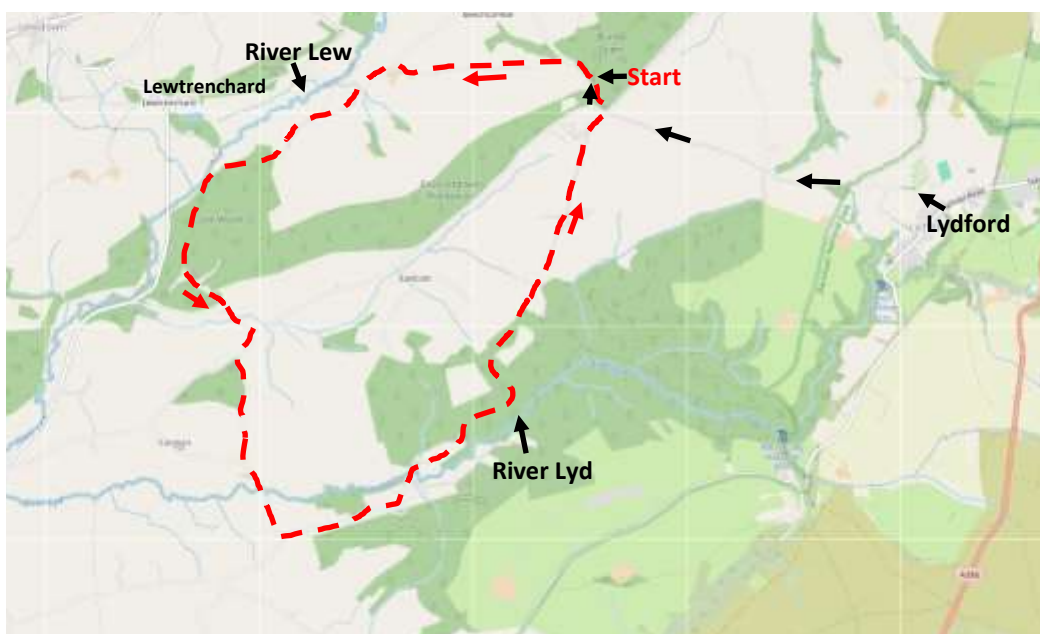


Lyd and Lew valley Walk



A 6 mile countryside walk that starts at Burley Woods a mile and a half north west of Lydford. There are a few hills which are to be expected but nothing strenuous.

To reach the start follow signs to Coryton from the War memorial in Lydford and then after leaving Lydford take the second right turn after 1.5 miles and you will find the car park 100m up the hill on your right. SX 48776 86073





From Burley Wood car park fork left to follow the foot path finger post but for only a few yards then keep left to walk parallel with the road.



Then when you reach the Two Castles Trail way marker post turn left and cross over the road to a gate. .



Having gone through the gate (which looks locked) fork right slightly to follow the Two Castles Trail across Galford Down the site of a 9th Century battle and head for an opening on the other side of the field.



Go through the opening and fork very slightly left and stay on the path all the way down to some trees.



Go past the first few trees then turn right and walk down a long and initially a nearly straight track that ends in a gate leading into Galford Farm.



Walk out past the buildings through the yard and onto the road where you turn left and keep walking down hill.



At the first junction where the road turns right keep straight on.



In slightly less than half a mile you will reach a farm which you walk through bearing left as you go. Having exited the farm keep going up hill until you reach a very sharp left hand bend



Come off the main track and turn right to go through a metal pedestrian gate not seen in the photo above. The footpath can be quite wet and muddy.



The footpath emerges at a wide forestry track. Here turn right and walk down the hill admiring the view of the Lew Valley in the gaps between the trees.



At the T junction turn left and walk back up the hill. (If you want to see the river Lew turn right it's only a short distance away.)



There are tracks going off left and right but keep to the main track going up hill all the time until you reach this log a good place to stop for a coffee and a snack. Having rested keep going straight ahead but this time down hill.



When you reach the road turn left



At the T junction turn right



At the next junction just past the houses turn left



At the top of the hill fork right to go down what once was a road which has been washed away



Its now a fine sunken lane that is not all that easy to walk along. When you reach a road turn left and quite soon you will be on a small hump back bridge that spans the river Lyd.



Keep going up the road and just before the old railway bridge turn left. Walk along the road all the way to the end of the cul-de-sac.



When the road gives way to an unsurfaced track turn left and go over the wooden bridge and walk up the tarmac road that leads to a house .



Go past the house on your left and next to a garage fork left and walk into the field behind the house.



Walk straight across the field to a gate on the edge of the woodland and go through the kissing gate next to it and turn left.



Follow the way markers through the wood. At this first right turn in front of you is an old field boundary. It's a bit eroded in places and there are tracks cut through it but basically you will be following this wall for nearly a mile and a half.



Bear left

The footpath goes up this gulley but its not easy best to keep the wall you are following on your right where you will find others have had the same idea.



At the top of the wood the paths on either side of the wall you are following merge. Here you will see another way marker on your left. Keep going until you reach a farm track.



The farm track punches through the wall you are following but keep it on your left and walk up the track which can be quite muddy in the winter



The track eventually swings right but keep following the wall on your left as your route now becomes a narrower footpath.



Go through a gate and keep following the wall (and now fence in front of it) on your left all the way to Warson Farm.



Follow the wall into the farm yard. Go quickly through the farm yard and out onto the farm access road.



Stay on the farm road all the way out to the public highway. Then go straight across into Burley Down Woods



Once in the wood take the footpath on your left which meanders past an old quarry and comes out in the car park where your car is parked.