

Outstanding Natural Beauty

Much of South East Cornwall has been classified as an Area of Outstanding Natural Beauty (AONB).

Located on the Cornwall and Devon border, the **Tamar Valley AONB** is an unspoilt and distinctive landscape, with a rich mining heritage.

The **Cornwall AONB** includes many parts of South East Cornwall:

- Bodmin Moor** - open moorland with rugged scenery, ancient monuments and mining history;
- The South coast** - an area of beautiful coastline;
- The Rame peninsula** - a hidden gem of quaint fishing villages and stunning cliffs.

www.tamarvalley.org.uk
www.cornwall-aonb.gov.uk



Ancient woodlands still clothe the steep valley sides and remnants of heathland persist on the granite moor. Layers of history and human exploitation of the land and its minerals have left unique habitats including ancient hedges, old market gardens and orchards and the legacy of mining and agriculture.

South East Cornwall offers you so many chances to get out and enjoy the landscape; from tranquil beauty spots to adrenalin-pumping activities. There's something for everyone from walking, cycling, horse riding and fishing to shopping and sight-seeing, plus historic houses, gardens and beaches.

Scenic Branch Lines



The **Tamar Valley Line**, running from Plymouth to Gunnislake, is one of the gems of Britain's rail network.

Linking city, river and beautiful countryside through the AONB, the line packs a huge amount into its 15-mile length.

A highlight of the trip is the spectacular viaduct at Calstock which links Devon and Cornwall.

The **Looe Valley Line** runs from Liskeard to the fishing port of Looe.

This 9 mile line is one of the great scenic railways of Cornwall running through the heavily wooded valley with river, railway and remains of the Liskeard - Looe

Union canal running alongside each other.

For more information about the lines, visit www.greatscenicrailways.com.

There are **Rail Ale Trails** on both lines which guide you to pubs in the valleys that you can get to by train. Visit www.railaletrail.com, pick up a leaflet at a staffed station or look out for them in participating pubs.

Trains run all year round. For times and fares, call in at a staffed station or tourist information office, visit www.firstgreatwestern.co.uk or call National Rail Enquiries on 08457 48 49 50.



World Class Heritage

South East Cornwall has a long mining heritage going back as far as the Bronze Age and two of the designated areas which make up the Cornish Mining World Heritage Site can be found here. Both areas produced large amounts of copper and tin in the 1800s but today offer fascinating places to visit. The Caradon Mining District is on the southern edge of Bodmin Moor whilst the Tamar Valley Mining District to the east also encompasses the town of Tavistock.

Both areas have substantial remains that can still be visited with their gaunt engine houses and tall chimneys, iconic images in the Cornish landscape.

The Victorian port of Morwellham on the river Tamar is a great place to start, with its reconstructed buildings and underground mine trip. Nearby Devon Great Consols Mine, once one of the richest mines in Europe, is now a vast barren area to explore due to the Arsenic processed there in the late 1800s. You can find out more at the Tamar Trails Centre on the site.



At Minions on the edge of Bodmin Moor there is an interpretation centre built inside an abandoned engine house. It stands in a landscape that was once a hive of activity but is now open moorland loved by walkers. Footpaths lead from the village to both the South Caradon Mine and the Phoenix Mines where many of the original buildings still stand.



For more information on both these areas, go to www.cornish-mining.org.uk

Walking and Cycling



South East Cornwall boasts a wonderful variety of landscapes just waiting to be explored on foot or on two wheels. From the open parkland of Mount Edgcumbe in the south eastern corner to the rugged hills of Bodmin Moor, there is a piece of our great outdoors to suit all ages and abilities.

Whiling away the hours exploring quiet footpaths and country lanes rewards the visitor with charming hamlets, breathtaking vistas, ancient woodland and fantastic pubs. Visit a local Tourist Information Centre to get advice on the best walks or to buy a map or a guide.

