

21 May 2008

Truro's cycling secrets unveiled in a new off road biking guide

A new, free guide is being launched that details eight quiet and beautiful cycling routes that start and end in the heart of Truro. The high quality leaflet is written by a local cycling enthusiast who's also a Sustrans member.

The printing costs have been met by the Mobilise! project, a Big Lottery funded initiative that encourages cycling in Cornwall as a means of health promotion.

The guide will attract cyclists of all abilities; from those with mountain bikes to tourists who need to hire their wheels. Local riders and visitors to the City will benefit from the guide and be able to pedal on a mix of car free tracks, bridleways and country lanes.

The guide, subtitled "Mud, sweat and beers" is based on a photocopy format that's been around for some time but the newly printed edition includes colour photos and two new rides. One, stretching to the north coast and back climbs the area's only "mountain," St Agnes Beacon. Each ride is titled and its route described in detail to avoid cyclists getting lost. Mileage and a guesstimated ride time are also included, as are suggested refreshment stops.

Truro is surrounded by stunning countryside and the guide will open that up to people wanting a quiet and healthy day out. The eight routes described should appeal to anyone interested in off road biking. There are sections in deep countryside, paths that pass alongside streams and creeks while those interested

in Cornwall's industrial heritage will enjoy the trails that criss-cross the heart of old tin mining country.

Euan Mahy, the Mobilise! project leader, says: "Most of my riding has tended to be on tarmac but this guide has inspired me to build a mountain bike and cycle off road. I already know some of the byways and they really are hidden gems. Now, I can't wait to explore new tracks and places that are truly out of the way and almost untouched by the 21st century. Cycling is the best way to get around because you can travel a reasonable distance, pause to enjoy the sights and get fit too. Do pick up a copy of this guide and get cycling this summer."

The 32 page leaflet is printed in pocket size so that it is easy to carry and refer to en route. It is available, free of charge, from the following outlets: Clive Mitchell Cycles; Halfords; County Maps and Minerals in Truro; the City's Tourist Information Bureau; Bissoe Bike Hire and The Bike Barn situated between Portreath and Porthtowan.

...end...

1. For further information or an interview contact Euan Mahy on 07792 014289.
2. Mobilise! is part of a portfolio of projects being delivered by a Consortium of the leading walking cycling and health organisations and funded through the Big Lottery Fund's Wellbeing Programme. The Programme provides funding to support the development of healthier lifestyles and to improve well-being.