



**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



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



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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](http://www.swlakestrust.org.uk)

For trail maps of Penryn & Falmouth visit: [www.accesstonaturecornwall.org](http://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 [www.southwestcoastpath.org.uk](http://www.southwestcoastpath.org.uk)

**Cycle Streets:** Cycle specific journey planner [www.cyclestreets.net](http://www.cyclestreets.net)

### Further routes

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

**The Cornish Way:** Linking Bude to Land's 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](http://www.cornwall.gov.uk) search Cornish Way and [www.sustrans.org.uk](http://www.sustrans.org.uk)

### Public Transport

**Cornwall Public Transport** for bus, rail, coach, and ferry information [www.cornwallpublictransport.info](http://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](http://www.falriver.co.uk)

**National Rail Enquiries:** 08457 484950 [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

**Traveline South West:** 0871 2002233 or [www.travelinesw.com](http://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](http://www.visitpenryn.com)  
**Falmouth:** [www.falmouth.co.uk](http://www.falmouth.co.uk)

**Get Active Cornwall:** Useful tips and advice on how to get active [www.getactivecornwall.co.uk](http://www.getactivecornwall.co.uk)

**Fal Cycling Campaign:** promotes cycling and lobbies for better provision in Falmouth and Penryn [www.falcc.org](http://www.falcc.org)

**1 South West:** Dedicated to off-road cycling in the South West, with interactive map at [www.1sw.org.uk](http://www.1sw.org.uk)

**Ships and Castles Leisure Centre:** Castle Drive, Pendennis Headland, Falmouth TR11 4NG Tel: 01326 212129. [www.tempusleisure.org.uk](http://www.tempusleisure.org.uk)

### Cycle shops and facilities

**Bikeworks Falmouth:** Mobile cycle repairs Tel: 0787 2382151 [www.bikeworksfalmouth.co.uk](http://www.bikeworksfalmouth.co.uk)

**Cog:** Cycle repairs and accessories Tel: 01326 374708 [www.cogcyclerepairanddesign.co.uk](http://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](http://www.jubileewharf.co.uk/workshops/cycle-solutions)

**Explorer Cycle Repair Shop:** Cycle repairs, spares and hire. Tel: 01326 712093. [www.explorercyclehire.co.uk](http://www.explorercyclehire.co.uk)

**Falmouth Cycles:** Bike sales, accessories and repairs Tel: 01326 373399 [www.falmouthcycles.com](http://www.falmouthcycles.com)

**Top Gear:** Electric bikes Tel: 0796 6425774 [www.cornwallelectricbikes.co.uk](http://www.cornwallelectricbikes.co.uk)

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

### Car sharing

**Carshare Cornwall:** Cut costs by sharing your journey. Tel: 08700111199 Web: [www.carsharecornwall.com](http://www.carsharecornwall.com)

Electronic copies of this map are available at [www.cornwall.gov.uk/activetravel](http://www.cornwall.gov.uk/activetravel)

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 Active Travel information can be found at [www.fxplus.ac.uk/find/travel-transport](http://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](http://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](http://www.sustrans.org.uk/map) or call 0845 113 0065.

