

Audax Kernow presents
Many Rivers to Cross 300km Randonnee

9th April 2011 starting at 06:00 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 – LIZARD 38km

- 0 L out of Railway Station
- 0.2 Bear R into one way system sp Redruth A30
- 1.2 2nd exit at Rdb then immediately filter R sp Heliport
- 2.1 2nd exit at Rdb sp **LONG ROCK**
- 2.3 SO Rdb
- 3.2 2nd exit at Rdb sp **MARAZION**
- 6.9 3rd exit at Rdb sp **HELSTON**
- 20.6 SO Double Rdb in **HELSTON** sp Lizard
- 21.3 2nd exit at Rdb sp **LIZARD**
- 22.0 3rd exit at Rdb sp **LIZARD**
- 25.5 SO Rdb sp **LIZARD**
- Follow A3083 to **CONTROL** outside
- 38.3 Regent Cafe in **LIZARD**

LIZARD (Control) 38km

2. LIZARD – GERRANS 51km

- 41.3 Retrace on A3083 to R sp Ruan Minor
- 41.7 SOX sp **TRABOE CROSS**
- 43.0 R sp **GOONHILLY**
- 44.4 L at T sp **GOONHILLY**
- 48.0 L onto B3293 sp Helston
- 53.2 2nd Exit at Rdb sp **GWEEK**
- 56.1 R at T sp **GWEEK**
- 56.6 L sp REDRUTH opposite Gweek Inn
- 63.0 R at T (A394) sp Falmouth
- 64.3 In **RAME**, L sp **STITHIANS**
- 64.7 R at T sp **STITHIANS**
- 70.5 SO staggered X sp Bissoe
- 74.5 R sp **DEVORAN**
- 75.0 3rd exit at Rdb sp **DEVORAN**
- 75.2 R at T no sp
- 75.7 R on LH bend (Quay Road)
- Follow Old Tram Road along the estuary and up hill to
- 79.4 L sp **KING HARRY FERRY**
- 79.6 R sp **KING HARRY FERRY**
- Cross River Fal via King Harry Ferry
- 85.1 L sp Portscatho
- 86.7 R onto A3078 sp St Mawes
- 87.1 L sp Lanhay
- R at T no sp
- On R before church,
- 89.6 **INFO CONTROL (GERRANS) 89km**

3. GERRANS – FOWEY 40km

- Retrace along Churchtown Road to
- 91.7 R sp Truro
- 101.5 R sp **TREGONY** Village Centre
- 106.0 R sp **ST AUSTELL** to stay on B3287
- 107.8 2nd L no sp (White Milestone)
- 110.6 R at T no sp
- Thro' **STICKER, TRELOWTH**
- 113.3 L onto A390 sp **ST AUSTELL**
- 115.6 SO Double Rdb sp Liskeard
- 116.9 SO Rdb
- 117.5 2nd Exit at Mt Charles Rdb sp Bodmin
- 119.8 2nd Exit at Rdb sp **PAR**
- 123.0 R sp **FOWEY**
- Follow one way system through **PAR** following signs for **FOWEY**
- 127.5 3rd Exit at Rdb sp **FOWEY**
- SO Rdb
- SO Rdb
- 129.1 L into Lostwithiel St and bear L sp Town Centre and find a suitable control.

FOWEY (Control) 129km

4. FOWEY – MOUNT 22km

- Follow the one way system through Fowey Town centre to Custom House Quay and the Bodinnick Ferry.
- 130.3 Cross River Fowey via the Bodinnick Ferry and follow road uphill to the L, sp Looe.
- 136.6 L on RH bend no sp
- 137.8 L no sp over bridge then
- 137.9 imm R no sp
- 139.0 R no sp
- 140.4 L at T sp Lostwithiel
- 140.5 Imm R no sp
- 142.3 L no sp
- 143.4 R at T sp **BRADDOCK CHURCH**
- 144.6 L no sp
- 145.5 R at T sp Liskeard (A390)
- 145.8 Next L sp Bodmin
- 147.7 L at T sp Bodmin (A38)
- 148.2 Next R sp **MOUNT**
- 151.6 L no sp in **MOUNT**
- At junction, on L
- INFO CONTROL (MOUNT) 151km**

5. MOUNT – CAMELFORD 27km

Follow road through **MILLPOOL** to
156.5 SOX (A30) sp Blisland
157.9 SO staggered X sp St Mabyn
159.1 R sp St Breward
159.6 L sp **CAMELFORD**
160.5 L at T sp **CAMELFORD**
160.6 Next R sp **CAMELFORD**
163.2 R at T sp **CAMELFORD** (B3266)
168.6 R at T (A39) sp **CAMELFORD**
Control at Camelot Garage on R

CAMELFORD (Control) 168km

6. CAMELFORD – ST AGNES 60km

Retrace to junction and follow A39
sp Wadebridge
183.4 3rd Exit at Rdb sp Padstow
186.4 SO Rdb sp Padstow
194.5 SO Rdb (Winnards Perch) sp Truro
198.7 3rd Exit at Rdb sp Newquay
199.1 Next L sp **WHITE CROSS**
202.8 SOX (A392)
206.2 SO staggered X sp **NEWLYN EAST**
208.2 L sp **NEWLYN EAST**
210.6 R at X sp Newquay
213.2 L at T sp Redruth (A3075)
213.8 L sp **REJERRAH**
214.1 Next R no sp
214.7 R no sp
217.4 L no sp
217.8 R at T sp Perranporth (B3285)
218.4 L sp **REEN** (n.b. not Reen Cross!)
219.6 R no sp (actually SO)
219.9 SOX (Mill Road)
221.9 L sp Truro (B3284)
222.5 R sp **BLOWINGHOUSE**
224.0 L at T sp **ST AGNES** (B3285)
226.4 L at Rdb and up hill (one way)
226.9 Find a suitable control in village
(shops on L)

ST AGNES (CONTROL) 226km

7. ST AGNES – MORVAH 56km

227.0 SO Rdb sp Goonvrea
227.8 L sp Porthtowan
229.6 R at T (Victory Inn)
234.6 R at T sp **PORTREATH** (B3300)
Follow sp for **HAYLE** (B3301)
250.4 2nd Exit at Rdb sp **HAYLE**
Proceed through Town Centre
252.7 2nd Exit at Rdb sp St Ives
254.3 R sp St Ives (A3074)
254.8 2nd Exit at Rdb sp St Ives (A3074)
254.9 1st exit at Rdb sp St Ives (B3311)
259.7 L at T onto B3311 sp Penzance
(B3311)
259.8 Imm R sp **TOWEDNACK**
262.6 L sp **ST JUST**
274.0 Look to L in **MORVAH** for
INFO CONTROL (MORVAH) 274km

8. MORVAH – LANDS END 14km

Through **CARNYORTH** then
278.1 L on RH bend no sp
279.2 R then imm L at bottom of hill
sp **ST JUST (B3306)**
280.4 In **ST JUST**, R sp **LANDS END**
(B3306)
285.0 R at T (A30)
286.9 SO Rdb
CONTROL at visitor centre or reception,
Lands End Hotel

LANDS END (Control) 289km

9. LANDS END – PENZANCE 17km

289.4 Retrace to A30 and follow to
302.6 R sp **NEWLYN**
303.7 L no sp (Newlyn Art Gallery)
304.7 SO Rdb and along Promenade
306.2 Bear L into one way system sp
Town Centre and find a suitable
control.

PENZANCE (Control) 306km