

Polscoe Loop Walk

A short loop walk from the centre of Lostwithiel to Polscoe on the outskirts of the town. A short hill from Lower to Higher Polscoe.

DISTANCE 1.86 miles (3km)	ROUTE Circular walk	START Lostwithiel Community Centre	ONLINE  Scan for the interactive map, which can show where you are as you walk.
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This circular walk takes you from the centre of Lostwithiel around the area of Polscoe and back again. It starts along the A390 then leads onto country lanes and a bridle way on the outskirts of Lostwithiel.

Free parking is available in car park next to Lostwithiel Community Centre. From the entrance of the car park, head east along the A390 towards Plymouth. After crossing the river Fowey and the railway line take the first road left, Cott Road, which is signed to Lostwithiel Golf Club and [Duchy of Cornwall Nursery and Cafe](#).

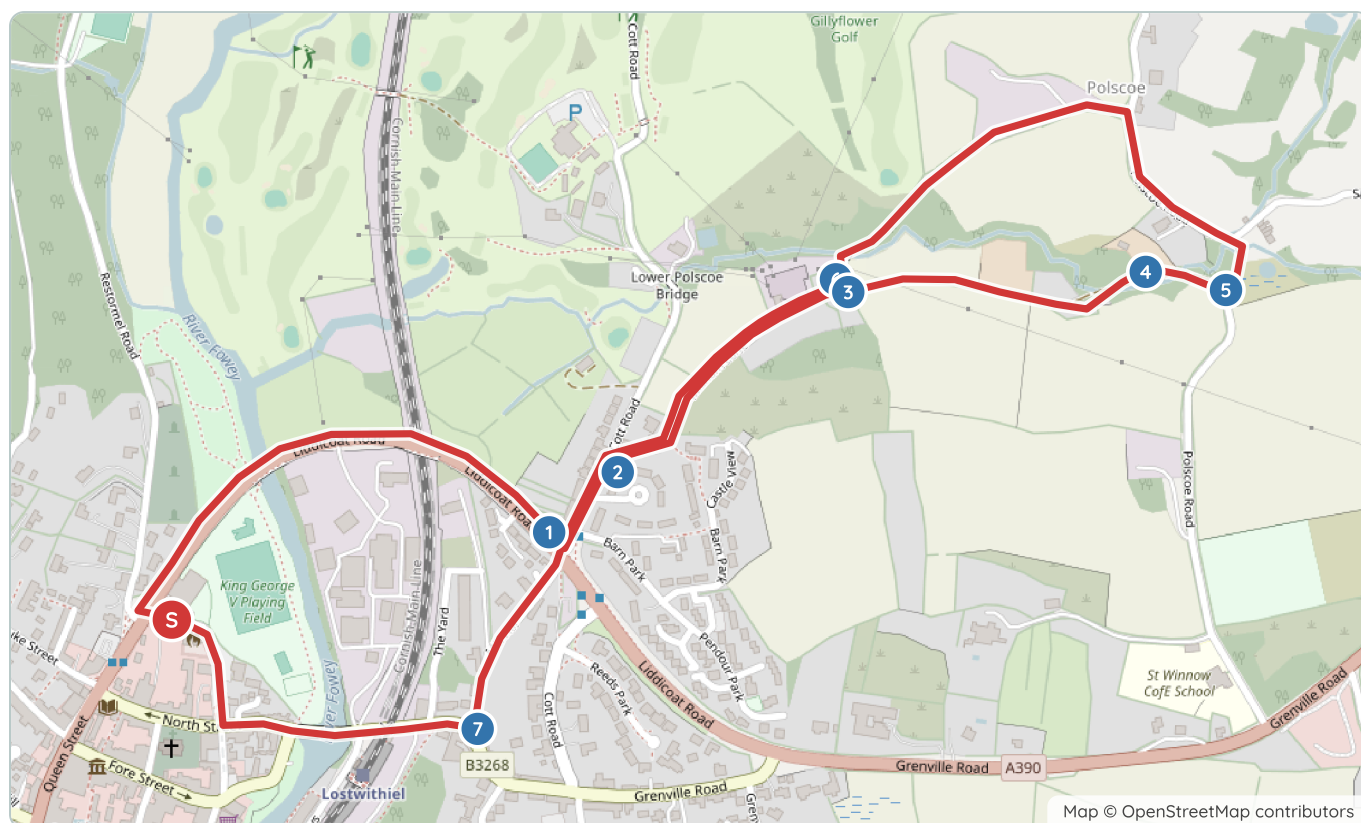
Walk a short distance down Cott Road then take the third turning on the right, Millham Lane. This is a quiet country lane lined with bluebells and wild garlic in the spring. Follow this lane until it takes a sharp left and a bridleway continues straight ahead through two metal five bar gates.

Follow the bridleway along the valley, past the farm buildings and then past some cottages. Walk alongside a small stream until you reach the road. You have reached Lower Polscoe.

Turn right and follow the road up the hill to Higher Polscoe. Take the first turning on the left to bring you down to the bridleway where you can retrace your steps back towards Lostwithiel. Once back on Cott Road you could turn right and walk a short distance to the Golf Club where you can enjoy a drink and the view up the Fowey valley towards Restormel Castle.

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.

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| S Lostwithiel Community Centre Free parking is available in car park next to Lostwithiel Community Centre. | 4 Walk along the stream until you get to the road. |
| 1 Take a left down Cott Road. | 5 Turn left at the road. |
| 2 Turn right up Millham Lane. | 6 Retrace your steps back to the A390. |
| 3 Go through the double gate. | 7 Turn right and head over the railway line. |

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

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