

CORNWALL – August 2019

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 (7/19)

Multi-use Trails

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

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/ to download (8/19)

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 for details (8/19)

Tamar Trails Mountain Biking

www.tamartrails.co.uk/mountain-biking/ for details (8/19)

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/ for details (8/19)

Croyde Cycle Route Maps:

West Cornwall (1:100 000) £3 (2013)

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www.croydecycle.co.uk to order (7/19)