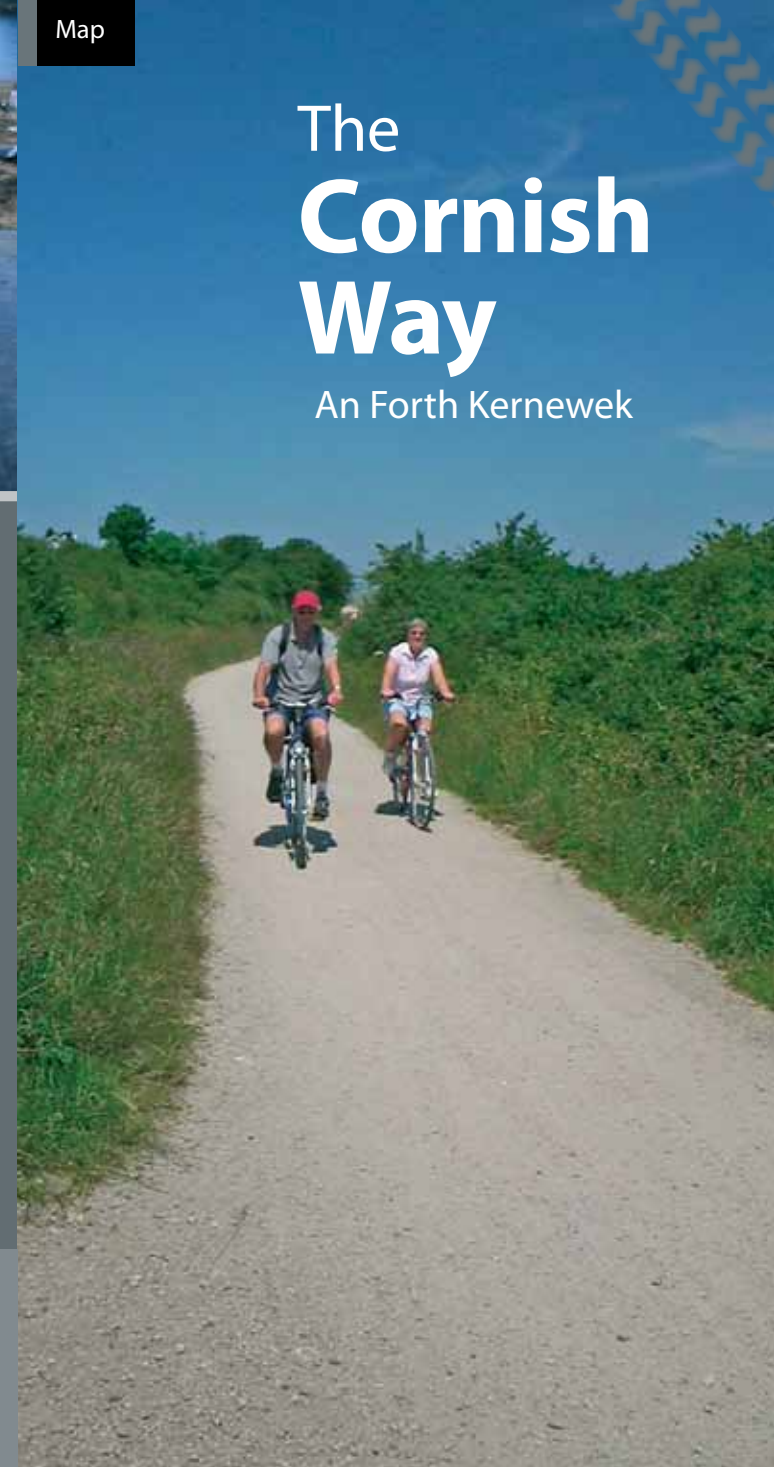


The Cornish Way

An Forth Kernewek



► Consideration for Others

- Follow the Highway Code.
- Please be courteous to other users, and do not give the 'The Cornish Way' and its users a bad name.
- Give way to walkers and, where necessary, horses. Slow down when passing them!
- Warn other users of your presence, particularly when approaching from behind. Warn a horse with some distance to spare - ringing a bell or calling out a greeting will avoid frightening the horse.
- Keep to the trails, roads, byways and bridleways.
- Do not ride or cycle on footpaths.
- Respect other land management industries such as farming and forestry.
- Please park your bike considerately.

► Care for the Environment

- Leave your car at home if possible. Can you reach the start of your journey by bike or public transport?
- Follow the Countryside Code. In particular: take litter home with you; keep to the routes provided and shut any gates; leave wildlife, livestock, crops and machinery alone; and make no unnecessary noise.

