

Follow us on social media: @mineraltrails, @mineraltrails, mineraltrails.co.uk

More maps of Cornwall free to download at [mineraltrails.co.uk](http://mineraltrails.co.uk)

### Your trail guide

to eat, stay play & shop  
plus some of the finest places  
including history & wildlife

Explore miles of Trails  
Free Map & Guide  
The Mineral Trails & West Kernow Way

**Falmouth Cycles**

Sales & Repairs. A huge selection of bikes, parts and accessories. Cycle service specialists. Bikes for all the family. Cycle to work scheme.

explore the Mineral Trail and Cornwall

Unit F1, Tregonilla Industrial Estate, Falmouth, TR11 4SN Tel: 01326 373399

### THE GOLDEN LION INN

Stithians  
Great Food • Great Beer • Great Place  
A popular stop for walkers and cyclists on the West Kernow Way

A family run and child friendly pub-restaurant set in the beautiful surrounds of an Area of Outstanding Natural Beauty

We also have 20 campsite pitches all including electric hook-up, easy water access, shower and toilet, washing machine and tumble dryer facilities making any time of the year a perfect time to visit

We also have a holiday cottage and static caravan. Pre-booking is recommended as we are a popular site

Menherion, Redruth TR16 6NW • Tel: 01209 860332  
[www.thegoldenlioninn.co.uk](http://www.thegoldenlioninn.co.uk)

**Heartlands**

Robinson's Shaft, Dudance Lane, TR15 3QY • Tel: 01209 707300

**CLIVE MITCHELL CYCLES**

6 Calenick Street, Truro, TR1 2SF  
Tel: 01872 276930  
[shop.clivemitchellcycles.co.uk](http://shop.clivemitchellcycles.co.uk)

CORNWALL'S PREMIER BIKE SHOP  
MOUNTAIN - ROAD - eBIKES  
SALES AND SERVICING

IN TRURO AND OUR NEW FLAGSHIP STORE JUST OFF THE A30 AT SUMMERCOURT  
AWARD WINNING 2017 REGIONAL FINALIST OF BRITAIN'S BEST BIKE SHOP

[www.clivemitchellcycles.co.uk](http://www.clivemitchellcycles.co.uk)



Enjoy the spectacular landscapes and learn more about the local wildlife as you explore the Mineral Trails

Scan this QR code or visit [www.mineraltrails.co.uk](http://www.mineraltrails.co.uk)



**AZTEC LEISURE** Open 7 days a week all year!  
Shop online at [www.aztecleisure.co.uk](http://www.aztecleisure.co.uk)

The largest camping and caravan shop in Cornwall

Tents, awnings for caravans & motorhomes  
Camping & caravan accessories & spares  
Color gas & Campingaz supplies  
All the top brands available

Unit 1, Chapel Parc, Summercourt, TR8 5AH  
Tel: 01872 487199  
[shop.aztecleisure.co.uk](http://shop.aztecleisure.co.uk)



**CUCKOO VALLEY**  
CORNISH BY NATURE

A small family run craft older company who believe in making craft orders as naturally and as simply as possible.

Producing orders that are full of depth and flavour and quite simply good traditional older.

Retail bar on site for those who like to try before they buy.

The Orchard, Nancekuke, Redruth TR16 5UJ • Tel: 07428 226910

**Giant Ship and Slide**

WE HAVE MOVED!!! - SATNAV TR9 6DT  
Now Even Longer for Summer 2023  
440ft

Book Online  
[www.giantshipandslide.co.uk](http://www.giantshipandslide.co.uk)

**Coastal Trail CYCLE HIRE**

Bikes delivered to your door anywhere in Cornwall

Based in Porthtown we have an extensive range of bikes including electric, mountain, hybrid, road and children's bikes. Either pick up from us or we can deliver and collect from your holiday accommodation

[bookings@coastaltrailcyclehire.co.uk](mailto:bookings@coastaltrailcyclehire.co.uk)

Mount Pleasant Eco Park, Porthtown, TR4 8HL • Tel: 07398 705650

See overleaf for detailed map

Wildlife photography by Adrian Langdon - Historical content by Ben Sumpter

**Portreath**

Cycle or walk all or part of the West Kernow Way

Scan here for route information or visit [www.freemapsofcornwall.co.uk](http://www.freemapsofcornwall.co.uk)



Learn more about the history of this fascinating industrial landscape as you explore the Mineral Trails

Scan this QR code or visit [www.mineraltrails.co.uk](http://www.mineraltrails.co.uk)



**polmanter** ST IVES

AA PLATINUM CAMPSITE 2022  
5\* award-winning campsite within walking distance of St Ives  
Generous pitches and fantastic modern facilities  
Heated outdoor pool and play areas  
Luxury apartments & cottages

01736 795640 [polmanter.com](http://polmanter.com)

**mount pleasant ECO PARK**

01209 881500  
[www.mpeopark.co.uk](http://www.mpeopark.co.uk)  
GRAPE HILL, TRURO TR4 8HL

**Little Trevothan**  
Camping & Caravan Park

Quiet, family run holiday park in a secluded setting just a short cycle ride and stroll from Coverack.

