

Lostwithiel to Lerryn Walk

Largely traffic free over hills to St Winnow then entirely traffic free through woodland along the Lerryn creek.

DISTANCE	ROUTE	START	ONLINE
Lostwithiel to St Winnow: 2 miles (3.2km) St Winnow to Lerryn: 2.5 mile (4km)	One-way walk	Start from the centre of Lostwithiel, free parking is available in the Community Centre car park.	 Scan for the interactive map, which can show where you are as you walk.

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.

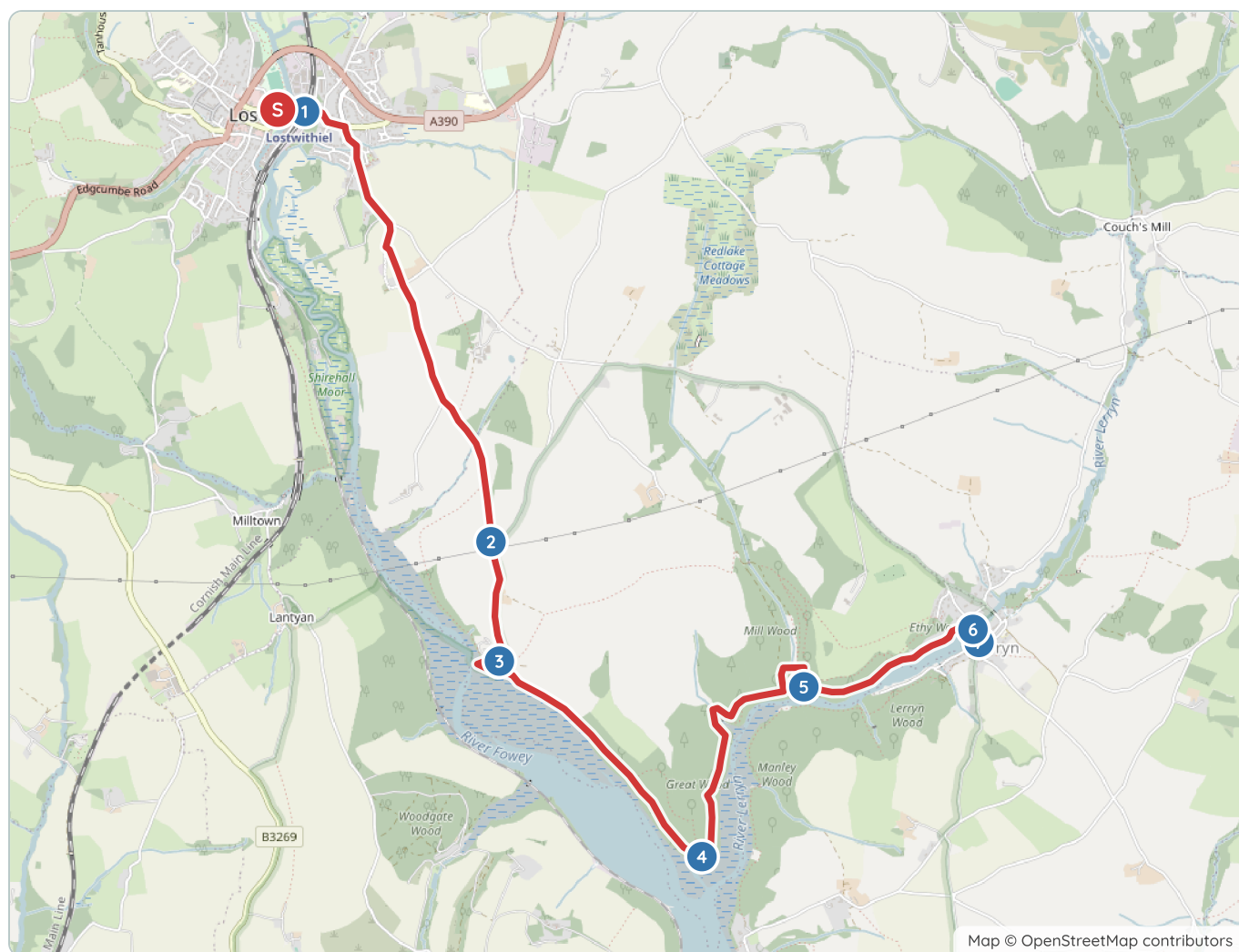
From the hill out of Lostwithiel, take the right turn signed to Polmena. The road turns into a wooded track and joins the road into St Winnow at the top of a hill. Walk down into St Winnow and stop for refreshment at the farm, which sells home-made burgers and cream teas. There is a Farm Museum and the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



The "impracticable for cars" signpost at St Winnow · Photo courtesy of Tabitha Stafford

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.

Route map



Along the way

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

- S** Start from the centre of Lostwithiel, free parking is available in the Community Centre car park.
- 1** **Lostwithiel medieval bridge** 12th century bridge over the river Fowey.
- 2** The 'Impracticable for cars' signpost at St Winnow.
- 3** **St Winnow** 12th century church with excellent 15th century carved pews. Farm snack shop selling burgers made from local meat.
- 4** Ethy point looking towards Golant.



Photo courtesy of Tabitha Stafford

- 5** Looking out to the Lerryn River from Ethy Woods.
- 6** The stepping stones at Lerryn can be crossed at low tide. If they are covered, continue to the bridge.
- 7** **Lerryn** Beautiful village on the river Lerryn with shop, pub, toilets and phone.



Photo courtesy of Tabitha Stafford



Photo courtesy of Tabitha Stafford

This walk online: lostwithiel.org.uk/see-and-do/visitor-guide/walks-and-paths/lostwithiel-to-lerryn-walk/

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