

Leg 4 - Bude to Damage Barton

Length: 70 miles

Time to allow for cycling: 8 hours 45 minutes



- 1 From the main entrance of the Camping and Caravanning Club site, take a right turn onto the A39 towards Wadebridge
- 2 After 25 metres take a left turn, signposted Trengune
- 3 After approximately 1 mile, you will reach Trengune Farm
- 4 Take the next left; signpost Jacobstow. Follow this lane for just under 1 mile until you reach a give way sign. You will see a church in front of you.
- 5 Take a left here, signposted Warehouse Corner
- 6 After approximately 1 mile, you will reach Warehouse Corner and a give way sign crossed by the A39. Go straight over the A39, heading towards Crackington Haven
- 7 Cycle past Trelay Bungalow on your left, and a sign for Trelay on your right (on a sharp left-hand bend)
- 8 Just up ahead you will see a right turn - signpost Dizzard and Millook; take this turning
- 9 After approximately 200 metres you will come to a T-junction – carry straight on here
- 10 Cycle past Slade Cottage on your right, continuing straight ahead along this lane (the coast road) for approximately 5.5 miles towards Widemouth Bay passing:



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- A. Higher Crannow
- B. A signpost for Tresmorn on your left hand side
- C. West and East Dizzard
- D. Canceleave holiday cottage on your left
- E. Millhook Haven
- F. A rest-stop at the top of the hill on your left, just outside Millhook Haven
- G. Widemouth Bay Caravan Park on your left, and another holiday park on the right

- 11** At the give way sign turn left towards Widemouth Bay, onto Marine Drive
- 12** Continue along the main coastal road (Marine Drive) passing through Widemouth Bay, Upton and Lynstone
- 13** Enter into Bude and cross the river, bearing right
- 14** You will see a large car park on your right hand side, plus the tourist information offices. Turn right off the main road (just after the entrance to the car park and before the second bridge), turning onto a pedestrian walk way and cycle track
- 15** Continue along this traffic-free route for approximately 1.5 miles past Bagbury and St Anne's Hill, continuing forward past the sewerage works and finally merging with a country lane
- 16** Continue along the country lane to a give way sign, turning right and merging onto the A39
- 17** After 500 metres turn left onto Helebridge Road, signposted Marhamchurch
- 18** Continue forward through Helebridge and into Marhamchurch, past the church on your right
- 19** Follow the main road around to the right, past The Butler's Arms Hotel on your right
- 20** A few metres after the hotel, take a left turn into Hobbacott Lane, followed by an immediate right into Hilton Road
- 21** Continue along Hilton Road, bearing around to the left (with Endsleigh Cottage on your right)
- 22** Follow Hilton Road, through the national speed limit signs and continue along the lane.
- 23** At the T-junction, turn right – signpost Whistone and Titson
- 24** After approximately 1½ miles, turn left – signpost Bridgerule
- 25** Follow this lane for 2 miles, past a 'Welcome to Devon' sign, until you reach the B3254
- 26** Cross over the B3254, following the signpost for Bridgerule and Holsworthy
- 27** Continue along the lane, cycling past Southfields housing development, and into Bridgerule.
- 28** Continue straight out of the village and up a hill, past Glebe House Cottages on your right
- 29** Carry straight on, past Furze Cross, continuing straight ahead at the next T-junction towards Derril and Pyworthy
- 30** Continue forward through Derril, following the signs to Pyworthy



