

# Restormel Walking Trail

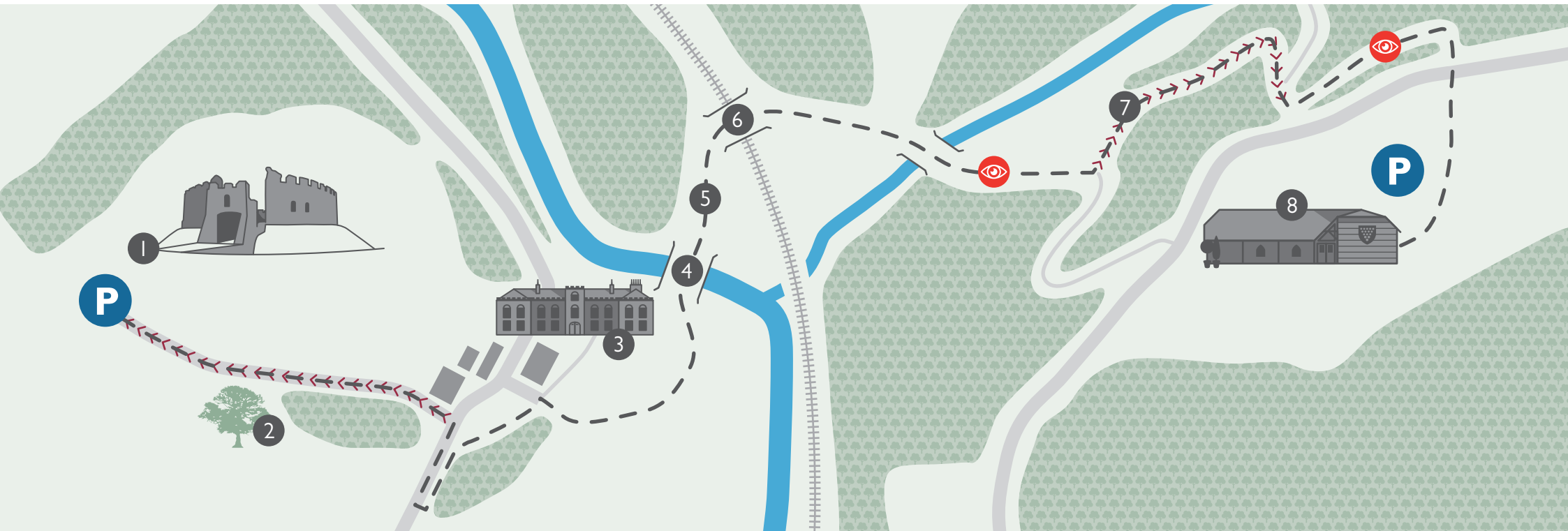
## Lergh Kerdhes Rostormmel



ENGLISH  
HERITAGE



DUCHY of CORNWALL  
NURSERY



**Distance:** 1.14 miles (1.8 km)

**Duration:** Approx. 45 mins

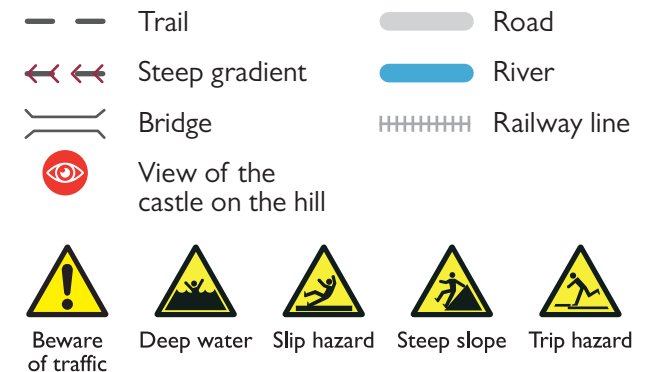
**Start:** Castle car park or Duchy Nursery car park during opening hours (if the castle or nursery is closed the walk can be started from the castle entrance gate or woodland entrance gate). From the nursery exit the car park and cross the road. Pass through the wooden gate into the wooded area. Follow the path through the woodland. There are directional signs along the route.

