

**Audax Kernow presents**  
**The Four Hundreds 200km Randonnee**

**10<sup>th</sup> April 2011 starting at 08:00 from Penzance Railway Station**  
**Grid Ref: SW476307**

Organiser: Don Hutchison, 14 Pendarves Rd, Penzance, Cornwall TR18 2AJ (for Audax Kernow)

The route includes some steep climbs and descents on narrow, sometimes poorly surfaced country lanes. Other road hazards to watch out for include: level crossings, fords, agricultural vehicles and cattle. Some of the route is on busier A and quieter B roads. Ensure that both yourself and your bike are adequately prepared for the event. Good lighting is essential. Ride within your ability at all times, and don't forget to enjoy yourself!

**Key:-**

**L** - left

**R** - right

**SO** - straight on/over

**X** - cross roads

**TL** - traffic lights

**T** - T junction

**rdb** - roundabout

**sp** - sign post

**imm** - immediately

**NCN** - national cycle network

Route passes towards places in lowercase and through places in **CAPITALS**

**Please phone 07516 766775 if you are unable to complete the event (n.b this is not a recovery service!)**

## 1. PENZANCE – ST KEVERNE 39km

- 0 L out of Railway Station
- 0.2 Bear R into one way system sp Redruth A30
- 1.2 2<sup>nd</sup> exit at Rdb then immediately filter R sp Heliport
- 2.1 2<sup>nd</sup> exit at Rdb sp **LONG ROCK** SO Rdb
- 3.2 2<sup>nd</sup> exit at Rdb sp **MARAZION**
- 6.9 3<sup>rd</sup> exit at Rdb sp **HELSTON**
- 20.6 SO Double Rdb in **HELSTON** sp Lizard
- 21.3 2<sup>nd</sup> exit at Rdb sp Lizard
- 22.0 3<sup>rd</sup> exit at Rdb sp Lizard
- 25.5 L at Rdb sp **ST KEVERNE**
- 27.6 3<sup>rd</sup> exit at Rdb **ST KEVERNE**
- 39.4 L into Square at **ST KEVERNE** CONTROL collect dated Till Receipt at St Keverne Stores in Square

**ST KEVERNE (Control) 39km**

## 2. ST KEVERNE – PROBUS 56km

- 39.4 Exit the Square to the R of the White Hart Pub (Commercial Road)
- 40.2 L (actually SO) sp **NEWTOWN**
- 50.0 In **MAWGAN**, R at Standing Stone no sp Descend steep hill to R no sp
- 52.3 R at T sp **GWEEK** L at Gweek Inn sp Redruth
- 59.2 R at T (A394) sp Falmouth
- 60.5 L in **RAME**, sp **STITHIANS** R at T sp **STITHIANS**
- 66.7 SO staggered X sp Bissoe
- 71.2 R sp **DEVORAN** 3<sup>rd</sup> exit at Rdb sp **DEVORAN** R at T no sp
- 71.9 R on LH bend (Quay Road) Follow Old Tram Road along the estuary and up hill to
- 75.6 L sp **KING HARRY FERRY**
- 75.8 R sp **KING HARRY FERRY** Cross River Fal via King Harry Ferry
- 79.4 At top of hill, L on RH bend (actually SO) sp **TREGONY**
- 85.4 L at T sp Truro (A3078)

**INFO CONTROL (RUAN HIGH LANES) 85km**

- 91.5 R on LH bend sp Grampound Road
- 93.4 R sp Truro (A3078)

- 93.9 Next R no sp
  - 95.0 L at T no sp SO busy A390 no sp
  - 95.4 R at T no sp
  - 95.8 R sp Grampound
- N.B.** most shops in Probus are L of this junction. Find a suitable control and then retrace.

**PROBUS (Control) 95km**

## 3. PROBUS – ST AGNES 31km

- 95.8 L sp **LADOCK** (Chapel St)
- 99.2 L at T sp **LADOCK**
- 99.5 R sp Bodmin
- 99.6 Next L no sp
- 100.2 Next R no sp
- 105.2 L at T sp Newquay
- 109.6 Follow to **NEWLYN EAST**. On road out of village, on R.

**INFO CONTROL (NEWLYN EAST)**

**109km**

- 112.4 L sp Redruth (A3075)
- 113.0 L sp **REJERRAH**
- 113.3 Next R no sp
- 113.9 R no sp
- 116.6 L at T no sp
- 117.0 R at T sp Perranporth (B3285)
- 117.6 L sp **REEN** (n.b. not Reen Cross)
- 118.8 R no sp (actually SO)
- 119.0 **SOX** (Mill Road)
- 121.0 L sp Truro (B3284)
- 121.6 R sp **BLOWINGHOUSE**
- 123.1 L at T sp **ST AGNES** (B3285)
- 125.5 L at Rdb and up hill (one way)
- 126.0 Find a suitable control in the village (shops on L)

**ST AGNES (Control) 126km**

## 5. ST AGNES – LANDS END 63km

- 126.1 SO Rdb sp Goonvrea
- 126.9 L sp Porthtowan
- 128.7 R at T (Victory Inn)
- 133.7 R at T sp **PORTREATH** (B3300) Follow sp for **HAYLE** (B3301)
- 149.5 2<sup>nd</sup> Exit at Rdb sp **HAYLE** Proceed through Town Centre
- 151.8 2<sup>nd</sup> Exit at Rdb sp St Ives
- 153.4 R sp St Ives (A3074)
- 153.9 2<sup>nd</sup> Exit at Rdb sp St Ives (A3074)

154.0 1st exit at Rdb sp St Ives (B3311)  
158.8 L at T onto B3311 sp Penzance  
158.9 Imm R sp **TOWEDNACK**  
161.7 L at T onto B3306 sp **ST JUST**  
173.1 Look to R in **MORVAH** for  
**INFO CONTROL (MORVAH) 173km**  
Through **CARNYORTH** then  
177.2 L on RH bend no sp  
178.3 R then imm L at bottom of hill  
sp **ST JUST (B3306)**  
179.5 In **ST JUST**, R sp **LANDS END**  
(B3306)  
184.1 R at T (A30)  
186.0 SO Rdb  
CONTROL at visitor centre or reception,  
Lands End Hotel

**LANDS END (Control) 188km**

## **7. LANDS END – PENZANCE 19km**

188.5 Retrace to A30  
189.4 R sp Porthcurno (B3315)  
192.1 L sp **CREAN**  
193.4 L at T sp **ST BURYAN**  
195.2 L at T sp **ST BURYAN** where  
**INFO CONTROL (ST BURYAN) 196km**  
197.2 R after Church sp Mousehole  
200.7 L at T no sp  
205.2 L at T (effectively SO)  
206.2 SO Rdb and along sea front  
207.7 Bear L into one way system sp  
Town Centre and find a suitable  
control.

**PENZANCE (Control) 207km**