

# KERNOW & SOUTH WEST 600K RANDONNEE

29<sup>th</sup> May 2010 starting at 06:00 from Whipton Community Centre, Exeter, Grid Ref: SX947934

Organiser: Ian Hennessey (Exeter Wheelers), 8 Nap View, Awliscombe, Honiton, EX14 3PL.

Food of some kind will be available at all controls. Some of the sections between controls are long; you should carry enough supplies to cover these. There are few places between controls where you will be able to obtain food and drink during Saturday evening and Sunday morning. After about 10:30 there will be few or no facilities at Newquay. The final control, at Seaton, is not specified. Obtain a stamp or ATM receipt as proof of being there. There are various cafes and shops in the town.

Sleeping facilities are available at 370k, Bude. Please do not continue to the point where you become a danger to yourself or to other road users.

Please buy from the commercial controls and thank them for their help. Don Hutchison at Penzance is running the control at his home. Liz Chapman, widow of Bryan, is organising the Bude controls. The finish is at the Whipton Community Centre.

## Key:-

**L** - left  
**R** - right  
**SO** - straight on/over  
**X** - cross roads (give way or deviation)  
**trls** - traffic lights  
**T** - T-junction  
**rbt** - roundabout  
**sp** - signpost

- ❖ The ferry at Fowey will cost around £2.00 per person with bike
- ❖ Phone 07714 898969 if you are unable to complete the event. This is not a recovery service.

*Ride safely and according to the rules of the road*

R towards city centre

So trls

2nd exit rbt Sidwell St 2k

2nd R Paris St becomes New North St 2.3k

L at mini rbt 3k

L at rbt sp CREDITON

SO rbt sp CREDITON

L at rbt (A377) sp CREDITON 5.5k

thro town on A377 past delimit signs to

L sp COLEFORD 16k

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

Retrace to town centre

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

SO sp A39

L at rbt sp A39

R to A39 sp Wadebridge

R at T (A39) sp Wadebridge

1<sup>st</sup> 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

2<sup>nd</sup> exit mini rbt, under A30 bridge

3<sup>rd</sup> 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

L sp Trewidland 138k

1<sup>st</sup> R over bridge sp Looe Valley Line Stn

L at T no sp 140k

Over rail bridge bear R

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

L before bridge to

CONTROL at Kelly's, after car park 148k

Retrace to L over bridge (A387)  
**Fork R** grass triangle 200m before Jet Sta 152k  
**R at T & bear L** (by sign for ford)  
**R at T** no sp 153k  
**L at T** sp POLRUAN 156k  
follow sp's pedestrian & cycle ferry  
**SO** sp The Quay and **Bear L** to ferry 162k  
*Ferry every 15 mins to FOWEY (Landing varies according to tide)*  
Follow one way & sp's St Austell to  
**rbt** sp St Austell (A3082) 164k  
**L at T** sp St Austell (A3082) 170k  
**L at rbt** sp St AUSTELL (A390) 173k  
**SO all rbts** following A390/sp's Truro  
**L** sp STICKER after 3 lane begins 179k  
**L at T** (A390) 182k  
**2<sup>nd</sup> exit rbt** sp PROBUS 189k  
**R at T** (A390) sp TRURO 193k  
**L** sp Pencalenick 195k  
**2<sup>nd</sup> exit rbt** on to A39 197k  
**L at rbt** sp A39 (Falmouth) 199k  
**imm L** Old Falmouth Road  
**L at T**  
**R at T & L at rbt** sp Falmouth A39 203k  
**SO rbt** (A39)  
**R at rbt** sp Carnon Downs & 205k  
**imm L at rbt** follow sp Perrenwell  
**R** sp Grenna Lane  
**L at T & R at T** by Burncoose Nurseries 212k  
**1<sup>st</sup> L** no sp  
**Bear L** sp TRETHELLEN WATER 214k  
**L & R** sp FOUR LANES 216k  
**L at T** (B3279) sp Helston 218k  
**R sp** Penzance B3280 220k  
**SOX (A3303) & SOX (LEEDSTOWN)**  
**SO rbt (A30)** into Marazion 238k  
**1<sup>st</sup> exit rbt, SO rbt, 1<sup>st</sup> exit rbt (A30)** 242k  
**L at rbt** sp town centre (PENZANCE) 243k  
**bear R then L** sp town centre (one way)  
**R at T** after zebra crossing  
**R at T** sp outbound traffic(Penalverne Dr) 245k  
**1<sup>st</sup> exit rbt** sp Madron  
**imm R** by PO (Chyanclare)  
**2<sup>nd</sup> L** (bollard) then **R to CONTROL**

