

KERNOW & SOUTH WEST 600K RANDONNEE

28th May starting at 06:00 from J30 M5 Motorway services, Exeter, EX2 7HF.
Organiser: Ian Hennessey (Exeter Wheelers), 10 High Street, Honiton, EX14 1PU.

Food of some kind will be available at most 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 controls at Barnstaple and Seaton are not specified. Obtain a stamp or ATM receipt as proof of being there. In Barnstaple Costa, nr Tesco, opens at 0800. There are various cafes and shops and a Tesco store in Seaton.

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. Audax Kernow members are running the control at Penzance. Liz Chapman, widow of Bryan, helped set up the Bude controls. The finish is at the Newtown Community Centre, Belmont Park, EX4 6SS.

- 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
- (route passes thro places in CAPITALS)*
- ❖ The ferry at Fowey will cost around £2.80 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

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|----------------------------|---|------|--------------------------------|-------------------------------------|
| 2 nd exit rbt | sp park & ride | | Retrace to town centre | |
| 2 nd exit rbt | sp city centre | 1k | L & R | follow sp's Bideford (one way) |
| SO 3x trls | sp city centre | | SO | sp A39 |
| 2 nd exit rbt | sp civic centre | 3.3k | L at rbt | sp A39 |
| SO 3x trls | | | R | to A39 sp Wadebridge |
| L at rbt | sp CREDITON | 4k | R at T | (A39) sp Wadebridge |
| 3 rd exit rbt | sp CREDITON | 4.3k | 1 st L | sp Week St Mary 85k |
| L at rbt | (A377) sp CREDITON | 6.5k | L at T | sp WEEK ST MARY 86k |
| | thro town on A377 past delimit signs to | | R at T | sp Launceston |
| L | sp COLEFORD | 17k | R at T | (actual SO) sp Canworthy Water |
| SOX | in village | | L at T | sp Launceston 103k |
| L at T | (A3072) sp Okehampton | 23k | R at T | (B3254) sp LAUNCESTON |
| R | at Newland X sp Hatherleigh | 30k | SO | no through rd except cycles 109k |
| R at T | (A386) sp HATHERLEIGH | 42k | 2 nd exit mini rbt, | under A30 bridge |
| L at rbt | sp Holsworthy | 44k | 3 rd exit rbt | sp South Petherwin 110k |
| R | at Cross Park X sp Bude | 63k | SOX | sp LISKEARD |
| SO rbt & R at T | sp Bude | | R at dble mini rbts | sp town centre 135k |
| L at T | (A39) sp Bude | 78k | SO mini rbts and trls | sp St Keyne |
| R | (A3072) sp BUDE | | L | sp Trewidland 138k |
| SO rbt | | | 1 st R | over bridge sp Looe Valley Line Stn |
| R at mini rbt | sp town centre (Strand) | | L at T | no sp 140k |
| L | sp Crooklets Beach | | | Over rail bridge bear R |
| L | into Crooklets Beach car park | | L at T & R at T | (A387) sp LOOE 142k |
| CONTROL in café at far end | | 81k | L | before bridge to |
| | | | CONTROL | at Kelly's, after car park 148k |

