

Day 1

Lands End to St Austell

60 miles

Hard

Elevation Gain: +4274 ft

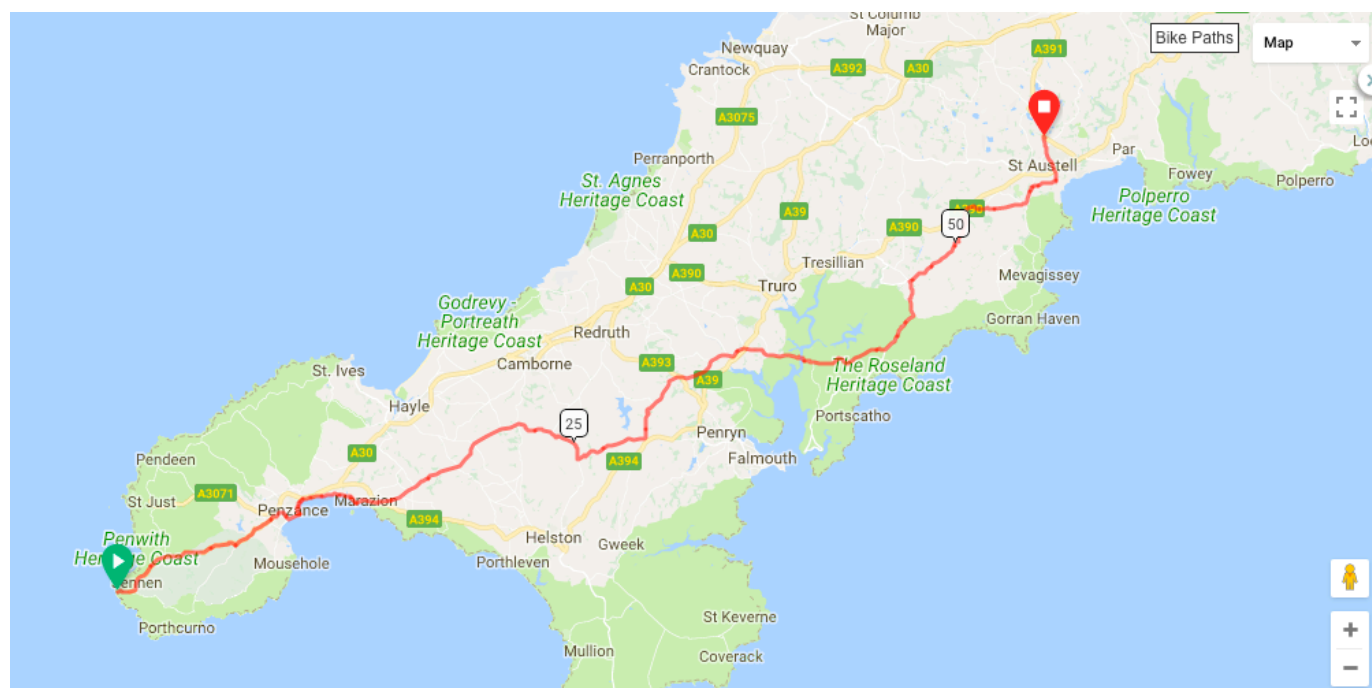
Overview

This is a tough start to the trip with plenty of short, sharp hills to tackle. The road from LE to Penzance is largely undulating with a couple of short, steep hills. There is a decent into Penzance & then a 2½ mile flat coastal track to Marazion (most of this track is along a compacted gravel surface) After Marazion there is a fairly gradual climb away from the village then more undulating quiet roads to Leedstown. The route continues to be hilly for most of the rest of the day with notable hills away from the King Harry ferry, and Tregony. You will cycle along mostly quiet country lanes with the busiest section at St. Austell.

Practical Notes

- The 2½ mile coastal track from Penzance to Marazion is compacted gravel & a bit bumpy in parts if you prefer you can cycle along the A30 (quite busy) and follow signs to Marazion.
- Please ensure you have **£1.00 for the Ferry** it runs every 20 mins
- There are lots of short, steep hills today.

Map



Elevation Profile



Start point

You will be transferred to Land's End from the Hotel at **8.05am arriving** at 8.25am we will walk to the Famous LE signpost at for pictures and any final tweaks to bikes before setting off at **9.15am**

Lunch

After 34 miles

Linden Hey Garden Tea Rooms, Perranwell,
Nina Davey
01872 865106.

Evening meal

The Carclaze Pub & Restaurant on site at the Premier Inn please just eat whenever you want after you arrive as pub open all day.

