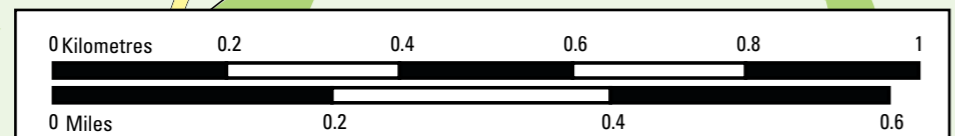


- Traffic-free cycle route / walking route
- Advisory cycle route
- Bus route
- Footpath
- Bus / cycle lane
- School
- College
- Hospital
- Place of worship
- Local shops or retail park
- GP surgery
- Library
- Community centre
- Post office
- Bike shop
- Tourist information
- Bus station
- Cyclist / pedestrian crossing
- Train station
- Pedestrian crossing
- Bus stop
- Play park
- Leisure centre
- National Cycle Network Route number

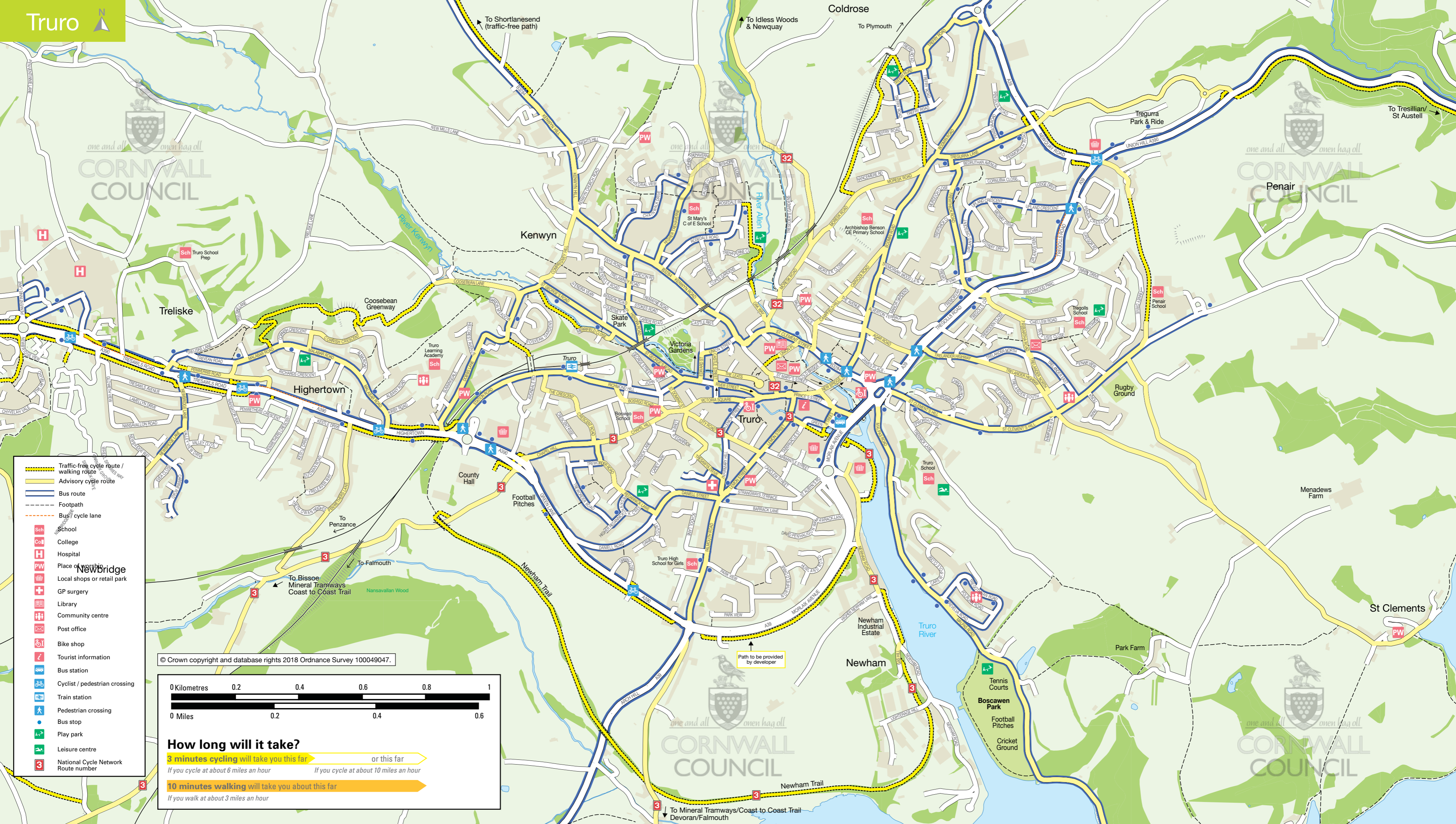
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How long will it take?

3 minutes cycling will take you this far or this far
If you cycle at about 6 miles an hour *If you cycle at about 10 miles an hour*

10 minutes walking will take you about this far
If you walk at about 3 miles an hour



Active travel map

Truro

ACTIVE TRAVEL MAP

Threemilestone and Truro



This map has been produced by Sustrans in partnership with and funded by Cornwall Council. It supports the recent cycling and walking improvements within Truro; these provide a real alternative to motor vehicle use for trips to schools, colleges and workplaces. This reduces congestion, improves journey reliability and helps boost the local economy.

Sustrans is the charity making it easier for people to walk and cycle. We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Join us on our journey.

