

10 Leisure Walks of Discovery

A Boot Up BODMIN MOOR AND AROUND

Terry Faull

The Pixz Boot Up Series is fast becoming a phenomenon in local walks books that attract families and others to exploring the countryside in a leisurely way. It includes short walks for those living in or visiting popular areas of the country, written by those who know the area well. They provide a healthy hour or two of exercise, exploring parts of Britain's countryside that the casual visitor might otherwise miss, pointing out interesting features along the way. These are perfect walks for families.

Bodmin Moor can appear bleak and barren and travellers who cross it along the central A30 main road might think that there is very little of interest or beauty to be found here. But they would be mistaken. The ten walks in this book are places around and about the Moor chosen to show that the scenery is as beautiful as anywhere in the West Country and that the area is steeped in history.

The 10 walks included are centred on:

- ROUGHTOR • CAMELFORD RIVERWALK •
- ADVENT • ST BREWARD • BOWITHICK •
- ALTARNUN • POLYPHANT AND TREWEN •
- WARLEGGAN • CARDINHAM •
- NORTH HILL •

ABOUT THE AUTHOR

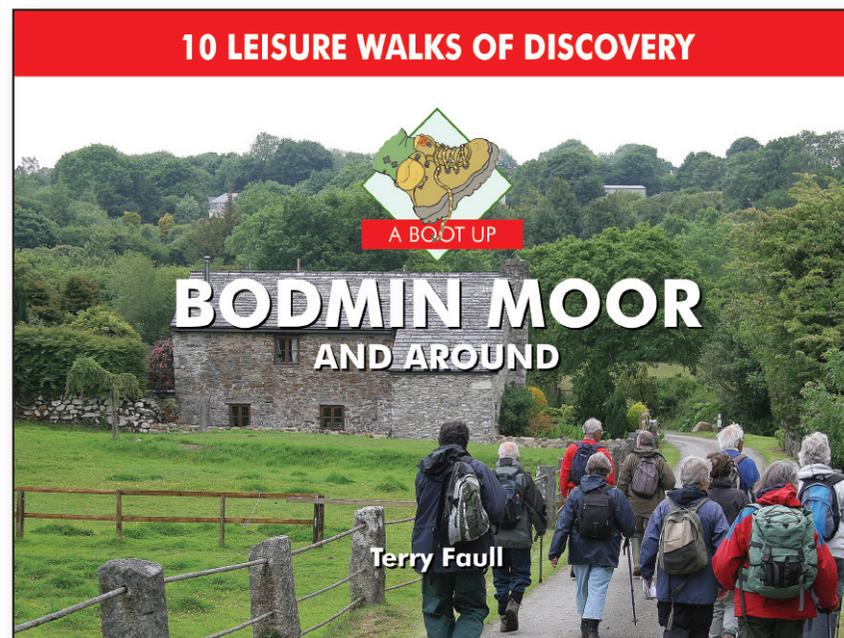
Terry Faull is a seasoned and enthusiastic walker; being involved with walking organisations and advisory bodies linked to a number of local and county authorities. As a landscape historian he has researched and investigated the origins of the Christians, in what is now Devon and Cornwall, for many years, and his book *Secrets of the Hidden Source* covers the history of many of the Holy Wells in Devon. He is also author of *A Boot Up North Cornwall's Sites of Magic and Mystery* in this series.

HALSGROVE CATALOGUE

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Great Books from your Local Bookseller

A BOOT UP BODMIN MOOR & AROUND



Medieval packhorse bridge, Altarnun



Moorland cross roads near Wareleggan



Altarnun church, known as the Cathedral of the Moor



Bray Down



North Hill from Hawk's Tor

2 Camelford Riverwalk

Right: Fields towards Camelford

Dandelions and foxgloves adorn this handsome country site



In 1784 Thomas Pitt, a cousin of the Prime Minister, was made Baron Camelford. The title died out in 1804 when the 2nd Baron was killed in a duel with a friend whom he believed had slighted a young lady.

3 Advent Circular

A Celtic site and its grim man, a devout community and a silver mine with royal connections.



This moorland parish is dedicated to St Adewno but little is known about her except that in Cornwall she was the patron saint of washerwomen long before St Valentine. This walk provides some fine views of the Moor and its surrounding field systems.

The distinctive white stones that can be seen in the hedgerows around this area are composed of quartz which is one of the main minerals found in the granite of Bodmin Moor

Level:
 Length: 4 miles
 Terrain: field walking and short road sections
 Parking: Small car park at Advent church
 Sheet Refs: SX 148816

3 Advent Circular

Example of a double-page spread.