

0 Kilometres0.20.40.60.81

0 Miles0.20.40.6

How long will it take?

3 mins cycling will take you this far or this far

If you cycle at about 6 miles an hourIf 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



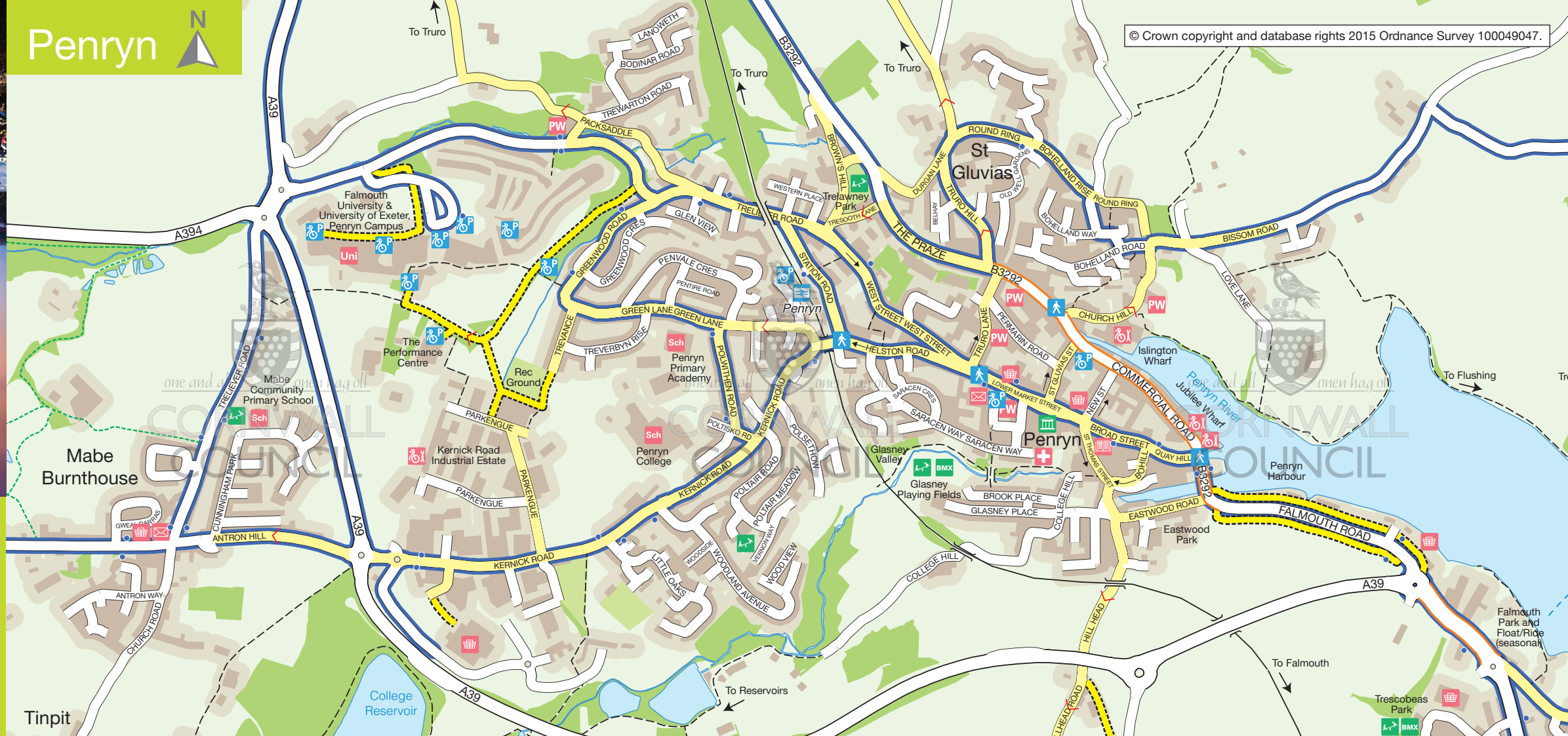
- | | | | | | |
|--|--------------------------------------|--|----------------------------|--|----------------|
| | Traffic-free cycling / walking route | | Local shops or retail park | | Bus stop |
| | Advisory cycle route | | GP surgery | | Leisure centre |
| | Bus route | | Library | | Play park |
| | Footpath | | Bike shop | | Museum |
| | Bridleway | | Post office | | BMX park |
| | Cycle lane | | Cycle parking | | One way |
| | School | | Train station | | Steep hill |
| | University | | Bus station | | |
| | Place of worship | | Pedestrian crossing | | |
| | Hospital | | | | |
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Penryn