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- 31 Continue forward following the signs to Pyworthy and Holsworthy
- 32 Enter Pyworthy village and continue straight on
- 33 Go past the Molesworth Arms on your right, and where the road bends around to the right, take the left fork – signpost Derriton and Holsworthy (this is the Derriton Road)
- 34 Approximately 300 metres after Great Knowle Farm on your left, take the left hand turn, signposted 'Derriton Viaduct Railway Path'
- 35 After 300 metres, cross over a bridge and turn immediately right onto a marked cycle way
- 36 Follow this track way for just under a mile and over the Derriton Viaduct to a road with a pedestrian crossing
- 37 Turn right and continue straight ahead along the road
- 38 Take the second turning on your left, into Underlane
- 39 Cycle past Mole Valley Farmers on your right hand side and various commercial units
- 40 Go straight over the mini roundabout (signpost Town Centre and Launceston)
- 41 At the give way sign, turn right onto the A388 (Chapel Street) towards Launceston
- 42 After approximately 350 metres, take the turning on your left (A3072) towards Hatherington – this will be Windmill Road
- 43 After approximately 300 metres, take the marked track/cycleway on your right
- 44 Follow this track way for just under two miles until you reach the main road
- 45 At the main road turn left until you reach the junction with the A3072 at Anvil Corner
- 46 Turn left, then immediately right, following the signpost to Cookbury and Thornbury
- 47 After about 650 metres, take the first turning on your right– signpost Cookbury
- 48 Follow the road into Cookbury (approximately 1.5 miles)
- 49 Follow the main road through Cookbury and continue past the signpost for Middlecott; past Bradford Primary school on your left, continuing forward to join the main road in the village of Holmoor
- 50 Turn left onto Fore Street and continue forward along this road until you reach Dipper Mill (approximately 3 miles)
- 51 Take the right turn towards Libbear and Sheepwash
- 52 At the post box, turn right towards Torrington
- 53 At the next junction, turn right towards Sheepwash
- 54 After 300 metres bear left and continue straight ahead
- 55 Turn right at the next junction (approx 700 metres)
- 56 After approximately 500 metres, take the left turn – signpost Sheepwash
- 57 Follow this road for approximately 1 mile, directly into Sheepwash



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- 58** At the main road in Sheepwash, the church and the Half Moon Inn will be directly in front of you; take a left at this junction onto North Street
- 59** Follow this road for 1 mile to Swardicott Cross
- 60** Continue forward to Torrington and Buckland
- 61** After half a mile, take the second turning on the right, signpost Petrockstowe and Torrington
- 62** Follow this road for approximately 2 miles, past Petrockstowe and onwards through North Town
- 63** Turn left onto the Tarka Trail at Bury Cross and follow this route for approximately 10 miles into Bideford
- 64** Continue along the Tarka Trail into Barnstaple, turning left at Sticklepath, across Taw Bridge and left again towards Ashford
- 65** Follow the South West Coast path past Chivenor and onwards into Braunton
- 66** At Deans Bridge in Braunton (junction of A361 Chalonors Road and Church Street), pick up Buckland Cross Road on your left and follow this to Fairlinch Cross
- 67** Turn right (signpost Georgeham), and after approximately 600 metres take the right fork – signpost Upcott and Nethercott
- 68** Continue straight ahead along this road, and after approximately 2 miles you will reach a T-junction at Bye Cross
- 69** Turn left towards Georgeham
- 70** In just under a mile you will reach the main road in Georgeham
- 71** Turn left onto Chapel Street, then take the first right into Church Road
- 72** Follow the road around to the left where you will pass Georgeham C of E Primary School on your right. Note that the road changes here into Putsborough Road
- 73** Continue forward on the Putsborough Road for just over a mile into the village of Putsborough
- 74** Cycle past Meadow Lane and Stentaway Lane on your left
- 75** After approximately 500 metres at Putsborough Sand, take the marked cycle track directly ahead of you (with a large signpost for Clifton Court)
- 76** After approximately 1.5 miles you will join Marine Drive. Follow this road to the junction of Challacombe Hill Road
- 77** Turn left here and after 500 metres, take another left turn onto The Esplanade in Woolacombe
- 78** Follow the coast road past the Watersmeet Hotel on your left and up a very steep hill into Morteheo.
- 79** Continue along the road, past Morteheo & Woolacombe Golf Club on your left
- 80** After a few hundred metres, turn left into Damage Barton campsite

