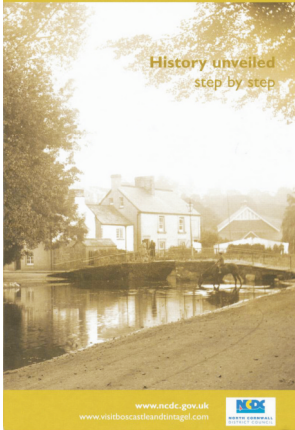


LAUNCESTON

Town Trail (Long walk)



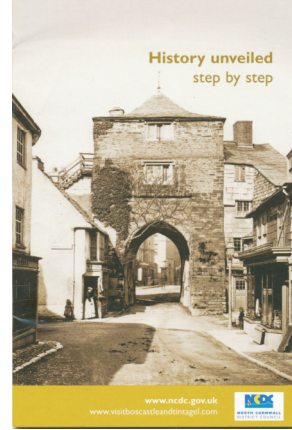
Launceston Town Trail - Long £1.00

Distance: Approx 2.5 miles (4km)
Time: Average 2 hours 30 minutes
Terrain: Mainly pavement and narrow streets, with some slopes
Info: Launceston, whose "ancient celebrity" deserves more than a passing glance, still resounds with the marks left by the Norman Earls and Medieval lives. These and more are traced in this Town Trail, offering glimpses into Launceston's rich and varied past.

An order form can be downloaded from the www.visitboscastleandtintagel.com website, and is on page 23 of our Coast Lines newspaper.

LAUNCESTON

Town Trail (Short walk)



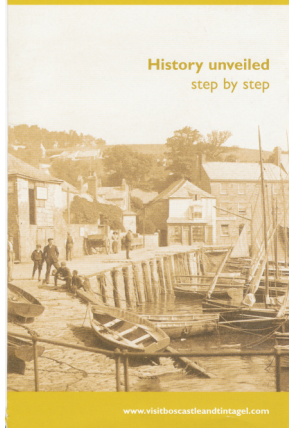
Launceston Town Trail -Short £1.00

Distance: Approx 1.5 miles (2.4km)
Time: Average 90 minutes
Terrain: Mainly pavement and narrow streets with some slopes.
Info: Launceston's rich history can still be traced along its narrow streets and be seen in its many wonderful buildings. This Town Trail provides a glimpse into the past of this rural market town, with its 13th century Norman core.

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PADSTOW

Town Trail



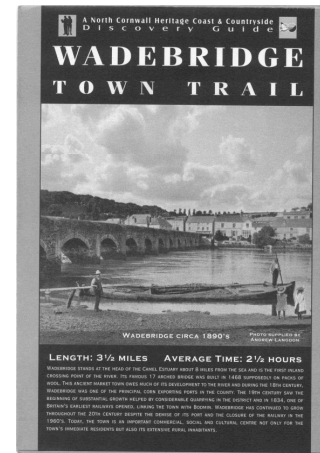
Padstow Town Trail £1.00

Distance: Approx. 1 ½ miles
Time: Allow 2 hours
Terrain: Mainly Pavement with some gentle slopes in places.
Info: This 1 ½ mile trail provides an insight into the past glory of Padstow as a town and port. The evolution of the settlement is well portrayed in the buildings which display examples of local styles and building materials from the late Medieval period to the present day. Alleyways, house and street names tell a tale of past users. All of this is set within one of the most beautiful locations in Britain, with the golden sands of the Camel Estuary providing a backdrop to a busy port.

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Wadebridge Town Trail

50p



Distance: Approx. 3 ½ miles
Time: Allow 2 ½ hours
Terrain: Mainly pavement and mainly flat.
Info: Wadebridge stands at the head of the Camel Estuary about 8 miles from the sea and is the first inland crossing point of the river. Its famous 17 arched bridge was built in 1468 supposedly on packs of wool. This ancient market town owes much of its development to the river and during the 18th Century, Wadebridge was one of the principle corn exporting ports in the county. This 3 ½ mile trail will lead you through the interesting and historical town that is Wadebridge.

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