

CORNWALL – August 2023

see *England and Devon*

West Kernow Way Route Guide, the best of West Cornwall 130 mls **£14** (2021)
<https://shop.cyclinguk.org/west-kernow-way-route-guide> to order on-line (8/23)

Experience Cornwall by Bike
<https://experience.cyclinguk.org/cornwall> for details (8/23)

Pocket sized guide to the NCN: £7.99
01: Cornwall Cycle Map (2021)
<http://shop.sustrans.org.uk/> to order on-line (7/23)

Multi-use Trails

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

The Mineral Tramways

Wheal Peevor Mine Site

Goss Moor

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/ to download (8/23)

Cardinham Woods (near Bodmin) – cycling & mountain biking (OS 200, GR 099 667)
www.forestryengland.uk/cardinham-woods for details (8/23)

Tamar Trails Mountain Biking
www.tamartrails.co.uk/mountain-biking/ for details (8/23)

South West Lakes Trust - Activities

Silbyback Lake Country Park, Liskeard (Bodmin Moor)

Stithians Lake Country Park, Redruth

Tamar Lakes Country Park, Bude

www.swlakestrust.org.uk/activities/ for details (8/23)

Croyde Cycle Route Maps:

West Cornwall (1:100 000) **£3** (2013)

East Cornwall (1:100 000) **£3** (2013)

www.croydecycle.co.uk to obtain (7/23)

Cycle Maps UK:

Cornwall and West Devon Cycle Map (Map 1) (1:100 000) **£8.99** (2022)

www.cordee.co.uk/book-list.php?pub=CYCMAP to order on-line (7/23)

Cycling in Cornwall and the Isles of Scilly, Huw Hennessy **£12.99** (2021)

www.bradtguides.com/product/cycling-in-cornwall-and-the-isles-of-scilly-1-pb/ to order on-line (7/23)