**Terrain:** Contains some uneven pathways, gravel and some steep gradients. Care needs to be taken where the route is alongside vehicle access. In case of emergency call 999.

**Dogs:** Permitted (on leads where livestock present)

**Parking:** Cars can be parked on the roadside or at the castle (PL22 0EE – continue along Restormel Road to the castle) or nursery (PL22 0HW) car parks.

**⚠ Car park gates are locked upon closing. Please make a note of closing time.**



# A meander through the beautiful River Fowey Valley linking Restormel Castle with the Duchy of Cornwall Nursery.

## 1 Restormel Castle Kastel Rostormmel

Managed by English Heritage, Restormel Castle is free to enter for English Heritage Members (admission charges apply for non-members).

The castle is one of four Cornish fortresses of the Duchy of Cornwall. It is remarkable for its unusual circular inner ward, which is one of the best preserved medieval strongholds in Britain. As a visitor today, you can discover the full story of this fascinating site and enjoy breathtaking views of the surrounding countryside from the wall-walk.

There is evidence to suggest that the area was occupied prior to the building of the castle. Up on a nearby hill there are remains of a small Roman fortification dating from the first to fourth century AD.

## 2 Ancient Oak Hen Dherwen

This magnificent tree is called the Restormel Oak, which would have been a sapling in 1650. The botanic name for this tree is *Quercus petraea* and one of its common names is the Cornish Oak. Look out for more Restormel Oaks while following the trail.

## 3 Restormel Manor Maner Rostormmel

The site has been occupied for centuries, firstly by a hermitage and a chapel dedicated to the Holy Trinity and then by a manor from the 16th century. The house you see today dates from the late 18th century and may be rented as holiday accommodation.

## 4 River Fowey Fowi

The river is the dominant feature of the valley and it has influenced much of the human activity here for thousands of years. The castle was built to protect an important crossing point. At that time the river was much deeper and sea-going ships could sail up to Lostwithiel.

## 5 The Valley An Nans

As you walk on take a look up and down the valley. From the 1200s until 1540 this was the largest deer park in Cornwall, extending to around 550 acres. It would have been enclosed by a 'pale' – a mix of hedge, ditch and fence. From 1540 until the late 18th century, 'streamworkers' would have scoured the valley floor for alluvial tin deposits, so pretty much every inch has been dug over at some point.

## 6 Railway Line Hyns Horn

The railway came to the valley in 1859 when the line was opened to Truro, with maintenance workshops in Lostwithiel. These tracks provide a direct link with London, 277 miles away. In the opposite direction lies Penzance.

## 7 Woodlands An Gwedhegi

The woodlands are managed by the Duchy of Cornwall. There are some commercial plantings of Douglas Fir, as well as some British native trees, such as oak and birch. You'll also see the odd exotic plant, introduced from the nursery, so keep your eyes peeled for a magnolia or two.

## 8 Duchy of Cornwall Nursery Meythrinva Duketh Kernow

With an award-winning café, stylish shop and a wide selection of beautiful garden plants and trees, the nursery is a great departure point for the walk as well as a welcome destination.

There is a cosy log fire in the winter and the café terrace, which enjoys handsome views across the valley to Restormel Castle, is perfect for spring and summer. The nursery is a wonderful spot for a refreshing barista coffee and, for the hungry walker, the locally-sourced menu includes breakfast, lunch and delicious cream teas as well. In addition, be sure to take a look at the Duchy bumblebee garden and beautiful indoor plant display in the elegant glasshouse. Dogs are welcome on the terrace and in the glasshouse.

For opening times and other information about:

### **Restormel Castle**

Tel: 01208 872687

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)

### **Duchy of Cornwall Nursery**

Tel: 01208 872668

[www.duchyofcornwallnursery.co.uk](http://www.duchyofcornwallnursery.co.uk)