

The path takes a right turn and brings you out onto the lane. Turn right and after a few metres you will see the stile and National Trust sign on your left. There is a wide grassy path up the side of the field as you take this steady climb up the hill with the hill fort ahead and above you. Pass over the stile and after a short distance the path turns to the right, here you can see the ditch and embankment on your left. You soon come to the south west entrance to the fort.

Cadsonbury is a single ditch hill fort. Based on known excavated examples and current ideas, it is likely that the hill fort was occupied during the Late Iron Age and Romano-British periods (200BC - AD400), although it is possible that there had been activity earlier in prehistory. From the road or lane below it is hard to see the size and steepness of this hill, but once you are at the summit its strategic importance is obvious.

No one knows whether the enclosure was occupied for long periods or only in times of insecurity, it is probable that the ramparts may have been topped with a palisade. The rampart encloses approx 6.25 acres of a steep-sided hilltop, and roughly follows the 300ft (91m) contour. The bank varies from 0.3m to 1.0m high on the inside and from 3.5m to 4.5m high on the outside. The outer ditch varies from 0 to 1.5m wide. The total dimensions of the fort are 255m N-S and 145m E-W. The eastern entrance you enter through is the most impressive and there is a less certain entrance on the opposite side. Aerial photographs reveal little, but there are almost certainly the remains of structures (round or oval houses, animal pens etc) buried within

Looking down the East entrance



the hill fort relating to its period or various periods of occupation.

Stroll around the enclosure and try to imagine what life was like here over 2000 years ago. Leave by the main entrance and turn left. Follow the embankment round to the stile, cross this and you will start to go downhill and through the woods. Some of the steps are steep but do stay on the path. When you come out onto the lane turn left and you will soon come back to the parking area.

From Newbridge you can take the same route back to town, a short steep section to Pencrebar Farm but after that the route levels off. Alternately you can turn left after the bridge and walk past Frogwell Mill, one of the many River Lynher mills whose history goes back centuries. As you come to the junction at Frogwell you will see an old Methodist Chapel down a small path on the left. The earliest Methodist meeting place in Callington was here due to Thomas Denner, a smallholder who was converted in 1787. When he died in 1802 he left his house and 5 acres of land to the Methodists for ever, or as long as there should be three Methodists in Callington or Frogwell. The present chapel was erected in 1854 on the site of the original one, there was a small schoolroom at the right hand side as well as a kitchen. There is a headstone to Thomas Denner in St Mary's church ground.

At Frogwell turn right and take the lane back up to Callington. As you re-enter the town you will pass the Methodist Church on the left that superseded the Frogwell Chapel. The church was erected in 1845 with a schoolroom and vestry added in 1875. A day school was added in 1882 but closed in 1913. Continue from Haye Road to Fore Street and turn right into New Road to return to the car park.

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HERITAGE WALK 1 CADSONBURY



CALLINGTON

HERITAGE WALK 1: CADSONBURY HILL

*Length of walk approximately 8 kilometres
or 5 miles.*

Transport. This walk starts from the Car Park in New Road, Callington or the free car park in Saltash Road can be used. The bus stop is also in New Road. The less able could drive to Newbridge, use the car parking area and walk the level walks along the River Lynher. The walk back to the town is steep, so you may wish to take some taxi numbers with you or note the times of the buses passing from Liskeard to Callington.

Public Conveniences. The only public conveniences are in New Road, Callington.

