



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	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	Toucan crossing	

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Penryn



Active travel map Falmouth and Penryn

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

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.



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 www.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 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 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

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