



ACTIVE TRAVEL MAP

Active travel map Camborne, Pool and Illogan

This map has been produced by Sustrans and funded by the Department for Transport's Local Sustainable Transport Fund, as part of the Access to Education programme. Access to Education is a partnership between eight local authorities and Sustrans. We enable young people, their families, staff and the wider community to walk, cycle or use public transport for more of their everyday journeys. Through comprehensive, locally-tailored packages, we provide a real alternative to the car for trips to schools, colleges and universities, reducing congestion, improving journey reliability and boosting local economies.

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. To make a donation visit www.sustrans.org.uk or phone 0845 838 0651.

To find out about walking and cycling routes in your area visit www.sustrans.org.uk/map or call 0845 113 0065.



Contacts

- Carshare Cornwall:** cut costs by sharing your journey. Call 08700111199 or visit www.carsharecornwall.com
- Get Active Cornwall:** useful tips and advice on how to get active, including a database of activities to get involved with www.getactivecornwall.com
- CTC:** national cyclists' organisation. Call 0870 873 0060 or visit www.ctc.org.uk

Public transport

- Cornwall Public Transport:** information on bus, rail, coach and ferry services www.cornwallpublictransport.info
- Traveline South West:** call 0871 200 22 33 or visit www.travelinesw.com for bus and train times in the South West.
- National Rail Enquiries:** call 08457 484950 or visit www.nationalrail.co.uk
- Cycle Journey Planner:** www.cyclestreets.net

Cycle and outdoor shops

- Aldridge Cycles**
38 Cross Street. Tel: 01209 714970 or visit www.thecyclepeople.com
- Halfords**
Camborne Retail Park, Trevenson Road, Pool. Tel: 01209 720010.
- Explorer Cycle Hire**
Available from Heartlands by appointment only. Tel: 07709 835543 or visit www.explorercyclehire.co.uk

Leisure centre

- Carn Brea Leisure Centre**
Station Road, Pool. Tel: 01209 714766.

Walking and cycling

The Cornish Way

National Cycle Network Route 3 is part of The Cornish Way, which is a network of over 200 miles of inter-linking trails on mainly quiet roads and traffic-free routes. The Cornish Way connects Bude on the north coast to Lands End via Redruth, Camborne, Hayle and Penzance. The National Cycle Network is made up of more than 14,000 miles of walking and cycling routes. Visit www.sustrans.org.uk to discover nearby routes.

The Mineral Tramways Network

The Mineral Tramways Network, centred around Camborne and Redruth, offers 30 miles of adventure and discovery for walkers, cyclists and horse riders across seven separate trails. The Trails mentioned below form part of this network.

Tehidy Country Park

Tehidy Country Park is the largest area of woodland in West Cornwall, with over nine miles of paths and 250 acres of peaceful woods to explore. Paths are suitable for a wide variety of users, including cyclists, horse riders and walkers. The Tehidy Trail (2.5 miles) crosses the country park and is linked to the north coast at Portreath via The Portreath Branchline Trail.

The Portreath Branchline Trail (5.5 miles)

This trail connects Portreath with Brea village via Illogan and Cornwall College at Pool. It links up with The Great Flat Lode Trail.

The Great Flat Lode Trail (7.5 miles)

The Great Flat Lode Trail is a circular route that circles Carn Brea hill. It is a largely traffic-free route that links up numerous engine houses. The trail travels along part of National Cycle Network Route 3 and takes in King Edward Mine Museum and Wheal Frances.

Maps for all of the above are available to print at www.cornwall.gov.uk search for Cornish Way

Heartlands

Heartlands is a free visitor attraction with 19 acres to explore, including world heritage exhibitions, climb-on sculptures, botanical gardens, a giant adventure playground and a café. Visitors are welcome to bring their bicycles and use the numerous paths around the site; there is ample cycle parking available. Heartlands can be reached from the Mineral Tramways Network. To find out more about Heartlands call 01209 722320 or visit www.heartlandscornwall.com

Red River Valley Local Nature Reserve

The Reserve follows the course of the Red River from Tolvaddon through wooded valleys and old mine workings to where it meets the Atlantic at Gwithian Bay. Visit www.cornwallnr.org.uk to find out more.

Electronic copies of this map are available at www.cornwall.gov.uk/activetravel