

7 BIKE RIDES from TRURO on Tarmac



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7 BIKE RIDES FROM TRURO ON TARMAC

(Tarmac, Sweat and Teas)

Warning ! This guide contains hills.

Cover photograph:

The hill leading down to Penpol and Point.

Is this guide going to help you?

This guide is intended to encourage you to jump on your bike, (or someone else's bike) and go for a spin. The guide aims to suggest routes that may be unfamiliar to you and to make them sound appetising. If you do not have a bike it may encourage you to buy one, borrow one or hire one. The routes avoid busy roads as much as possible, are roughly circular and take you through attractive scenery. You could join the rides at any point, such as one of the bike hire places mentioned below as opposed to starting in Truro.

Maps are not included as they would make the guide more bulky, more expensive to produce and because many people these days cannot or will not read maps, relying on sat. navs. if they have cars. At the start of each ride the guide gives you a clue as to where the ride takes you and features of the ride. Hopefully you will not get lost or get tired of pulling the guide out of your pocket to find out which turning to take. When you have ridden the ride once you may remember which way to go next time you do it.

If you do not already have a copy of the O.S. Landranger Map 204 "Truro and Falmouth" it might be an idea to obtain one as it covers all the rides with the exception of part of Ride 6 (St. Agnes Beacon). The map would help you to take detours of your own choosing and short cuts. Alternatively, O.S. Explorer Maps 104 and 105 which are at a larger scale cover all the rides with the exception of part of the Carland Cross Ride.

There is already a free guide for mountain bikers entitled "8 Mountain Bike Rides from Truro - Mud, Sweat and Beers". This tarmac guide is for those who do not want to go off-road but may be prepared to use cycle paths with good surfaces such as the one which follows the old Newham branch railway line out of Truro. However, the guide always gives tarmac alternatives to these occasional paths.

What sort of rides are in this guide?

The emphasis is on enjoyment as opposed to hard labour. You ride down the steepest hills in the area and go up the less steep, although they may well be longer climbs than the really steep ones which the guide tries to avoid. The rides are circular. You could go in the opposite direction if you read the guide back to front and are prepared to tackle steeper climbs.

Some of the rides include short cuts for people who are less fit or do not have enough time to do the complete ride. You could use the guide to get to somewhere such as Trelissick Gardens and then ride back to Truro using the same route. Some rides include optional detours to watering holes and viewpoints. If you do not have time to enjoy the scenery and just want to get some exercise the rides should cater for you as well.

The rides start from landmarks around the city centre which either you will know or people in the street can help you find.

Bike Hire

Bike Chain operates Bissoe Bike Hire and a café at Bissoe (01872 870341, www.cornwallcyclehire.com), 4 miles south west of Truro. It is on Ride 5. They hire all types of bike except BMX.

Devoran Creek Cycle Hire (01872 863142, www.devorancreekcyclehire.com) operates from premises next to the pub in Devoran, 4 miles south of Truro. It is on Ride 4, (see page 2).

In addition The Bike Barn operates from Elm Farm which is on the Portreath-Porthtowan road (01209 891498, www.cornwallcycletrails.com). It is a couple of miles from the St Agnes Beacon Ride.

Most of the bikes that firms hire are mountain and hybrid bikes which are happy on tarmac but not as fast as touring or road bikes.

Bike Sales and Repairs

The bike hire places mentioned above repair bikes and sell bikes to varying extents. In Truro, Clive Mitchell Cycles is a long established business selling new and second hand bikes, accessories and clothing. Its large shop is situated in Calenick Street, around the corner from Victoria Square, www.clivemitchellcycles.co.uk 01872 276930. Also in Truro, Halfords performs a similar service with its Bikehut operation but does not sell second hand bikes. It is situated alongside the Trafalgar roundabout, www.halfords.com 01872 260492.

Accommodation

If you are visiting the area and need accommodation the staff at the Truro Tourist Information Centre in the City Hall can help

you to find bike-friendly B. and Bs. and more up-market places to stay in and around Truro (01872 274555, www.truro.gov.uk e-mail www.tic@truro.gov.uk

Ride Times

At the start of the description of each ride an approximate ride-time is given. It is based on the time that the ride is likely to take a reasonably fit rider. The time only includes essential stops to sip from a drinks bottle and does not take into account pub stops etc.

Thanks

The author would like to thank Clive Mitchell Cycles, Devoran Cycle Hire and the owners of the adjoining Old Quay Inn who have paid for the printing of this guide which allows it to be offered free of charge to encourage cycling in the area.

Feedback

Your views on this guide would be welcome whether or not they are critical. Any suggestions will be considered before it is re-issued. Please phone the author on 01872 271614.

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RIDE 1 : THE CARLAND CROSS RIDE

Idless, St. Allen, Carland Cross, Boswiddle, Tresillian.

Ride time: 2 hours - 20miles
(90 minutes - 15 miles, using short cut).

