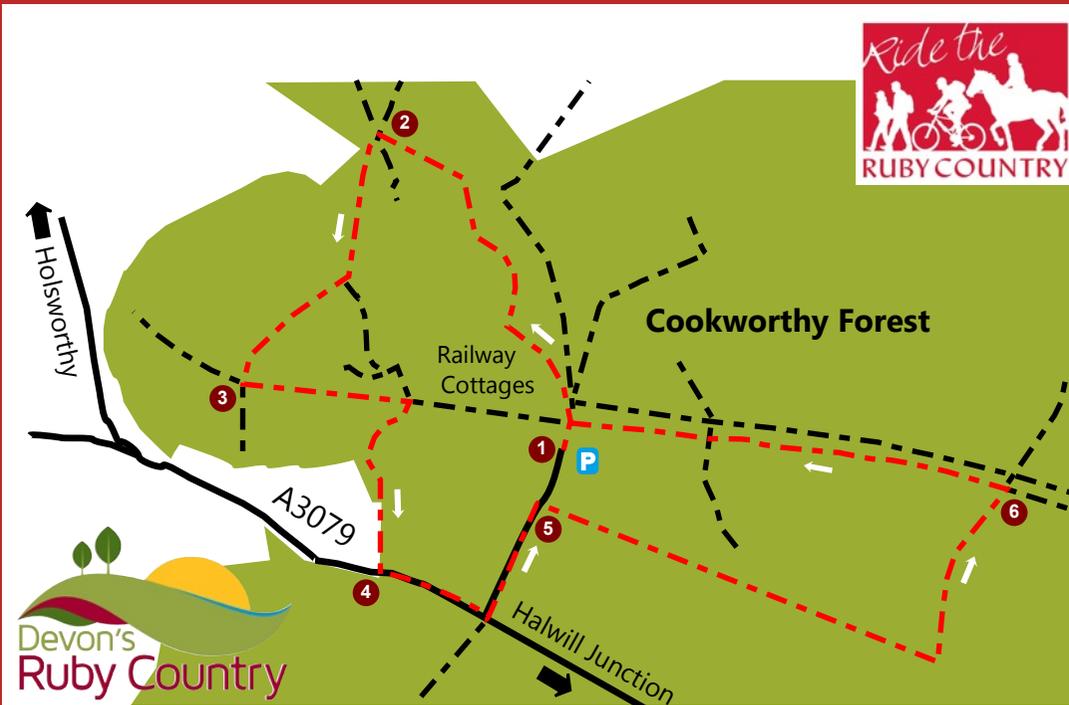


Cookworthy Forest - The heart of Ruby Country



Directions - Cookworthy Forest

DISTANCE	2¼ or 3¾ miles	TIME	1 to 2 hours
PATHS	Woodland tracks and paths with a short stretch of busy main road		
MAP	OS Explorer 112, or Landranger 190		
START/FINISH	Grid reference SS417016		
PARKING	In the public car park within Cookworthy Forest		
FACILITIES	The Junction Inn, village shop, Post Office, a selection of shops and toilets can all be found in the village of Halwill Junction (2 miles).		

1. Head from the car park back to the road you entered on. Turn right and cross a bridge. The land beneath was part of the railway line linking Okehampton with Holsworthy, Hatherleigh and beyond. To the left are buildings that were once a railway station, now private homes. Turn left at the junction and pass through a barrier, continuing along the stone track. Upon reaching the next junction at the bottom of the hill turn left.

2. There is now a gradual climb. At the next junction, follow the right fork and continue uphill. Cross a lovely old bridge over the old railway line.

3. Once across, turn left and follow the narrow pathway to the level of the old railway line. This path can be wet and slippery. Now follow the path straight ahead along the line of the old railway. When the route forward is blocked turn right and follow the route uphill. This route zigzags as it climbs but straightens out and emerges onto the main road. Turn left just before the main road and follow a service road behind some houses.

4. When the main road is reached, turn left and walk on the verge until the next turning left back into Cookworthy forest is reached. Take this turning and head back towards the car park and the start of the walk.

5. It is possible to extend the walk by a further 1.5 miles. Look out for the stone track to the right through a locked gate. Go around the barrier and follow this straight track as it goes downhill and then uphill, turning left at the junction.

6. Continue on this track until a cross roads is reached, then turn left. Follow this long straight track back towards the start of the walk. After passing through another barrier turn left and the car park can be found nearby. There are picnic tables in the car park and generally Cookworthy Forest is a great place for a picnic. There are also picnic benches, ponds and a board walk beside Cookworthy Forest Centre across the main road from the woodland entrance along with an interesting wild flower meadow.