

## CORNWALL – August 2018

see *England and Devon*

### **Pocket sized guide to the NCN: £7.99**

**01: Cornwall Cycle Map (2018)**

<http://shop.sustrans.org.uk/> to order on-line (7/18)

### **Multi-use Trails**

**The Camel Trail**, a 17 ml recreational route from Padstow-Wadebridge-Poley's Bridge

**Goss Moor Trail**

**The Mineral Tramways**

**Wheal Peevor Mine Site**

### **The Cornish Way Trails**

**The Cornish Way**, 180 mls

**The Engine Way**

**The First and Last**

**The St Piran**

**The North Cornwall**

**The Coast and Clay**

[www.cornwall.gov.uk/environment-and-planning/countryside/cycle-routes-and-trails/](http://www.cornwall.gov.uk/environment-and-planning/countryside/cycle-routes-and-trails/) to download (8/18)

**Cardinham Woods (near Bodmin)**, make up your own cycle route using the many forest roads (OS 200, GR 099 667)

[www.chycor.co.uk/holidays/cycling-in-cornwall/cardinham/cardinham\\_woods.htm#cycle%20trail](http://www.chycor.co.uk/holidays/cycling-in-cornwall/cardinham/cardinham_woods.htm#cycle%20trail) for details (8/18)

### **Tamar Trails Mountain Biking**

[www.tamartrails.co.uk/mountain-biking/](http://www.tamartrails.co.uk/mountain-biking/) for details (8/18)

### **South West Lakes Trust Walking and Cycling**

**Roadford Lake**

**Silbyback Lake Country Park, Liskeard**

**Stithians Lake Country Park, Redruth**

**Tamar Lakes Country Park, Bude**

**Wimbleball Lake**

[www.southwestlakes.co.uk/activities/cycling/](http://www.southwestlakes.co.uk/activities/cycling/) for details (8/18)

### **Croyde Cycle Route Maps:**

**West Cornwall** (1:100 000) **£1** (2013)

**East Cornwall** (1:100 000) **£1** (7/18)

**Goldeneye Country Lanes & Traffic-free Family Routes Map: Cornwall** **£5.99** (1st Edition 2012)

[www.goldeneyeguides.co.uk](http://www.goldeneyeguides.co.uk) to order on-line (7/18)