

Code of Conduct

To all users – please be considerate to other users particularly young families and people in wheelchairs.

Walkers – if you are walking with a dog please keep it under close control and clear up any mess.

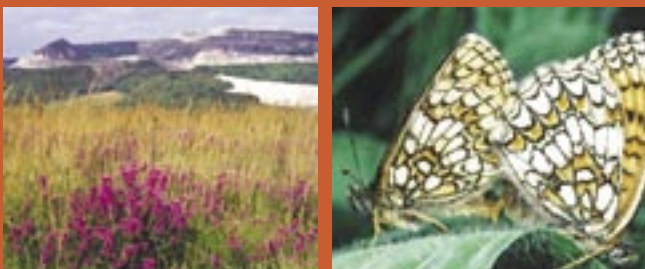
Horse riders – please proceed at a walk when passing other users, and at no more than trot at any time to protect the trail surface.

Cyclists

- please don't expect to use the paths at high speeds
- be prepared to slow down or stop if necessary
- be careful at junctions, bends and entrances
- give way to walkers, wheelchair users and horse riders and leave them plenty of room
- remember that some people cannot hear or see well – don't assume that they can
- fit a bell and use it – don't surprise people

Motorbikes – are not permitted on any traffic-free trails.

Cars – if you need to bring your car please park in designated car parks.



China Clay Country

The Cornish Way

With over 200 miles of inter-linking Trails The Cornish Way is a great way to explore Cornwall's fantastic countryside. It is a network of mainly quiet rural roads and traffic-free off-road routes that connect Bude to Lands End. Many off-road routes are also accessible to horse riders and the mobility-impaired.

Whatever you choose to do there is so much to be enjoyed... distinctive landscapes, historic towns and villages, sandy beaches, local festivals, museums and a host of other visitor attractions. The Cornish Way also forms part of the National Cycle Network.

The National Cycle Network

The Clay Trails are part of the Cornish Way and are links to and from the National Cycle Network, a Network of attractive places to cycle throughout the UK. Millions of people live near to the Network, one third of which is traffic-free, the rest follows quiet lanes or traffic-calmed roads.

The National Cycle Network is co-ordinated by Sustrans, the UK's leading sustainable transport charity, with the support of over 450 local authorities and other partners.

If you enjoy the Clay Trails and are interested in learning more about Sustrans and how to support us please call 0845 113 0065 or visit www.sustrans.org.uk. Registered charity no: 326550.

Partners

The Clay Trails have been made possible by the support of the following organisations:



For further maps, guides and more information on cycling in Cornwall:
Sustrans Tel 0845 113 0065 www.sustrans.org.uk
Cornwall County Council Tel 01872 222000 www.cornwall.gov.uk

Photography credits

Cover photograph by Richard Kalina from Tim Smit's book 'Eden'. Other photographs featured throughout courtesy of English Nature, Wheal Martyn China Heritage Centre, Sustrans, Ian Chamberlain and Steve Morgan.

The CORNISH WAY



Cornwall's Clay Trails

Discover Bugle, Wheal Martyn, Par and the Eden Project as you cycle or walk through Clay Country in mid Cornwall

Created in Cornwall by gendall 01326 316565

Printed on paper which is 80% recycled and totally chlorine free.



How do I get to the Clay Trails?

Key

- National Cycle Network traffic-free
- National Cycle Network on-road
- Clay Trails on-road route
- Clay Trails traffic-free route
- Walking route only
- Shelter
- View point
- Cycle hire
- Parking
- Bus stop
- Pub
- Take care area
- National Cycle Network number
- Tourist attraction
- Local nature reserve
- Level crossing
- Railway station
- Gradient arrow
- Tourist information



The Trails are easily accessible by public transport

The map to the left shows the rail stations and bus stops as well as bike hire and car parks. For all your rail and bus information contact Traveline: www.travelinesw.com or 0870 608 2608.

The maps below show National Route 3 and the maps overleaf show each individual Clay Trail.

By Bike and Foot

The Clay Trails are links to and from the Cornish Way which is a part of the National Cycle Network. Cycle along National Route 3 from Bodmin or St Austell.

See the two maps below.

For maps such as the Cornish Way, call **Sustrans 0845 113 0065**. You can hire bikes locally.

All Trails are wheelchair accessible. Steeper parts are marked on the maps with a gradient arrow.

By Rail

Arrive at St Austell station where onward buses can be caught to points on the Clay Trails or to the Eden Project. Par Beach Trail can be accessed by using Par Station. Bugle Trail can be accessed by using the Newquay branch line.

By Bus

Travel by bus to points on the Clay Trails or to the Eden Project.

By Car

Use designated car parks to access the Clay Trails or the Eden Project.



Eden Project



Mevagissey to St Austell and the Eden Project

Mode
Cycle, walk or horse-ride.

Length
St Austell to Eden Project 3 miles

Tourist Information Centres
St Austell 0870 445 0244
Mevagissey 0870 443 2928

Bike Hire
Barlows Cycles, St Austell 01726 73117
Pentewan Valley Cycle Hire 01726 844 242

Attractions
St Austell Brewery
Eden Project
Lost Gardens of Heligan



Bodmin to the Eden Project

Mode
Cycle, walk or horse-ride.

Length
Bodmin to Eden Project 9 miles

Tourist Information Centre
Bodmin 01208 76616
Lostwithiel 01208 872 207

Bike Hire
Bodmin Cycle Hire 01208 73555

Attractions
Eden Project
Lanhydrock, National Trust

All maps in this leaflet:
© Crown copyright.
All rights reserved Sustrans.
Licence No: 100019713.
March 2005.