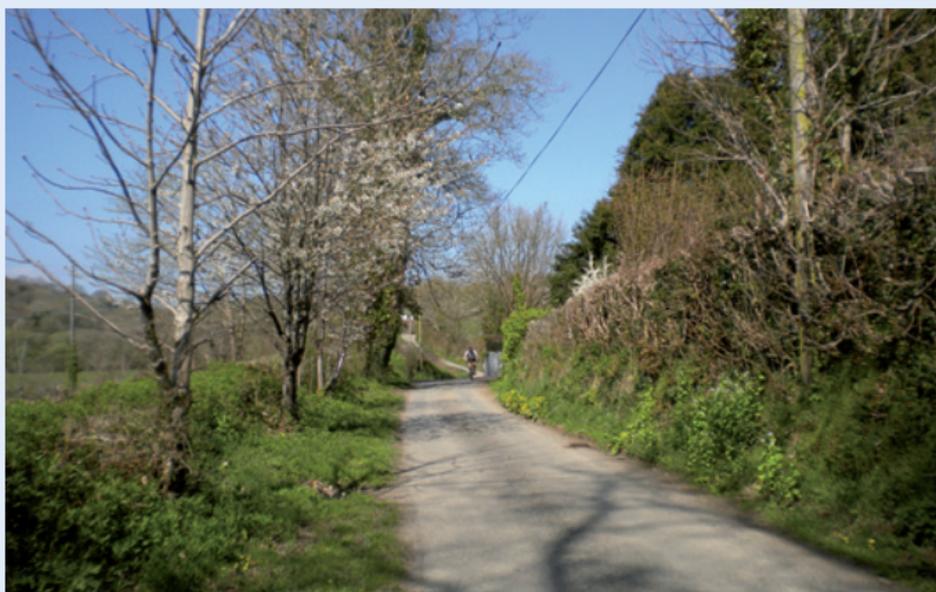
Comment

Carland Cross is 6 miles north of Truro on the A30. This ride takes you as far as Carland Cross via Idless and St. Allen, returning via Tresillian.

This is a good ride for those who are rusty and may not be confident on the short lengths of busy road included in some of the other rides. Also, it would be a pleasant ride for those who are not very fit, including children, who might wish to turn back after a few miles instead of completing the ride.

Refreshment

Refreshment is available at the petrol stations at Carland Cross and Tresillian. The only pub on the route is the Wheel Inn at Tresillian unless you take the short cut via Trispen where there is a pub and shop. Also, the Celtic Tea Rooms are situated in the small garden centre near the pub in Tresillian.



The lane to Idless

Start: The ride starts at the bottom of Moresk Road at its junction with St. Clement Street (opposite the multi-storey car park which is behind the library). Cycle up the hill for a short distance after passing the T.A. Centre and the Volvo garage, taking the second turning on the left where you will see a post box set in a wall facing down the hill. Cycle under the railway bridge, down the hill and along the valley and after a mile turn

right when you meet the road which runs to Idless along the other side of the valley.

Idless: Cycle through Idless, ignoring the turnings to the left. After half a mile, when you see farm buildings in front of you, follow the road round to the right. After half a mile turn right at a T junction, signposted St Allen. If you were doing the Perranporth ride you would turn left at this T junction. Go down the hill and up the other side, following the road round to the left at the top.



St. Allen Church

St. Allen: The lovely church of St. Allen stands in splendid isolation on your right. Continue for half a mile and turn right at the T junction, following the sign for Mitchell. After a while you can see the wind farm at Carland Cross which is where you head back in the Truro direction. If you want to do the shorter ride take a right turn signposted Trispen. Read the directions at the end for the short cut, otherwise, half a mile after the Trispen turning, turn right into a narrow lane just before the road begins to climb.

When you hear and then see traffic on the busy A30 turn right so that you run parallel with the A30 for a while. Your lane runs into the old road between Truro and Carland Cross. Turn left to meet the busy new road where you turn left onto it and then immediately turn right to use more of the old road, now a bridleway.

Carland Cross: The tarmac bridleway climbs up to the road in front of a petrol station. Turn right and head towards a very tall communications mast. Turn right at the first opportunity where you will see a group of fir trees in front of you and enjoy a long downhill run followed by a short steepish climb and a descent into the hamlet of Boswiddle.



Boswiddle

Boswiddle: Turn right in the hamlet and after a mile you reach a staggered crossroads where you turn right and immediately left. You will find yourself on a long hilltop ride, signposted Tresillian. Go straight over a crossroads after half a mile. The short cut from Trispen climbs up to this crossroads. A mile further on ignore a turning down a steep lane on your right and a few yards further on turn right at a T junction, following the sign to Tresillian.



Heading for Tresillian

Tresillian You will find yourself dropping down steeply to Tresillian, not a pleasant climb when going in the opposite direction. You arrive near the bridge on the main road and turn right. On your left, at a small garden centre, you could visit the Celtic Tea Rooms which are open throughout the year or a bit further on there is the thatched roof Wheel Inn. Cycle to the other end of the village where you have a choice of 3 alternative routes back into Truro.

Returning to Truro First, there is the well graded but busy main road. The carriageway narrows towards the top of the hill and traffic may pile up behind you if there is traffic coming in the opposite direction.



Between Tresillian and Penair

Second, you could take the left turn signposted Pencalenick at the end of the village and climb a short very steep section of road followed by less steep sections. This lane takes you past Penair School and then down to Trafalgar roundabout which is the one alongside Halfords, the police station and a petrol station.

