

# Stage 2/2A



There is a choice of routes between Lydford and Sourton. **Stage 2** takes the easier low level route, while **Stage 2A** describes the higher level, more challenging moorland route.

## Stage 2



**Low route**



**Lydford - Sourton**



**5 miles / 8 km**



**2½ - 3 hours**

Take time to see St Petrock's and the Castle before following the old Saxon Lanes out of the village. The route follows the West Devon Way across Fernworthy Down and along old green lanes and tracks before dropping down to Lake where we walk under and then over the old railway viaduct to continue along the Granite Way to our destination at St Thomas à Becket, Sourton.

## Stage 2A



**Moorland route**



**Lydford - Sourton**



**7½ miles / 12 km**



**3½ - 4½ hours**

Take time to see St Petrock's and the Castle before following the old Saxon Lanes to leave the village via Silver Street. The first glimpse of the Moor and its tors comes on High Down before following the River Lyd to the river crossing where a decision has to be made whether to ascend Brat Tor and visit Widgery Cross. After continuing along the riverbank, the old peat railway track is then used around Great Nodden followed by moorland tracks past Sourton Tor and the Ice Works down to St Thomas à Becket, Sourton.



**St Petrock,  
Lydford**

**EX20 4BH**



**St Thomas à Becket,  
Sourton**

**EX20 4HN**

# Lydford to Sourton

## Reflection and prayer

Pilgrimage is often used as a way to describe our journey through life. This section of The Archangel's Way offers opportunities to reflect more deeply on this concept.

Lydford itself is the final destination of the Lych Way or Way of the Dead, the path along which the dead from remote moorland homes were carried for burial at Lydford. Devon band **Show of Hands** have written a beautiful haunting song, The Old Lych Way. If you are able to, spend a moment in the churchyard of St Petrock's church and listen to it. (It can be easily found on YouTube, simply search for The Old Lych Way)

We live in a society where we so often try to deny the reality of our own mortality. Time flies by so fast, we get caught up with worries and forget to live each moment in its fullness. So as you continue your pilgrimage, live each mile, each step, in all their fullness.

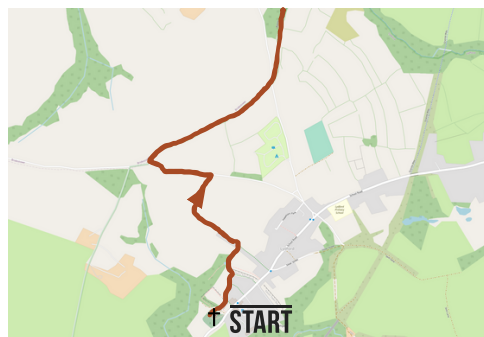
May we discover that  
the road we didn't  
choose,

Didn't want to travel,  
Is a highway that leads  
unerringly  
Towards the light.

Frances Copsey,  
A Book of Blessings (2014)

# Directions

## Stage 2 (Low route)



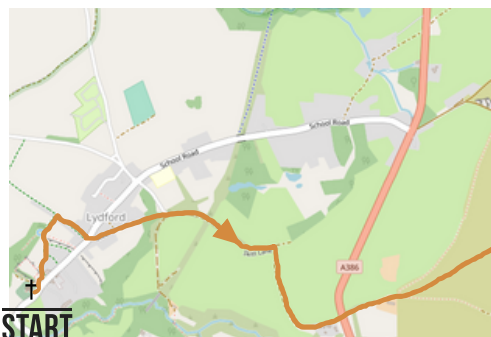
From St Petrock's Church, walk through the Castle grounds and exit into the lane behind the Castle Inn. The lane joins into the other old Saxon village streets and takes you past The Ancient Spring.

Continue along the bridleway, up to the junction where you turn left along a trackway past a stone cottage on the left and continue between mature hedge banks. (This track can be very muddy after wet weather). Follow sharp bend to the right and continue up to the road.

Turn left along the right-hand side of the road and follow it round the bend until you reach the granite boundary stone on the grass verge to your right (marked with an 'L'). Turn right onto the Public Bridleway.

After a boggy start, this track descends through a hollow funnel of spreading trees along a stony track between high hedge banks to Bolt's House. Cross the lane here and proceed straight ahead on the Public Byway which descends gradually between hedge banks. (This can be muddy and slippery after wet weather).

## Stage 2A (Moorland route)



From St Petrock's Church, cross the Castle grounds into the lane behind the Castle Inn. The lane joins other Saxon village streets and takes you past The Ancient Spring. At the T-junction turn right and continue past the old Chapel, crossing the main road into Silver Street. This lane is the last leg of The Lych Way, the "way of the dead" that starts in Bellever, near Postbridge and traverses 12 miles of Moor to Lydford.

Continue straight on at the crossroads and pass under the old railway bridge along a green lane that then turns sharp right, becoming Skitt Lane and leading to the main A386 road.

Cross straight over with great care following the lane uphill to a gate onto the Moor, alongside Highdown. This leads you out onto the Moor proper, with splendid views across to Brat Tor, Sharp Tor, Doe Tor and Hare Tor.

Continue across the top of the moorland but do not take the lower paths, heading straight out directly in line with Brat Tor and its cross on the top.

# Lydford to Sourton

## Stage 2 (Low route)

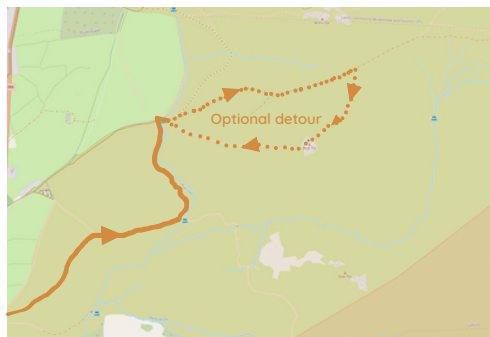


At the junction with another track turn right towards a large metal gate. Pass through and follow path to the left across a stone clapper bridge and onto the track which leads round to the left across Fernworthy Down.

