

Bob Mansbridge Memorial Ride 3rd June 2018	
102 km route	
<i>Note: Refreshment stop is no longer at Wheal Coates, it's a bit further along at St Agnes Caravan Park.</i>	
Stage 1: Truro to Bissoe 8.3 km	
Km.	
0.0	Leave 108 Coffee House to right, left at end of Kenwyn St into City Road
	Turn right up Infirmary Hill.
	Left at T then immediately right (past Richard Lander monument)
	Straight on at double mini-roundabout
1.0	Immediately Left into Old Falmouth Rd
	Straight on at 'give way' to follow NCN route 3 towards Falmouth
4.0	At T junction, cross over to follow cycle path to right across main road, effectively taking the third exit from second roundabout (hidden signpost to Bissoe).
	Straight on at crossroads (signpost Bissoe)
6.7	Ride through ford then turn right at grassy triangle
8.3	Continue to Bissoe Bike Hire
<i>Café and bike spares on right</i>	
Stage 2: Bissoe to Godrevy (28.9 km)	
	Continue past Bissoe Bike Hire
9.7	Left at T junc, downhill for 50 m then R into Trehaddle
	Left at T Junction, no signpost
11.6	Right at crossroads, signpost Redruth
13.0	Left at crossroads (No entry straight on) then right at T junction by Burncoose Nurseries, then first left (no signpost)
15.4	Left, signpost Trethellan Water

17.2	Left at T junction then straight on, signpost Wendron etc.
<i>Café on Left by Stithians Lake.</i>	
19.7	Right , signpost Four Lanes, Camborne
22.6	Right at T junction, signpost Redruth, then first left (no signpost)
	Left at T junction then immediately right, signpost Bolenowe
25.4	Follow road into Troon then straight on at crossroads into Pendarves St.
	Proceed downhill ignoring side roads for 2km
27.8	Left (no signpost) at marked crossroads
	Left at T junction then immediately right, signpost Baripper
29.4	Right at T junction then immediately left at chapel
31.3	In Carnell Green, right, signpost Gwithian (160km route: straight on, see extra sheet)
Control Question at Carnhell Green	
<i>Café on Left at Trevaskis farm</i>	
33.7	Straight on at crossroads, signpost Gwithian
36.4	Right at T junction, signpost Portreath (160km route rejoins)
37.2	<i>Cafés on left at Godrevy</i>
Stage 3: Godrevy to St Agnes Beacon (22.6 km)	
Continue up hill...	
<i>Café on right at Hells' Mouth</i>	
45.8	Continue through Portreath
<i>Café, public toilets</i>	
49.0	Left, signpost Porthtowan
<i>Café and bike spares at Elm Farm Bike barn</i>	
50.2	First right after Bike Barn, no signpost
	Straight on at crossroads, then left at T junction through Mawla

52.4	Right at T junction, next left then immediately left again, broken signpost Mt.Hawke
54.6	Straight on at crossroads, signpost Perranporth, St.Agnes
56.5	Left immediately <u>before</u> main road, signpost Mingoose
	Right at T junction (uphill)
	Left at crossroads, signpost Chapel Porth
59.1	Keep right, signpost Beacon Drive
59.8	
<i>CONTROL on right of Beacon Drive , at St.Agnes Beacon Caravan Park – drinks and food.</i>	
Stage 4: St Agnes Beacon to Goonhavern 13.7 km	
	Leave Control to right
62.4	Left at T junction (one way), signpost Truro
<i>Café in St Agnes</i>	
	Straight on at mini-roundabout, signpost Perranporth
65.1	At Trevellas sign, right signpost Blowinghouse , Perrancombe
	Bear left <u>before</u> ford sign
67.1	Left (Straight on) at T junction
69.0	Straight on thru Perranporth town
	<i>Cafes, public toilets in Perranporth</i>
Control Question	
	Right at roundabout, signpost Bolingey
	Straight on, signpost Perran Church
70.8	Sharp left into Quarry Road
71.5	Right at crossroads, up hill.
	Straight on at crossroads
	Left at T junction (main road)
Stage 5 : Goonhavern to Truro 28.5 km	
73.5	Straight on at double roundabout, signpost Newquay

<i>Option of Café at garden centre 100m towards Newquay, then retrace to Bodmin turn. This is the last café on route!</i>	
	Right signpost Bodmin (left if coming from Café)
77.2	At second crossroads turn left to St.Newlyn East
	Right in Fiddler's Green, signpost St.Newlyn East
80.9	Right at crossroads in St.Newlyn East, signpost Mitchell
Control Question	
81.6	Left opposite grassy verge (to right of Ventonarran Farm)
	Left at T junction
85.9	In Mitchell, road bends to right, then turn right , signpost Ladock 3
90.8	Left at T junction going down hill
	Right at T junction, main road Falmouth Arms
95.0	Right at T junction, signpost Truro
96.2	Right again at T junction, signpost Truro
98.4	Left , signpost Pencalenick (or continue along main road, using new cycle path if possible; straight on at traffic lights at top of hill)
101.5	Left at roundabout (straight on if main road was used), then right at second roundabout by Tesco
102.0	Staggered Left/Right across Lemon St, then second right down Calenick St, left at end to finish at 108 Coffee House

GPX file available if you sign up in advance