Third, if you do not have the skinniest of tyres you can follow a scenic bridleway with a hardcore/grit surface along the river to the hamlet of St. Clement. To use this bridleway you need to carry your bike down a short flight of steps which are just after an isolated bungalow on your left, where the village ends and before the turning to Pencalenick. This bridleway is usually muddy after wet weather. Unfortunately, leaving St. Clement, there is a very long and often steep climb before you reach the crossroads on the edge of Truro where you turn left and go down the hill to the Trafalgar roundabout at the bottom of the hill.

Trispen short cut If you have turned right as described above the lane drops down to a valley bottom and then climbs up to the main road between Truro and Carland Cross, opposite the Honda garage on the edge of Trispen. Cross the road into the village and take the second turning on the left just before the pub. After passing the school follow the road round to the left, following the sign for Tresillian. After a flat section in the valley bottom turn right, climb the hill and rejoin the main ride from Carland Cross, following the signs for Tresillian, as described above.

RIDE 2 : THE PERRANPORTH RIDE

Idless, Ventongimps, Cocks, Perranporth, Callestick, Allet, Idless.

Ride time: 2 hours - 20 miles
(1 1/4 hours using short cut - 15 miles).

Comment

Perranporth is 8 miles north west of Truro. It is a popular resort with a long sandy beach. The lanes and roads on this ride are quiet. You have to cross the A30 to get to Perranporth but you can do this safely as long as you are patient.

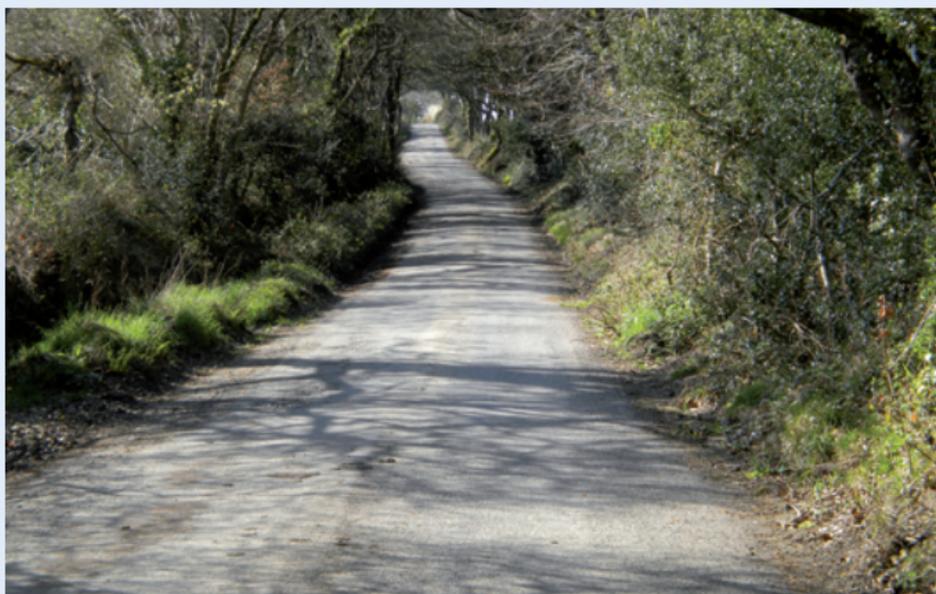
Refreshment

In addition to the pubs and cafes in Perranporth there is the White House Inn which is threequarters of the way to Perranporth. There are ice cream and cider farms at Callestick.



Idless

Start: Start and follow the ride through Idless as described in Ride 1, the Carland Cross ride, but at the T junction at the top of the hill, a mile and a half after Idless, turn left. This is where you leave the route to Carland Cross. After 500 metres go straight over the road which runs from Shortlanesend to Zelah. Ignore a turning on the left (this is the lane you use on your return) and climb a long hill which has 2 steep sections. The lane then drops down to the busy A30 where you turn right and then left after only 200 metres.



Heading for Ventongimps

Ventongimps: After a mile and a bit the lane drops down into the hamlet of Ventongimps where you follow the road round to the right after crossing the stream. The lane climbs gently up to the White House Inn which is on the Redruth to Newquay road. At this staggered cross roads turn left and then right or take a short cut through the informal car park/lay-by opposite the lane you have just used. If you want to shorten the ride and return to Truro turn left again, signposted Callestick, instead of crossing the main road and read below for directions under the heading "Back to Truro".



The hill down to Cocks

Cocks and Perranporth: After crossing the Newquay road the lane drops steeply down to the hamlet of Cocks and then continues to Perranporth. Turn left at the mini roundabout in Perranporth after passing the fire station on your left and the Coop store on your right. You are now in the main street.

Back to Truro: Return using the same road through Cocks as far as the cross roads near the White House Inn but go straight across the main Newquay road following the sign for Callestick. Keep straight on at a cross roads as the lane starts to drop down to the hamlet of Callestick.

Callestick: The ice cream farm is on your left as you enter the hamlet. If you want to make a detour to the cider farm turn right and climb the hill for 1/3 mile and turn left where signposted onto a by-way to find it. Otherwise, turn left after the ice cream farm and climb out of Callestick. After a mile you reach the A30 which you go straight across.



Between Allet and Idless

Allet: After climbing briefly the road drops down and then climbs up through the hamlet of Allet to a busy road leading to the village of Shortlanesend and Truro. Turn left but after only 100 metres turn left again into a lane which brings you onto the lane which you used on the way out to Perranporth. Turn right and return to Truro using the same route.