► Contacts

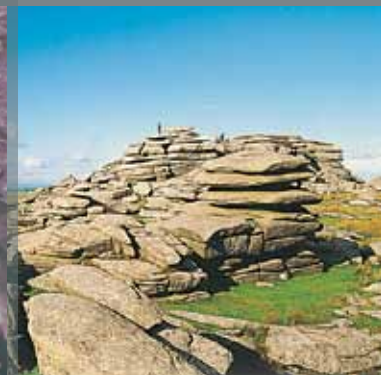
Cornwall Council

www.cornwall.gov.uk/cornishway
or tel: **0300 1234 202**

www.nationalrail.co.uk

www.sustrans.org.uk



www.visitcornwall.com













2 8 32 National Cycle Network Route Number


67 Regional Cycle Network Route Number

-  Off Road
-  Minor Road
-  Urban Routes
-  Proposed routes

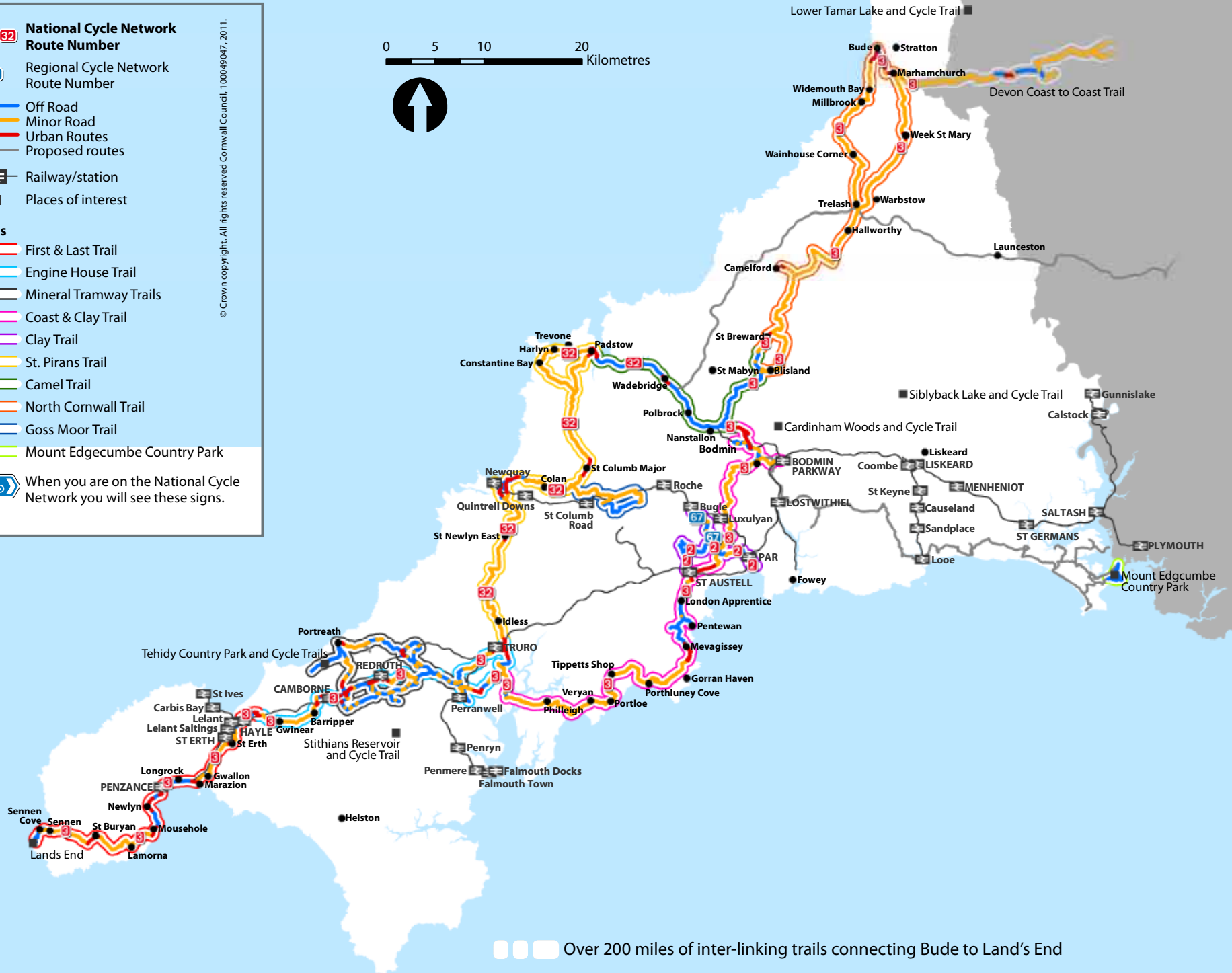
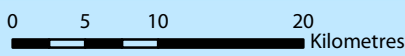
-  Railway/station
-  Places of interest


Trails

-  First & Last Trail
-  Engine House Trail
-  Mineral Tramway Trails
-  Coast & Clay Trail
-  Clay Trail
-  St. Pirans Trail
-  Camel Trail
-  North Cornwall Trail
-  Goss Moor Trail
-  Mount Edgcumbe Country Park

 When you are on the National Cycle Network you will see these signs.

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 Over 200 miles of inter-linking trails connecting Bude to Land's End