



Newquay



Trevoze Head

Challenging

The St Piran Trail

Lergh Sen Pyran



► The St Piran Trail

Heading north from the cathedral city of Truro, the trail follows tranquil, wooded valleys through pretty villages before reaching the coast at Newquay, Cornwall's most popular tourist destination. Here the pace of life is more energetic... to match the internationally renowned surf. From Newquay, the route heads inland to the old market town of St. Columb Major before turning north across Denzell Downs and on towards the thriving coastal town of Padstow. The trail emerges on the banks of the Camel estuary where it joins The Camel Trail, one of Cornwall's most popular attractions.

► How to get there

Rail - www.nationalrail.co.uk Tel: **08457 484950**

Truro is situated on the main line. Change at Par (mainline) for branchline to Newquay.

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 **105** and **106**. Other guides are available from the local Tourist Information Centres.

► Tourist Information Centres

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

i **Newquay**, Municipal Offices, Marcus Hill
Tel: **01637 854020**

i **Padstow**, North Quay
Tel: **01841 533449**

► Contacts

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

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















Newquay Harbour



St Columb Major



32 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

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Newquay. Post Office, stores, pubs, eateries, toilets. Cornwall's largest and most popular resort. With its superb beaches, surf culture, wide range of shops, friendly family atmosphere and exciting nightlife, Newquay is a lively town providing something for all ages...whatever the weather! The town has developed beside its numerous beautiful, sandy beaches - several of which become one bay at low tide. Its surfing and coastal walks are possibly Newquay's greatest attributes and there are many professional surf schools where visitors can learn to surf.

0 1 2 4 Kilometres



Truro. Post Office, stores, pubs, eateries, toilets. Truro is the centre for administration, commerce and tourism for the County of Cornwall, with its cathedral, cinema, museum and art galleries, also a mixture of major national retailers and small specialist shops to be found along Georgian streets and bustling opes.

St. Newlyn East. Post Office, store, pub, toilets. Pretty village centred around three churches! Its largest, the Parish Church of St. Newlyn East, has a fig tree growing out of its wall. Nobody knows how old it is, however legend has it that anyone who harms it will be cursed and will die within the year.

St. Columb Major. Post Office, pub, restaurant, stores, toilets. This is a small, pretty town which has kept much of its appeal by remaining lesser known. The narrow main street is lined with slate-hung buildings and overlooked by the magnificent tower of the Church of St. Columba.