Route Notes

Miles	Route
0	Leave Lands End & cycle along the A30 to Penzance The road is winding & traffic often backs up behind big groups of cyclists so it is better to cycle in smaller groups.
8.6	At the roundabout go R to Penzance .
9.2	At mini r-bout go R towards Promenade .
9.6	At the next min r-bout at the sea front go L (notice the small Sustrans 3 sign). Cycle along the promenade then cross over the small bridge and continue to the pedestrian crossing, notice the small Sustrans sign on lamppost.
10.4	Go R at the pedestrian crossing at the lights. Continue across the car park going L at Penzance Sailing Club and follow the 'Marazion coastal bridleway 2½'. This is flat but lots of compacted gravel. Come out at the Marazion Station Car Park (WC here) Brew van will be here.

Road Option

For those who prefer to cycle on the road please ignore direction **10.4** and cycle past the lights, to the **L** then **R** following “**through traffic**”

At the Tesco R-Bout take the 2nd exit to Easter Green Ind & Heliport then take the immediate **R** past the Tesco garage.

When you reach the Morrisons r-bout take the 2nd exit to **Long Rock**.

Go **straight over** the mini r-bout

Continue through **Long Rock** then take the 2nd exit at the mini r-bout to **Marazion**

After approx. **300m** look for van on the **R** we will be at the bottom of the car park

- 14.6 At the r-bout **go straight over** to **Leedstown**. From here you will **continue straight on** for about **9** miles.
- 19.7 At **Leedstown** go straight over the **X**.
- 21.9 Go straight over the **X** at **Praze an Beeble**.
- 23.8 Go **R** to **Farms Common**.
- 24.0 Go **L** to **Farms Common**.
- 25.2 Go **R** to ‘**Helston 5**’ along the busy B3297.
- 25.6 Go **L** at the **Porkelis 1½** sign (be careful not to miss this sign).
- 26.9 At the top of the hill go **L** at the **Star Inn**. Stay on this road for about 6 miles always going straight on.
- 32.8 Pass through Stithians & cross straight over the crossroads at the ‘**Biscoe 2 Perranwell 1**’ sign. Continue to Perranwell.
- 34.2 As you drop into Perranwell the **Royal Oak** is on the **L**.continue along the road and stay on this road for about 1½ miles.
- The road drops briefly then bends to the R, climbs, descends and climbs again to Carnon Downs.
- 36.2 Towards the top of the 2nd hill go **R** at a small sign on your **R** ‘**Come to Good 1, Point 1, Penpol 1½**’ and also ‘**Village Hall**’. There is a green bus stop here and very easy to miss this turn.

- 37.5 At the Stop sign turn L (with King Harry Ferry sign B3289 ahead)
DO NOT MISS this L TURN on to B3289
- Continue for 400m** until you see **Linden Hey Garden Tea Room** sign on your right that is our **LUNCH STOP**
- After lunch turn L and go back on yourself then turn L again and this road takes you to the **King Harry Ferry**.
- 39.6 Take the chain ferry across the **River Fal** (one of only 5 chain ferries operating in England). **£1.00 for cyclists**. They run every 20 minutes
- Get into a low gear as there is a steep hill on the other side.**
- 40.3 At the top of the hill go straight on (**NOT veering to the R**). Follow the sign '**Roseland Inn Brewery & Farm shop**' & '**Pilhough 1½, Tregony 8**'.
- 44.1 At Ruan High Lanes go **L** along the A3078 signed **Truro 12**.
- 47.8 Turn **R** up the hill to **Tregony village centre ¼**.
Stay on the **B3287** signed **St. Austell**.
- 50.0 Turn **R** at sign to **St. Austell 5 B3287 (A390)**.
- 51.8 Turn **L** at signpost 'Gorran 5, Mevagissey 4' and follow this road.
- 53.3 Just after Griggs when you come to a small x-road turn right to '**Mevagissy 5½ & Gorran 7¼**'. Stay on this road for a few miles.
- 54.7 Continue through Little Polgooth.
- 55.5 When you meet with a T-jcn go **R**.
- 55.7 At the next T-jcn go **L** at the sign '**St Austell 1¾**' along the **B3273**.
- 56.6 Turn **R** at the sign '**Tregorrick ¼**'.
- 57.6 Go **L** at the staggered junction following the sign '**St. Austell 1**
- 58.1 At the traffic lights go straight ahead onto Porthpean Road
- 58.2 When you come Traffic Lights at the **Duke of Cornwall Arms** continue straight over X.
- 58.5 At next set of lights continue straight over X-road on to Clifden Road that turns into Slades Road. **This is a long steep and fairly busy road please take care.**
- 59.0 **Go** straight over the traffic lights at Tregonissey Butchers on to Treverbyn Road.
- 59.3 Go straight over r-about

59.7 At the next r-about you will see the **Premier Inn** opposite.

St Austell Accommodation

Premier Inn 0871 527 9018

Treverbyn Road,
Saint Austell, PL25 4EW