

Milltown Walk

Distance: 3.4 miles (5.5km)

This circular walk takes you from the centre of Lostwithiel through Castle to Milltown, following part of the Saints' Way before returning to Lostwithiel.

Free parking is available in car park next to Lostwithiel Community Centre. From the entrance of the car park walk west along the A390 until you reach [The Best Western Fowey Valley Hotel](#). From here, turn up the steep, narrow road Castle Hill.

At the top of the hill, head left past a cemetery. Follow the lane as it leads down to Castle through a heavily wooded lane with a stream running alongside, where you will join the Saints' Way.

Castle is a mid-19th century listed building and private residence. Rudolf Hess is remoured to have been interrogated here during WWII.

Continue on the same road, bearing left after you cross a bridge over a small stream, and follow it up to Milltown. At a small cluster of houses and a post box at the bottom of the hill, turn left into a no through road. The road and Saints' Way continues to the right.

At the end of the road you can turn right to walk through Milltown woods and eventually Golant and Fowey.

To return to Lostwithiel, turn left and cross a small stream over a very small stone bridge and follow the track through the woods. You will pass under a viaduct for the mainline railway and end up at a gate and stile.

Go through the gate and cross the fields. You will be able to see Lostwithiel in the distance. In the corner of the second field, go through the gate and along a woodland track next to the railway which leads to Pill Farm. Walk through the farm and along the private road until you come to a junction between two railway bridges (one for the mainline and one for the clay trains).

Turn right and enter Coulson Park, then turn left and head back into Lostwithiel. You will leave the park on Quay Street, next to the river.

Note: You can stay fairly level and traffic free if you just walk through the fields and return the same direction.