

For full details about the Countryside Code visit: www.gov.uk/government/publications/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 within sight and under close control
- bagging and binning all dog mess
- consider other people.

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

Countryside Code

There are several interpretation boards around the trail providing information on wildlife, history, archaeology and habitat management. Grazing is commonplace on all sites throughout the reserve, so cattle and ponies will sometimes be encountered. As parts of the marked route also cross open access land, not owned by Cornwall Wildlife Trust, you could use the trail as a starting point to explore some of these other fantastic areas of unspoilt wilderness!

Further information

ABOVE: belted Galloway cattle at Helman Tor



Together, we create a Cornwall where nature thrives:

Join us today

As a member of Cornwall Wildlife Trust, you will help protect wildlife on our land and in our seas. Members receive a welcome pack with **Wild Places** (our reserves guide), **Wild Things** (our species guide), **Guess Who?** (our spotter's wallchart) and a packet of wildflower seeds.

In addition, you'll receive three issues of our **Wild Cornwall** magazine each year, which is full of feature articles and wildlife news. Family members also receive a **Wildlife Watch** pack full of stickers, posters and activities.



You can become a member in under 2 minutes!



cornwallwildlifetrust.org.uk/join/become-member

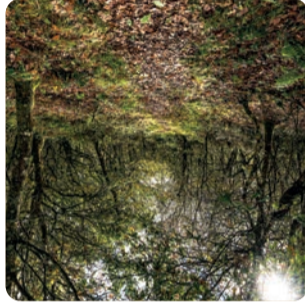


Cornwall Wildlife Trust

If you prefer you can join by telephone: contact us on (01872) 273 939 (choose option 2) and our Supporter Care Team will be happy to help.

To guide walkers, there are waymarkers throughout the Wilderness Trail, with additional distance markers in places, but to fully enjoy the beauty of the site, 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, so please carry a phone with you. The nearest public toilets are located in Lanivet and Luxulyan, which are where you'll also find the nearest shops and pubs.

TOP LEFT: yellowhammer
TOP RIGHT: woodland path through Northern Red Moor
ABOVE: four-spotted chaser dragonfly



The combination of paths provides options to create numerous routes across the site, allowing visitors to complete the trail either as a series of short walks, or as one big circular trek taking in the whole route (for which you should allow a minimum of 4.5 hours).



Terrain along The Wilderness Trail can be challenging. Parts of it are often muddy, even in the summer months, 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 trail. Incorporating public highways, public rights of way and permissive paths, the trail covers open access land and the nine sites that form Helman Tor Nature Reserve.

Know what to expect

How to find the site

By rail: Take the Atlantic Coast Line (the Newquay Branch Line) from Par, alighting at Luxulyan. Head north towards Luxulyan Quarry, then follow National Cycle Route 3, which runs directly past the entrance to Breney Common. This is less than 3 miles (4.8 km) easy walking, or a 20 minute cycle ride. Helman Tor is another mile further on by road. From the top of Helman Tor it is 6 miles (9.6 km), mostly downhill, to Lostwithiel, from where there are more frequent trains – this makes a nice circuit with a choice of pubs and cafés at the end!

By car: Helman Tor Nature Reserve is 2.5 miles (4 km) south of Bodmin, and 2 miles (3 km) to the north-west of Lostwithiel. From the A30/A391 (Innis Downs) roundabout south of Bodmin, turn north to Lanivet and take the first right under the A30 bridge. Shortly after the bridge, take the first left up the hill. After about ½ mile, turn right at Reperry Cross and immediately take the left fork to Trebell Green. Keep right past the grass triangle and, shortly after a sharp right bend, there's a narrow left turn with granite posts either side. At the top of this road is Helman Tor car park (SX062615).

Parking is available at the following what3words locations:
Helman Tor: **convinced.easels.bins**
Gunwen Chapel: **bags.mirror.slept**
Lowertown: **unwind.hazel.final**



Cornwall Wildlife Trust
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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. The whole area is littered with archaeological sites – some dating back to the Neolithic period – with Helman Tor itself a Scheduled Ancient Monument, at its heart.

Breney Common is a Special Area of Conservation (SAC), recognised as a site of European importance for wildlife. The mosaic of different types of habitat, particularly the heathland and the areas of wetland, are what make the nature reserve so valuable. Much of the land was mined for tin in the past – an activity that has helped to make the site so rich in wildlife today.



