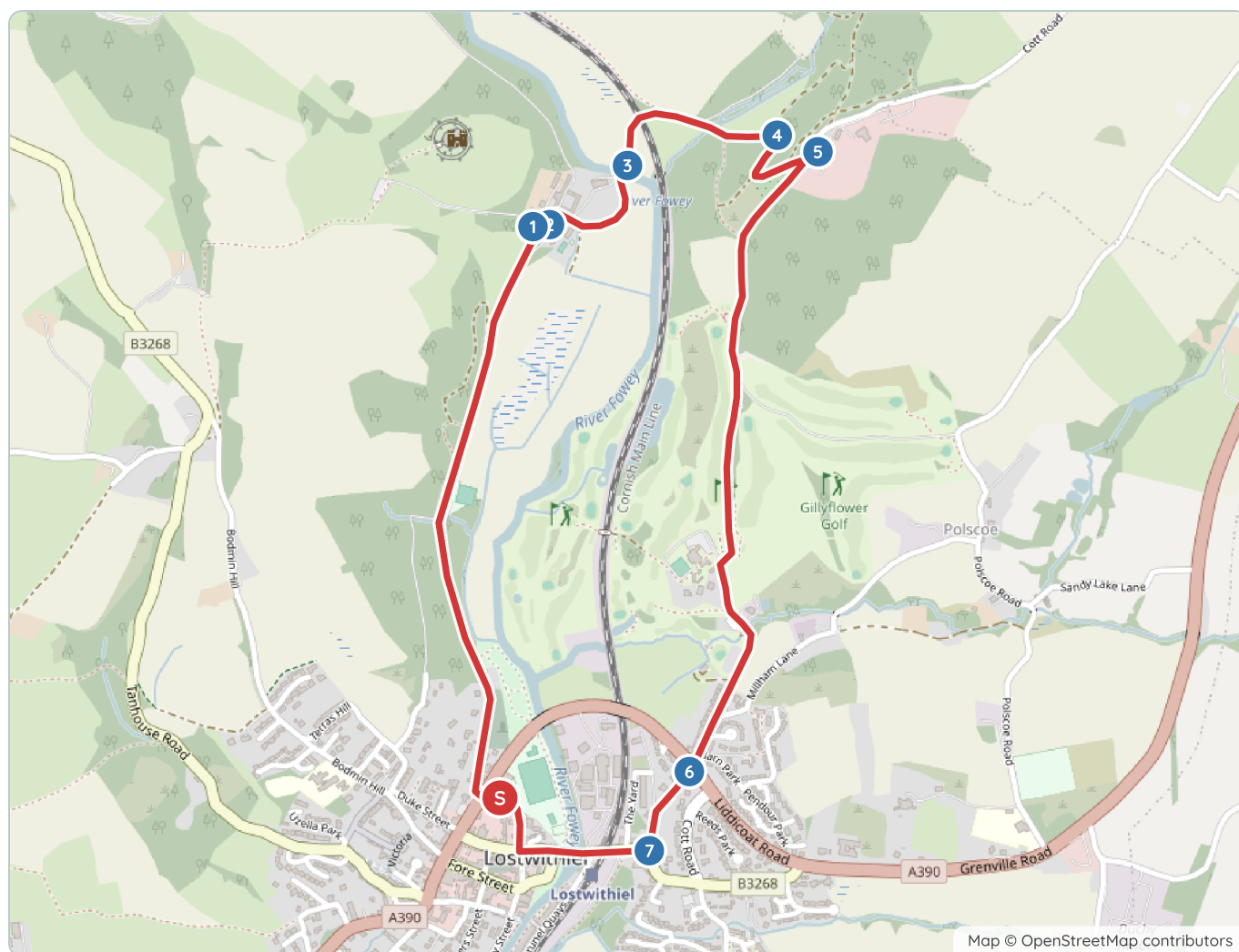
Continue along the track which leads over a small bridge across the river Fowey and up the other side of the valley. Follow this track all the way as it curves round through woodland until it reaches a road opposite a half-timbered house. This is Cott Road.

The entrance to the [Duchy of Cornwall Nursery](#) is to the left - follow Cott Road along until you reach the main entrance. The nursery sells a wide range of plants, the majority of which are grown on site, and specialises in fuschias, camellias and conifers. There is a shop and an excellent cafe where you can sit and look across the valley.

Back on Cott Road, turn left (if you are coming out of the nursery) and follow the road all the way back to the A390. You will pass the Lostwithiel Golf Club and turnings to Polscoe, where you can extend the walk by doing the [Polscoe Loop](#).

When you return to the A390, cross over the road and take the alley way on the right which leads down Mill Hill. At the bottom, next to the Peace Memorial, turn right and cross the level crossing to return to Lostwithiel across the Medieval bridge.

Route map



Along the way

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

- S** **Community Centre** Start at the free main car park next to the Lostwithiel Community Centre.
- 1** **Restormel Castle** To extend the walk, when you reach the farm, you can turn left and head up the steep hill to Restormel Castle.
- 2** To continue the walk, turn right you will enter a field and cross in front of Restormel Manor, part of the Duchy of Cornwall cottages.
- 3** The track leads over a small bridge across the river Fowey.
- 4** Follow this track all the way as it curves round through woodland until it reaches a road opposite a half-timbered house.
- 5** Duchy of Cornwall Nursery.
- 6** Cross over the road and take the alley way on the right which leads down Mill Hill.
- 7** Next to the Peace Memorial turn right and cross the level crossing to return to Lostwithiel across the Medieval bridge.

This walk online: lostwithiel.org.uk/see-and-do/visitor-guide/walks-and-paths/duchy-of-cornwall-nursery-loop/

More walks around the town: lostwithiel.org.uk/see-and-do/visitor-guide/walks-and-paths · Leaflet produced September 2026