



Caerhays Castle



Veryan

Challenging

The Coast and Clay Trail

Lergh Arvor ha Pri

► The Coast and Clay Trail

This is the most challenging of the eight trails, although there are easy sections to the north and south of St Austell, including the popular off road Pentewan Trail. However, your efforts will be rewarded! The route provides a contrast of landscapes: rolling farmland; wooded creeks; sheltered coves; colourful fishing villages; historic towns; and views of the unique lunar landscape of the china clay industry. Take your time, spend a few days on the trail and visit some of the fantastic attractions en-route. It's worth the effort!

Accessible from the Coast and Clay Trail are the Clay Trails north of St Austell (see separate map in this series).

► How to get there

Rail - www.nationalrail.co.uk

Tel: **08457 484950**

St Austell and Bodmin Parkway are situated on the main line.

Public Transport - www.traveline.org.uk

Tel: **0871 200 2233**

Car - These routes make use of existing car parking facilities.

► Further Information

For more detailed information refer to OS Explorer **105** and **107**. Other guides are available from the local Tourist Information Centres.

► Tourist Information Centres

i **Truro**, Municipal Buildings, Boscawen Street
Tel: **01872 274555**

i **St Austell**, Southbourne Road,
Tel: **01726 879500**

i **Bodmin**, Shire Hall, Mount Folly,
Tel: **01208 76616**

► Contacts

Cornwall Council

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

www.kingharryscornwall.co.uk

www.sustrans.org.uk

www.visitcornwall.com



St Anthony Lighthouse



Truro



Eden Project

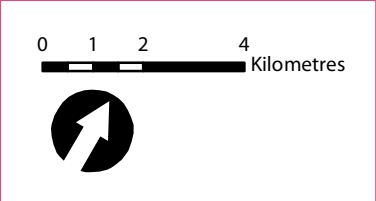


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Part of **The CORNISH WAY** cycle network

Lanhydrock House. Owned by the National Trust, Lanhydrock is one of Cornwall's grandest houses. Set in a beautiful landscape of gardens, parkland and woods, the house overlooks the valley of the River Fowey. It is easily reached from Bodmin Parkway Station or the town of Bodmin.

The Fal Estuary. The deep, cold waters and the twice daily ebb and flow of the river provides a rich marine habitat and is an ideal feeding ground for shore birds. The sheltered micro-climates of the creeks also support the luxuriant growth of more tender plants.



3 National Cycle Network Route Number

- Off Road
- Minor Road
- Urban Road
- Other routes
- Cycle hire
- Gradient: 1:7 to 1:5
- 1:5 and steeper
- Take Extra Care
- Trail crosses a busy road use crossing provided
- Off road section crosses a road
- Railway/station
- Places of interest

