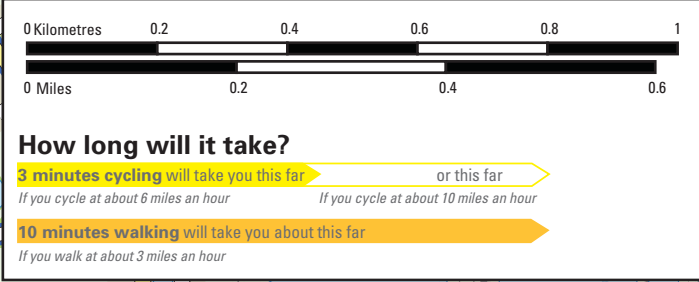


- | | |
|--|--|
| | Traffic-free cycle route |
| | Advisory cycle route |
| | Bus route |
| | Footpath |
| | Cycle lane |
| | School |
| | College |
| | Hospital |
| | Place of worship |
| | Local shops or retail park |
| | GP surgery |
| | Library |
| | Post office |
| | Bike shop |
| | Tourist information centre |
| | Bus station |
| | Toucan crossing |
| | Train station |
| | Pedestrian crossing |
| | Level crossing |
| | Bus stop |
| | Play park |
| | Leisure centre |
| | National Cycle Network
Route number |
| | One way |





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St Austell

Active travel map

St Blazey and Par



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.

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Walking and cycling

The Cornish Way

The Cornish Way is a network of over 200 miles of inter-linking trails on mainly quiet roads and traffic-free routes, connecting Bude to Lands End. Maps are available at www.cornwall.gov.uk search for Cornish Way

The Cornish Way is part of the National Cycle Network, which is made up of more than 14,000 miles of walking and cycling routes. Visit www.sustrans.org.uk to find your nearest route.

Clay Trails

The Clay Trails wind their way through the unique landscape of Cornwall's china clay mining area. Whether you cycle, walk or horse ride, these tranquil, mostly traffic-free trails are perfect for exploring the clay country.

The Clay Trails form part of the National Cycle Network coordinated by Sustrans. Routes 2 and 3 pass through the Clay trails area. Further information is available at www.claytrails.co.uk

Pentewan trail

This traffic-free section of the Cornish Way starts only a mile from St Austell station and leads to the bustling fishing village of Mevagissey. It includes a link to the famous Lost Gardens of Heligan. Enjoy wild flowers, wooded countryside and fine views on this route, which takes you along a flat, former railway line to the beach and harbour at Pentewan. For Heligan, turn right after 3 miles over a wooden bridge

and follow an old carriage drive uphill to the lovingly restored Lost Gardens. From Heligan, you can follow the Route 3 signs along the traffic-free trail steeply down into the bustling fishing village of Mevagissey, which has a long tradition of fishing and smuggling.

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

Cycle and outdoor shops

Pavé Velo

22 Grant's Walk PL25 5AA.
01726 64950

Halfords

Unit 2a, Pentewan Road PL25 5BU.
01726 68981

Pentewan Valley Cycle Hire

1 West End, Pentewan PL26 6BX.
01726 844242

Yeomans Outdoor Leisure

White River Place PL25 5LX.
01726 879665

Leisure centre

Polkyth Leisure Centre

Carlyon Road PL25 4DB
01726 223697

Contacts

Carshare Cornwall: cut costs by sharing your journey. Call 08700 111199 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.co.uk

CTC: national cyclists' organisation. Call 0870 873 0060 or visit www.ctc.org.uk

Discover St Austell: interactive website to help residents explore St Austell, including walks and cycle trail information www.staustellmap.org

Public transport

Cornwall Public Transport: information includes bus, rail, coach, air 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