

The Wilderness Trail

Welcome to The Wilderness Trail, an 8 mile (13 km) circuit around the heart of Helman Tor Nature Reserve. The route takes you through eerie willow woodlands, over ancient landscapes and wildlife-rich heathland, past ponds buzzing with nature and into the footsteps of Cornwall's mining pioneers. This leaflet provides all the information you need to immerse yourself in the beautiful mid-Cornwall moors, and find your way back again – it's not called The Wilderness Trail for nothing!

Helman Tor Nature Reserve

Helman Tor Nature Reserve is Cornwall Wildlife Trust's largest nature reserve. At 536 acres (217 hectares) and spread over five separate sites, it occupies a large proportion of the land you can see around Helman Tor. The nature reserve is one of the wildlife gems of Cornwall. Much of it is a Site of Special Scientific Interest (SSSI) and Breney Common is a Special Area of Conservation (SAC) - meaning it's a site of European importance for wildlife. The mosaic of different types of habitat, particularly the wet and dry heathland and the areas of wetland, are what make the nature reserve so valuable. Much of the site was mined for tin in the past and it is this activity which has helped to make the site so rich in wildlife.

The wet pockets in the hollows caused by the tin streaming are home to rare and valuable plant communities. All these habitats support a wide array of butterflies, dragonflies,



birds, mammals and reptiles. At the heart of the nature reserve is Helman Tor, a Scheduled Ancient Monument and the whole area is covered in archaeological sites. There's only one way to truly experience this fantastic nature reserve, and that's to get your wellies on and get out there!



Marsh fritillary butterfly

Know what to expect

The terrain on The Wilderness Trail can be quite challenging. Parts of it are often muddy, even in the summer and there are sections where the route may require some map reading to follow. Some of the wettest parts have sections of boardwalk in place but due to limited resources, and the impact on the landscape, we can't maintain boardwalks over the whole route. The map shows one shorter route which is relatively easy with few muddy parts. This route involves an ascent from Breney Common to the summit of Helman Tor.

Stay safe

There are waymarkers all along The Wilderness Trail and in some places there are distance markers. The Trail is designed to be walked on foot. We recommend that you also take Ordnance Survey (OS) Explorer map number 107 with you and come equipped with all weather clothing and stout footwear. There is mobile phone reception over most of the route, please carry a phone with you. The nearest public toilets are in Lanivet and Luxulyan, which are where you'll also find the nearest shops. The nearest pubs are in Lanlivery, Lanivet and Luxulyan.



Further information

There are several panels around the trail providing information on wildlife, archaeology and habitat management. Grazing is commonplace on the sites, so cattle and ponies will sometimes be encountered.



There are variations around the trail which may not be marked, the circular loop at Breney Common for example. Parts of the trail also cross Open Access land, not owned by the Trust. You could use The Wilderness Trail as a base to explore some of these other areas!

Countryside Code

The Wilderness Trail crosses working farmland as well as nature reserves. Please follow the Countryside Code:

- be safe, plan ahead and follow any signs
- leave gates and property as you find them
- protect plants and animals and take your litter home
- keep dogs under close control
- consider other people.

For further information on the Countryside Code go to: www.countrysideaccess.gov.uk



