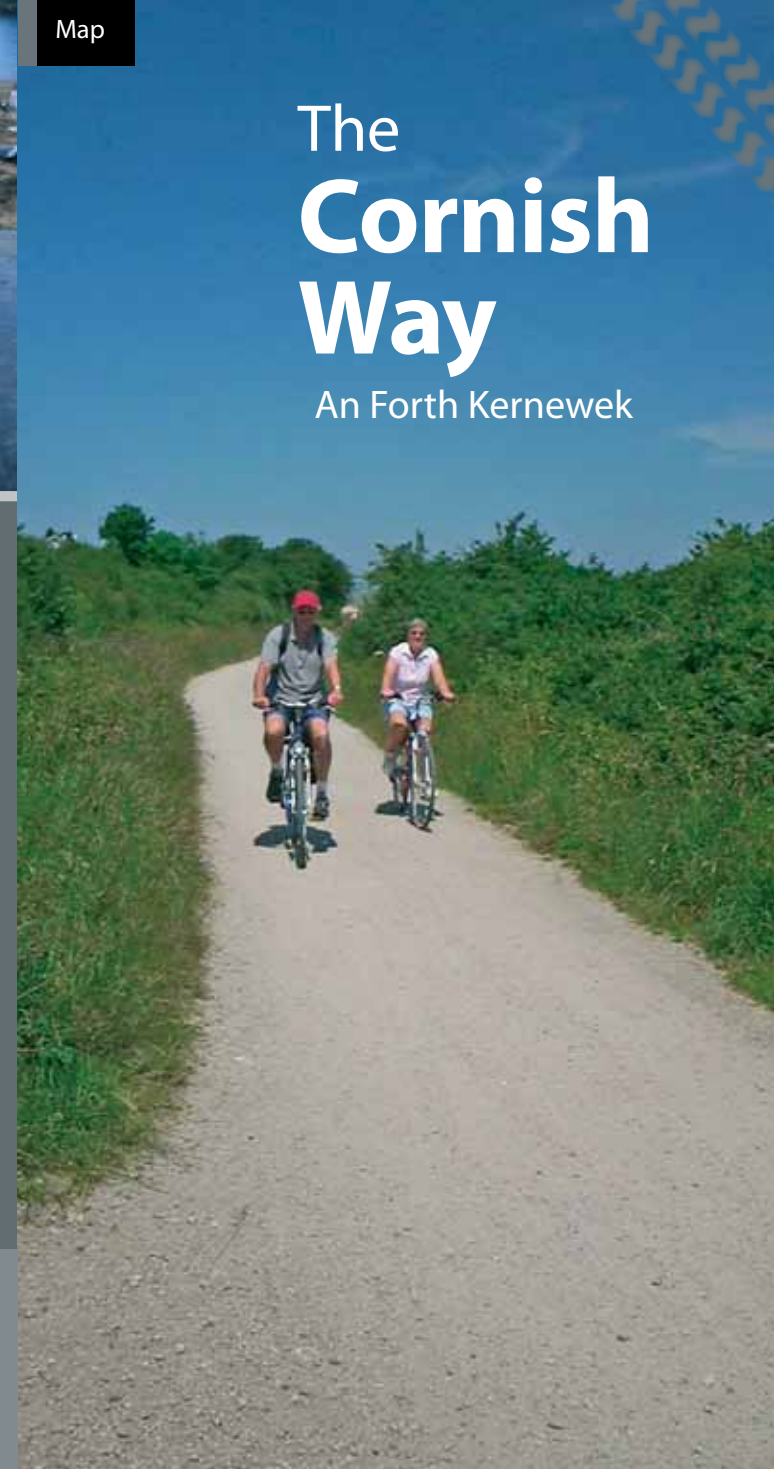


# The Cornish Way

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

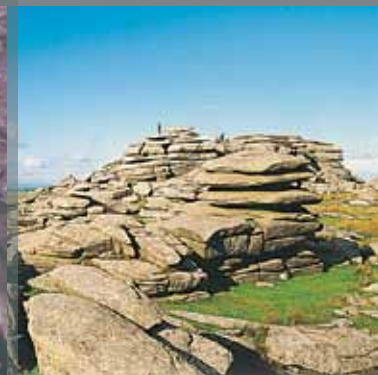
### Cornwall Council

[www.cornwall.gov.uk/cornishway](http://www.cornwall.gov.uk/cornishway)  
or tel: **0300 1234 202**