Idless: To remind you, go straight over the road to Zelah and remember to turn right for Idless part way down the hill, just before the first cottage on your right. Fork left after passing through Idless and you will find yourself back in Truro before long.

RIDE 3 : THE ROSELAND RIDE

Tresillian, St. Michael Penkevil, Lamorran, Ruan Lanihorne, Treworga, Philleigh, King Harry Ferry, Trelissick, Penelewey, Playing Place, Calenick.

Ride Time: 3 hours - 25 miles.

Comment

This is a very tiring ride due to the steep hills on the Roseland side of the River Fal. It is a ride which is worth spending a day on, particularly if you take a detour to St. Mawes or spend time at pubs or Trelissick Gardens, a National Trust property. The ride passes through beautiful scenery and there are great country pubs on the route.

Refreshment

There are pubs in Tresillian, Ruan Lanihorne, Philleigh and Penelewey. Refreshment is also available at Trelissick Gardens. Food and drink can also be obtained at the petrol stations in Tresillian and Playing Place.

Start: There are 3 alternative routes to Tresillian, the third being unsuitable for bikes with the skinniest of tyres but O.K. for the average touring bike. First, for confident riders, from the Trafalgar roundabout you could cycle up the dual carriageway and use the main road towards St. Austell. The hill out of Truro is not steep but after the traffic lights at the top of the hill, where you go straight on, the road is relatively narrow and it is difficult for lorries to overtake you if there is on-coming traffic. The second alternative is to climb the steep hill which runs from Trafalgar roundabout alongside the police station. At the top of the hill you carry straight on past the rugby ground and Penair School to Tresillian but if you want to try the third alternative you take the right hand turning for St. Clement at the top of the hill. At the picturesque hamlet of St. Clement the road becomes a hardcore/grit track which is muddy after wet weather. The track runs scenically alongside the river to Tresillian. After passing through a farm gate you turn right onto a path which floods on spring tides and carry your bike up a few steps to meet the main road to St. Austell on the edge of Tresillian.

Tresillian: Whichever route you choose, cycle through the village and immediately after crossing the bridge on the edge of the village carefully turn right on a sharp bend. Push your bike across the road if you are anxious about this right turn.



Heading for St. Michael Penkivel

St. Michael Penkivel: The lane climbs steeply and after about a mile you follow the road round to the right ignoring the turning off to the left. After 300 metres, although you are going to Ruan Lanihorne, ignore the left hand turning to Ruan Lanihorne and the right hand turning for Merther.

After 2 miles of undulating road you cross a bridge over the private drive to the stately home of Lord Falmouth, "Tregothnan". The road climbs steeply past an old school and 200 metres after a sharp left hand bend you can decide whether to make a short detour to the interesting hamlet of St. Michael Penkevil or turn left and carry on to Ruan Lanihorne.



Lamorran Woods

Ruan Lanihorne: The road descends through beautiful woodland, follows a stream, passes a pond and then reaches the tidal head of a creek near Lamorran Church. The road climbs steeply after the church and when it drops into a dip turn right and enjoy another woodland stretch before dropping down



Near Ruan Laniorne

onto the floodplain of the River Fal. The road crosses the river and then runs alongside the Ruan River, a tributary of the Fal. Cycle through the village on the bottom road unless you want to pop up one of the short hills to the village pub which is on the higher road.

Philleigh: The road out of Ruan climbs steeply after you have crossed the stream. A short distance up the hill on a sharp left hand bend you turn right, signposted Trelonk and Trethella. After a mile, in the hamlet of Treworga turn right and then right again a bit further on, signposted Philleigh and King Harry Ferry. The road drops and then rises steeply on its way to Philleigh so it is just as well that there is a lovely pub with micro brewery and a farm shop in the hamlet.



The pub at Philleigh

King Harry Ferry: There is a climb on the way to the chain-ferry before you drop steeply down to the slipway. The ferry sails from this side of the river at ten past, half past and ten to the hour. If you have not tried the Roseland Inn at Philleigh you might like to make a half mile detour to Smugglers Cottage by forking

right part way down the hill but after drinking locally grown tea or alcoholic beverages you will face the same long hill back up to the road.

Trelissick: After leaving the ferry there is a long hill up to the entrance to Trelissick Gardens, a National Trust property, where refreshment is available.

Penelewey and Playing Place: About a mile after the entrance to Trelissick turn right at a crossroads. The road climbs steadily up to the hamlet of Penelewey where there is a pub with a thatched roof on your right. Half a mile further on fork right on the edge of the village of Playing Place and follow the road round to the left, turning right opposite the local shop into Old Coach Road. As the name suggests, this is the old road to Truro and is much quieter than the main road.

Back to Truro: After a flat section the road descends steeply, passing a school on your right. At the bottom of the hill take the second of two turnings to the right on a blind bend. Cross the stream and either turn right part way up the hill onto a cycle track which used to be a railway line where there was once a level crossing or continue up the hill. The cycle track does not have a tarmac surface but does have the next best thing, although there is a muddy stretch after a long spell of wet weather. It takes you to Newham which is on the river, under a mile downstream of the Tesco store. Here you can cycle around its car park on the riverside trail and then pass under the dual carriageway, emerging on Lemon Quay in front of Marks and Spencer.

