

KERNOW & SOUTH WEST 600K RANDONNEE PERMANENT

Fee £3.00. Start Exeter St Davids Station, Exeter, Devon

Organiser: Ian Hennessey (Exeter Wheelers), 10 High Street, Honiton, EX14 1PU

When planning a date for this ride note that many of the roads will be much busier during the holiday season.

The route uses a wide variety of roads. Some are major A roads which may be busy at times, some are quieter B roads, and others are minor lanes with sometimes doubtful surfacing. Ensure that you and your bike are adequately prepared for the event. Good lighting is essential.

If you start between 5 and 6 am you should be able to find controls easily enough throughout the ride. Specific controls mentioned on this sheet are there as a guide only. All that is required is that you provide proof of visiting the control town at the relevant time and date.

Carry sufficient food supplies with you. You will find it difficult to obtain any during the night, especially after Newquay.

Key: -

L - left (route passes through places in CAPITALS)

R - right

SO - straight on/over

X - cross roads (give way or deviation)

trls - traffic lights

T - T-junction

rbt - roundabout

sp - sign post

Ride safely and according to the rules of the road

Left from station following sp's Crediton

Bear L at T sp Crediton

L at rbt sp CREDITON 4k

3rd exit rbt sp CREDITON 4.3k

L at rbt (A377) sp CREDITON 6.5k

thro town on A377 past delimit signs to

LL sp COLEFORD 17k

SOX in village

L at T (A3072) sp Okehampton 23k

R at Newland X sp Hatherleigh 30k

R at T (A386) sp HATHERLEIGH 42k

L at rbt sp Holsworthy 44k

R at Cross Park X sp Bude 63k

SO rbt & R at T sp Bude

L at T (A39) sp Bude 78k

R (A3072) sp BUDE

SO rbt

R at mini rbt sp town centre (Strand)

L sp Crooklets Beach

L into Crooklets Beach car park

CONTROL in café at far end 81k

(early opening café bottom of Landsdown Rd – right no entry where one way starts)

Retrace to town centre

L & R follow sp's Bideford (one way)

SO sp A39

L at rbt sp A39

RR to A39 sp Wadebridge

R at T (A39) sp Wadebridge

1st L sp Week St Mary 85k

L at T sp WEEK ST MARY 86k

R at T sp Launceston

R at T (actual SO) sp Canworthy Water

L at T sp Launceston 103k

R at T (B3254) sp LAUNCESTON

SO no through rd except cycles 109k

2nd exit mini rbt, under A30 bridge

3rd exit rbt sp South Petherwin 110k

SOX sp LISKEARD

R at dble mini rbts sp town centre 135k

SO mini rbts and trls sp St Keyne

LL sp Trewidland 138k

1st R over bridge sp Looe Valley Line Stn

L at T no sp 140k

Over rail bridge bear RR

L at T & R at T (A387) sp LOOE 142k

LL before bridge to

CONTROL at Kelly's, after car park 148k

Retrace to Llover bridge (A387)			R from control	
Fork R grass triangle 'Unsuitable for HGVs'	152k		1 st L	Abbey St 243.8k
R at T & bear L (by sign for ford)			RR	down slope 244k
R at T no sp	153k		Bear R and imm L at T by harbour	
L at T sp POLRUAN	156k		follow one-way L and R sp A30	
follow sp's pedestrian & cycle ferry			2nd exit rbt and imm R by Tesco	245.5k
SO sp The Quay and Bear L to ferry	162k		L	sp GULVAL 246k
Ferry every 15 mins to FOWEY (Landing varies according to tide)			R at T no sp & R at T	246.5k
follow one way & sp's St Austell to			R at T sp CROWLAS	
rbt sp St Austell (A3082)	164k		L at T (A30)	250k
L at T sp St Austell (A3082)	170k		2nd exit rbt sp HAYLE	254k
L at rbt sp St AUSTELL (A390)	173k		under rail bridge	
SO all rbts following A390/sp's Truro			1st exit rbt sp Town Centre	256k
LL sp STICKER after 3 lane begins	179k		SO dble mini rbt sp Connor Downs	
L at T (A390)	182k		2nd Exit rbt sp CONNOR DOWNS	251k
2nd exit rbt sp PROBUS	189k		2nd exit rbt sp CAMBORNE follow A3047	265k
R at T (A390) sp TRURO	193k		bear L into one way	
LL sp Pencalenick	195k		L at T A3047 sp Redruth	267k
2nd exit rbt on to A39	197k		1st exit rbt sp Tuckingmill	267.3k
L at rbt sp A39 (Falmouth)	199k		Follow A3047 at all rbts to SCORRIER	
imm L Old Falmouth Road			(ignore earlier sp's Bodmin)	
L at T			L at rbt sp Bodmin (A30)	277k
R at T & L at rbt sp Falmouth A39	203k		under rail bridge, over A30	
SO rbt (A39)			1st exit rbt sp BLACKWATER	
R at rbt sp Carnon Downs &	205k		2nd exit rbt sp Newquay (A3075) (24hr serv)	281k
imm L at rbt follow sp Perrenwell			1st exit rbt sp NEWQUAY (A392)	296k
RR sp Grenna Lane			2nd exit rbt sp St Columb Minor	297k
L at T & R at T by Burncoose Nurseries	212k		SO mini rbts follow 'through traffic'	
1st L no sp			R at mini rbt (sea front)	299k
Bear L sp TRETHELLEN WATER	214k		CONTROL imm right Tesco (ATM if closed)	
L & R sp FOUR LANES	216k		follow sp's A3058 to	
L at T (B3279) sp Helston	218k		Fork L A3059 sp Wadebridge	301k
R sp Penzance B3280	220k		Fork L sp St COLUMB MAJOR	308k
SOX (A3303) & SOX (LEEDSTOWN)			L at T sp St Mawgan	309k
SO rbt (A30) into Marazion	238k		Bear L after one way sp Wadebridge	
follow sp Longrock			R at T on to A39 sp Wadebridge	311k
1st exit rbt			L sp BUDE A3073	365k
SO rbt & SO rbt			L sp town centre	
CONTROL Tesco Garage on L			L sp town centre	
24hr but closes 22:00 Saturday	243k		CONTROL Shops, garages, or cash machine receipt	368k
or continue sp Penzance for alternatives				