Situated on the West Kernow Way cycle route and close to the coast paths we offer good rates for cyclist and hiker tent pitches, and a warm welcome to all.

We also have lovely holiday caravans and spacious pitches for campers and tourers.

Coverack, Helston, TR12 6SD • Tel: 01326 280260 • [www.littletrevothan.co.uk](http://www.littletrevothan.co.uk)

**Lanyon Holiday Park**

Camping, Touring and Self Catering Holidays

Only 800 metres from the Mineral Trails  
Loscombe Lane, Four Lanes, Redruth, TR16 6LP  
[www.lanyonholidaypark.co.uk](http://www.lanyonholidaypark.co.uk) • Tel: 01209 313474

**Cambrose TOURING PARK**

Small family-run site  
Family friendly  
Dog friendly

Only 100 metres from the Mineral Trails

Portreath Road, Cambrose, Redruth, TR16 4HT • Tel: 01209 890 747

**TRENGOVE FARM**  
www.trengovefarm.co.uk  
01209 843 008

6 well equipped self catering cottages  
FTC 5 star Gold award  
Ideal base for walking and cycling  
Walk to the beach along the Portreath Branchline Trail.

Trengove Farm Holiday Cottages, Cot Road, Illogan, TR16 4PS

**THE RED LION**  
OPEN ALL DAY  
DOG FRIENDLY  
SPECIAL NIGHTS  
LARGE ENCLOSED BEER GARDEN  
BREAKFASTS  
FRI & SAT 10 - 12  
FOOD SERVED DAILY

redlionblackwater.co.uk Tel: 01872 560289 SatNav: TR4 8EU

**SCHOOSE**  
THE SHOES - THE CHOICE

Open 7 days a week or order online at: www.choose.co.uk

Heavenly Feet, Josef Seibel, FLY LONDON, S BIKES, riker, SKECHERS, LIFELINES

An independent, family run business selling beautiful high quality footwear, clothing and accessories

New Portreath Road, Redruth, TR16 4QL T: 01209 843815

**Family Bike Park**  
**THE TRACK**

Bike Hire  
Cafe  
Open 9 to 4

Book at [the-track.co.uk](http://the-track.co.uk) SatNav: TR16 4HN

**Globe Vale**  
A quiet countryside park set in 20 acres with far reaching views across rolling fields to the coast

one of Cornwall's top 10 campsites

Tel: 01209 891183 www.globevale.co.uk/am

**SAINT PIRAN**  
CAFÉ • BAR • BIKE HIRE

OLD CONNS WORKS, BISSOE, TRURO, TR4 8QZ  
T: 01872 870341

**BIKECHAINBISSOE**  
For bicycle sales, clothing, servicing and accessories visit our shop at 82 Mount Ambrose, Redruth TR15 1QR  
T: 01209 23270 www.bikechainbissoe.co.uk



**Portreath Tandoori**  
Indian Restaurant & Takeaway  
Call 01209 844888

Restaurant • Takeaway • Delivery  
3b Bridge Mews, Redruth, TR16 4QL

**DE ROSA**  
**viclo**

BIKES  
CUSTOM BUILDS  
REPAIRS  
CLOTHING  
COFFEE

T: 01209 316529

**stolen goat**  
**KINESISUK**

ADVICE  
ADJACENT TO TRAIL  
FREE PARKING  
BIKE FIT  
SPORTS NUTRITION

@tricyclescornwall

Tower House, Portreath, TR16 4QL

**THE FOX & HOUNDS**

Picture postcard pub offering a warm welcome  
A great place to stop on the Coast to Coast Trail

Local ales and fine home cooked food

Find us just off the B3298 in Scorrier, TR16 5BS • T: 01209 821677

**Bon Appétit**

Light refreshments, cream teas, homemade cakes, pastries, plus a selection of smoothies and ice creams

May all that enter as guests leave as friends

The Store, Treliveths, TR4 8SH • Telephone 01209 822088

**BISSOE VALLEY TOURING PARK**

A peaceful site overlooking the Coast to Coast Cycle Trail.  
Adults Only - Dog friendly.  
16 Fully serviced pitches

Bissoe, Truro, TR4 8JU • Tel: 07904 540709 - [bissoevalleytouringpark.co.uk](http://bissoevalleytouringpark.co.uk)