



How long will it take?
3 mins 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 mins walking will take you about this far
 If you walk at about 3 miles an hour



Pedestrian & cycle zone 11am-4pm (live trail 2021-22)

- | | | | | | |
|--|--|--|----------------------------|--|---------------------|
| | Traffic-free cycling route / walking route | | Hospital | | Railway station |
| | Advisory cycle route (on-road) | | Local shops or retail park | | Bus station |
| | Cycle lane (on-road) | | GP surgery | | Pedestrian crossing |
| | Bus route | | Library | | Toucan crossing |
| | Footpath | | Bike shop | | Bus stop |
| | Bridleway | | Post office | | Leisure centre |
| | Future cycle route - under development | | Community centre | | Play park |
| | School | | University | | Museum |
| | University | | Cycle parking | | BMX park |
| | Place of worship | | Cycle parking and pump | | One way |
| | | | | | Steep hill |

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 The representation on this map of any road, track, or path is no evidence of the existence of a right of way, consult the definitive map for clarification

Active travel map

Falmouth and Penryn



ACTIVE TRAVEL MAP

Penryn



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

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

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



Walking and cycling

Cornwall Council Interactive Mapping: Find local paths. www.cornwall.gov.uk/community-and-living/mapping

Cycle Streets: Cycle journey planner, which lets you plan routes from A to B by bike. www.cyclestreets.net

Falmouth Walks and Trails: www.falmouth.co.uk/see-and-do/walking/

Falmouth Green Corridor: www.falmouth.co.uk/see-and-do/parks/falmouth-green-corridor

Swanpool Nature Reserve: www.swanpool.org.uk

Glasney Valley and Reservoirs, Penryn: Explore the valley leading to Argal and College reservoirs. www.swlakestrust.org.uk

Penryn Nature Trail: www.penryn-tc.gov.uk/penryn-nature-trail

Nearby routes

Nearby are fantastic routes to explore by bike or on foot.

Cornish Way: Inter-linking routes between Bude and Land's End. www.cornwall.gov.uk/cornishway

Mining Trails Network: Explore 60km of trails on foot, bike or horseback and discover Cornwall's mining heritage. Including the **Coast to Coast Trail** between Devoran and Portreath. www.cornwall.gov.uk search **Mineral Tramways**.

National Cycle Network (NCN): UK wide network of cycling and walking routes. www.sustrans.org.uk/map

South West Coast Path: Long distance national walking trail, join it at Prince of Wales pier. www.southwestcoastpath.org.uk

Public transport

Fal River: Info on travel around Fal river area, including Fal Mussel card. www.falriver.co.uk

Maritime Line: Branch line between Falmouth and Truro with half hourly service. www.greatscenicrailways.co.uk

National Rail Enquiries: Tel: 08457 484950 www.nationalrail.co.uk

Traveline South West: Public transport information including real time journey information. Tel: 0871 2002233 www.travelinesw.com

Cornwall Public Transport: Bus, rail, coach and ferry information. www.cornwall.gov.uk/transport-and-streets/public-transport/

Useful contacts

Websites offering a wealth of local information for Falmouth, Penryn and surrounding areas: www.falmouth.co.uk www.penryntowncouncil.co.uk www.cornwall.gov.uk and www.visitcornwall.com

Cycling Campaign: promotes cycling and lobbies for better provision in Falmouth and Penryn. www.falpencc.org.uk

Source 96.1 FM community radio: www.thesourcefm.co.uk

Leisure

Get Active Cornwall: For Cornish residents to get involved in physical activity. www.getactivecornwall.co.uk

Falmouth Sports Club Western Terrace TR11 4QJ
Tel: 01326 311056 <https://fsc.mycourts.co.uk/index.asp>

Falmouth Sports Hub Trescobeas Road TR11 4LH
Tel: 01326 371399 www.falmouthsportshub.co.uk

Penryn Campus Sports Centre Treliever Road TR10 9FE
Tel: 01326 370770
www.fxplus.ac.uk/facilities-shops/sports-facilities/

Penryn College Kernick Road TR10 8PZ
www.penryn-college.cornwall.sch.uk search using college facilities

Ships and Castles Leisure Centre Castle Drive, Falmouth TR11 4NG
Tel: 01326 212129 www.better.org.uk/centre-locator

Cycle shops and facilities

- Cog:** Cycle repairs and accessories.
Tel: 01326 374708 www.cogcyclerepairanddesign.co.uk
- Cycle Solutions:** Cycle repair, accessories and reconditioned bikes.
Tel: 01326 377003 www.facebook.com search cycle solutions.
- Falmouth Cycles:** Bike sales, accessories and repairs.
Tel: 01326 373399 <https://falmouthcycles.co.uk/>
- Inspired Cycle Engineering:** Trike manufacturer. www.icetrikes.co
- Top Gear:** Electric bike sales, accessories and repairs.
Tel: 0796 6425774 www.cornwallelectricbikes.co.uk
- Carrick Riders Mountain Bike Club:** Four-cross track.
Tel: 07886 644278 www.facebook.com search Carrick Riders Mountain Bike Club.
- Falmouth Pump Track:** Open access. Trescobeas Park TR11 2HH
- Glasney Playing Field BMX Track:** Open access TR10 8LJ

Car sharing

Carshare Cornwall: Cut costs by sharing car journeys.
www.carsharecornwall.com

Co Cars car club: Local car hire by the hour, locations in both towns.
www.co-cars.co.uk

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For further information contact: connectingcornwall@cornwall.gov.uk