

Leg 1 - Sennen Cove to Veryan

Length: 51 miles

Time to allow for cycling: 6 hours 30 minutes



- 1 Turn right out of the campsite onto the B3306 and follow the road until you join the A30. Keep on this road until you reach the Sunny Bank Hotel and take the road on the left shortly after this hotel.
- 2 Follow this road for several miles through the fields until you eventually come to a junction with the B3283, where you turn left (indicated by a blue cycle trail sign).
- 3 Continue onto this road until you reach the village of St Buryan, where you will turn right into Rectory Road, opposite St Buryan Church.
- 4 Follow this road for around a mile and a half until you reach a crossroads, signposting Penzance to the left and Porthcurno to the right. Take the road left, again following the blue cycle trail sign.
- 5 Continue along this road for a mile or so before turning right towards Lamorna Cove, indicated by a blue cycle trail sign.
- 6 Follow the road until you see the Lamorna Wink pub in front of you. Take an immediate sharp left, before the pub, directly opposite Well Lane (Well Lane is on your right hand side).
- 7 Follow this road until you reach a crossroads, where you will need to take a left (signposted Mousehole).
- 8 Cycle a short way up this road and take the first right turn into Raginnis Hill (again signposted Mousehole). Keep on this road, past Mousehole Methodist Church, until you reach Brook Street on your right. Turn into this road and then take a left by the Lobster Pot.










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- 9** Keep following the road alongside the harbour, turning left at the Mousehole shop. At the crossroads by a B&B turn right into Parade Hill.
- 10** Follow this cliff road for a few miles until you reach the one-way system. Follow the one-way system through Higher Green Street and back onto Cliff Road. Stay on Cliff Road, passing the Red Lion Inn and Lifeboat Station on your right and the Swordfish Inn on your left. Shortly after this you will reach a crossroads with a Barclays Bank on the corner, where you need to turn right into New Road.
- 11** Keep following this road, until you reach a roundabout where you will go straight across. Continue along this road, passing the Jubilee outdoor swimming pool and ferry terminal.
- 12** Cross the bridge over the harbour where you will see a large car park on your right. Take a road to the right after this car park where you will find a coastal off-road cycle path.
- 13** Take this path and follow it past a level crossing, until you rejoin the road near the Station House Cafe. Turn right here and follow the road along the coast.
- 14** Turn right a short way along this road, next to a car park and then turn right again onto Green Lane. Follow this road around a bend where you will see a road on the left, indicated by a blue cycle route sign. Take this road and after a short while it will go off-road into a cycle path. Continue on this path until you rejoin the road, where you need to turn left under the A394.
- 15** Follow this road until you see a road on the right that is signposted to St Erth 3 miles away, and indicated by a blue cycle route sign. Take this road to the right and follow it until you reach the St Erth. Continue along the road, passing Trehayes Meadow and Little Mill Lane on your left.
- 16** Shortly after Little Mill Lane you will come to a cross roads where you need to turn left into Chenhalls Road. Follow this road, passing the golf course and travelling under the A30 and then under the railway line.
- 17** Shortly after the railway bridge is a cycle path to the right, indicated by a bicycle painted in the road. Follow this path until you come to a fork where you turn to the left and cross the B3301. Rejoin Carnsew road and pass under the bridge, before turning left at the roundabout in Penpol Terrace.
- 18** Follow the road around the bend until you see the Royal Standard Inn on the corner. Shortly after this pub you will need to cross a bridge over the water to your left. Continue a short way along this road and then take a right turn into King George V Memorial Walk.
- 19** At the end of King George V Memorial Walk turn right into Black Road, which will run into a cycle path. At the end of this path you will come to a cross roads with another cycle path in front of you through the recreation ground; take this path.
- 20** At the end of the path take a left back on to Madison Terrace and then an almost immediate right into Caroline Row.
- 21** At the end of Caroline Row turn left into Ventonleague Hill (indicated by a blue cycle route sign). At the end of this road turn right into Guildford Road.