As you climb up onto the down, views open up to the right and you will see first Sourton Tor and then Great Nodden to its right. Pass through the gate onto a metalled drive flanked by ancient oak trees. Follow this drive until you reach Station Road leading from Fox and Hounds pub (1km down the road to the right) to Bridestowe.

Take great care crossing the road and proceed along the well-maintained metalled drive opposite. This begins as an avenue of beech trees.

## Stage 2A (Moorland route)



Follow the faint path through the gorse that soon becomes a clear route that brings you to a path crossing where you go right following the curve, across another path before heading down a track towards the River Lyd. This brings you down to the old Wheal Mary Emma mine, at which point you continue alongside the river (on your right) tracing a narrow and rocky path that climbs up to Captain Hunter's Rock and Plaque, always a fine spot for a break and contemplation on the bench admiring the view up to Brat Tor.

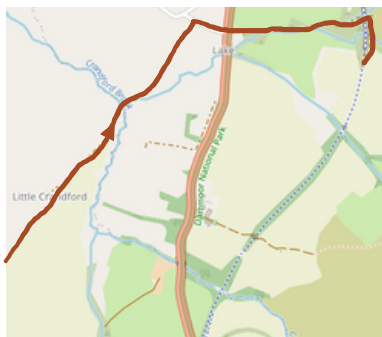
Head along the river until the ford and the bridge. If you choose **not** to walk the following optional 1.5 mile detour, **do not** cross the bridge and continue to follow the directions on the next page.

### 1.5 mile optional detour

If the weather is good, consider taking the loop up to Widgery Cross and back. Cross the bridge and take the track between Arms Tor and Brat Tor. Once at the top it is a simple excursion south to the top of Brat Tor and Widgery Cross. Take in the views before heading straight back down to the bridge. Cross back over the bridge and head straight up the hill to reach the gate and stile in the directions on the next page.

# Directions

## Stage 2 (Low route)



Continue along this track which eventually begins to descend where there is a cottage on the right named 'Bramblemoor'. Descend past a pair of Estate cottages towards the ford. There is a shady grass area near the ford where you may decide to rest.

Cross via the stone clapper bridge and then turn left again to cross another bridge to the drive serving the house you have just passed. Turn right and follow the track up the Lane. Turn right and follow the lane down to the main A386 road, emerging opposite the Bearslake Inn.

Take very great care crossing the road and continue straight over taking the track alongside the Inn, sign-posted as part of Route 27 cycle way. The track takes you under the imposing Lake Viaduct where you turn immediately right, through a gate, following the incline that leads up to the Granite Way track.

## Stage 2A (Moorland route)



Turn left up the hill away from the river to the gate and ladder stile on your right (110 metres). Take this and follow the direction of the finger post across the field to its far northern corner, crossing through old field boundary mounds as you do. Go through the gate, turn right then right again through another gate, passing another Lydford Boundary stone between the

two. This is Nodden Gate and takes you out onto the Moor. Follow the stony track straight on, with the wall on your right, then it bears left as it curves high above the river giving splendid views across to the tors beyond (Great Links, Arms and Brat Tors).

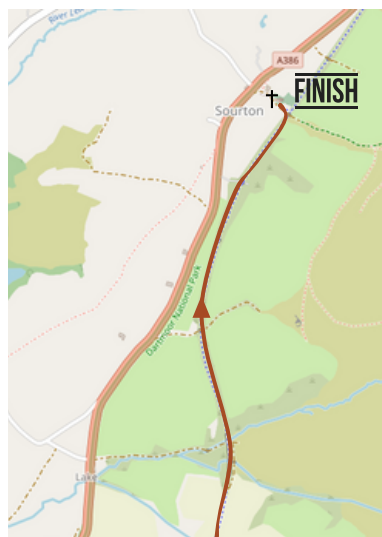
You are walking on the bed of the old Rattlebrook Peatworks tramway which headed above the River Lyd towards Great Nodden, the rounded hill in front of you. Stay on this track through the cutting and then turn right at the end, still on the track.

Carry on as the track rises to shortly cross over a timber bridge, admiring the views into the Moor and Great Links Tor, together with those in the opposite direction, west, across the Devon countryside. Shortly before the stony path ends, you will see a grassy track to your left leading away to Sourton Tors.

# Lydford to Sourton



## Stage 2 (Low route)



At the top turn right and continue over the viaduct enjoying fine views in both directions. In about 1km you will pass under a bridge with an attractive Granite Way signpost beyond. Turn left here for St Thomas à Becket church at Sourton.

## Stage 2A (Moorland route)



Follow this and bear right downhill when another path comes in from the left.

Follow this track that keeps to the right of the base of Sourton Tor. This curves around to the north reaching a series of depressions that were the former Sourton Ice Works, dating from 1880's. Go left and through the Ice Works to reach another track that leads down into the funnel and the bridge over the Granite Way (the old railway line) to Sourton Church.

Cross the bridge to visit **St Thomas à Becket church** and OXO cross if desired with The Highwayman Inn opposite providing a quirky additional attraction.

## Reflection and prayer

As you reach St Thomas à Becket church, through a gate in the field behind you'll find a small labyrinth. Take off your shoes, feel the earth beneath your feet and walk slowly and mindfully along the single path to the centre. Think perhaps of the things that are holding you back from living your life in its fullness. As you reach the centre and turn to return back out to the journey ahead, maybe offer up what holds you back and commit to walking a closer path to the one you were made for.