The South West Coast Path with its stunning views is repeatedly voted the best walking route in the UK, and around 30 miles of it pass through South East Cornwall. The newly opened Tamar Trails are well worth exploring, or you can follow the 30 mile Tamar Valley Discovery Trail. On Bodmin Moor the Copper Trail, which uses old miner's paths to link villages, offers a scenic 60 mile circuit.

If you prefer to be out cycling then many of the trails in the Tamar Valley are multi-use, as are routes in Cardinham Woods near Bodmin. The Cornish Way, part of the National Cycle Network, runs up the north-west edge of Bodmin Moor whilst Drake's Trail links Plymouth to Tavistock in the east.



Discover South East Cornwall

From the rugged landscapes of Bodmin Moor, through the tranquil scenery of the Tamar Valley, to the beautiful colours of the coast, South East Cornwall offers so much to explore and enjoy.



Why not leave your car behind and travel by scenic train, bus - or even by ferry! For details of public transport options in the area, visit www.travelinesw.com Tel 0871 200 22 33.



Please note that whilst every effort has been made by the Gateway to Cornwall Partnership and its members to ensure that the information set out herein is accurate at the date of publication, no liability can be accepted for any inaccuracies or omissions whatsoever.

This leaflet has been supported by Visit Cornwall - www.visitcornwall.co.uk - and the Devon & Cornwall Rail Partnership - www.greatscenicrailways.com

Cover photos: Top & bottom: ©Visit Cornwall; Centre: ©Tamar Valley AONB/Jo Pridham
Graphic Words 25k/June 2013

Tamar Valley Tourism Association
www.tavata.co.uk



South East Cornwall Tourism Association
www.secta.org.uk



Best of Bodmin Moor
www.bestofbodminmoor.co.uk



Rame Traders Association
www.rametraders.co.uk



Visit Cornwall www.visitcornwall.com



Discover...

South East Cornwall Visitor Map and Guide

Kernow soth-est a'gas dynnergh



The Gateway to Cornwall



Welcome to South East Cornwall



We hope that you will enjoy visiting this beautiful area of Cornwall, valued by both local people and visitors as a place to draw breath and enjoy the scenery.

But during your time in the area, take time to visit our lovely country towns, and the City of Plymouth, with its proud maritime heritage.

Seek out specialist shops that sell local farmhouse cheeses, pickles and jams; follow your nose to a local bakery where you'll find hot pasties, scones and traditional saffron cake, or browse the many art and craft galleries for a special souvenir.

Discover more about the rich heritage of the area; visit former mining sites, attractive country houses, beautiful gardens, ancient monuments, historic buildings or one of the area's museums.

Follow one of the many walking routes in the area, including the stunning Southwest Coast Path, trails around the Tamar Valley or a walk on the open ruggedness of Bodmin Moor.

There are also plenty of options for cycling, from long-distance routes to off-road circuits and trails.

Round off your visit with a trip to a show. From The Wharf in Tavistock offering cinema, music and drama, the Sterts Theatre in Upton Cross or the cultural centres of Plymouth, the area has so much to offer.

www.tamarvalleytourism.co.uk
www.secta.org.uk
www.bestofbodminmoor.co.uk
www.rametraders.co.uk



Bodmin

Equidistant from the north and south coasts, and situated at the south-east of Bodmin Moor, the town has an enviable location.

Bodmin has a rich history as the county town of Cornwall, which is portrayed in the visitor attractions on offer within walking distance of the town centre, including Bodmin Jail, the Steam Railway, Town Museum, Military Museum and the Courtroom Experience.

There is a good mix of independent and national shops, as well as some welcoming cafés. The town also has a leisure centre, and the Beacon Nature Reserve offers fresh air and fine views of the surrounding countryside.

There are plenty of regular events throughout the year, such as the Bodmin Community Cinema and the farmer's market at Bodmin Plant and Herb Nursery. For more information, contact the Visitor Information Centre for helpful and friendly service.



Fowey

Fowey is situated on the west bank of the River Fowey and it's maritime history can be traced back to the Middle Ages. It has acted as an important port for warships and galleons many of which became involved in historical naval battles.