ABOVE: grass snake
BELOW: autumn pond at Northern Red Moor
BOTTOM: the rare marsh fritillary butterfly

Helman Tor Nature Reserve

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 carr, 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!

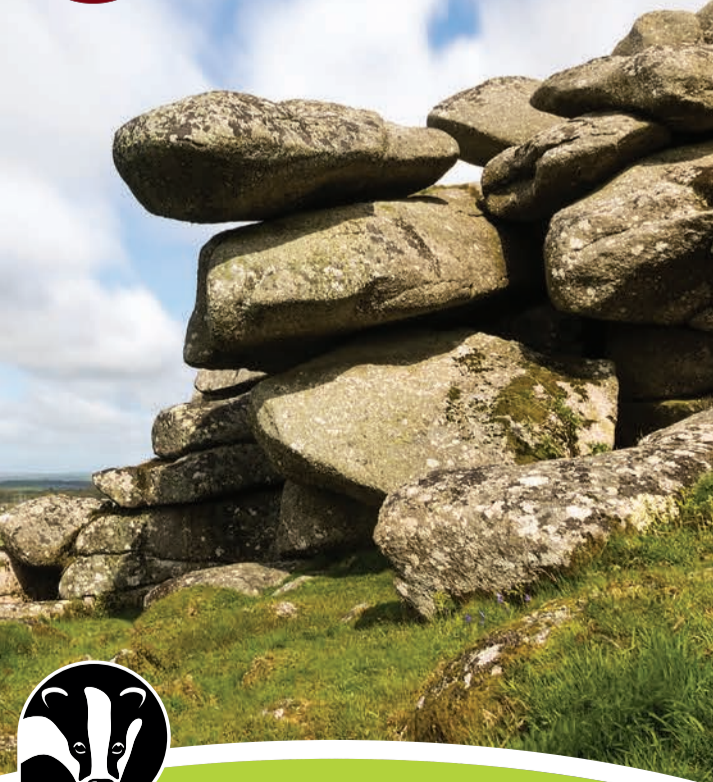
The Wilderness Trail

HELMAN TOR NATURE RESERVE

Wilderness TRAIL



A nature rich guided walk through spectacular Cornish moorland



Cornwall Wildlife Trust

Creating a Cornwall where nature thrives



KEY TO HABITATS




-  PASTURE
-  HEATHLAND
-  PONDS & SCRAPES
-  SCRUB
-  WET WOODLAND
-  WOODLAND & SCRUB
-  FEN
-  HEATHLAND & FEN
-  SCRUB & GRASSLAND
-  ACID GRASSLAND
-  RUSH PASTURE
-  HAY MEADOW
-  ARABLE / GRASS



For a more detailed guide to the area we recommend the Ordnance Survey map no.107 from the Explorer range.







TRAIL ROUTES

-  Wilderness Trail
-  Alternative route
-  Additional route



Look out for red, yellow and blue bordered wayfinder discs to keep you on the right path during your visit!

KEY TO SYMBOLS

-  PARKING
-  SITE ENTRANCE
-  INFORMATION BOARD
-  VIEWING POINT (HELMAN TOR)

Information points

As you progress along the Wilderness Trail, you'll see interpretation boards that provide larger scale maps of the relevant areas as well as historical facts and wildlife notes highlighting the species found at each location.

To help you to keep track of where you are, we've numbered the information points on the above map to correspond with the following interpretation boards:

i¹ Breney Common

Once covered by mineworks, a stunning example of nature's ability to heal the wounds of an industrial past.

i² Breney Common Ponds

One of Cornwall's best collections of wildlife rich ponds, supporting numerous species of amphibians and reptiles.

i³ Helman Tor

At 210m above sea level, the tor is the highest point on the whole reserve, commanding stunning 360° views.

i⁴ Northern Red Moor

A mixture of open land, shimmering pools and wooded areas, home to many rare plants, insects and birds,

i⁵ Southern Red Moor

Deceptively varied, this complex of bog and heathland hosts an interesting collection of plant groups.

i⁶ Crift Farm

Containing the remains of a medieval longhouse, Crift is an important site for both archaeology and ecology.

BELOW: panoramic view of the surrounding countryside from the summit of Helman Tor