Royal fern



Helman Tor Nature Reserve

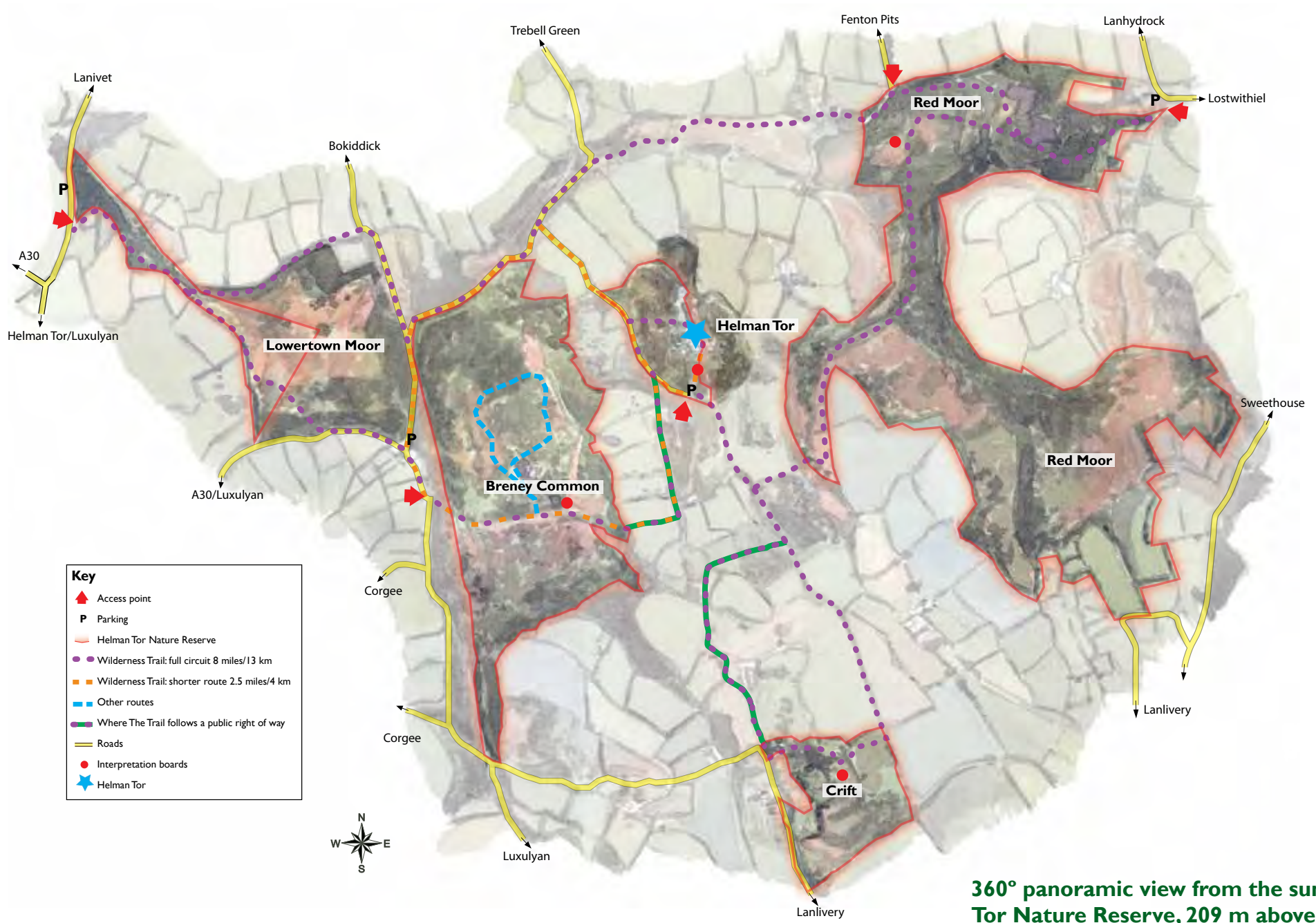
The Wilderness Trail

The Wilderness Trail is a walking trail which is made up of a mixture of public highways, public rights of way and permissive paths. It covers Open Access land and the five sites which make up Cornwall Wildlife Trust's Helman Tor Nature Reserve.

Because of this combination of paths and the way The Trail weaves around public highways, it can either be tackled as a series of shorter circular walks, or as one big circular walk taking in the whole route (minimum 4.5 hours). There are numerous access points to the route and we hope that visitors will be able to use this map to plan their own adventures based on The Wilderness Trail.

Please note, this map is a guide only, and we recommend that you take Ordnance Survey (OS) Explorer map number 107 on your walk.





360° panoramic view from the summit of Helman Tor Nature Reserve, 209 m above sea level.