The Clay Trails are links to and from the National Cycle Network, all forming part of the Cornish Way. Please see overleaf for details of the Clay Trails.

Leave the traffic behind

Whether you cycle, walk or horse ride, these tranquil, mostly traffic-free Trails, 3–5 miles long are perfect for you and your family. Explore Cornwall's Clay Country on the Bugle, Wheal Martyn and the Par Beach Trails. The Wheal Martyn and the Bugle Trails both lead to the Eden Project too.

You'll discover the stunning colours of mica dams, peaceful lakes, clay tip peaks reaching to the sky and how the china clay industry has shaped the landscape seen today. You can take the Trails at your own pace, and because they are surfaced they are accessible all year round.

The Trails connect with local towns, bus stops, railway stations and with National Route 3 of the National Cycle Network, part of the Cornish Way linking Bodmin and St Austell.

This leaflet is a guide to the Trails, which are all clearly sign-posted. So plan your day and enjoy your time in this fantastic part of Cornwall.



Clay workers in 1905

China Clay

The story of China Clay began with the Industrial Revolution in which Cornwall was to play a significant role. 120 million tons of China Clay have been produced since William Cookworthy's first discovery of clay at Tregonning Hill, in 1746.

Today China Clay is Cornwall's most important extractive industry and you will see various sites along the Clay Trails that Imerys Minerals Ltd use in the China Clay mining process. A majority of the clay is exported through the local ports of Par and Fowey.

Did you know that China Clay has many uses today: Paper, ceramics, paint, rubber, pharmaceuticals, crayons and pencils, toothpaste and cosmetics.

The environment

The Clay Trails would not exist without the generosity of Imerys Minerals Ltd in allowing their land to be used in making these Trails possible. Imerys is the world's largest producer of China Clay. The China Clay industry is part of mid Cornwall's heritage. The Clay Trails are a key part of Imerys' large-scale restoration programme. In partnership with English Nature, Imerys is working to provide valuable new habitats for flora and fauna as well as providing a new resource for local people and visitors.

The recycled mining materials used for the Trails have been kindly donated by Imerys.

- Recycled materials sourced through ReMaDe Kernow
- Shelters and seating by Abeysmallcombe
- Stone carving and writing by C F Piper and Son



Southern Marsh Orchids

Eden entry

Did you know that you can skip the Eden Project entry queues by going through their fast track system if you arrive by bike, foot, rail or Truronian bus? If you arrive on bike or foot you'll also get a £3 discount. Plenty of cycle storage is located only a short walk from the main entrance and you can leave your belongings in a secure locker for free.

Bugle to the Eden Project

From the old mining village of Bugle through the heathland of Treskilling Downs, this Trail weaves past the tranquil woods and lakes of the restored landscape and offers many scenic views and chances to observe wildlife.

Mode

Cycle, walk or horse-ride.

Length

4 miles

Bike Hire

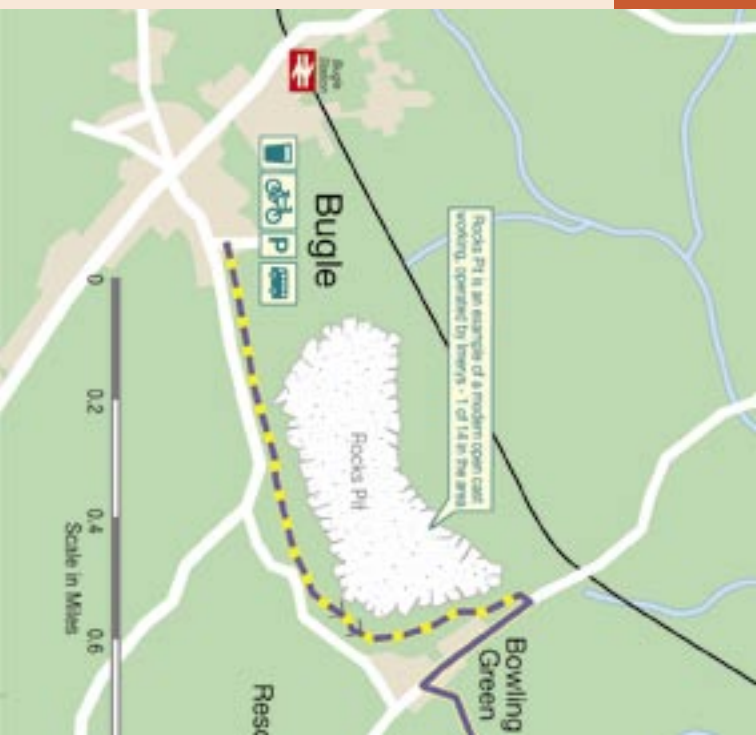
Bugle Cycle Hire 01726 852 285

Attractions

Eden Project



Great for walking



Par Beach to St Blazey

Par was developed as a minerals port in the 1830s. China clay is still shipped from here to all around the globe. This Trail leads you through local towns as well as the marshes of the old river estuary to St Blazey.

Mode

Cycle or walk to St Blazey.

Join a walking only footpath (this is not a Clay Trail) to the Eden Project. The entire route is unsuitable for horse-riding.

Length

3 miles

Attractions

Par Beach
St Andrews Park and
Local Nature Reserve



Great for cycling



Wheal Martyn to the Eden Project

This Trail leads you through the unique landscapes of the clay country. From woodland and heathland in abandoned valleys to stunning views over active mines the history of the china clay industry is laid out under your feet.

Mode

Cycle, walk or horse-ride.

Length

5 miles

Bike Hire

Bugle Cycle Hire at Wheal Martyn 01726 852 285

Attractions

China Clay Heritage Centre
Eden Project



Great for a family day out