**CONTROL imm L (back of 14 Pendarves Rd)** 246k  
**L** from control and R (Tolver Rd)  
**L** (Taroveor Rd)  
**L** no sp  
**2<sup>nd</sup> exit rbt** and **imm filter R** sp Heliport 247k  
**L** sp GULVAL opp Heliport  
**R at T** no sp & **R at T** 248K  
**R at T** sp CROWLAS  
**L at T (A30)** 252k  
**2<sup>nd</sup> exit rbt** sp HAYLE 256k  
under rail bridge  
**2<sup>nd</sup> exit rbt & imm L 'Humps'** 258k  
**SO mini rbt**  
**L at T** and under viaduct 260k  
**1<sup>st</sup> R** Nanpusker Rd  
**Fork L** sp ANGARRACK 261k  
**L at T & R at T** sp Camborne 266k  
**2<sup>nd</sup> exit rbt** sp CAMBORNE follow A3047 267k  
**bear L** into one way  
**L at T** A3047 sp Redruth 269k  
Follow A3047 at all rbts to SCORRIER  
*(ignore earlier sp's Bodmin)*  
**L at rbt** sp Bodmin (A30) 279k  
under rail bridge, over A30  
**1<sup>st</sup> exit rbt** sp BLACKWATER  
**2<sup>nd</sup> exit rbt** sp Newquay (A3075)(*24hr serv*) 283k  
**1<sup>st</sup> exit rbt** sp NEWQUAY (A392) 298k  
**2<sup>nd</sup> exit rbt** sp St Columb Minor 299k  
**SO mini rbts** follow 'through traffic'  
**INFO CONTROL at**  
**R at mini rbt** (sea front) 301k  
follow sp's A3058 to  
**Fork L** A3059 sp Wadebridge 303k  
**Fork L** sp St COLUMB MAJOR 310k  
**L at T** sp St Mawgan 311k  
**Bear L** after one way sp Wadebridge  
**R at T** on to A39 sp Wadebridge 313k  
**L** sp BUDE A3073 367k  
**L** sp town centre & follow one way  
Take left lane into two-way traffic then  
**1<sup>st</sup> R** into Flexbury Park Road  
**CONTROL L Flexbury Methodist church hall** 370k

R	from control (Flexbury Pk Rd)		L	from control	
R at T	Stamford Hill	371.5k	L at T	sp Trull	
R at T	on to A39		1 <sup>st</sup> R	sp Sweethay	488k
1 <sup>st</sup> L	sp HOLSWORTHY A3072	372k	L at T	no sp	489k
L	sp HATHERLEIGH after Esso Grge	385k	<b>SO staggered X</b> (Amberd Lane)		
<b>SO rbt &amp; L at T</b>	sp Okehampton	386k	R at T	sp Pitminster	490k
<b>2<sup>nd</sup> exit rbt</b>	sp town centre	406k	1 <sup>st</sup> L	sp DUDDLESTONE	
<b>2<sup>nd</sup> R</b>	sp MONKKEHAMPTON		L at T	no sp	493k
L at T	sp Winkleigh	410k	1 <sup>st</sup> R	sp Orchard Portman	494k
<b>2<sup>nd</sup> R</b>	sp WINKLEIGH	411k	L	Broughton Lane	
R at T	(Exeter Rd)	416k	R at T	STOKE ST MARY	496k
<b>SOX</b>	(Eggesford Rd)		<b>2<sup>nd</sup> R</b>	no sp on LH bend	498k
L at T	sp Eggesford Station	423k	R at T	no sp	
<b>SOX</b>	(level X) sp CHAWLEIGH		L at triangle	sp West Hatch	498.5k
R (Doctor's Corner)	sp Tiverton	437k	L at T & 1 <sup>st</sup> R	sp 'unsuitable...'	
R at T	sp Tiverton	439k	R at T	no sp to HATCH BEAUCHAMP	501k
thro WITHLEIGH then			L & imm L	by Hatch Inn sp CURRY MALLETT	502k
R	no sp opp 'Concealed Entrance' sign		R	by chapel sp Isle Abbots	504k
( <i>just after Ditchett's Cottages on R</i> )		453k	R	sp Isle Abbots	
L at T & R at T (Patches Road)			R at T	sp ISLE BREWERS	508k
L	into one way (TIVERTON) &	454k	R at T		
imm R	one way (Enterprise office opp)		1 <sup>st</sup> L	(Ruskway Lane)	512k
<b>SO mini rbt</b>	sp Bickleigh		L at X	no sp, thro BARRINGTON	
<b>1<sup>st</sup> exit rbt</b>	sp town centre		L (X)	(town sign SHEPTON B'CHAMP)	515k
<b>SO 2 rbts</b>	sp Taunton		R at T		
<b>2<sup>nd</sup> exit rbt</b>	sp HALBERTON	456k	<b>3<sup>rd</sup> L</b>	Washcross Lane ( <i>before Sheepway sign</i> )	
after S PEVERELL	<b>SO rbt</b> sp all routes		<b>SOX</b>	no sp (to S PETHERTON)	518k
<b>3<sup>rd</sup> exit rbt</b>	sp Ayshford	465k	L at T	no sp & R at T (actual SO)	
L at T	sp Holcombe Rogus	469k	thro town to		
over canal bridge			<b>SO mini rbt</b>	(no through rd)	520k
<i>Then</i> 1 <sup>st</sup> R	probably no sp (narrow lane)	471k	thro barriers to		
R, & L at T	on to A38	473k	L at T	(A303)	521k
R at rbt & <b>3<sup>rd</sup> exit rbt</b>	sp's Taunton		1 <sup>st</sup> L	sp Crewkerne	522k
1 <sup>st</sup> R	sp Willowbrook Nursery	482k	R at T	under A303	
R at T	by war mem		1 <sup>st</sup> L	sp STOKE sub HAMDON	
1 <sup>st</sup> L	by school	483k	thro MONTACUTE then		
L at T	over M'way bridge		R	sp ODCOMBE (on LH bend)	528k
1 <sup>st</sup> L	by red brick wall	485k	L at T	Ham Hill Rd	
1 <sup>st</sup> L	'No Entry'		R at T	(A30) and imm	
<b>CONTROL Taunton Deane Services</b>		486k	<b>CONTROL BP garage on R</b>		532k

