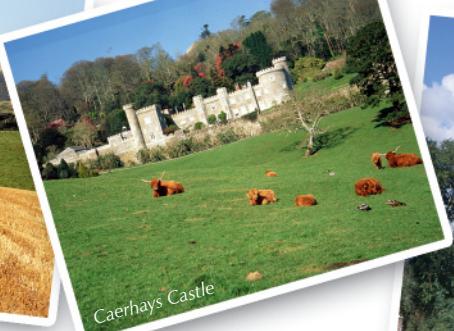
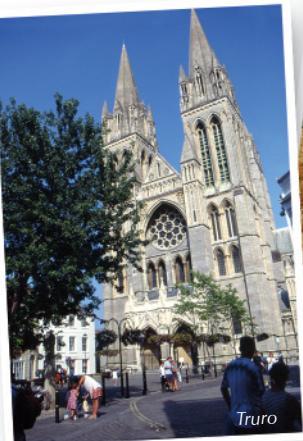


Challenging



## Further Information

For more detailed information refer to OS Landranger maps 200 and 204 or The Cornish Way map issued by Sustrans. Other guides are available from the local Tourist Information Centres.

## Tourist Information Centres

- **Truro**, Municipal Buildings, Boscawen Street  
Tel: 01872 274555
- **St Austell**, Southbourne Road,  
Tel: 01726 76333
- **Bodmin**, Shire House, Mount Folly,  
Tel: 01208 76616

## Contacts

### Cornwall County Council

Tel: 01872 222000 or [www.cornwall.gov.uk](http://www.cornwall.gov.uk)

[www.cyclecornwall.com](http://www.cyclecornwall.com)

[www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)



Cornwall and Isles of Scilly Health Authority



National Cycle Network

The cover of the "The COAST AND CLAY TRAIL" map, featuring a scenic view of a coastal path through a field of red poppies. The title is prominently displayed in large, white, sans-serif letters. A pink vertical bar on the left contains the word "Challenging". A pink ribbon graphic is visible at the top right. The bottom right corner features the text "part of the The CORNISH WAY Cycle Network".

## The Coast & Clay Trail

This is the most challenging of the six trails, although there are easy sections to the north and south of St Austell, including the popular off road Pentewan Trail. However, your efforts will be rewarded! The route provides a contrast of landscapes: rolling farmland; wooded creeks; sheltered coves; colourful fishing villages; historic towns; and views of the unique lunar landscape of the china clay industry. Take your time, spend a few days on the trail and visit some of the fantastic attractions en-route. It's worth the effort!

Accessible from the Coast & Clay Trail are the Clay Trails north of St Austell (see separate map in this series).

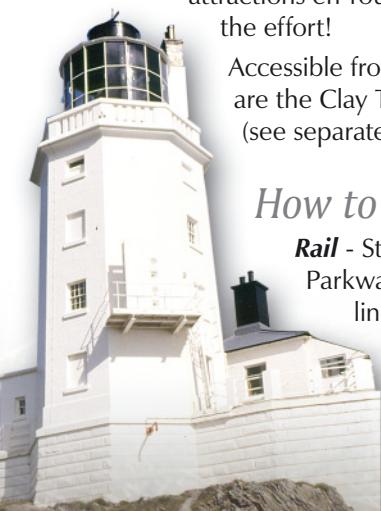
## How to get there

**Rail** - St Austell and Bodmin Parkway are situated on the main line.

**Coach** - National Express

**Public Transport** - [www.traveline.org.uk](http://www.traveline.org.uk)  
Tel: 0870 608 2 608

**Car** - These routes make use of existing car parking facilities.



St Anthony lighthouse

# The COAST & CLAY TRAIL



A vertical list of symbols and their meanings for National Cycle Network routes:

- 3** National Cycle Network Route Number
- Off Road
- Minor Road
- Urban Road
- Gradient:  
1 in 5 and Steeper  
1 in 7 to 1 in 5
- Take Extra Care
- Trail crosses busy road - use crossing provided
- Off road section crosses a road
- Other Trails
- Railway/Station
- Roads
- Towns & Villages
- Places of Interest

**The Fal Estuary.** The deep, cold waters and the twice daily ebb and flow of the river provides a rich marine habitat and is an ideal feeding ground for shore birds. The sheltered micro-climates of the creeks also support the luxuriant growth of more tender plants.



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71.5  
Kilometres  
45  
miles