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| Retrace to L over bridge (A387) | | | R from control | |
| Fork R grass triangle 'Unsuitable for HGVs' | 152k | | 1st L Abbey St | 243.8k |
| R at T & bear L (by sign for ford) | | | R down slope | 244k |
| R at T no sp | 153k | | Bear R and imm L at T by harbour | |
| L at T sp POLRUAN | 156k | | follow one-way L and R sp A30 | |
| follow sp's pedestrian & cycle ferry | | | 2nd exit rbt and imm R by Tesco | 245.5k |
| SO sp The Quay and Bear L to ferry | 162k | | L sp GULVAL | 246k |
| <i>Ferry every 15 mins to FOWEY (Landing varies according to tide)</i> | | | R at T no sp & R at T | 246.5k |
| follow one way & sp's St Austell to | | | R at T sp CROWLAS | |
| rbt sp St Austell (A3082) | 164k | | L at T (A30) | 250k |
| L at T sp St Austell (A3082) | 170k | | 2nd exit rbt sp HAYLE | 254k |
| L at rbt sp St AUSTELL (A390) | 173k | | under rail bridge | |
| SO all rbts following A390/sp's Truro | | | 1st exit rbt sp Town Centre | 256k |
| L sp STICKER after 3 lane begins | 179k | | SO dble mini rbt sp Connor Downs | |
| L at T (A390) | 182k | | 2nd Exit rbt sp CONNOR DOWNS | 251k |
| 2nd exit rbt sp PROBUS | 189k | | 2nd exit rbt sp CAMBORNE follow A3047 | 265k |
| R at T (A390) sp TRURO | 193k | | bear L into one way | |
| L sp Pencalenick | 195k | | L at T A3047 sp Redruth | 267k |
| 2nd exit rbt on to A39 | 197k | | 1st exit rbt sp Tuckingmill | 267.3k |
| L at rbt sp A39 (Falmouth) | 199k | | Follow A3047 at all rbts to SCORRIER | |
| imm L Old Falmouth Road | | | <i>(ignore earlier sp's Bodmin)</i> | |
| L at T | | | L at rbt sp Bodmin (A30) | 277k |
| R at T & L at rbt sp Falmouth A39 | 203k | | under rail bridge, over A30 | |
| SO rbt (A39) | | | 1st exit rbt sp BLACKWATER | |
| R at rbt sp Carnon Downs & | 205k | | 2nd exit rbt sp Newquay (A3075) (<i>24hr serv</i>) | 281k |
| imm L at rbt follow sp Perrenwell | | | 1st exit rbt sp NEWQUAY (A392) | 296k |
| R sp Grenna Lane | | | 2nd exit rbt sp St Columb Minor | 297k |
| L at T & R at T by Burncoose Nurseries | 212k | | SO mini rbts follow 'through traffic' | |
| 1st L no sp | | | R at mini rbt (sea front) | 299k |
| Bear L sp TRETHELLEN WATER | 214k | | CONTROL imm right Tesco (ATM if closed) | |
| L & R sp FOUR LANES | 216k | | follow sp's A3058 to | |
| L at T (B3279) sp Helston | 218k | | Fork L A3059 sp Wadebridge | 301k |
| R sp Penzance B3280 | 220k | | Fork L sp St COLUMB MAJOR | 308k |
| SOX (A3303) & SOX (LEEDSTOWN) | | | L at T sp St Mawgan | 309k |
| SO rbt (A30) into Marazion | 238k | | Bear L after one way sp Wadebridge | |
| 1st exit rbt, SO rbt, 1st exit rbt (A30) | 242k | | R at T on to A39 sp Wadebridge | 311k |
| L at rbt sp town centre (PENZANCE) | 243k | | L sp BUDE A3073 | 365k |
| bear R then L sp town centre (one way) | | | L at T sp town centre | |
| L at T after zebra crossing | 243.5k | | 1st exit rbt sp Widemouth Bay | 367k |
| CONTROL R Methodist Hall | 243.7k | | 1st R by PO | |
| | | | Bear right to | |
| | | | CONTROL R Methodist Church | 368k |

