

Length: 34 miles

Time to allow for cycling: 4 hours 15 minutes



- Turn left out of the campsite, and for the next few steps you will be retracing the route you took to the campsite when you arrived.
- At the junction turn left. At the bend in the round veer right heading towards Veryan Galleries.

  Go through Veryan Green towards Veryan village along Green Lane. Follow the road past Veryan C of E School, past Granny's Attic and Reverbyn House on Tollyfrank Hill onto Pendower Road.
- At the staggered junction bear right heading towards Pendower Beach. Once at the car park take the cycle path around the beach onto Rocky Lane. At the junction turn left towards St Mawes A3078.
- Take the right turn towards King Harry Ferry. Follow the lane to the T junction and turn left (King Harry Ferry 3) onto Penhallow Close. Go through the village of Treworthal. At the junction turn left towards Philleigh (King Harry Ferry 2½). Follow the road round to the right just after the village.
- At the junction bear right onto B3289 and keep following the signs to King Harry Ferry join the queue for the ferry.



- Back on the B3289 on the other side of the river continue on past Tresillick Gardens. At the crossroads turn right onto the cycle path past Delabole Wood. At the end turn right onto Mount George Road. Pass Cowlands Wood on the right.
- At the end of the road turn left through Porthkea. After passing through the village, take a right turn indicated by a blue cycle route sign, sign posted Truro. This is where you will stop retracing your steps from when you arrived at the campsite.
- Follow this road for ¾ of a mile until you reach a junction, where you need to turn right, signposted Truro. A few metres up this road, take the road on the right, over a small bridge marked with an access only sign.
- About 200 metres down this road you will see a cycle path to your right. Follow this cycle path for just under a mile until you reach a road, which you cross over to rejoin the cycle path. Stay on this path for another 200 metres, past a car park until you come to the road. Turn right here.
- Stay on this road until you reach the junction, where you need to turn left. After about 600 metres you will see a cycle route sign on the wall, taking you around the back of the supermarket (you will be able to see the Tesco car park ahead of you).
- Go under the road after the cycle path, which will bring you out at the shopping centre. Go straight along this road until you reach the Job Centre at the corner of Lemon Quay. Continue straight past the Job Centre until you reach the junction with Lemon Street, where you need to turn right.
- Travel to the end of this road and then turn left, before taking the first road on the right (King Street). When King Street bends, take the road to the left.
- Take a right turn in front of the library, and follow this road past the Methodist Church and into Union Place.
- At the end of Union Place you will come to the main road (St Clement Street) where you need to turn left, indicated by a blue cycle route sign. You can cross the road here and cycle on the other side, where there is a cycle path.
- Stay on this path as it bends round into Moresk Road (opposite Oak Way), and continue to the right up Moresk Road, Past Pauls's Terrace and Moresk Close on your right.
- Shortly after Moresk Close, take the next road on your left and pass under the railway bridge. Stay on this road for just under 3 miles, passing through Idless and Gwarnick, until you reach a junction where you need to turn left (indicated by a blue cycle route sign the opposite direction points to St Allen).
- After turning left, follow this road for approximately 500 metres until you reach a cross roads. Turn right here signpost Zelah and Goonhavern.

- After 1.5 miles you will pass under the A30 road bridge, and after 300 metres you will reach a give way sign. Turn right here along the main road signpost Goonhavern.
- Follow this road for 1 mile, passing through Zelah, and turning left at the next intersection (A30 Bodmin and Redruth will be signposted in the opposite direction). Follow the blue cycle route signs.
- At the end of Henver Lane, (approximately 0.5 miles), you will reach the junction with the B3285.

  Turn right here signpost Bodmin. After 0.5 miles you will reach a crossroads, turn left towards Fiddlers Green and St Newlyn East.
- Follow this road for just under 1.5 miles, cycling through Fiddlers Green. Immediately before the road narrows, take the right hand turn to St Newlyn East. In just over 1 mile you will enter the town of St Newlyn East. Go past the school, then the church (which will be on your right). At the stop sign, cross the road and continue directly ahead into Nanhayes Row, following the signs to St Columb.
- Continue ahead on this road for 600 metres, then take the left hand turn (brown signpost Trerice). Follow this road for just under 1 mile until you reach the crossroads at Trevoll. Turn right at the crossroads following the brown National Trust sign and a signpost for Trerice.
- After approximately 1 mile you will reach the village of Trerice. Continue past Trerice Manor on your left, and turn left immediately after the manor, cycling alongside the manor walls.
- Follow this road for approximately 1.5 miles, crossing a ford and passing through Legonna, until you reach the junction with the A392. Turn left here signpost Newquay. After 50 metres, turn right at the roundabout towards Treninnick.
- Continue along this road passing Morrisons, McDonalds and Lidl on your left. At the second mini roundabout, turn right into Treloggan Lane, following the lane to the end and taking the cycle track directly in front of you (off-road).
- After 600 metres you will emerge on Tretherras Road (with Whitegate Road directly opposite you). Turn right onto Tretherras Road, continuing to the dead end and taking the off-road pathway through to Pydar Close. Follow Pydar Close down to the main road, and turn right onto Trevenson Road.
- Follow this road for 600 metres, past Newquay Tretherras School on your left to join the A3058. Turn right at the mini roundabout, and continue straight ahead at the next (following signpost to Truro/Wadebridge/Bodmin).
- Continue along this road for 500 metres, then turn left into Duchy Avenue. After 25 metres, turn right at the junction into Cross Close, following this road around to the junction with Porth Bean Road.



- Turn right onto Porth Bean Road, then immediately take the cycle track on your left (next to Treviglas Community College). Follow this cycle track for 500 metres until you emerge in Stanways Road. At the end of this road, turn left into Church Street following the road past the church and into Priory Road.
- Follow this road until you reach a signpost for 'The Sycamores Private Drive', and immediately after this, turn right up a cycle track (off road). Follow this track for just over 600 metres until you reach the A3059, Railton Road.
- Cross over the road, turn right, taking the cycle track parallel with the main road. Continue for approximately 100 metres; then turn first left, continuing left past the Old Stables. Follow this road for just under 2 miles until you reach St Colan Parish Church, continuing forward through Colan and on towards Bosaughan.
- After 0.6 miles you will reach Bosaughan. Continue through the village and on to Trebudannon (approximately 1.5 miles). You will reach a crossroads; where you need to go straight over. Continue forward for approximately 900 metres, taking the first turning on your left towards Black Cross.
- Follow this road for 700 metres cycling past Killiworgie Riding Stables on your left and under the A39 road bridge to the give way sign. Continue straight ahead, following the signpost for Quoit. After 0.8 miles, at the next junction, turn right towards Ruthvoes.
- After approximately 600 metres turn first left, following the signpost to Ruthvoes. Cycle through Ruthvoes, continuing straight ahead for just under 1 mile until you reach a cream coloured building on your left, with a green sign saying 'Brentons' (just before a sharp right-hand bend).

