

Cycling



Pentewan Valley Cycle Trail

An off-road trail along the River Winnick to the coastal village of Pentewan which runs alongside the St Austell-Mevagissey road. Turn left out of our drive, first left through Polgooth village to the junction of the B3273. Turn right and then first left, signposted Mount Caravans, where you can park your car. Follow the river downstream through the woods to the sea (approx. two miles). There's a good pub here called The Ship. Pentewan Valley Cycle Hire will deliver bikes to Bosinver. www.pentewanvalleycyclehire.co.uk 01726 844242



You can cycle from Bosinver (approx. four miles) to the Lost Gardens of Heligan via quiet country lanes, visit the gardens, have a bite to eat in their restaurant, cycle down to the sea and back via the Pentewan trail—it's not too strenuous and makes for a great day out.

Camel Trail

Another off-road trail following the old railway line from Bodmin Moor to Padstow. The most popular route is to go to Wadebridge and cycle along the estuary (lots of wading birds on the mud flats) to Padstow. Once there, you can chain your bike to the railings and wander round the harbour or take a boat trip before cycling back (10 miles round trip). Wadebridge to Bodmin, along the River Camel, is quieter and more peaceful. There's a café en route, and the Borough Arms pub at the Bodmin end. Cycle hire from Bridge Bikes, Wadebridge www.bridgebikerehire.co.uk 01208 813050

Portreath Tramroad

This cycle ride takes you through Cornwall's industrial heritage. The best starting point is Bissoe Tramways Cycle Hire and you can cycle south to the old port of Devoran, which is just three miles. There's also a great pub in the village, the Old Quay Inn. Cycle hire: Bissoe Tramways Cycle Hire (just off A39 Truro-Falmouth road near Devoran). www.cornwallcyclehire.com 01872 870341

Alternatively for a longer ride from Bissoe, head north through the Poldice Valley past the old copper ore workings to Scorrier. Here you cross the A30 and cycle along a level track following the tramroad trail, built for horse-drawn carriages to transport the ore to Portreath harbour, where it could be shipped out. This track is seven miles long and not too strenuous, although bumpy in places! It's nowhere near as busy as the Camel Trail and there's a beautiful beach at the end of your ride in Portreath—great ice creams too!

Sustrans also have some great ideas for cycling routes – see www.sustrans.org.uk/ncn/map/walking-and-cycling-inspiration/best-regional-routes/cornish-coastal-routes including the St Austell area Clay Trails www.claytrails.co.uk/routes which take in the Eden Project and Wheal Martyn.

West Coast Cycles will deliver hire bikes to Bosinver www.westcoastcycles.co.uk 01872 270786