If you do not fancy the old railway line carry on up the hill and join the main road from Falmouth just below the double mini roundabout at the junction of Arch Hill, Morlaix Avenue, Falmouth Road and Green Lane.



The cycle path around Tesco

RIDE 4 : THE FOUR CREEKS RIDE

Calenick, Cowlands, Feock, Penpol, Point, Devoran, Carnon Downs, Playing Place.

Ride time: 2 hours, 16miles, (excluding detours)

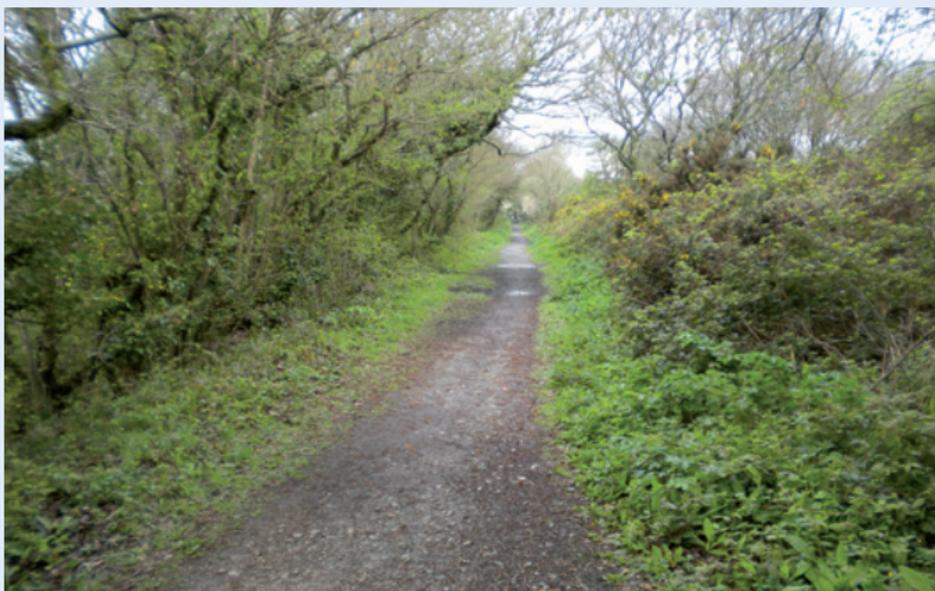
Comment

This is a hilly ride which visits creeks, includes detours to a scenic tea garden, to a beach where you could have a swim (depending on the time of year!) and a detour to Trelissick Gardens. The ride includes good refreshment stops.

Refreshment

At Trelissick Gardens throughout the year and seasonally at Halwyn and Loe Beach if you take the detours described. Also there are pubs at Devoran and Carnon Downs, shops at Carnon Downs and Playing Place.

Start: Start on Lemon Quay in the centre of Truro and push your bike past the front of Marks and Spencer, under the dual carriageway and head for Newham, as described below. There is an alternative way to start the ride if you want to avoid the cycle path at Newham which has a short muddy section after wet weather. This route goes from Lemon Quay up Lemon Street past the cinema. Go past the monument right to the top of the hill and straight across a mini roundabout as if going to Falmouth but fork left into Old Falmouth Road as soon as you have crossed the roundabout. Half way down the hill you meet the cycle path at an old level crossing and join the route down to Calenick.



Route of Newham Branch Railway Line

Newham: If you choose to avoid the long climb up Lemon Street, cycle along the cycle path which goes along the river at the back of Tesco on National Cycle Network Route 3. Turn left

when you reach the road and use a dual-use pavement. After half a mile where the pavement ends, cross the road, climb 50 metres up the hill and turn left onto the route of the old branch railway line. The path has a mixture of surfaces, mostly fine grit, some stony lengths and after heavy rain a couple of short muddy lengths. Cross a road after only 100 metres and continue along it for a mile until it meets a road where you turn left and go down the hill into the hamlet of Calenick.

Calenick: After crossing the stream do not take the first turning on the left as you can miss out a very steep hill if you continue on the road towards Playing Place and instead turn left at Kea School which is part way up the hill.

Porth Kea: The road climbs and drops down, passing through Porth Kea before climbing sharply. At the top of the hill turn right and drop down to the head of Cowlands Creek unless you would like to make a detour to the tea garden at Halwyn.



Cowlands Creek

Halwyn Tea Garden Detour It is a mile and a quarter to the tea garden which has smashing views over the River Fal. It is open in fine weather from 11am to 5.00pm on Fridays, Saturdays and Sundays to Easter and 7 days a week from Easter. Check for updates at www.halwynteagarden.com 01872 272152.

Penelewey: After passing the head of Cowlands Creek climb up the hill and after a mile you reach the road to Feock where you turn left. After a third of a mile turn left again at a cross roads. This road leads towards the King Harry Ferry. After only 300 metres fork right for Trevilla or carry straight on if you would like to take the detour to Trelissick Gardens.