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-  Pass the industrial estate on your left and take an almost immediate right, signposted Gwinear.
-  Continue along this road, passing Nanpusker and Herland farms and Gwinear Junior and Infant School. When you get to the end of this road, turn left and follow the road until you reach the village of Barripper. Just before the sign to the village take a left turn into Roskilly Lane.
-  Continue along this road, passing under a railway bridge until you come to a cycle path on the right, indicated by a blue cycle path sign. At the end of the cycle path, cycle pass the houses and turn left into Crane Road, before turning right at the roundabout into Manor Road.
-  At the end of this road, turn left onto Rectory Road. Follow this road to the end and then turn left into Church Street.
-  At the roundabout turn right into Commercial Street and then a left turn into Cross Street shortly afterwards. Continue on this road until you reach the roundabout, where you will need to go straight over (signposted to the train station).
-  A short way down this road you will see a road on your left called Redbrooke Road, indicated by a blue cycle path sign – take this road and follow it to the end where you need to turn right.
-  Take the first left into Stray Park Way, follow this road to the end and then turn left again. Turn right into Trecarrack Road, and then left into Tremayne Park. A short way down this road you will see a cycle path to the left, which you need to take.
-  At the end of the cycle path rejoin the side road and cycle out onto the main road (Chapel Hill). Take the first road on the right, and turn right at the end of this road.
-  Keep on this road until you reach a fork in the road, and take the road to the right, signposted as a cycle route. Keep on this road, following the cycle route signposts and passing through Carn Brea Village until the road eventually stops.
-  When you reach the end of the road, turn left and then left again at the end of this road. Take the first road on the right and follow this until you reach a blue cycle route sign, directing you right into Albany Road.
-  Continue a little way along this road until you reach Park Road on your left. Take this road and at the end you will find a cycle path that will bring you out onto Sandy Lane. Follow the cycle path until it brings you to the road, cross this and head into Cal Hill Road opposite the crossing.
-  Keep on this road until it stops and then turn left. Carry on this road until you reach the Star Inn pub, where you will need to take the road on the right just after (Tolcarne Road).
-  Stay on this road until it runs out, before turning left and following the road around the bend. Stay on this road until you reach the end, and then turn left and almost immediate right into Consols Road.
-  A short way along this road (before you reach the bed and breakfast) there is a public footpath to your left; take this path.



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- 36** Follow it all the way to the end (you will need to cross a road a short way in). The cycle path will take you along a dismantled railway before you turn left and rejoin the road. Once you reach the road you will see a cycle route sign on a pylon opposite directing you right.
- 37** Follow this road until another blue cycle route sign directs you left up a gravel track. Follow this cycle path, crossing over a road until you reach the end of the cycle path. Turn left back onto the road and follow this until it reaches a fork in the road where you need to turn right.
- 38** Keep following this road until it ends at a cross roads, where you need to turn right and then immediate left (next to the village hall) into Tregye Road.
- 39** Keep on this road, passing over the A39 and then turn left into Gig Lane. Keep following this road until you come to a crossroads, where you will see a cycle path leading up to the right. Take the cycle path until you rejoin the road near the junction for Hollywell Road.
- 40** Take the road straight ahead (Old Coach Road). A little way along this road you will see a cycle route signpost to King Harry Ferry sending you right into Carlyon Road. Follow Carlyon Road all the way to the end and then turn right.
- 41** Follow this road until you come to a road to the right, signposted to King Harry Ferry 3.5 miles away and indicated by a blue cycle route sign. Take this road and follow past Cowlands Wood (which will be on your left) until you reach a signpost for a blue cycle route taking you off-road.
- 42** Take this path and follow it through the Wood until it brings you out onto the B3289 where you will need to turn left. Follow this road until you reach King Harry Ferry, which will take you across the water.
- 43** Keep on this road until you reach the end, where you will need to turn left. Follow this road until you come to a road to the right signposted to Treworlas 1 mile away and indicated by a blue cycle trail sign. Take this road and travel through the village of Treworthal.
- 44** After passing through the village take the first road on the left, and follow it down to the end past Treluggan Farm. At the end of the road turn left.
- 45** Follow this road for a while until you reach a road on the right signposted Pendower Beach ½ a mile away. Take this road.
Travel along this road until you reach the beach, where you will see a blue sign for an off-road cycle path. Follow this cycle path until it brings you back out onto the road, close to the car park.
- 46** Follow the road up round the bend, until you reach the crossroads where you need to turn left. Follow this road into the village of Veryan.
- 47** Cycle through the village, keeping straight on, until you reach a road on the right indicated by another blue cycle route sign. Take this road and it will lead you into Veryan Camping and Caravanning Club site, where you will spend the evening.