Lying in an Area of Outstanding Natural Beauty, Fowey has rows of pastel-coloured terraced houses clinging to the steep hillside separated by narrow cobbled streets. A number of antique shops, bistros and restaurants can be found in the flatter areas of the town.

Fowey is surrounded by many miles of lovely open countryside, much of which is in the ownership of the National Trust.



Callington

The small Saxon settlement at Callington developed into a borough with two MPs by 1584 and grew in the 19th century as local tin mining thrived.

Today the town offers shops to explore; there is a Country market every Wednesday, and cafés, pubs and restaurants to suit all tastes.

The 15th century Church of St Mary is at the centre of town, near the Old Clink and the Pannier Market. Callington Heritage Centre provides an insight into the town and beautiful surrounding countryside, including Kit Hill with its stunning views.



Camelford

Sitting between the high hills of Bodmin Moor and the rugged north coast around Tintagel, Camelford is a small but pleasant Cornish town. It is the stopping-off point for trips to both rugged Roughtor and Brown Willy, which at 420 meters is the highest point in the county.

The spirit of King Arthur is never far away, although the links between Camelford and Camelot are nothing but romantic folly. As is the fact that nearby Slaughterbridge is said to be the site of Arthur's last battle, and that Dozmary Pool was where the Lady of the Lake made her appearance....but we can all dream.



Saltash

One of Cornwall's oldest boroughs, with a waterside inhabited for at least 1,000 years. A broad choice of shops, pubs, cafés and restaurants offers something for everyone.

Saltash is noted for its famous bridges: Brunel's 1859 Royal Albert rail bridge, and the graceful Tamar road bridge, completed in 1961. In 2013, the town unveiled its landmark 20m high Celtic cross.

Discover hidden treasures along the Saltash Heritage Trail, including the Cottage of Mary Newman (Sir Francis Drake's first wife), the Guildhall, Museum and Elliott's Shop.



Launceston

Launceston, the first capital of Cornwall, dates back to Celtic times and, steeped in history, is dominated by its castle built in the 11th century.

Follow the town trail through the historical features and ancient architecture, including the 16th century Church of St. Mary Magdalene with its lavishly carved exterior; Northgate and its prison; the Southgate arch; the Town Hall and Town Square whose surrounding narrow streets hide splendid Georgian houses. The fascinating Lawrence House museum and the town's Steam Railway are also well worth visiting.

Launceston is a busy country town with interesting and varied shops, and many cafés, restaurants and pubs. The town also has a range of sports facilities, including an indoor swimming pool.



Liskeard

Liskeard, the ancient stannary and market town, was one of the county's four coinage towns. Situated at the head of the Looe valley the growth of the town was driven by the mining industry.

Liskeard remains a picturesque and lively market town, with cattle markets held in the town on alternate Tuesdays.

Benefiting from wide range of shops, some retaining their original Victorian shopfronts and interiors, local business mainly comprises of small independent establishments, many specialising in unique local products.

Follow the Henry Rice Trail to discover one hundred Henry Rice designed buildings in Liskeard, built in the 19th Century as a result of the wealth created by the boom in copper mining.



Looe

Joined by the 19th century bridge, the two Looes, East and West, have been welcoming visitors for over 150 years. Many come to just sit and relax on the safe sandy beach, others to walk the South West Coast Path or the wooded valleys inland. Nearly all visitors will at some time during their stay visit a local restaurant and sample some of the freshest fish to be found anywhere in Cornwall.

With a wealth of quality accommodation from hotels to campsites, Looe is a great base for exploring South East Cornwall. If you don't want to drive, catch the train from Looe's own little station overlooking the river or jump on a bus and ride to Polperro just 15 minutes along the coast.



estuary, the river is crossed by a five arched 14th century bridge. Restormel Castle, the home of the Norman lords who built the town, stands proudly one mile upriver.

Further developed in the 13th Century by the Earls of Cornwall, it was considered to be the capital of Cornwall. The town was the scene of a major battle in the English Civil War, when in 1644 the Royalist forces achieved their last major success.

