

## 5 Bodmin

**Distance**      5.5 miles/8.5km

**Ascent**        293 metres

**Start/finish**    Rough Tor car park, PL32 9QJ

Leave the car park on the obvious path south-east towards the rocky summit of Rough Tor (1 mile/1.5km). Run east downhill along rough paths and aiming for the De Lank River bridge just upstream of the walled fields (1.5 miles/2.4km). Cross here and take the track uphill and trending R or south to the trig point on the summit of Brown Willy (2 miles/3.3km). Leave the summit going north on vague paths trending R to stay on the higher ground of High Moor and contouring around Roughtor Marsh to your L (3.4 miles/5.5km). At grid ref SX160821 near some small pools turn L onto paths around the head of the marsh to the end of Roughtor Plantation (3.9 miles/6.2km). Find the track that goes north-west through the middle of the woods and stay on this as it curves to the L, joining Lower Moor Plantation and emerging at the start.

Miles	Km	Directions
0.0	0.0	Follow the obvious path south-east to the rocky summit of Rough Tor.
1	1.5	Drop of the other side of the tor and follow vaguer paths down hill to the footbridge over the De Lank River just upstream (left or north) of the walled fields. Cross this and head uphill and trending right on the path to the trig point and summit of Brown Willy.
2	3.3	Turn around and follow less clear paths to the north and slightly right or east around the ridge of High Moor. Trend left around the northern end of Roughtor Marsh to reach the end of Roughtor Plantation. <b>**This section can be hard to navigate in poor visibility**</b>
3.8	6.1	Follow the end of the woodland left to the track on the right. Follow this north-west initially and then trending around to the left through Lower Moor Plantation and south-west back to the start.