

The North Cornwall Trail

Lergh Kernow Gledh



Blisland



Marhamchurch



Roughtor

► The North Cornwall Trail

Following the upper reaches of the Camel Trail out of Bodmin and onto the quiet lanes of Bodmin Moor, the route winds its way through pretty villages and across beautiful open moors. Sections of the trail offer panoramic views across to the coast before dipping back into more sheltered valley bottoms. Heading north across the disused airfield at Davidstow, the trail crosses some of the most remote parts of Cornwall. Near Hallworthy the route splits, offering users the choice of taking the stunning... but energetic... coastal route, or the less strenuous inland route. At Bude the route turns east, crossing the county boundary into Devon and links into the rest of the National Cycle Network.

► How to get there

Rail - www.nationalrail.co.uk Tel: 08457 484950
Bodmin Parkway is 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 maps **109** and **111**. Other guides are available from the local Tourist Information Centres.

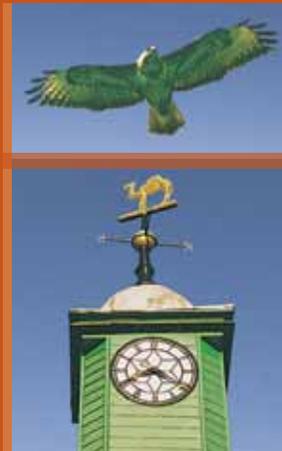
► Tourist Information Centres

-  **Bodmin**, Shire Hall, Mount Folly,
Tel: **01208 76616**
-  **Camelford**, North Cornwall
Museum, The Cleave
Tel: **01840 212954**
-  **Bude**, Crescent Car Park
Tel: **01288 354240**

► Contacts

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

www.sustrans.org.uk
www.visitcornwall.com



Bodmin



Bodmin Moor

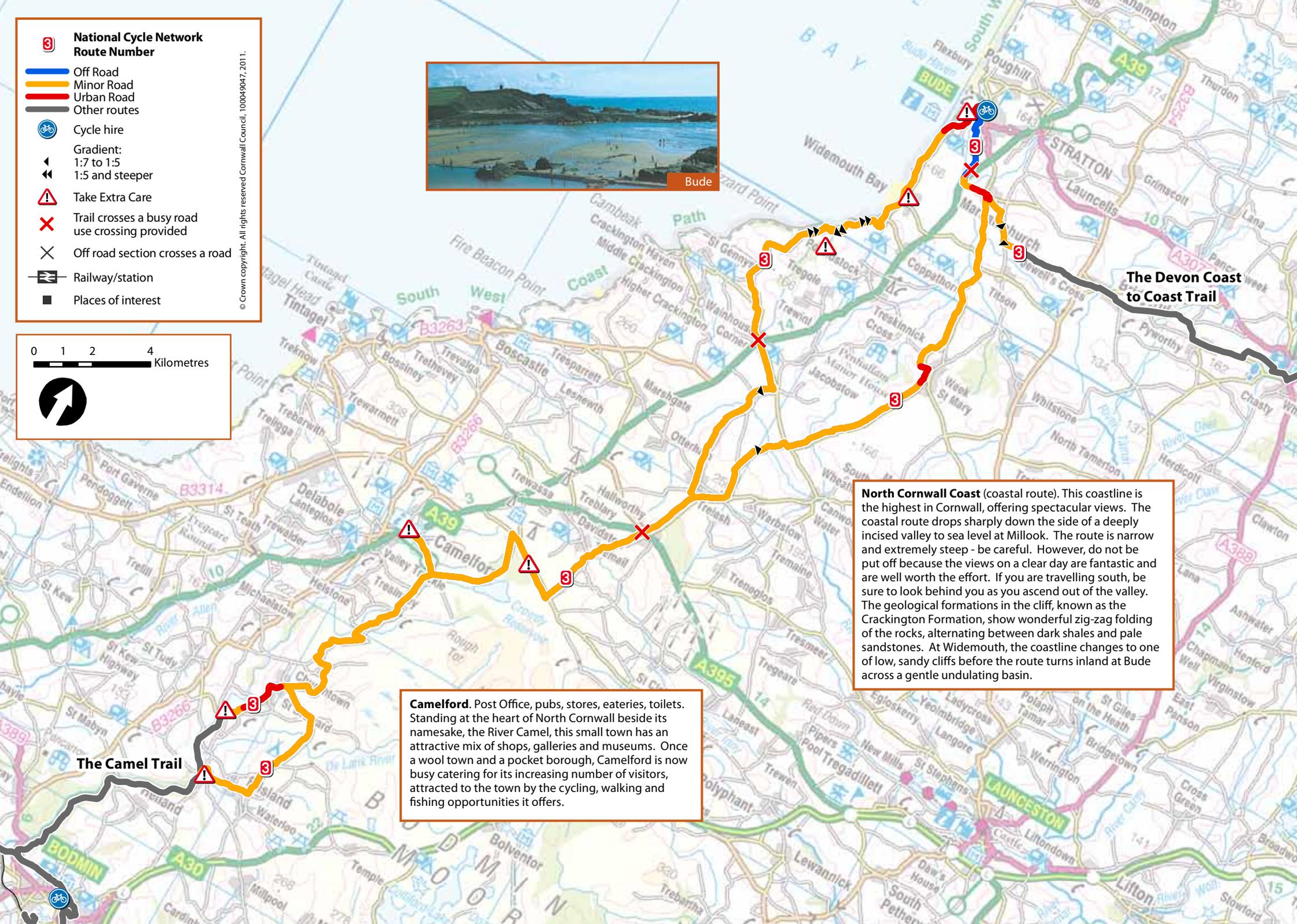
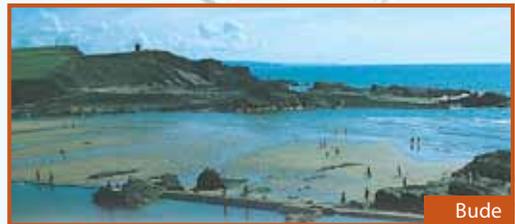
sustrans
JOIN THE MOVEMENT

one and all
CORNWALL
COUNCIL

-  **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

© Crown copyright. All rights reserved Cornwall Council, 100049047, 2011.

0 1 2 4 Kilometres

North Cornwall Coast (coastal route). This coastline is the highest in Cornwall, offering spectacular views. The coastal route drops sharply down the side of a deeply incised valley to sea level at Millook. The route is narrow and extremely steep - be careful. However, do not be put off because the views on a clear day are fantastic and are well worth the effort. If you are travelling south, be sure to look behind you as you ascend out of the valley. The geological formations in the cliff, known as the Crackington Formation, show wonderful zig-zag folding of the rocks, alternating between dark shales and pale sandstones. At Widemouth, the coastline changes to one of low, sandy cliffs before the route turns inland at Bude across a gentle undulating basin.

Camelford. Post Office, pubs, stores, eateries, toilets. Standing at the heart of North Cornwall beside its namesake, the River Camel, this small town has an attractive mix of shops, galleries and museums. Once a wool town and a pocket borough, Camelford is now busy catering for its increasing number of visitors, attracted to the town by the cycling, walking and fishing opportunities it offers.

The Camel Trail

The Devon Coast to Coast Trail