Trelissick Gardens Detour The entrance is on your right about a mile along the road. This is a National Trust property but non-members can use the catering facilities, shop and woodland walk without paying an entrance fee. Cycling is not allowed on the main drive or other parts of the estate. A reduced entrance fee for cycling non-members wishing to enter the actual gardens is available as

“Green Transport” users. When you leave turn left and take the first turning on the left for Feock. You meet the main route in the hamlet of Trevilla which is part way down the hill.

Feock: After leaving the road to the ferry, half a mile on, in the hamlet of Trevilla, you turn right and drop down to the head of Pill Creek. Just before the bottom of the hill there is a no through road on your left. If you want to get the best view of the creek it is worth making a detour. The route continues with a short climb into the village of Feock after passing the head of the creek.

Loe Beach Detour *200 metres after passing Feock Church which is on your left there is a steep hill on your left down to Loe Beach. It is well worth making a detour because of the view of Carrick Roads that you obtain from the beach. There is a small café with outdoor seating which operates for a good part of the year from 10 to 5 and evenings in the summer (www.loebeachcafe.co.uk 07940240833).*

Penpol/Point: After the turning down to the beach the road climbs as it skirts the village. At the top of the hill at a T junction opposite a bus shelter you could turn right to carry on with the route or turn left to take the detour to Restronguet Point.

Restronguet Point Detour *It is about $\frac{3}{4}$ mile to the sitting area at the point from which there is an excellent view up Restronguet Creek and across the creek to the famous Pandora Inn.*



The Bridge at Penpol

From the T junction with the bus shelter it is almost a mile to the first turning on the left down to Penpol. Near the bottom of the hill, ignore a turning on your left into a bungalow estate and after crossing the bridge at the head of the creek cycle along the opposite side of the creek. You are now on the route of an old mineral railway line. Steam-driven locomotives towed trains of ore from the mines to the quays at Point and Devoran. Coal and timber were imported.



The Quay at Point

Devoran: The tram road as it is known winds along the banks of the creek to the village of Devoran. As soon as you reach it, if you want a drinks break, follow the road round to the right and climb up to the pub. There is a fine view of the creek from the seats in front of it. Devoran Creek Cycle Hire is situated next door. If you do not want the pub the route goes sharply to the left immediately before the hill up to the pub. Cycle along the bottom road through the village past the village hall, a former train shed. Go straight on at the T junction, past industrial units on your left and when the road sweeps sharply to the right, use a short length of non-tarmac cycle track which takes you under the main road to Falmouth. (If you do not want to go off-road for even a hundred yards, turn left a few yards further on, go straight over the roundabout on the A39 and then right onto the tarmac path alongside the dual carriageway). Turn right immediately after passing under the road and then go straight over the Bissoe road to use the tarmac cycle path up to Carnon Downs which runs alongside the dual carriageway.

Carnon Downs: When the path meets the side road into the village join it and after 400 metres turn left then right to climb through the village. At the top of the hill, at a mini roundabout turn right or carry straight on if you want to use the pub/hotel. Turn left onto the cycle path before the roundabout at the top of the bypass.

Playing Place: In front of the petrol station at Playing Place cross the short length of dual carriageway, turn left along the cycle path and cross the road leading to the nearby shop onto Old Coach Road. After a mile, passing the school where you turned off this hill on the way out, at the bottom of the hill, take the second of the two right turnings, cross the stream and climb part way up the hill to the cycle track where you turn right or carry on to the double mini-roundabout at the top of the hill which you go straight over to drop back into the city centre.

RIDE 5 : THE CUSGARNE VALLEY RIDE

Calenick, Playing Place, Carnon Downs, Perranwell Station, Frogpool, Trehaddle, Cusgarne, Bissoe, Penweathers.

Ride time: 2 hours, - 18 miles

Comment

This is a scenic ride making the most of quiet lanes and incorporating the picturesque valley running through the hamlets of Trehaddle and Cusgarne. Much of the ride coincides with lengths of National Cycle Network Route 3.

Refreshment

There are shops at Playing Place and Perranwell, a shop and a pub/hotel in Carnon Downs, pubs in Perranwell and Frogpool and drinks, food, etc. at Bissoe Cycle Hire.



Heading for Newham and Playing Place

Start: Follow one of the alternative routes from Marks and Spencer to Kea School as described above in Ride 4, The Four Creeks Ride. When you reach the school continue up the hill using the cycle path which runs alongside the road.

Playing Place: The path rejoins the road at the top of the hill. After a third of a mile at a T junction go straight across Holywell Road onto a cycle path and then cross the main Falmouth road in front of the petrol station. Go straight across the minor road leading off the roundabout onto the cycle path heading for Carnon Downs.

Carnon Downs: Where the path meets the road leading into the village turn right and head down into Carnon Downs. Take the third turning on the right, signposted Bissoe. The road descends for over a mile into the Bissoe valley.

Grenna Lane: At the bottom of the hill take the first turning on the left and after 50 metres carefully cross the Devoran-Bissoe



Grenna Lane

road into Grenna Lane. The lane crosses the valley bottom and the Coast to Coast cycle path and then climbs steeply for a short distance. Take the first turning on the left which is only part way up the hill, climb a bit higher and then you will run along the attractive valley side to Perranwell Station.

Perranwell Station: Turn right when you reach a T junction – do not cross the rail bridge over the Falmouth branch line unless you want to make a detour to the village pub or shop. Ignore turnings to the left and right, follow the signs to Frogpool.

