

Polscoe Loop Walk

Distance: 1.86 miles (3km)

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.