

Welcome to

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Goss Moor

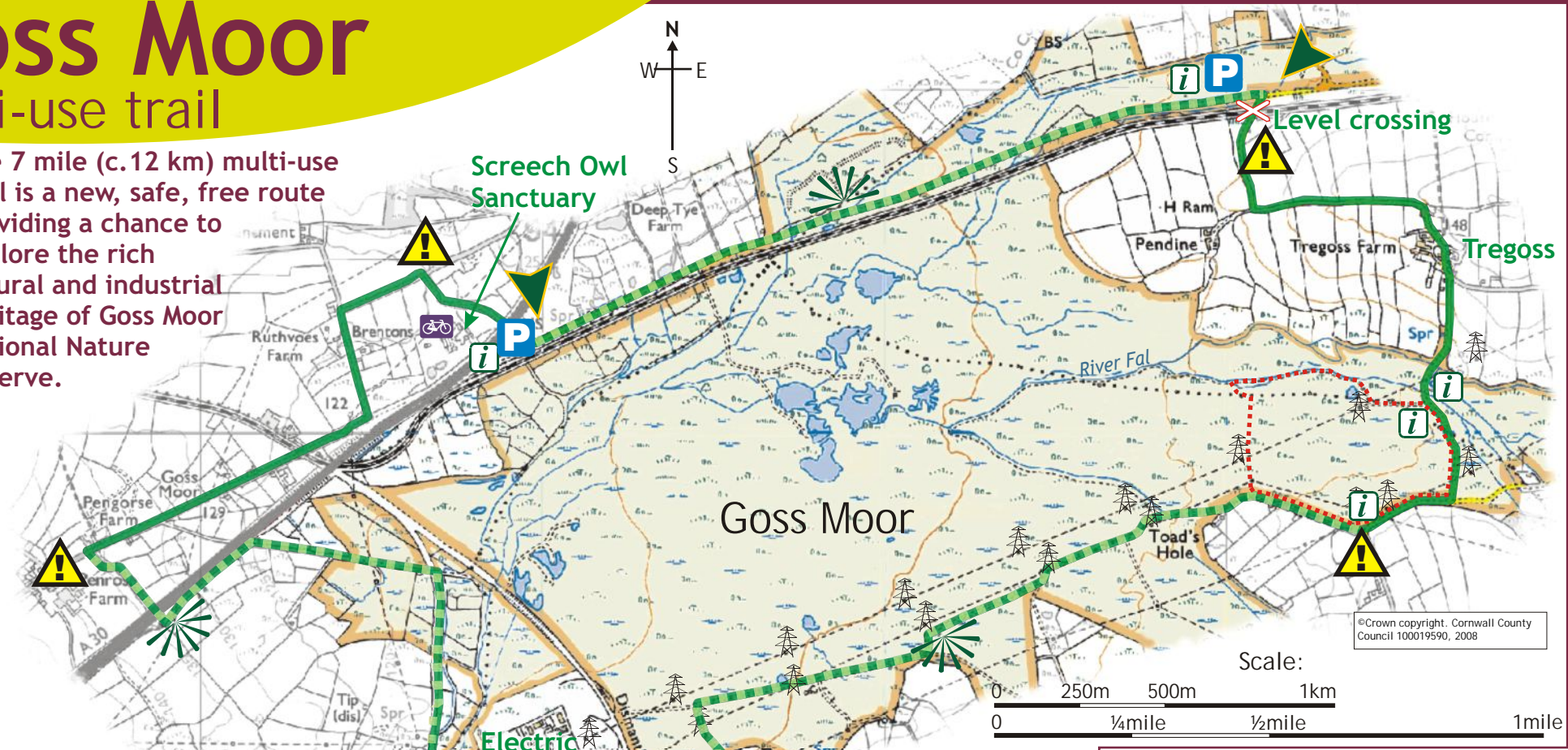
multi-use trail

The 7 mile (c.12 km) multi-use trail is a new, safe, free route providing a chance to explore the rich natural and industrial heritage of Goss Moor National Nature Reserve.

The multi-use 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 disabled and novice walkers and cyclists easy and safe access to the moors.

The trail is surfaced to be suitable for walking, cycling, horse-riding and for wheelchair / mobility scooter users and buggies.

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.



KEY

- off-road route
- on-road route
- Access point to Trail
- Goss Moor National Nature Reserve
- Information Board
- Take extra care!
- View points
- Small parking area
- Cycle hire
- Marsh Fritillary Trail (walking only)



Goss Moor

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

The name may 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 throughout 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.



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.

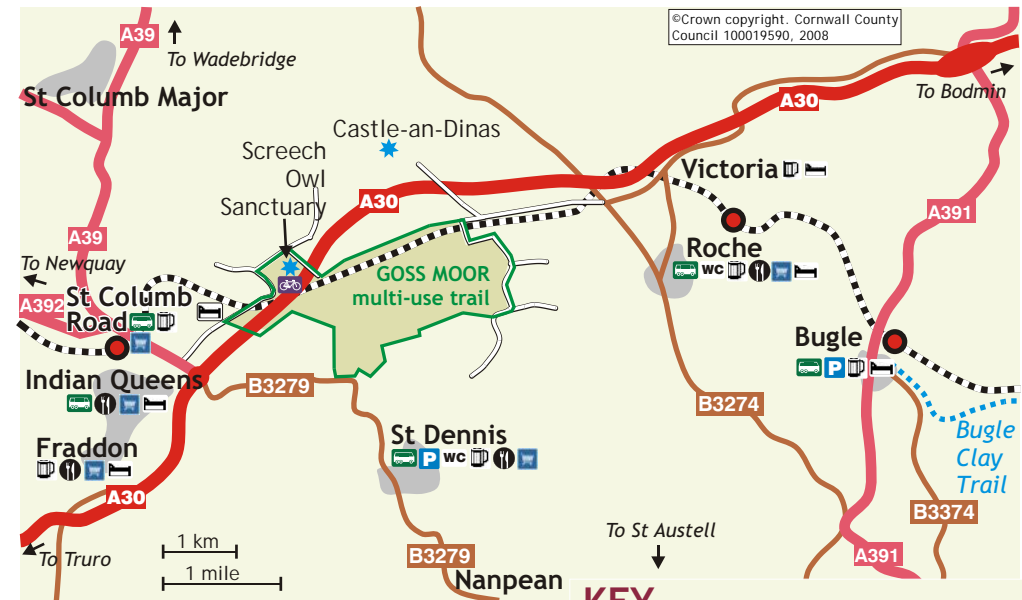
Cars - if you need to bring your car, please park in designated parking areas.

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

With funding support from: The Aggregates Levy Sustainability Fund; Cornwall Environmental Trust; Cornwall Local Transport Programme; Natural England, and The South West of England Regional Development Agency.



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
- Cycle hire
- Public Toilets
- Pub
- Refreshments - café/restaurant/take away
- Local shop(s)
- Accommodation/ Camping & Caravan Site
- Visitor/heritage attraction

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 Site Manager on 01726 828186.

www.naturalengland.org.uk