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)

[www.sustrans.org.uk](http://www.sustrans.org.uk)

[www.visitcornwall.com](http://www.visitcornwall.com)



**2 3 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

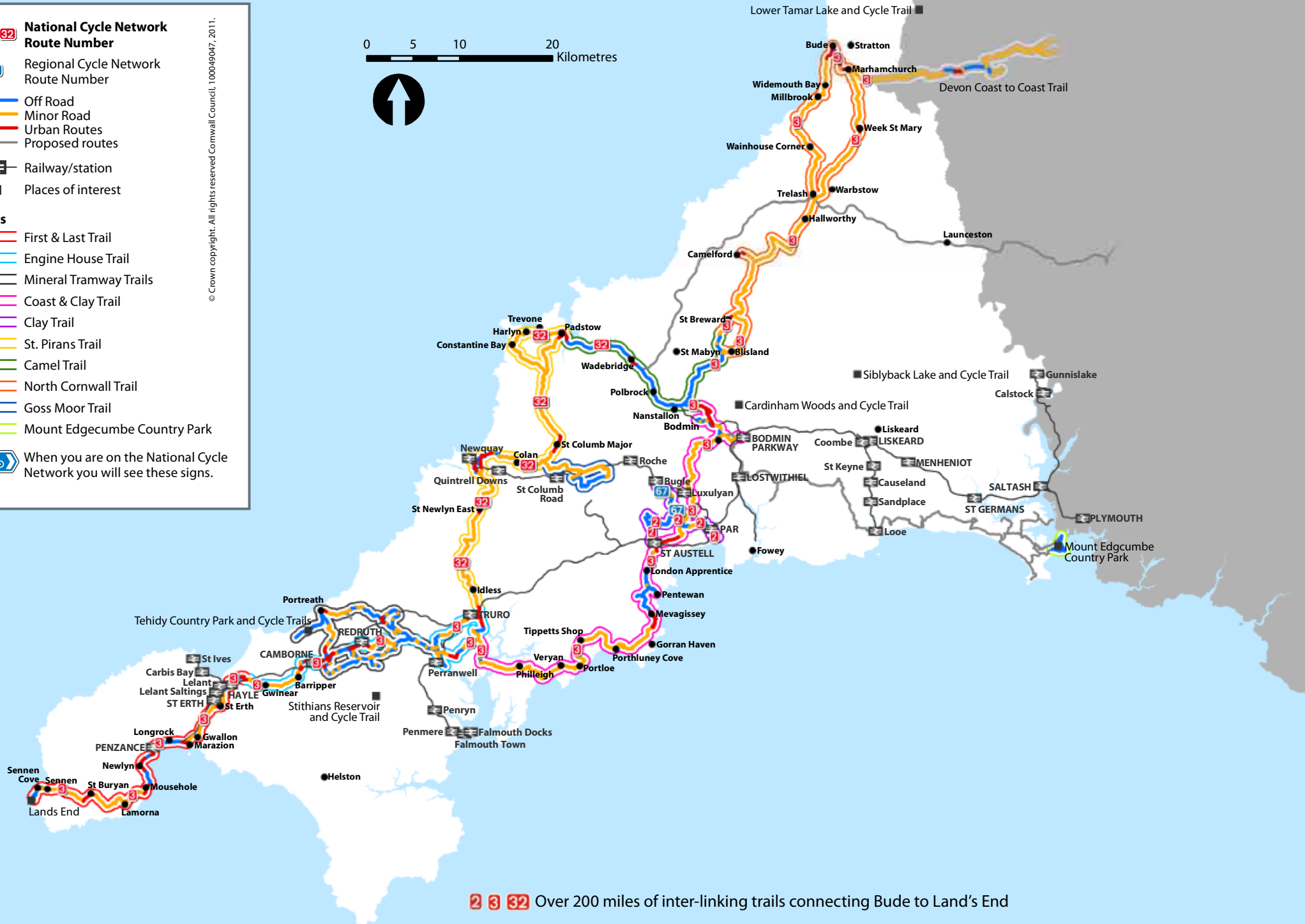
**Trails**

- 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 Edgcombe Country Park

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

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0 5 10 20 Kilometres



**2 3 32** Over 200 miles of inter-linking trails connecting Bude to Land's End