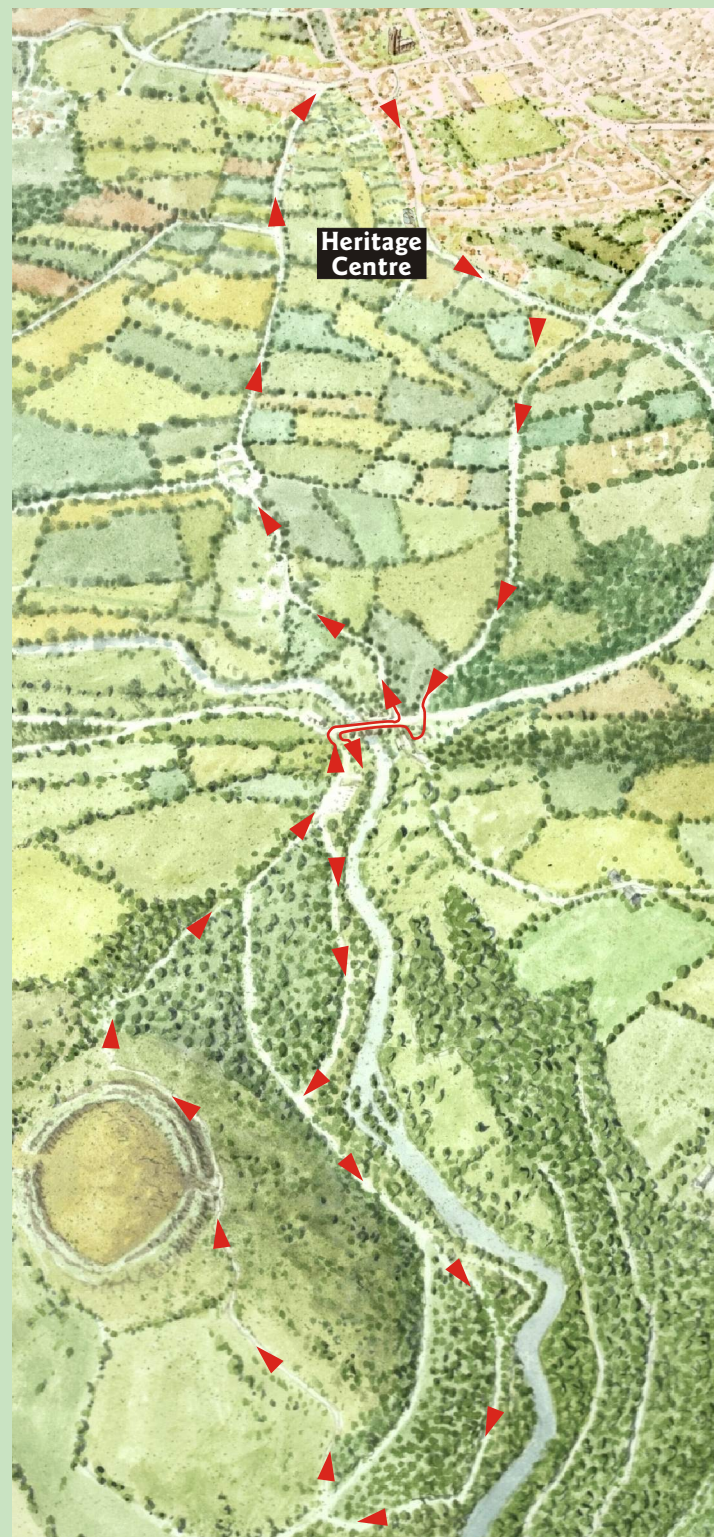
Refreshments. There are several cafés, inns and food retailers in Callington.

Further information. As you walk out of town you will see the Callington Heritage Centre in Liskeard Road on your right hand side. It is open Fri. Sat. & Sun. 10.00-16.00hrs every weekend from Easter to the end of October and Bank Holiday Mondays. Further information on locations featured in this walk is available. Other walks leaflets are available in the Town Hall which is on your left just as you leave the New Road car park.

From New Road walk down towards Fore Street, turn left and follow Liskeard Road. On the right you will pass the Heritage Centre, situated in the Cemetery.

Just past the speed derestriction sign a footpath on the right hand side leads across fields on the line of the old bridleway to Newbridge. You can take this path or go to the mini-roundabout and turn right. Walk along this track and through Pencrebar Farm, [leaving gates closed if found that way]. Beyond the farm the path starts to go steeply down hill through the woods. Where the path rejoins the road you will see, across the road, another lane going down between the cottages, this was the original road.

The main road in its present form is only 132 years old. The old turnpike road followed the route you have just



taken, and continued down the lane opposite past the old mill on the left and other cottages. The lane turns right by the river and there is the turnpike stone guide post on your right stating *WHEEL ROAD TO CALL 'N*, written vertically.

As you come to the bridge called 'New' in the 15th century, note the house on your right facing the bridge. It was an inn in 1912. On the other side of the road on the corner with Frogwell Rd. is the old toll house rebuilt in 1874 when the main road was widened and cut through the solid rock to make a direct route to Callington, leaving the old route as a quiet backwater no longer needed. The bridge was widened by 1½ metres in 1874, but still retains its original 4 round arches each with a 4 metre span and massive piers of granite or moorstone. The turnpikes were abolished in 1874, leaving the traffic to flow unhindered on the new road. Having crossed the bridge using the cutwater niches to avoid the traffic, turn left along the lane following the river, to the car park.

The hill on your right is Cadsonbury. After a short distance you will come to a parking area. Walk across it and through the gates and follow the marked path through the woods. When the path is blocked by water go through the gate, walk along the lane and return to the river bank through the next gate. Continue your walk. The area beside the river contains the remains of early tin workings, including dumps, walls and pits. Tin streaming, the processing of surface deposits is an ancient industry, as opposed to deep mining which was not possible until the development of steam pumping engines in the 19th century.



*Ditch and rampart on the left, with
splendid views all round*