Frogpool: Immediately after a sharp left hand bend do not fork right into the village. However, after half a mile, if you want to visit the Cornish Arms turn right at the first cross roads – the pub is 200 metres down the hill. This hill is a short cut to Cusgarne but the route continues along the top road and you instead turn right at the next cross roads, signposted Chacewater, Crofthandy, Carharrack.

Cusgarne: At the bottom of the hill, before crossing the stream, turn right into a narrow lane. You now cycle down a picturesque valley turning left at a T junction after two thirds of a mile and then right after only 100 metres so that you continue down the valley to Bissoe.



Cusgarne

Bissoe: After passing a garage on your right you could call at the cycle hire café for refreshment. It is just over the bridge on your left. If you do not stop you could either turn right onto the cycle path just before the bridge or if you do not fancy the cycle path continue along the road for half a mile and at the top of a short hill fork left onto a lane, signposted Helston Water.

If you decide to use the cycle path travel along it for a third of a mile until you meet the first lane. Here you turn left, following one of the alternative NCN routes signposted Truro. After a short climb turn right onto the tarmac cycle path which runs along the Bissoe-Devoran road for a while. Where it stops cross the road onto the lane mentioned above, signposted Helston Water.

Penweathers The route back to Truro follows the NCN route which means that after the Helston Water turning and climbing for 400 metres from the Bissoe-Devoran road you turn left onto a tarmac byway which was surfaced by Sustrans several years ago. It zigzags up the hill and joins the busy Chacewater-Carnon Downs road after a mile.

Turn right onto this road and after half a mile fork left onto a minor road, signposted Penweathers. Follow this road for over a mile. Much of it runs alongside the branch railway line to Falmouth and then descends into the hamlet of Penweathers. After crossing the stream and climbing for a while, after passing under the second railway bridge you could either turn left onto a path to get onto the Newham cycle path or continue up the hill in which case cross the dual carriageway and drop down to the city centre using Chapel Hill, turning right at the bottom and continue along City Road until you hit Lemon Street. Turn left for Lemon Quay where the ride started.

Cycle path to Newham If you decide to use the roughly surfaced cycle path, after turning left off the lane turn left off the path just after going through a gate to go over the railway bridge that you have just passed under. After three quarters of a mile go straight over a lane onto the rest of the path which takes you to Newham and the city centre. Cycle around Tesco alongside the river and then under the dual carriageway to arrive back at Lemon Quay outside Marks and Spencer.



Cycle path to Newham

RIDE 6 : THE ST. AGNES BEACON RIDE

Twelveheads, Chacewater, Blackwater, Mount Hawke, St. Agnes Beacon, St. Agnes, Greenbottom, Threemilestone.

Ride time: 3 hours - 25 miles.

Comment

This is a tiring ride due to the number of hills but there is an interesting range of scenery and no hills to speak of towards the end of the ride. In the summer you might consider having a swim at Chapel Porth if you take the detour before cycling around the beacon.

Refreshment

There are pubs at Chacewater, Blackwater, Towan Cross, St. Agnes and Threemilestone. There is also a café by the beach at Chapel Porth if you make a detour.

Start: In the city centre push your bike along the ope (passage) which runs between W.H.Smith and the Body Shop which are in Pydar Street. Turn right when you meet the service road at the rear of Smiths. Cycle along a path opposite the end of the road and cross the next road, continuing along the path with the River Kenwyn below you to your left and a mill leat on your right.



Victoria Gardens



Viaduct before skateboard park

Turn left at the end of the path and then right at the neighbouring T junction, go under the viaduct, passing a skateboard park on your right. Follow the road for 1/3 mile and just after the first bend turn right, signposted Coosebean and Newmill.

Coosebean: At the first bend in the lane it is hoped that a new cycle path is to be created on your left which will take you to the main road to Threemilestone. When it is complete it will be worth using as the lane you are on climbs very steeply and is used as a rat-run by motorists.

At the top of the hill turn left – do not drop down to Newmill. After a bit more climbing turn left when you meet the main road to Threemilestone. Almost immediately turn right into Newbridge Lane at a sort of mini-roundabout.

Newbridge: Take the third turning on the right (still Newbridge Lane) and just after the road sweeps into a new housing estate turn left and after dropping down to the valley bottom you will find a long but not very steep climb. As soon as you have reached the summit fork left and drop down to another valley bottom followed by another climb.

Baldhu: Turn left when you meet a road coming from Threemilestone and go straight over a staggered cross roads which is 200 metres further on. Turn right at a T junction part



Baldhu

way down the hill and after a short climb go straight over the crossroads.

Twelveheads: The lane drops steeply down to Twelveheads where you turn right after crossing the stream, not entering the hamlet.

Chacewater: The valley leading to the village of Chacewater is quite picturesque and pleasantly undulating although you are gradually climbing. Turn right when you reach the village and drop down to the main street where you turn left and after a few yards turn right into Station Road.

Blackwater: The road climbs between Chacewater and Blackwater but it is well graded and you can make good progress. At Blackwater go straight over the main road and straight over the crossroads part way up the hill. Afterwards, turn left at the T junction and you can see St. Agnes Beacon on your right.

