

KERNOW & SOUTH WEST 600K RANDONNEE PERMANENT

Fee £3.00. Start Exeter St Davids Station, Exeter, Devon

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

When planning a date for this ride note that many of the roads will be much busier during the holiday season.

The route uses a wide variety of roads. Some are major A roads which may be busy at times, some are quieter B roads, and others are minor lanes with sometimes doubtful surfacing. Ensure that you and your bike are adequately prepared for the event. Good lighting is essential.

If you start between 5 and 6 am you should be able to find controls easily enough throughout the ride. Specific controls mentioned on this sheet are there as a guide only. All that is required is that you provide proof of visiting the control town at the relevant time and date.

Carry sufficient food supplies with you. You will find it difficult to obtain any during the night, especially after Newquay.

Key:-

L - left (route passes thro
R - right places in CAPITALS)
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 (prices last checked 2008)

Ride safely and according to the rules of the road

Left from station following sp's Crediton		Retrace to town centre	
Bear L at T sp Crediton		L & R follow sp's Bideford (one way)	
L at rbt sp CREDITON	4k	SO sp A39	
thro town on A377 past delimit signs to		L at rbt sp A39	
L sp COLEFORD	17k	R to A39 sp Wadebridge	
SOX in village		R at T (A39) sp Wadebridge	
L at T (A3072) sp Okehampton	25k	1 st L sp Week St Mary	87k
R at Newland X sp Hatherleigh	32k	L at T sp WEEK ST MARY	88k
R at T (A386) sp HATHERLEIGH	44k	R at T sp Launceston	
L at rbt sp Holsworthy	46k	R at T (actual SO) sp Canworthy Water	
R at Cross Park X sp Bude	65k	L at T sp Launceston	105k
SO rbt & R at T sp Bude		R at T (B3254) sp LAUNCESTON	
L at T (A39) sp Bude	80k	SO no through rd except cycles	111k
R (A3072) sp BUDE		2 nd exit mini rbt, under A30 bridge	
SO rbt		3 rd exit rbt sp South Petherwin	112k
R at mini rbt sp town centre (Strand)		SOX sp LISKEARD	
L sp Crooklets Beach		R at dble mini rbts sp town centre	137k
L into Crooklets Beach car park		SO mini rbts and trls sp St Keyne	
CONTROL in in the town	83k	L sp Trewidland	140k
(early opening café bottom of Landsdown Rd – right no entry where one way starts)		1 st R over bridge sp Looe Valley Line Stn	
		L at T no sp	142k
		Over rail bridge bear R	
		L at T & R at T (A387) sp LOOE	144k
		L before bridge to	
		CONTROL at Kelly's, after car park	150k

Retrace to L over bridge (A387)
Fork R grass triangle 200m before Jet Sta 154k
R at T & bear L (by sign for ford)
R at T no sp 155k
L at T sp POLRUAN 158k
follow sp's pedestrian & cycle ferry
SO sp The Quay and **Bear L** to ferry 164k
Ferry every 15 mins to FOWEY (Landing varies according to tide)
Follow one way & sp's St Austell to
rbt sp St Austell (A3082) 166k
L at T sp St Austell (A3082) 172k
L at rbt sp St AUSTELL (A390) 175k
SO all rbts following A390/sp's Truro
L sp STICKER after 3 lane begins 181k
L at T (A390) 184k
2nd exit rbt sp PROBUS 191k
R at T (A390) sp TRURO 195k
follow A390 thro TRURO to
L at rbt sp A39 (Falmouth) 201k
imm L Old Falmouth Road
L at T
R at T & L at rbt sp Falmouth A39 205k
SO rbt (A39)
R at rbt sp Carnon Downs & 207k
imm L at rbt follow sp Perrenwell
R sp Grenna Lane
L at T and R at T by Burncoose Nurseries 214k
1st L no sp
Bear L sp TRETHELLEN WATER 216k
L & R sp FOUR LANES 218k
L at T (B3279) sp Helston 220k
R sp Penzance B3280 222k
SOX (A3303) & **SOX** (LEEDSTOWN)
SO rbt sp MARAZION 240k
follow sp Longrock
1st exit rbt
SO rbt & SO rbt sp Heliport
CONTROL Tesco Garage on L
24hr but closes 22:00 Saturday 248k
or continue sp Penzance for alternatives

