

Get Moor Active on Goss



Walking and cycling are two of the most pleasurable and effective ways of getting and keeping fit. Not only does the body benefit from exercising outdoors but being in the natural environment also has positive effects on mental wellbeing. And of course,

the views and fresh air are superb! The "old A30" section of the trail is particularly suitable for the less able.

For information about walking or cycling at your own pace with a friendly group in the area, get advice from the Mobilise! team on www.mobilise-cornwall.org.uk

For more information about health walking see www.wfh.naturalengland.org.uk

Using the trail - code of conduct

To all users - please be considerate to other users. Also be aware that cattle roam freely on the moor.

Walkers - if you are walking with a dog, please keep it under close control and clear up any mess.

Horse riders - please proceed at a walk when passing other users, and at no more than a trot at any time to protect the trail surface.

Cyclists -

- Don't expect to use the trail at high speeds and be prepared to slow down or stop if necessary;
- Be careful at junctions, bends and entrances;
- Give way to walkers, wheelchair users and horse riders and leave them plenty of room;
- Remember that some people cannot hear or see well - don't assume they can;
- Fit a bell and use it - don't surprise people.

Motorbikes are NOT permitted on the traffic-free trail.

Cars - if you need to bring your car, please park in designated parking areas.

Where is Goss Moor?



Recreational routes in Cornwall:

The Cornish Way is a network of over 200 miles of inter-linking trails. Many of these routes connect with the **National Cycle Network**. Close to Goss Moor, in the St Austell area, are The Clay Trails.

For maps, guides and information:

www.cornwall.gov.uk (T. 0300 1234 222);
www.visitcornwall.com; www.claytrails.co.uk;
www.nationalcyclenetwork.org.uk (T.0845 1130065)

Help us protect Goss Moor

Goss Moor is managed by Natural England. Please help look after this Reserve by following the Countryside Code and, in particular, keep dogs under control. We hope that you enjoy your visit.

- For your own safety keep to marked paths.
- Be aware of dangerous pools and bogs.
- Keep away from livestock.

For further information contact the Senior Reserve Manager on 0300 060 1765.

www.naturalengland.org.uk

The Goss Moor Multi-use Trail has been developed through a partnership of: Cornwall Council; The Environment Agency; The Highways Agency & their contractors, Alfred McAlpine & Scott Wilson; Imerys; Local Parish Councils and the local community; National Grid; Natural England; Objective One; Sustrans, and Tregothnan Estate.

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Goss Moor Multi-use Trail



Explore the rich natural heritage of this National Nature Reserve



part of the  cycle network

The Multi-use trail



This 7 mile (c. 12 km) circular trail winds its way around the little known expanse of Goss Moor. It is mostly flat and relatively easy - much of it off road - allowing novice walkers and cyclists and the disabled easy and safe access to the moors.

The trail is surfaced to be suitable for walking,

cycling, horse-riding and for wheelchair or mobility scooter users and buggies. There are additional links and trails on neighbouring Tregoss Moor.

Note: If you are using a wheelchair / mobility scooter you may need to have someone with you in some areas, as there are gates to open on parts of the trail.

Goss Moor

Goss Moor is a 480 hectare National Nature Reserve (NNR), the largest surviving remnant of the Mid-Cornwall moors.

The name is believed to derive from the Celtic word “cors” meaning a boggy or marshy place. The moor has a rich and interesting history. It is a legendary hunting ground of King Arthur, and was later recorded in the 1086 Domesday Book as part of the manor of Tremodret. Tin was extracted here between the 11th and 19th centuries, and sand and gravel quarried between the 1930s and 1950s.

Today's fascinating mosaic of wetland, heathland and scrub is the result of tin streaming and livestock grazing carried out across the centuries, forming a wild windswept landscape which provides a habitat for an outstanding range of rare plants and animals.

From a distance, the view is deceptive, for the heathland hides a maze of waterways, marshes and still, mysterious pools.

The Goss Moor area



Goss Moor is a National Nature Reserve, a unique wild and undeveloped environment to explore and enjoy.

Facilities such as shops, places to eat or stay and public toilets can be found in the neighbouring villages - see the map above. There are also attractions, sites of historical interest and places to eat in the surrounding area - so enjoy your cycle or walk on Goss Moor and then visit one of these to make a full day out in mid-Cornwall.



KEY

- Par- Newquay Branch Line
- Bus Stop
- Car Park
- Goss Moor Cycle hire
- Public Toilets
- Pub
- Refreshments - café/restaurant/take away
- Local shop(s)
- Accommodation/ Camping & Caravan Site
- Visitor/heritage attraction
- National Cycle Route (NCR) 32
- Link to NCR 32

Public Transport



Bus: A network of local buses cross the area. Key services include:
Western Greyhound No.521
 St Austell - Newquay via St Dennis and Indian Queens. Runs along south west edge of the Moor. c. 16 services each way, Mon - Sat; c. 5 on Suns

Western Greyhound No.593
 St. Columb Major - Bodmin. Runs along the top of the Moor. c.13 services each way, Mon - Sat only
www.westerngreyhound.com



Train: The Par - Newquay Branchline calls at Roche and St Columb Road (for Indian Queens). 6 services each way Mon - Fri all year & winter Sats. 3 services Summer Sundays.
www.firstgreatwestern.co.uk

For all public transport services, Traveline South West
www.travelinesw.com
 or Tel. 0871 200 22 33

Cornwall Public Transport Information Website: www.cornwallpublictransport.info

If travelling by car

From the A30: use the Highgate Hill Junction for Indian Queens, Screech Owl Sanctuary and St Dennis; or the Victoria Junction for Roche and Tregoss.
 From St Austell and the south, take the B3279 to St Dennis.

Cycle Hire

A range of bicycles can be hired at Screech Owl Sanctuary, which is alongside the Trail near Indian Queens. Tel. 01726 860182