Antiques shops and regular fairs have made Lostwithiel the antiques capital of Cornwall.



Plymouth

With a rich maritime heritage, Plymouth is steeped in history. To experience Plymouth through the ages look no further than the

city's architecture, including the Elizabethan Barbican, little altered since the time of Drake; mid 19th century Royal William Yard; Georgian Saltram House and the 20th century city centre.

For those wanting to shop, Plymouth has the biggest covered shopping centre in the South West.

Plymouth is also a city with taste. Restaurants representing the flavours and styles from all over the world tempt and please all appetites.

The Waterfront has arguably the richest history. Visit the Hoe, where Drake played bowls before defeating the Spanish Armada, and the Barbican, from where the Pilgrim Fathers set sail for the New World.



Tavistock

Voted the country's best Market Town in 2004, Tavistock's indoor Pannier Market, regular Farmers' Markets and varied local and speciality shops offer a great day out shopping.

Rich in history, the town developed around the Abbey founded in 974, and later grew with the 19th century copper boom. 900 years ago, Henry I granted Tavistock a charter for a Friday market - and Friday markets continue to this day!

Tavistock was the birthplace of Sir Francis Drake. Today you can follow Drake's Walk through the Meadows and along the 19th century canal, or the Viaduct Walk on the former rail line high above the town. There is an indoor swimming pool and the nearby Wharf presents cinema, music and drama.



key to map

- Protected landscapes
- Visitor information
- Train station
- National Trust
- Museum / Heritage centre
- Castle / fort
- Historic monument
- Mining heritage area
- Historic house
- Garden
- Theatre / cinema
- Church of interest
- Wildlife / nature interest
- Vintage / steam train
- Market / Farmers' Market
- Cycle Hire
- Indoor Swimming Pool
- Watersports
- Angling (check season / permit requirements)
- Foot passenger ferry
- Vehicle ferry
- Railway main line
- Railway branch line
- Preserved railway line
- Walking and Cycling Routes

These routes are numbered on the map from West to East.

- Walking Routes 1
- Town Trails
- South West Coast Path
- Saints Way Padstow - Fowey
- Copper Trail Bodmin Moor
- Smuggler's Way Boscastle - Looe
- Golitha Falls
- Tamar Valley Discovery Trail Launceston - Plymouth
- Two Castles Trail Launceston - Okehampton
- Kit Hill Country Park
- East Cornwall Tamar Trails
- Mt Edgcumbe Country Park
- West Devon Way Okehampton - Plymouth
- Walking & Cycling Routes 2
- Camel Trail Bodmin - Padstow
- Clay Trails
- Cardinham Woods
- Siblyback Lake Country Park
- Tamar Trails
- Roadford Lake Country Park
- Drake's Trail
- Burrator Reservoir
- Cycling Routes 12
- National Cycle Routes (NCR) as numbered
- Mid Tamar Cycle Route
- Bere Peninsula Cycle Route
- Maddacleave Woods Downhill Mountain Bike Tracks

Please note that this map is intended for general guidance only. For more information and details of public rights of way, please refer to the following Ordnance Survey Explorer series maps: 105, 106, 107, 108, 109, 111.

- ### Tourist Information Centres:
- Bodmin**
Shire Hall, PL31 2DQ Tel: (01208) 76616
 - Fowey**
5 South Street, PL23 1AR Tel: (01726) 833616
 - Launceston**
White Hart Arcade, Broad Street, PL15 8AA Tel: (01566) 772321
 - Liskeard**
Foresters Hall, Pike Street, PL14 3JE Tel: (01579) 349148
 - Looe**
The Guildhall, Fore Street, PL13 1AA Tel: (01503) 262072
 - Lostwithiel**
Liddicoat Road, PL22 0HA Tel: (01208) 872207
 - Plymouth**
3-5 The Barbican, PL1 2LR Tel: (01752) 306330
 - Tavistock**
The Archway, Bedford Square, PL19 0AE Tel: (01822) 612938