

## Truro Randonee 2013

### 'Full Camel' route 160km: Start time 09:00

This ride is on public roads and is not led; you are responsible for your own safety and for dealing with any mechanical problems. Parts of the route follow narrow lanes with limited forward visibility; agricultural vehicles and horses may be encountered at any point; please slow down considerably to pass horses. Be aware that there are poorly-maintained road surfaces and that mud on surfaces limits grip, especially in wet conditions.

See below for list of abbreviations; unless there is an instruction you should follow straight on with the road priority.

km	L	from Start
0.6	SO @ RAB	SP Redruth
0.8	R @ County Arms	(Malabar Rd)
1.4	R after Cornish Cres.	SP Coosebean, opp no.97
	R @ T	SP Coosebean
2.2	R @ T	Onto road
2.6	L @ T (Green triangle)	no SP
3.1	L under Viaduct	(Hendra Rd)
3.5	R @ T	
3.6	2nd L	(Higher Trehavern)
4.0	L	SP IDLESS
6.8	Follow road to R [32]	
7.9	R	SP ST.ALLEN
9.1	L	SP ST.ALLEN
10.4	L @ T	SP Zelah
12.2	SO @ A.30	(thru gap) TAKE CARE
	<i>alternative at A30: go L then R after 100 metres</i>	
	then imm R	
13.1	R @ T	SP Bodmin
14.0	L @ X	SP NEWLYN EAST
16.1	R	SP NEWLYN EAST
17.7	SO @ X	SP Lappa Valley Rly
20.2	R @ T	(Trewerry halt)
22.2	SO @ A3058	SP WHITE CROSS: TAKE CARE
25.6	R @ X	SP Bodmin A392: TAKE CARE
26.5	2 <sup>nd</sup> L	SP Wheel Lodge
27.1	Bear R	@ Green Triangle
27.8	SO @ X	SP Quoit
29.1	R @ T	no SP [32]
29.7	L	SP RUTHVOES
31.1	L	SP Blackacre
31.4	R	SP GOSS MOOR TRAIL
	Past 2 gates then	

34.1	L @ T	no SP then L into CONTROL
		<b>REFRESHMENT CONTROL</b>
	R out of control	
	L @ T	Missing SP
35.2	R	SP BELOWDA
37.1	L @ T	no SP
41.3	R @ bend	SP St Wenn
41.9	L	SP ROSENANNON
		Follow all SP WADEBRIDGE
52.3	SO @ mini RB	
	R @ mini RB	SP Bodmin (over bridge)
	R @ mini RB	SP Bodmin
54.1	R @ T	SP Bodmin
55.3	L	SP ST MABYN
59.3	R @ stgd X	SP LONGSTONE
61.3	L @ X	SP Camelford
65.7	6th L (on bend)	SP "Button Meats"
68.9	R (no SP)	(not Tregreenwell)
69.4	SO at X (A39)	SP TREWALDER <b>TAKE CARE</b>
71.0	L	SP St Teath
72.6	R @ T	no SP
73.1	R @ T	SP DELABOLE
		Continue thru DELABOLE
75.5	L	SP Trebarwith 1.5
76.0	1st R	Unsuitable for Long Vehs
		SP TINTAGEL <b>TAKE CARE STEEP HILL WITH POTHOLES!</b>
77.2	L @ T	
80.4	R @ mini RB	SP Boscastle
		<b>CONTROL: Primrose Cottage</b>
		(on R before visitor centre)
		Leave R from Control
81.6	3rd R	SP Davidstow
84.4	R at hill top	SP Camelford
85.7	L @ T	SP Camelford
86.7	L @ T	SP Camelford
87.0	SO @ stgd X	SP Bude
88.1	R after bridge	no SP, on LH bend
88.9	L	no SP (near gate 'Waterfront')
89.7	L @ T	no SP (A39)
	imm R	SP TREGOODWELL <b>CARE: POTHOLES</b>
91.3	R	SP Advent Church
		L over stream
		Follow all route "3" marked on road until....

100.0	Sharp L	@ St Breward, SP BLISLAND
103.5	R @ T	SP BLISLAND
104.1	L	Follow route "3"
105.1	R @ T	SP BLISLAND
105.7	L then imm R	Keep to R of green (past pub)
	SO/R @ T	SP MERRYMEETING etc
107.2	SO @ X	SP Wadebridge
	imm L	Follow Camel Trail
	<i>(See non-Camel-Trail alternative below if reqd)</i>	
	L up hill	before main road
115.5	R @ T	SP Padstow "32"
		Continue on trail "32" ...
		...until NANSTALLON HALT
117.1	L @ road	
	R @ T	SP Ruthers
	imm R again	no SP ("Weak Bridge")
119.8	Sharp L @ T	no SP
120.9	L @ T	
	imm R	SP Withiel/Roche
123.5	R @ T	SP Roche
125.2	L @ X	SP Roche
126.7	L @ T	no SP
	imm R @ T	SP Redruth etc
	SO @ 2 RBs	SP Roche, VICTORIA
		Under GossMoor Rly Bridge
	L @ RH bend	No SP
131.2	R	<b>REFRESHMENT CONTROL</b>
	R out of Control	over LC
133.2	R @ T	SP Goss Moor Trail
	R @ T	no SP
	imm R @ T	Broken SP 9 / 2.5
138.1	4 <sup>th</sup> exit from RAB	TAKE CARE
	3rd exit from RAB	
138.7	L @ T	(Moorland Road)
139.2	L @ RAB	(Highgate Hill)
139.5	R	(Public Byway)
	Continue SO then over A30 bridge	past minor junctions,
141.8	L @ T	SP Grampond Road
142.6	R	opposite Wind Turbine
144.1	L @ X (main road)	no SP
146.0	SO @ RAB	SP LADOCK
153.6	R @ T	SP TRURO
154.8	R @ T	SP TRURO
157.3	L	SP Pencalenick , then....

	imm L again	PENCALENICK SCHOOL
		Ignore 'private' signs, we have permission!
158.2	L @ T	by gatehouse, no SP
160.7	2 <sup>nd</sup> exit @ RAB	TAKE CARE
	Choice at next RAB:	
	<i>Steeper but shorter:</i>	
	3 <sup>rd</sup> exit @ RAB	
	then imm L	(St Aubyns Rd)
	L then 2 <sup>nd</sup> R	(Daniell st)
162.7	R @ T then L	to FINISH - TAKE CARE
	<i>Less steep, main road:</i>	
	2nd exit @ RAB	SP Redruth etc
	2nd exit @ dble RAB	SP Redruth etc
163.2	L	into Finish

<b>SO</b>	<b>Straight On</b>
<b>X</b>	<b>Crossroads</b>
<b>Stgd X</b>	<b>Staggered Crossroads</b>
<b>L</b>	<b>Left turn</b>
<b>R</b>	<b>Right turn</b>
<b>T</b>	<b>T Junction</b>
<b>SP</b>	<b>Signpost</b>
<b>RAB</b>	<b>Roundabout</b>
<b>Imm.</b>	<b>Immediately</b>
<b>@</b>	<b>at</b>
<b>Unless otherwise indicated, continue ahead.</b>	
<b>CAPITALS: places you ride through</b>	
<b>Lowercase: places ridden towards</b>	