Mount Hawke: Do not turn right into the village until you reach a crossroads after passing a chapel which is on your left. You should be in Shortcross Road which is the main street. Carry straight on, ignoring right turns, going down the hill which bends gently round to the left to the valley bottom before climbing up to Towan Cross.

Towan Cross: At the top of the hill turn left and after 1/3 mile is the Victory Inn where you turn right, maybe after some light refreshment. The road drops down to Mongoose before climbing steeply at first to the foot of the beacon.

St. Agnes Beacon: When you reach a crossroads turn left to go round the beacon clockwise. The road curves round to the



St. Agnes Beacon

right after 400 metres but you could go straight on if you first wanted to make a detour to the beach and café at Chapel Porth. However, it is a steep climb back to this junction. The road around the Beacon first affords views across the sea towards St. Ives and then towards Perran Sands. If you would like a closer look at the sea turn left alongside a small parking area which is opposite a path going to the top of the beacon.

St. Agnes: From the beacon follow the road down into the village, ignoring turnings to the left and right. When you reach the main street opposite the church you enter a one-way street and have to turn left. However, you might like to visit the pub opposite the church before doing so. At the bottom of the hill go straight over the mini roundabout, ignoring the directions to Truro. Instead, turn right about 50 metres further on. After 3/4 mile on the edge of the village fork left, signposted Silverwell and Wheal Butson, again



View from St. Agnes Beacon

ignoring directions to Truro. Follow this road for a mile and a quarter and turn right when you come to a T junction.

Greenbottom: After 2/3 mile on a long straight, turn right at a T junction and then left so as to avoid the big roundabout on the A30 at Chiverton Cross. Go straight over the next crossroads and you will find yourself crossing the A30 by means of a bridge. Later on you cross the main railway line to Penzance.

Turn right at a T junction and shortly afterwards you meet the busy main road between Chacewater and Threemilestone and turn left.

Threemilestone: Take care on this busy road. Go straight over the mini roundabout into the village and then straight over the roundabout in the centre of the village, passing the Victoria Inn (or re-fuelling) and 200 metres further on at the no entry signs join the cycle path heading for Truro.

Treliske: After passing the roundabout near the entrance to the hospital use the light controlled crossing to get to the bus/cycle lane on the opposite side of the road. If you do not use the crossing you could wait for ages to get across this very busy road. 500 metres further on turn left into the lane that you used on the way out of Truro. Remember to turn right after half a mile or you will end up in Newmill at the bottom of the wrong hill. Turn left at the T junction at the edge of town, then left and right onto the riverside path after going under the railway viaduct.

RIDE 7 : THE PROBUS RIDE

Tresillian, Probus.

Ride time : 1 ½ hours - 17miles.

Comment

There is a choice of 3 routes to Tresillian and you then use main roads to Probus, followed by pleasant country lanes back to Tresillian before taking one of the 3 routes back into Truro. This ride incorporates more main road than the other rides and is therefore suited best to those with a reasonable level of confidence in traffic, unless accompanied by someone experienced who can give advice and reassurance.

Refreshment

There are pubs in Probus and Tresillian, a seasonal tea shop at Trewithen Gardens, a tea shop at Tresillian and shops in Tresillian and Probus.

Start: Cycle to Tresillian using one of the three alternative routes described at the start of **Ride 3**.

Tresillian: Cycle through the village and keep to the main road after crossing the bridge. After less than half a mile take the left fork at the garage, signposted Probus, and after a long straight ignore the turning to Ladock and climb the hill leading into the village of Probus.



Probus

Probus: Keep to the main road through the village and at the roundabout at the other end of the village, where you meet the by-pass, follow the road signposted Grampound and St Austell for only 300 metres if you want to take the detour.

Trewithen Gardens Detour *In the spring, summer and autumn the tea-room near the plant sales area is open. It is on your right. There is no entrance fee unless you want to go into the gardens.*

Returning to Tresillian If you do not turn right into Trewithen Gardens continue along the main road for just under a mile and turn right at the first cross roads. There is a signpost to indicate that this is the lane which coaches going to the gardens should use. Just over half a mile along this lane turn right at a cross roads into a narrow lane signposted Probus. This is an attractive switchback lane and after a mile you turn left just before you reach the Probus by-pass.

After 300 metres, on a sharp left-hand bend, carry straight on along a narrow lane which runs parallel with the by-pass. Turn right at the first opportunity to use an underpass followed by only a very short hardcore length of lane. Turn right when it meets a tarmac lane and cycle past a kennels, through a gate and turn left at the next junction. This will bring you to the bypass where you turn left and then immediately right, following the signs to Tresawle and St. Michael Penkevil.

At the top of the hill turn right, following the sign to St. Michael Penkevil. You now cycle along the top of a ridge for over a mile, gaining views over a wide area. Take the first turning on the right, signposted Tresillian. There is a short climb along this road followed by a steep descent to the bridge on the main road to St. Austell which you crossed on the way to Probus. Turn left.



Heading back towards Probus

Tresillian: After crossing the bridge the Celtic Tea Rooms are at the small garden centre on your left and are open throughout the year. A bit further on is the Wheel Inn where you can get something a bit stronger.

Returning to Truro: After passing through Tresillian you have the same choice of 3 routes back to Truro, described from the St. Austell direction, at the end of the description of **Ride 1**.

June, 2011.



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