

<p><b>Walk no:-</b> <b>SGW02</b></p> <p><b>Walk name</b> Truro Town Circular</p> <p><b>Grid ref start point</b> 817 449 Truro Train Station</p> <p><b>Grid ref finish point</b> Circular</p>	<p><b>Distance</b> <b>Miles/kms</b></p> <p>4.5 miles (8 kms)</p>	<p><b><u>Degree of difficulty -</u></b></p> <p>Easy with one hill at beginning</p> <p><b><u>Circular or linear</u></b></p> <p>Circular</p> <p><b><u>OS Explorer Map Number</u></b></p> <p>105</p>	<p><b><u>Terrain</u></b></p> <p>Road walking then on a cycle/footpath. Mainly flat.</p>
<p><b>Brief description highlighting character and degree of difficulty of the walk</b></p> <p>An urban walk that takes you out to the countryside in a matter of minutes along the national cycle path that was originally a train track. It includes Fox Corner a Cornwall Wildlife Trust Nature Reserve. Ideal for those who want a bit of retail therapy and a great walk mainly on the flat.</p>			
<p><b>Public transport information</b></p>			
<p><b>Nearest Toilets and Nearest Disabled Toilets</b> Public toilets at the Train Station and in town at the bus station and central car park.</p>			
<p><b>Nearest Car parks and Nearest Car Parks with disabled provision</b> Pay car park at the Train Station and in town..</p>			
<p><b>Nearest refreshments</b> So many in Truro.</p>			
<p><b>Further information</b> 1. TIC in Truro Boscawen Street TR1 2NE .</p>			



## Detailed description highlighting character of the walk, what to look for etc

The beauty of this walk is that you are in the City of Truro one minute and then on the river, along the cycle path or around the back of County Hall in Fox Corner, the Cornwall Wildlife Trust nature reserve.

From the train station walk down the hill into Truro. You can explore Truro now or at the end of the walk and if it is the latter you have to walk back up to the station. Or one can get a bus or a ferry back to Falmouth using the Fal Mussel Card. At the bottom of Richmond Hill any of the streets you take that are straight on or to your left will veer to the right and take you into Boscawen Street via River Street or Kenwyn Street. Lemon Street is also a main thoroughfare and Boscawen and Lemon streets will lead to the Bus station, Hall for Cornwall and the paved square you are aiming for.

There is an underground walkway that takes you under the main road towards Radio Cornwall, Penrose Outdoors and Enterprise Boats. Turn right and head for the large Tescos and Tempo warehouse. Turn left into Newham Road with Tescos on your left. Where the cars are going in and coming out of the car park cross over the road and look for the path (cycle path 3) that hugs the railings and river. Follow this to the row of offices/houses and keep riverside of them until the railings encourage you to rejoin Newham road. The mudflats on the river should be full of wading birds and gulls. The opposite side of the river leads down to Malpas.

Although this is a built up area of warehouses the river is visible and you are only five minutes away from the quiet of the river and the long cycle path that will take you past fields, over bridges and toward the far side of Truro. Few pedestrians and cyclists will spoil the peace and beauty of the Truro River and Calenick Creek which you are following. After about 45 minutes one reaches a road which is the old Falmouth road and the hamlet of Calenick. Go through the gates to rejoin the footpath and this takes one over the main A39 after another five minutes. Keep on the path and to your left Nansavallan woods, a county wildlife site, rises as a mound dominating the landscape. Eventually the path veers round to the right. (don't be tempted by the track immediately to the left). It goes over a road and instead of joining the road that is under the bridge, keep to the new path to the left. Five minutes later to your left is the Fox Corner nature reserve entrance. Have a look around and see if the pond is full of life.

Returning to the path, it takes you to the main road next to County Hall which you have been following the boundary of to your right. The traffic noise makes you realise how peaceful it has been so far. This will only be for five minutes luckily. Turn right and cross over the entrance of County Hall and you will notice a pedestrian crossing after the roundabout. If you want to return to the train station then at the roundabout go down the hill (Station Road) with Sainsbury's on your right. If you want to return by a peaceful and more direct route into the city then cross over the pedestrian crossing to the other side and turn right away from Sainsbury's and take the first left Chapel Hill which will take you into town. There are fabulous views of the Cathedral descending Chapel Hill. At the Swan Inn turn right and left at Tabbs Restaurant and you head into the City.

walkitcornwall 0771 408 4644.

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

**facebook** <https://www.facebook.com/walkitcornwall>



<https://twitter.com/walkitcornwall>