Falmouth and Penryn Active travel map



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This map has been produced by Sustrans and funded by the Department for Transport's Local Sustainable Transport Fund, as part of the Access to Education programme. Sustrans is working with Falmouth Exeter Plus (the shared services delivery partner of Falmouth University and the University of Exeter) to encourage students, staff and visitors to consider using alternative methods of transport to help reduce the impact of car travel on the environment and tackle local congestion.

More information can be found at www.fxplus.ac.uk/find/travel-transport

Campus maps at <http://www.fxplus.ac.uk/find/campus-maps>

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. To make a donation visit www.sustrans.org.uk or phone 0845 838 0651.

To find out about walking and cycling routes in your area visit www.sustrans.org.uk/map or call 0845 113 0065.



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Walking and Cycling

Glasney Valley and reservoirs, Penryn. Paths through the beautiful Glasney Valley leading to Argal and College reservoirs: www.swlakestrust.org.uk

For trail maps of Penryn & Falmouth visit: www.accesstonaturecornwall.org

South West Coast Path: This long distance walking trail follows the entire Cornish coast. Join it at Prince of Wales pier, Falmouth southwestcoastpath.org.uk

Cycle Streets: Cycle specific journey planner www.cyclestreets.net

Further routes

Cornwall has some fantastic routes to explore by bike or on foot;

The Cornish way: Linking Bude to Lands End. The closest section of the route can be accessed at Perranwell Station.

Coast to Coast Trail: Running between Portreath and Devoran.

The Mineral Tramways Network: Seven separate trails centred around Redruth and Camborne. Also open to horse riders

Maps for all of the above are available to print at: www.cornwall.gov.uk search Cornish Way and www.sustrans.org.uk

Public Transport

Cornwall Public Transport for bus, rail, coach, and ferry information www.cornwallpublictransport.info

Fal River: Info on travel around Fal river area including Fal Mussel travel card and UNI travel card for staff and students at the universities www.falriver.co.uk

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

Traveline South West: 0871 2002233 or www.travelinesw.com for bus, coach, ferry and train times in the South West

Contacts

Websites offering a wealth of local information for Falmouth, Penryn & the surrounding area:

Penryn: www.visitpenryn.com

Falmouth: www.falmouth.co.uk

Get Active Cornwall: Useful tips and advice on how to get active www.getactivecornwall.co.uk

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

1 South West: Dedicated to off-road cycling in the South West, with interactive map at www.1sw.org.uk

Ships and Castles Leisure Centre:
Castle Drive, Pendennis Headland, Falmouth TR11 4NG
Tel: 01326 212129. www.tempusleisure.org.uk

Cycle shops and facilities

Bikeworks Falmouth: Mobile cycle repairs
Tel: 0787 2382151 www.bikeworksfalmouth.co.uk

Cog: Cycle repairs and accessories
Tel: 01326 374708 www.cogcyclerepairanddesign.co.uk

Cycle Solutions Bicycle Workshop:
Cycle repairs, accessories and 2nd hand bikes
Tel: 01326 377003
www.jubileewharf.co.uk/workshops/cycle-solutions

Explorer Cycle Repair Shop: Cycle repairs, spares and hire.
Tel: 01326 712093. www.explorercyclehire.co.uk

Falmouth Cycles: Bike sales, accessories and repairs
Tel: 01326 373399 www.falmouthcycles.com

Top Gear: Electric bikes
Tel: 0796 6425774 www.cornwallelectricbikes.co.uk

Falmouth Bike Park: Four-Cross track (national standard) all welcome
Tel: 01326 373399 www.falmouthbikepark.co.uk

Car sharing

Carshare Cornwall: Cut costs by sharing your journey.
Tel: 08700111199 Web: www.carsharecornwall.com

Electronic copies of this map are available at www.cornwall.gov.uk/activetravel