

**100 km Route: 9:00 start**

Km 0.0 Turn R from Start then L at T  
 0.5 L \$ Falmouth/Truro  
 0.6 2nd exit RB \$ Bissoe  
 1.1 L at X \$ Perranwell  
 1.8 R \$ Grenna Lane  
 Follow all \$ Redruth  
 6.4 L \$ Redruth/Falmouth  
 6.4 R (no \$) at 'Copperhouse'  
 6.7 L after letterbox (no \$)  
 8.8 L \$ TRETHELLAN WATER  
 10.6 L then R \$ FOUR LANES  
 13.0 In FOUR LANES, SO at X \$ Pool  
 15.1 2nd L \$ Treskillard (60k ride takes 3rd left)  
 16.5 L at T (no \$) - then imm R (no \$)  
 17.8 In BEACON, L then imm R into Tolcarne Road  
 18.1 Bear R into Knave-go-by  
 19.0 R at T (no \$)  
 19.2 First L (no \$)  
 19.6 L \$ BARRIPPER then imm R \$ BARRIPPER  
 20.6 R at T \$ Penponds then L at T by phonebox  
 SO thru CARNELL GREEN and REAWLA  
 26.2 in FRADDAM, R at X \$ Hayle 3  
 28.4 L at Pottery, \$ ST EARTH in ST EARTH, L at T (Tredrea Lane)  
 31.2  
 35.5 R at T, \$ CROWLAS:  
**INFORMATION CONTROL**  
 36.9 in CROWLAS, SO at X over A30 (Take Care) \$ Ludgvan  
 R \$ Nanceddan (Blowing House Hill)  
 37.6  
 40.6 In NANCLEDRA, R at T \$ St.Ives 4, then L \$ Georgia etc  
 41.3 L at T \$ Community Hall  
 42.9 **Refreshment CONTROL on R**  
 Exit R from Control, \$ St Ives  
 44.2 L at T \$ St Ives 2, then imm R \$ HAYLE 5  
 49.1 R at RB \$ Penzance/Redruth, then L at next RB \$ HAYLE  
 49.7 Turn L to join dual carriageway  
 51.4 L at RB in HAYLE, \$ Town Centre  
 51.9 After Pasty shop, L \$ NCN and Coast Path / Swimming Pool  
 R to follow NCN (King George Walk)  
 52.0  
 53.0 After LH bend turn R at T, no \$  
 53.5 R at T then imm L into BrookWay  
 L at T then L at RB \$  
 54.4 PORTREATH

PORTREATH has toilets (on R after bend at bottom of hill) and Cafes  
 Continue on B3301/0 through PORTREATH: **INFORMATION CONTROL**  
 69.9 L \$ Porthtowan  
 71.1 as road bends to L, first R (no \$, Milestone Portreath Devoran Tramway)  
 71.5 SO at X, no \$  
 L at T, no \$, then up hill thru MAWLA  
 71.9  
 73.1 R at T, no \$  
 73.5 L \$ Mt Hawke, imm. L \$ Mt Hawke 1 1/4  
 75.3 SO at X \$ St AGNES 3  
 77.1 L \$ MINGOOSE 3/4  
 78.2 R at T (no \$)  
 79.3 L at X \$ Chapel Porth  
 79.7 Follow road to R \$ Beacon Drive:  
**REFRESHMENT CONTROL**  
 82.9 In ST AGNES, before RB, R at 'Give Way' sign \$ West Kitty  
 83.4 Follow road thru back streets then R at T by 'Frock in Heaven'  
 83.6 L at RB \$ Truro  
 87.6 R at 'Cycling' \$ (Truro 6), imm. R \$ Mt Hawke 1 3/4  
 88.1 Fork L (no \$)  
 88.8 L at X \$ BLACKWATER  
 89.3 SO at X \$ Chacewater 1 1/2  
 89.9 RT (no \$) by sign "Unsuitable for Long Vehicles"  
 91.2 SO at X \$ Todpool 3/4  
 91.7 First L (no \$)  
 92.2 SO at X "Unsuitable for Heavy Goods"  
 92.7 SO at X \$ TWELVEHEADS 1  
 94.7 Take care down hill then R \$ BISSOE 1 1/4  
 96.0 L at T (Richard's Garage)  
 98.8 SO at X \$ DEVORAN 1  
 99.4 SO at RB \$ DEVORAN  
 100.0 R at T to return to CONTROL at Finish

## Abbreviations used:

SO	Straight On	X	Crossroads
L	Left turn	R	Right turn
T	T Junction	\$	Signpost
RB	Roundabout	Imm.	Immediately
@	at	NCN	Nat.Cycle Network

Unless otherwise indicated, continue ahead.

CAPITALS: places you ride through

Lowercase: places ridden towards