Retrace to L sp GULVAL opp Heliport
R at T no sp & R at T 250K
R at T sp CROWLAS
L at T (A30) 254k
2nd exit rbt sp HAYLE 258k
under rail bridge
1st exit rbt sp Town Centre 260k
SO dble mini rbt sp Connor Downs
2nd exit rbt sp CONNOR DOWNS 262k
2nd exit rbt sp CAMBORNE follow A3047 268k
bear L into one way
L at T A3047 sp Redruth 271k
Follow A3047 at all rbts to SCORRIER
(ignore earlier sp's Bodmin)
L at rbt sp Bodmin (A30) 281k
under rail bridge, over A30
1st exit rbt sp BLACKWATER
2nd exit rbt sp Newquay (A3075) (24hr serv) 285k
1st exit rbt sp NEWQUAY (A392) 300k
2nd exit rbt sp St Columb Minor 301k
SO mini rbts follow 'through traffic'
CONTROL in town
R at mini rbt (T) 303k
follow sp's A3058 to
Fork L A3059 sp Wadebridge 305k
Fork L sp St COLUMB MAJOR 312k
L at T sp St Mawgan 313k
Bear L after one way sp Wadebridge
R at T on to A39 sp Wadebridge 315k
L sp BUDE A3073 369k
L sp town centre
L sp town centre
CONTROL *Shops, garages, or cash machine receipt* 372k

L from control
L at T into one way
follow sp's Bideford to
L at T on to A39
R sp HOLSWORTHY A3072 374k
L sp HATHERLEIGH after Esso Grge 387k
SO rbt & L at T sp Okehampton 388k
2nd exit rbt sp town centre 408k
2nd R sp MONKOKEHAMPTON
L at T sp Winkleigh 412k
2nd R sp WINKLEIGH 413k
R at T (Exeter Rd) 418k
SOX (Eggesford Rd)
L at T sp Eggesford Station 425k
SOX (level X) sp CHAWLEIGH
R (Doctor's Corner) sp Tiverton 439k
R at T sp Tiverton 441k
thro WITHLEIGH then
R no sp opp 'Concealed Entrance' sign
(just after Ditchett's Cottages on R) 455k
L at T & R at T (Patches Road)
L into one way (TIVERTON) & 456k
imm R one way (Enterprise office opp)
SO mini rbt sp Bickleigh
1st exit rbt sp town centre
SO 2 rbts sp Taunton
2nd exit rbt sp HALBERTON 458k
after S PEVERELL SO rbt sp all routes
3rd exit rbt sp Ayshford 467k
Either 1st L (sharp) & 468k
R thro 1st gate, R on to towpath
R at 3rd rd bridge (*Fenacre Br, sign under arch*)
Or continue to L at T sp Holcombe Rogus
over canal bridge
Then 1st R probably no sp (narrow lane) 473k
R, & L at T on to A38 475k
R at rbt & 3rd exit rbt sp's Taunton
1st R sp Willowbrook Nursery 484k
R at T by war mem & 1st L by school 485k
L at T over M'way bridge
1st L by red brick wall 487k
1st L 'No Entry'
CONTROL Taunton Deane Services 488k

L from control
L at T sp Trull
1st R sp Sweethay 490k
L at T no sp 491k
SO staggered X (Amberd Lane)
R at T sp Pitminster 492k
1st L sp DUDDLESTONE
L at T no sp 495k
1st R sp Orchard Portman 496k
L Broughton Lane
R at T STOKE ST MARY 498k
2nd R no sp on LH bend 500k
R at T no sp
imm L sp West Hatch
L at T & 1st R sp 'unsuitable...'
R at T no sp to HATCH BEAUCHAMP 503k
L & imm L by Hatch Inn sp CURRY MALLET 504k
R by chapel sp Isle Abbots 506k
R sp Isle Abbots
R at T sp ISLE BREWERS 510k
R at T
1st L (Ruskway Lane) 514k
L at X no sp, thro BARRINGTON
L (X) (town sign SHEPTON B'CHAMP) 517k
R at T
3rd L Washcross Lane (*before Sheepway sign*)
SOX no sp (to S PETHERTON) 520k
L at T no sp & R at T (actual SO)
thro town to
SO mini rbt (no through rd) 522k
thro barriers to
L at T (A303) 523k
1st L sp Crewkerne 524k
R at T under A303
1st L sp STOKE sub HAMDON
thro MONTACUTE then
R sp ODCOMBE (on LH bend) 530k
L at T Ham Hill Rd
R at T (A30) and imm
CONTROL BP garage on R 534k

R from control to CREWKERNE
1st exit mini rbt 545k
2nd L sp Lyme Regis B3165
 thro MARSHWOOD
R at T (A35) 566k
2nd L sp Exeter light traffic (Trinity Hill)
R at X sp Exeter A3052 572k
2nd L (fork) (Heathfield X) 574k
Fork R or L at grass triangle 575k
L at T no sp (Axmouth) 577k
SO mini rbt to
CONTROL anywhere in town 580k
use ATM or obtain stamp or receipt.

2nd exit rbt (Castle Hill)
Bear L sp Beer B3172
R (actual SO) on LH bend sp Beer Head 582k
 thro BRANSCOMBE to
R at mini rbt
L at T sp Exeter A3052 590k
2nd exit mini rbt in N POPPLEFORD
2nd exit rbt sp EXETER 609k
1st L (Sandygate)
1st R (Old Rydon Lane) 611k
L at T no sp
3rd exit rbt sp city centre 613k
FINISH *St Davids Station or shops, garages, etc, in the city*
 616k

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