

Truro Randonee 2012

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

km		
0.0	L	from start
	R	SP Lily Tea Rooms
2.5	R @ T	SP Truro
2.8	1st L	SP Callestick etc
3.9	R @ A.30	SP Bodmin TAKE CARE
	imm.L	SP Ventongimps
6.6	R @ T	no SP
8.1	L @ top	no SP
8.6	R	SP ZELAH 1
9.2	SO @ X	no SP
10.2	L @ T	in ZELAH, no SP
10.6	L @ T	SP "32"
11.6	R @ T	SP "32" (+Bodmin)
12.5	1st L	SP "32" + ST NEWLYN EAST
14.5	R	SP "32" + ST NEWLYN EAST
16.1	R @ X	in ST NEWLYN EAST Follow 'Golf Course'
16.9	L	no SP @ Ventonarren farm
17.8	L @ T	no SP
20.9	L	In MITCHELL, SP Newquay etc
	R @ RB	no SP
24.1	R @ T	SP St Austell
	1st L	SP ST ENODER
	1st L	SP ST ENODER
25.1	SO @ stgd X	no SP, past church
	L @ T	no SP
26.7	L @ T	SP FRADDON
	1st exit RB	SP FRADDON
	1st exit RB	no SP
28.0	2nd exit RB	SP INDIAN QUEENS
28.9	SO @ RB	SP St Dennis
	SO @ RB	Small SP Toldish
29.8	R	imm BEFORE 'Gnome World' Thru gate to 'GOSS MOOR TRAIL' Follow trail past elec site
32.5	L	Follow trail (not into car park) under bridge
35.3	L @ T	SP Goss Moor Trail (on road)
35.6	L	SP Goss Moor Trail
	Over LC then L	REFRESHMENT CONTROL Retrace slightly
	L @ T	SP Redruth / Newquay
36.9	R	SP BELOWDA
38.8	L @ T	no SP
43.0	R @ bend	SP St Wenn
43.6	L	SP ROSENANNON Follow all SP WADEBRIDGE

54.0	SO @ mini RB	
	R @ mini RB	SP Bude (over bridge)
	R @ mini RB	SP Bodmin
55.8	R @ T	SO Bodmin
57.0	L	SP ST MABYN
61.0	R @ stgd X	SP LONGSTONE
63.0	L @ X	SP Camelford
67.4	L at bend	SP "Button Meats"
70.6	Follow to R	(not Tregreenwell)
71.1	SO at X (A39)	SP TREWALDER
72.7	L	SP St Teath
74.3	R @ T	no SP
74.8	R @ T	SP DELABOLE
77.2	L	SP Trebarwith 1.5
77.7	1st R	Unsuitable for Long Vehs
78.9	L @ T	SP TINTAGEL TAKE CARE STEEP HILL
82.1	R @ mini RB	SP Boscastle
		CONTROL: Primrose Cottage
		<i>(on R before visitor centre)</i>
		Leave R from Control
83.3	R	SP Davidstow
86.1	R at hill top	SP Camelford
87.4	L @ T	SP Camelford
88.4	L @ T	SP Camelford
88.7	SO @ stgd X	SP Bude
89.8	R after bridge	no SP
90.6	L @ Fork	no SP
91.4	L @ T	no SP (A39)
	imm R	SP TREGOODWELL
93.0	R	SP Advent Church
		Follow all route "3" on road until....
101.7	L @ St Breward	SP BLISLAND
105.2	R @ T	SP BLISLAND
105.8	L	Follow route "3"
106.8	R @ T	SP BLISLAND
107.4	L then imm R	Keep to R of green (past pub)
	SO/R @ T	SP MERRYMEETING etc
108.9	L then imm R	SP Wadebridge
	imm L	Camel Trail
117.2	R @ T	SP Padstow "32"
		Continue on trail "32" ...
		...until NANSTALLON HALT
118.8	L @ road	
	R @ T	SP Ruthers
	imm R again	no SP ("Weak Bridge")
121.5	Sharp L @ T	no SP
122.6	L @ T	
	imm R	SP Withiel/Roche
125.2	R @ T	SP Roche
126.9	L @ X	SP Roche

128.4	L @ T	no SP
	imm R @ T	SP Redruth etc
	SO @ 2 RBs	SP Roche
132.7	L	SP Tregoss
	R before LC	Goss Moor Trail
REFRESHMENT CONTROL		
135.4		Continue on trail then across A30 bridge
135.4	L @ T	SP Goss Moor Trail
135.7	R @ T	SP "32" Newquay etc
137.1	R @ T	no SP
137.5	1st L	no SP
138.8	SO @ X	SP Killaworgey
140.2	R @ T	SP Newquay
141.1	L @ White X	SP St Newlyn East
143.9	L	SP Gunmows Shop
144.6	SO @ X	SP Redruth etc
147.4	SO @ RB	SP MITCHELL
147.5	SO @ stgd X	Fair Park View'
148.6	R @ top	no SP
150.3	L @ filling stn	
	Thru fence gaps	SP Truro (Cycles)
151.8	L at A39	TAKE CARE
	Imm R	SP Truro (Cycles)
	Imm R @ T	SP Ennis
153.8	L @ green Δ	no SP
154.7	L @ T	no SP
156.0	L	SP ST ALLEN
157.5	Follow to R	NOT Lanner Barton
159.1	SO @ X	SP Marazanvose
159.3	1st L	SP Allet
160.9	L @ T	no SP
162.7	R	SP Boscolla etc
162.8	L	Finish

SO	Straight On
X	Crossroads
Stgd X	Staggered Crossroads
L	Left turn
R	Right turn
T	T Junction
SP	Signpost
RB	Roundabout
Imm.	Immediately
@	at

Unless otherwise indicated, continue ahead.

CAPITALS: places you ride through

Lowercase: places ridden towards

Please note:

The Control at TINTAGEL
(Primrose Café, 82 km)
will not be supplying free food!
But your card will be signed and
you may care to partake of
tea/coffee and lunch!