

How to get to The Wilderness Trail



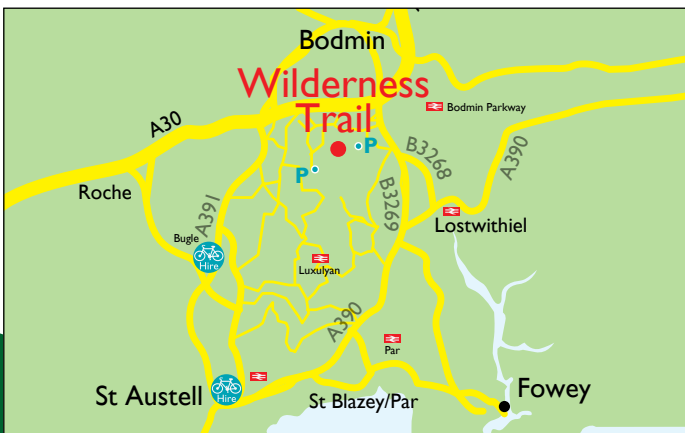
By public transport

You can make a day of visiting Helman Tor using public transport and catch The Atlantic Coast Line (the Newquay Branch Line) railway from Par, alighting at Luxulyan. Leaving Luxulyan to the north and heading towards Luxuyan Quarry you can then follow National Cycle Route 3 which goes straight past the entrance to Breney Common. This is less than 3 miles (4.8 km) easy walking, or you could put your bike on the train and cycle it in about 20 minutes. 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 cafes at the end!



By car

If you are driving into the area, some of the parking options are shown on the map, although there are no formal car parks. Helman Tor Nature Reserve is 2.5 miles (4 km) south of Bodmin, 2 miles (3 km) to the north-west of Lostwithiel. Here are directions to Helman Tor itself from the A30, though this is not the only place to start walking from: From the A30/A391 (Innis Downs) roundabout south of Bodmin, turn north to Lanivet and take the first right under the A30 bridge. Take the first left up the hill shortly after the bridge. 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 with some parking on a rough car park – SX062615.



Help protect Cornwall's wildlife



Cornwall Wildlife Trust is the leading local charity working to protect and enhance Cornwall's wildlife and wild places. We are passionate about all aspects of nature conservation and work only in Cornwall. We want to help everyone enjoy nature, so we hope this leaflet inspires you to go to The Wilderness Trail and experience wildlife up close!

We depend on support from people who care about Cornwall's wildlife and you can support us by becoming a member. If you too believe that Cornwall's wildlife should be protected, please consider joining us. You will be part of something wonderful.

To join:

Go online to cornwallwildlifetrust.org.uk/join

Phone us on (01872) 273939

Send the form below to: Cornwall Wildlife Trust, Five Acres, Allet, Truro, Cornwall, TR4 9DJ

Thank you.

I/we would like to support conservation work in Cornwall by joining Cornwall Wildlife Trust.

Membership rates:

Ordinary	£ 22
Senior citizen / student / unemployed	£ 13
Family: parents plus 4 junior members of Fox Club	£ 27
Monthly direct debit	£ 2/month

These are the minimum membership rates, but remember the more you give the more work we can do to protect the wildlife of our county.

Membership subscription

£ _____

Donation

£ _____

Total

£ _____

I enclose a CHEQUE / PO made payable to CORNWALL WILDLIFE TRUST or
Please debit my VISA / ACCESS / MASTERCARD

Card no Expiry date

Signature _____ Name(s): Mr / Mrs / Miss _____

Address _____

Postcode _____

Telephone _____ Email _____

Direct Debit forms are available on request from Andrea Toy, Membership Manager, on (01872) 273939. Registered Charity No. 214929. Registered Charity Name Cornwall Trust for Nature Conservation Ltd.

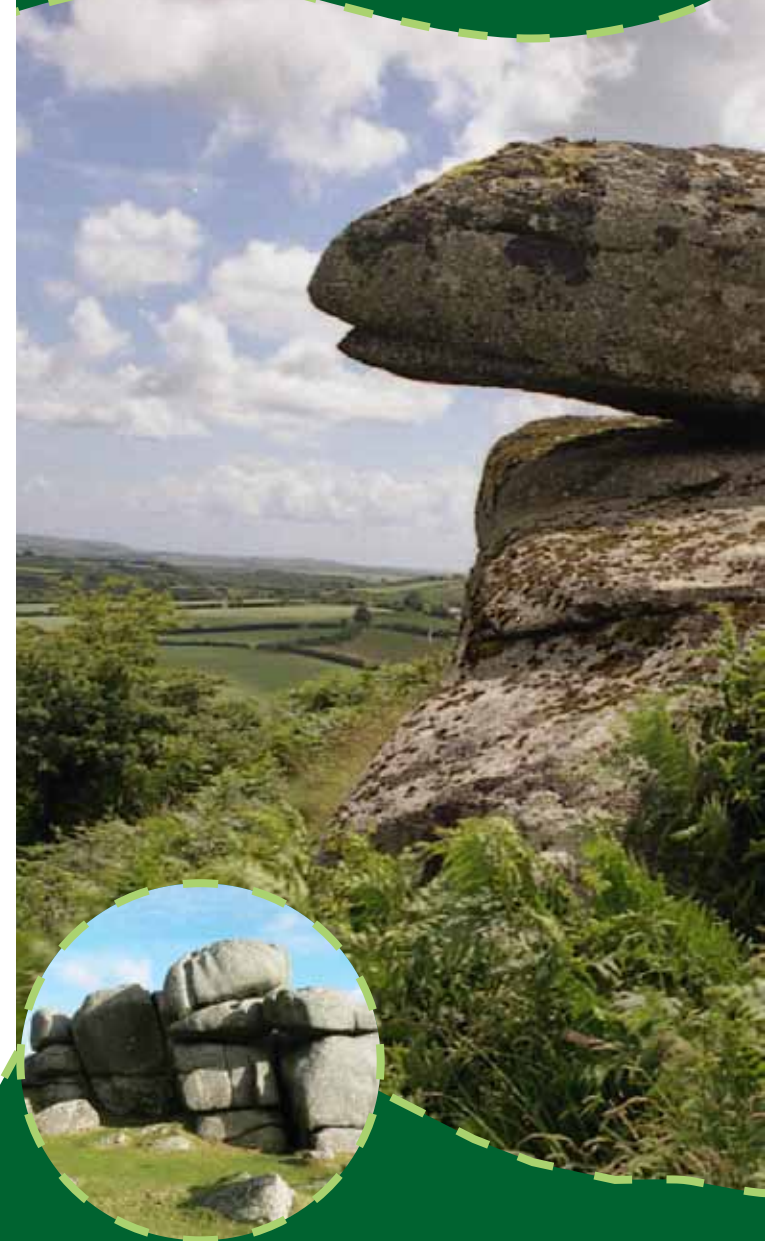
I wish all donations I've made to Cornwall Wildlife Trust since 6th April 2000 and future donations to be Gift Aided until I notify you otherwise. (To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount that we will claim in the tax year.)

Helman Tor Nature Reserve



Cornwall

The Wilderness Trail



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