



Bodmin & East Cornwall

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Best Places to Eat

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- ➔ Rising Sun (p148)
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Best Activities

- ➔ Hiking up Brown Willy (p145)
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Why Go?

Hugging the edge of the Devon border, the stark, barren expanse of Bodmin Moor dominates East Cornwall and is the county's wildest and weirdest landscape. Pockmarked by bogs and treeless heaths, Cornwall's 'roof' is often overlooked by visitors, but it's well worth taking the time to explore: lofty peaks loom on the horizon, stone circles are scattered across the hills, and ancient churches nestle at the foot of granite tors.

It's also home to Cornwall's highest peaks – Brown Willy (420m) and Rough Tor (pronounced row-tor; 400m) – as well as the infamous Beast of Bodmin Moor, a black catlike creature that's been seen for many years but has still not been conclusively captured on camera.

You're unlikely to spy the legendary cat, but on the upside you most likely won't spot many other tourists: Bodmin Moor is an under-explored corner of Cornwall that's unjustly skipped by most visitors.

When to Go

- ➔ **Apr–Jun** These are often the best months to visit the moor, as they're usually when you'll encounter the most sunshine, along with colourful displays of spring wildflowers.
- ➔ **Jul & Aug** The summer months can swing either way: it could be hot and sunny one day, or carpeted in thick fog the next. Don't rely on the moor having good weather simply because it's sunny on the coast.
- ➔ **Sep & Oct** Can also be pleasant months to visit, with a good chance of late sunshine and rich autumnal colours.



Bodmin & East Cornwall Highlights

- 1 Brown Willy** (p145)
Trekking to the top of Cornwall's loftiest hill for wraparound views of the moor.
- 2 Lanhydrock** (p144)
Stepping back in time at this lavish Cornish country manor.
- 3 Cardinham Woods** (p144)
Hiking or cycling along the

- forest trails of this tranquil woodland.
- 4 Golitha Falls** (p143)
Having a picnic beside this tumbling, photogenic cascade.
- 5 Camel Valley** (p144)
Sipping a tipple on a tour of Cornwall's premier cru vineyard.
- 6 Sibbyback Water Park** (p149)
Canoeing or

- paddleboarding across a moorland lake.
- 7 Carnglaze Caverns** (p149)
Delving into the depths of this atmospheric abandoned slate quarry.
- 8 Adrenalin Quarry** (p148)
Hurling off a cliff at 40mph attached to nothing more than a zip wire.