L	from control		1 st exit rbt	A358	501.1k
L at T	into one way		1 st exit rbt	A358	502k
follow sp's Bideford to					
L at T	sp Bideford (A39)	370k	SO rbt	sp Bridgwater A3259	504.3k
	KILKHAMPTON		SO rbt		505k
RR	sp Launceston	377k	join A38	(slip rd)	507.6k
L (actual SO)	sp Bradworthy	378k		thro N PETHERTON	
LL	sp Bradworthy	381k	3 rd exit rbt	sp services	516.2k
L at T	sp BRADWORTHY	384.6k	CONTROL in services		
RR	sp Bideford	386.7k	Retrace to		
L at T	sp BIDEFORD (A386)	407k	2 nd exit rbt	sp Taunton	
R at mini rbt	sp Barnstaple	409k		follow A38 to BATHPOOL	
RR over bridge	sp Instow	409.4k	SO trls	sp Corfe	528k
L at mini rbt	sp Instow	409.7k	L at trls	Ilminster Rd	528.8k
L at rbt	sp INSTOW (B3233)	411.8k	R at rbt		529.2k
SO rbt	sp BARNSTAPLE	422.2k	L at rbt		530.3k
SO mini rbt	sp town centre	423k	L at T	sp CORFE	531.8k
1 st R	sp Lake	423.4k	R at T	sp Honiton A303	546.5k
L before rbt	on to cyclepath (by bus lane)	423.6k	L	sp Axminster	550k
	Follow past rlwy station to		R and L	sp Colyton	560k
R at T		423.9k	R at T	sp COLYTON	564.5k
L at rbt to CONTROL Costa	(opens 0800) or Tesco		R at T	sp Sidmouth	567k
	(get receipt/atm printout if early; next facilities at S Molton		L	sp SEATON	567.3k
	in 22k)		L at rbt		569.6k
Retrace to R at rbt					
1 st R and			CONTROL anywhere in town		
1 st R	(cul de sac)	424.2k	Fish & chip shops left after mini rbt. Tesco store (open 1000 - 1600, Sun) at next rbt		
SO on path	past security sign.	424.5k	SO rbt		
LL	over bridge	424.8k	R at rbt	no sp	570.5k
L	on to lane	425.1k	2 nd exit rbt	(Castle Hill)	
R at T	and imm	426k	Bear L	sp Beer B3172	571k
R (actual SO)	Newport Rd		R (actual SO)	on LH bend sp Beer Head	573.5k
SO trls		426.7k		thro BRANSCOMBE to	
R at T		429.6k	R at mini rbt		
LANDKEY, SWIMBRIDGE, FILLEIGH					
R at T	sp S Molton B3226	441.8k	L at T	sp Exeter A3052	582k
R at rbt	sp S MOLTON	443.2k	2 nd exit mini rbt	in N POPPLEFORD	588k
Thro town	(becomes B3227)		2 nd exit rbt	sp EXETER	609k
3 rd exit rbt	A361	448k	1 st L	(Sandygate)	
LL	sp BAMPTON B3227	450k	1 st R	(Old Rydon Lane)	611k
Follow B3227 at all junctions					
SHILLINGFORD, WATERROW, WIVELISCOMBE					
to NORTON FITZWARREN					
2 nd exit rbt	A358	501k	R at T and imm	1 st L Old Rydon Lane	
			L at T	no sp	
			3 rd exit rbt	sp city centre	613k
			FINISH St Davids Station or anywhere in the city		
					616k