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| Over footbridge across 1-way and up steps | | 1 st exit rbt | A358 | 501.1k |
| R to | | 1 st exit rbt | A358 | 502k |
| 4th exit rbt | | SO rbt | sp Bridgwater A3259 | 504.3k |
| L at T | sp Bideford (A39) | SO rbt | | 505k |
| | KILKHAMPTON | join A38 | (slip rd) | 507.6k |
| R | sp Launceston | | thro N PETHERTON | |
| L (actual SO) | sp Bradworthy | 3 rd exit rbt | sp services | 516.2k |
| L | sp Bradworthy | CONTROL in services | | 516.5k |
| L at T | sp BRADWORTHY | | | |
| R | sp Bideford | Retrace to | | |
| L at T | sp BIDEFORD (A386) | 2 nd exit rbt | sp Taunton | |
| R at mini rbt | sp Barnstaple | | follow A38 to BATHPOOL | |
| R over bridge | sp Instow | SO trls | sp Corfe | 528k |
| L at mini rbt | sp Instow | L at trls | Ilminster Rd | 528.8k |
| L at rbt | sp INSTOW (B3233) | R at rbt | | 529.2k |
| SO rbt | sp BARNSTAPLE | L at rbt | | 530.3k |
| SO mini rbt | sp town centre | L at T | sp CORFE | 531.8k |
| 1 st R | sp Lake | R at T | sp Honiton A303 | 546.5k |
| L before rbt | on to cyclepath (by bus lane) | L | sp Axminster | 550k |
| | Follow past rlwy station to | R and L | sp Colyton | 560k |
| R at T | | R at T | sp COLYTON | 564.5k |
| L at rbt to CONTROL Costa (opens 0800) or Tesco | | R at T | sp Sidmouth | 567k |
| (get receipt/atm printout if early; next facilities at S Molton in 22k) | | L | sp SEATON | 567.3k |
| Retrace to R at rbt | | L at rbt | | 569.6k |
| 1 st R and | | CONTROL anywhere in town | | 570k |
| 1 st R | (cul de sac) | <i>use ATM or obtain stamp or receipt.</i> | | |
| SO on path | past security sign. | <i>Fish & chip shops left after mini rbt. Tesco store (open 1000 - 1600, Sun) at next rbt</i> | | |
| L | over bridge | SO rbt | | |
| L | on to lane | R at rbt | no sp | 570.5k |
| R at T | and imm | 2 nd exit rbt | (Castle Hill) | |
| R (actual SO) | Newport Rd | Bear L | sp Beer B3172 | 571k |
| SO trls | | R (actual SO) | on LH bend sp Beer Head | 573.5k |
| R at T | | | thro BRANSCOMBE to | |
| LANDKEY, SWIMBRIDGE, FILLEIGH | | R at mini rbt | | |
| R at T | sp S Molton B3226 | L at T | sp Exeter A3052 | 582k |
| R at rbt | sp S MOLTON | 2 nd exit mini rbt | in N POPPLEFORD | 588k |
| Thro town (<i>becomes B3227</i>) | | | (or see alt route below to avoid busy narrow rd) | |
| 3 rd exit rbt | A361 | R | (Halfway Hse) sp Ottery St M | 591k |
| L | sp BAMPTON B3227 | 1 st L | sp Aylesbeare | |
| Follow B3227 at all junctions | | SOX | sp AYLESBEARE | 592k |
| | SHILLINGFORD, WATERROW, WIVELISCOMBE | L at X | sp Clyst Honiton | 589k |
| | to NORTON FITZWARREN | 3 rd exit rbt | sp CLYST HONITON | 598k |
| 2 nd exit rbt | A358 | L at X | sp Exeter | 598.5k |
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| 1st R | Blackhorse Lane | 599k |
| L (actual SO) | cycle route over motorway | 600.0k |
| SOX | (no through rd) | |
| L & R | Hollow Lane | 601k |
| L & R | by hospital | 602k |
| | cont' no through rd | 603k |
| Bear R | no markings, thro bollards | |
| Bear R | grass island by houses | |
| L at T | on to main road | 603.5k |
| SO 3x trls | to finish | |
| FINISH on L | Belmont Park opp Bowling Green pub. Cont to hut centre of park | 605.5k |

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(route passes thro places in CAPITALS)

ROUTE ALTERNATIVE

If the A3052 is busy you may wish to avoid the narrow main road hill out of Newton Poppleford.

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| 1 st exit mini rbt | in N Poppleford | 588k |
| 1 st R | Littledown Lane | 588.2k |
| R at T | no sp | 588.8k |
| R at T | no sp | 590.3k |
| 1 st R | no sp | 590.4k |
| L at T | to rejoin A3052 top of hill (adds approx 1.7k) | 591.6k |

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 Audax Kernow await your arrival. They 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).

The next stage is new, from Bude to Barnstaple. It's a rural route, and there are a couple of very poor sections of road surface after Kilkhampton. Once over these the road is quiet and gently rolling to Bideford. The route takes the old main road to Barnstaple, with cyclistroute sections to and from the control.

From Barnstaple you join the old road (B3227) through South Molton to Taunton. You skirt the town to join the A38 towards Bridgwater. Bridgwater M5 services is the next control.

There follows a retrace along the A38 to go round the southern perimeter of Taunton, and an ascent on to the Blackdown Hills, then mostly 'B' roads and lanes 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. There's also a Tesco store R at the second rbt.

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.