



- Traffic-free cycle route / walking route
- Advisory cycle route
- Pedestrian street
- Bus route
- Footpath
- Cycle lane
- School / college
- Hospital
- Place of worship
- Supermarket / local shops
- Café
- GP surgery
- Post office
- Library
- Bike shop / hire
- Tourist Information Centre
- Heritage rail station
- Pedestrian / toucan crossing
- Bus stop
- Museum
- Leisure centre
- Play park
- National Cycle Network Route number
- One way

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0 Kilometres 0.2 0.4 0.6 0.8 1
 0 Miles 0.2 0.4 0.6

How long will it take?

3 minutes cycling will take you this far or this far
 If you cycle at about 6 miles an hour If you cycle at about 10 miles an hour

10 minutes walking will take you about this far
 If you walk at about 3 miles an hour

one and all onen haq oll
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To Gardinham Woods cycle trails and hire (See overleaf for details)

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To Lanhydrock (NT) Cycle Hub

Active travel map

Bodmin

ACTIVE TRAVEL MAP

Lanhydrock



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This map has been produced by Sustrans in partnership with and funded by Cornwall Council. It supports the recent cycling and walking improvements within Bodmin; these provide a real alternative to motor vehicle use for trips to schools, colleges and workplaces. This reduces congestion, improves journey reliability and helps boost the local economy.

Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey.

To make a donation visit www.sustrans.org.uk or phone 0300 303 2604

To find out about walking and cycling routes in your area visit www.sustrans.org.uk/map

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Contacts

Carshare Cornwall: cut costs by sharing your journey.
www.carsharecornwall.com

Cornwall Council interactive mapping:
www.cornwall.gov.uk/community-and-living/mapping

Cornwall Public Transport: information including bus, rail, coach, air and ferry services.
www.cornwall.gov.uk/transport-and-streets/public-transport

Cycling UK: national cycling organisation.
Call 01483 238 301 or visit www.cyclinguk.org

Get Active Cornwall: website for Cornish residents to get involved in physical activity.
Visit www.getactivecornwall.co.uk

National Rail Enquiries: train timetable and live updates call 03457 484950 or visit www.nationalrail.co.uk

Bodmin Tourist Information Centre: call 01208 76616 or visit at Shire Hall, Mount Folly Square.

Traveline South West: public transport information call 0871 200 22 33 or visit www.travelinesw.com

Leisure

www.cornwall.gov.uk/leisure-and-culture/leisure-centres-pools-and-facilities

Dragon Leisure Centre
Lostwithiel Road. Tel: 01208 75715

Cycle and outdoor shops

Bodmin Bikes & Cycle Hire – sales, repairs and hire.
Dennison Road. Tel: 01208 73192
www.bodminbikes.co.uk

Trail Munki – sales, repairs and hire.
Carminow Ind Est. Tel: 01208 892758
www.trailmunki.com

Halfords - sales and repairs.
Bodmin Retail Park, Bodmin. Tel: 01208 265990
www.halfords.com

Millets – outdoor clothing and equipment.
27/31 Fore Street, Bodmin. Tel: 01208 227003
www.millets.co.uk

Walking and cycling

The Cornish Way

The Cornish Way is a network of over 200 miles of inter-linking routes on traffic-free trails and quiet roads stretching between Lands End and Bude. Maps are available at www.cornwall.gov.uk/cornishway

The Cornish Way is part of the **National Cycle Network (NCN)**, made up of more than 14,000 miles of cycling and walking routes. Visit www.sustrans.org.uk/map for more routes. **NCN3** connects Bude with Lands End via St Austell, Truro, Redruth, Camborne, Hayle and Penzance. **NCN32** connects Truro with Bodmin via Newquay, Padstow and Wadebridge.

National Cycle Network Route 3 runs between Bude and Lands End via Bodmin, St Austell, Truro, Redruth, Camborne, St Ives and Penzance.

National Cycle Network Route 32 connects Truro with Bodmin via Newquay and Padstow and includes The Camel Trail.

The Camel Trail

The Camel Trail is an 18 mile, largely traffic-free trail passing through spectacular countryside between Bodmin and Padstow. It is easily accessible from Bodmin town centre, cycle hire is available at the head of the trail.

Cardinham Woods Cycle Trails

Cardinham is a beautiful woodland only three miles from Bodmin town centre and close to **National Route 3**. Home to 24km of challenging blue and red graded off-road trails, plus cycle hire. www.forestry.gov.uk/cardinham

Lanhydrock Cycle Trails

Lanhydrock country house and estate is three miles from Bodmin town centre and can be reached on **National Route 3**. There are 10km of off-road cycle trails, suitable for all abilities from balance bikes to red routes, plus cycle hire. www.nationaltrust.org.uk/lanhydrock/things-to-see-and-do/cycle-lanhydrock/

Electronic copies of this map and maps of other towns are available at www.cornwall.gov.uk/activetravel