To make a donation visit www.sustrans.org.uk or phone 0300 303 2604

To find out about walking and cycling routes in your area visit www.sustrans.org.uk/map



Contacts

- Car club:** local car hire by the hour. www.co-cars.co.uk
- Carshare Cornwall:** Cut costs by sharing your journey. www.carsharecornwall.com
- Cornwall Council interactive mapping:** www.cornwall.gov.uk/community-and-living/mapping
- Cornwall Public Transport:** information on bus, rail, coach and ferry services. www.cornwall.gov.uk/transport-and-streets/public-transport
- CycleStreets** is a cycle journey planner, which lets you plan routes from A to B by bike. www.cyclestreets.net
- Cycling UK:** national cycling organisation. Tel: 01483 238 301 www.cyclinguk.org
- Get Active Cornwall:** Website for Cornish residents to get involved in physical activity. www.getactivecornwall.co.uk
- National Rail Enquiries:** Train timetable and live updates. Tel: 03457 484950 www.nationalrail.co.uk
- Park and Ride Truro:** Sites to the east and west of Truro. www.parkfortruro.org.uk
- Traveline South West:** public transport information. Tel: 0871 2002233 www.travelinesw.com
- Truro Cycling Campaign:** promotes cycling and campaigns for better provision in and around Truro. www.trurocyclingcampaign.com
- Transition Truro:** promoting community projects that support a low carbon future. www.transitiontruro.org.uk
- Truro Information Centre:** Boscawen Street. Tel: 01872 274555 www.visittruro.org.uk

Leisure

- Leisure facilities in Truro:** For listings of leisure and sports facilities available in Truro. www.sports-facilities.co.uk/sites/show/Truro
- Truro Leisure Centre:** College Road. Tel: 01872 261628 www.better.org.uk
- Truro Cycling:** offer weekly club rides with a range of pace and distance to suit most cyclists. Find the best places to go and the nicest way to cycle there. www.trurocycling.org
- Walking:** Links to local walking opportunities. www.getactivecornwall.co.uk/activities/walking/walking-links/

Cycle and outdoor shops

- Clive Mitchell Cycles:** Calenick Street. Tel: 01872 276930 www.clivemitchellcycles.co.uk
- Halfords:** St Austell Street. Tel: 01872 260492 www.halfords.com
- Unit Cycles:** Threemilestone Ind Est. Tel: 01872 245516 www.unitcycles.com
- Cotswold Outdoor:** Lemon Quay. Tel: 01872 222032 www.cotswoldoutdoor.com
- Hawkshead:** Town Quay. Tel: 01872 270213 www.hawkshead.com
- Mountain Warehouse:** Victoria Square. Tel: 01872270532 www.mountainwarehouse.com

Walking and cycling

- A390 walking/cycling corridor and Coosebean Greenway**
A shared cycling and walking route borders the A390 between Truro and Threemilestone offering a traffic-free alternative to driving, making it easier to switch from car journeys to active travel journeys. Starting near the roundabout next to County Hall, it extends to Threemilestone, with a quieter route available via the Malabar estate. Shared signalled crossings are provided along the route and it is signed and lit throughout. A link to the city centre is provided by the **Coosebean Greenway** starting next to the golf club on the A390. The signed route from the city centre goes via St Georges Road and Coosebean Lane and skirts the Malabar estate. It can also be accessed via the train station-using the pedestrian footbridge. The route is signed and lit.
- Newham Trail**
The Newham Trail follows the old Newham railway line, which once served the port of Truro. It is a flat two mile walking and cycling route, starting on Gas Hill off Newham Road and ending next to County Hall in Highertown. It forms part of **National Route 3** which can be joined at the southern end of Lemon Quay: follow the blue Route 3 signs along the water's edge around Garras Wharf car park to Newham Road.
- Daubuz Moors**
Daubuz Moors is an 18 acre nature reserve stretching up the River Allen valley. It is only a 5 minute walk from the city centre (accessed from Moresk Road), and is a haven of peace and tranquillity. **National Route 32** passes close to the rear entrance of the reserve.

- Idless Woods (Bishop's Wood)**
Two miles further north up the River Allen valley is Idless Woods, managed by the Forestry Commission. There are a variety of walks to choose from, and it's a great choice for mountain biking or orienteering (course maps available at: www.cornwallorienteering.org.uk/main/about_us/areas.php).
- National Route 32** is linked to Idless Woods and can be joined at Moresk Road. www.theaa.com/walks/a-walk-through-the-bishops-wood-420172
- Mineral Tramways**
Explore 60km of mining trails by foot or bike and discover Cornwall's mining heritage. Comprised of six trails, including the Coast to Coast trail between Devoran and Portreath- accessible via National Route 3, only four miles south of Truro. Maps and guides available at www.cornwall.gov.uk/mineral-tramways
- The Cornish Way**
The Cornish Way is a network of over 200 miles of inter-linking routes on traffic free trails and quiet roads stretching between Lands End and Bude. Maps are available at www.cornwall.gov.uk/cornishway
- The Cornish Way is part of the **National Cycle Network (NCN)**, made up of more than 14,000 miles of cycling and walking routes. Visit www.sustrans.org.uk/map for more routes. **NCN3** connects Bude with Lands End via St Austell, Truro, Redruth, Hayle and Penzance. **NCN32** connects Truro with Bodmin via Newquay, Padstow and Wadebridge.

Electronic copies of this map and maps of other towns are available at www.cornwall.gov.uk/activetravel