R from control to CREWKERNE  
**1<sup>st</sup> exit mini rbt** 543k  
**2<sup>nd</sup> L** sp Lyme Regis B3165  
 thro MARSHWOOD  
**R at T** (A35) 562k  
**2<sup>nd</sup> L** sp Exeter light traffic (Trinity Hill)  
**R at X** sp Exeter A3052 570k  
**2<sup>nd</sup> L** (fork) (Heathfield X) 572k  
**Fork R or L** at grass triangle 573k  
**L at T** no sp (AXMOUTH) 575k  
**Cont to SEATON**  
**SO mini rbt to**  
**CONTROL anywhere in town** 578k  
*use ATM or obtain stamp or receipt.*  
*Fish & chip shops left after mini rbt*

**Key:-**  
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 R - right places in CAPITALS)  
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### Some notes and information about this event

The K&SW 600 is challenging in parts. The route to the first control is straightforward and easy: you may get to Bude before the control opens. When you get there, relax, but not for too long.

The next leg, to Looe, is hard. Take it easy and be prepared to lose time on this section. Eat wisely at the control before tackling the route to the ferry. Once out of Fowey the way becomes less strenuous.

Past Truro you will find yourself on lanes, then quiet 'B' roads to Marazion. If the weather's good there should be views of both coasts. You will pass St Michael's Mount on your way to Penzance where Don and family await your arrival. Don will be able to give advice about the rest of the event.

Apart from one or two climbs the next stage is straightforward and takes you through Camborne.

Some of it is not particularly scenic, but it gets you to Newquay with a minimum of fuss. If you need to stock up with food or drink, Newquay is your last chance for 70km. From there the route follows 'B' roads to the A39 and a long night-time bash to Bude where food and sleep facilities await. If you need a break, divert into Wadebridge (though I can't guarantee anything being open late at night).

**2<sup>nd</sup> exit rbt** (Castle Hill)  
**Bear L** sp Beer B3172  
**R (actual SO)** on LH bend sp Beer Head 580k  
 thro BRANSCOMBE to  
**R at mini rbt**  
**L at T** sp Exeter A3052 588k  
**2<sup>nd</sup> exit mini rbt** in N POPPLEFORD 594k  
**R** (Halfway Hse) sp Ottery St M 597k  
**1<sup>st</sup> L** sp Aylesbeare  
**SOX** sp AYLESBEARE 598k  
**L at X** sp Clyst Honiton 599k  
**3<sup>rd</sup> exit rbt** sp CLYST HONITON 604k  
**L at X** sp Exeter 604.5k  
**1<sup>st</sup> R** Blackhorse lane 605k  
**1<sup>st</sup> L** weight restriction, no sp 606.5k  
 over motorway  
**R at T and shortly**  
**1<sup>st</sup> L** Harts Lane 607k  
**SO main rd (trls)(cycle route)** 608k  
**SO trls** (no thro rd) 609k  
**Bear R** no markings, thro bollards  
**Bear R** grass island by houses  
**L at T** on to main road 609.5k  
**FINISH on R** Whipton Community Centre 610k

The longest stage is from Bude to Taunton Deane. It's a rural route, but you can find supplies if needed in Tiverton at 453km. In Taunton Deane Services the garage is accessed via the road left of the main buildings. Please beware of traffic.

Now comes a slightly tricky bit through Somerset villages and small towns, avoiding the heavily trafficked roads around Taunton. Keep an eye on the routesheet. Once you've arrived at the garage control just outside Yeovil, you only have 80km to go.

There's a section of A30 to Crewkerne, then 'B' roads to Seaton. Get a receipt of some sort here. There are several fish and chip shops on or near Harbour Rd after the mini-roundabout.

It's a lumpy route to Branscombe, but still quicker than climbing up to the main road. The A3052 through Sidmouth and Newton Poppleford can be busy at times, so take care. After Halfway House it's quiet roads back into Exeter and a warm welcome at the finish.