

### 30 Promised Land

Dist	Type	Note	Next
0.0		Start of route	0.0
0.0		Left out of the station, then bear left (SP Promenade)	1.5
1.5		At the mini roundabout first exit (eff. straight on)	0.8
2.3		At the traffic lights by the Newlyn Art Gallery, left onto the narrow cycle path	0.2
2.5		Bear left onto Jack Lane (SP NCR 3)	0.0
2.6		Left onto Strand (SP NCR 3)	0.9
3.5		Left onto the cycle path (SP NCR 3)	2.3
5.7		Right onto Fore Street (SP Outbound traffic) - don't follow NCR 3	1.9
7.6		Left onto B3315 (SP Land's End)	0.2
7.8		Right (SP Chyenhal)	0.9
8.7		Right	1.5
10.2		Cross straight over the A30	1.9
12.1		Left (SP Carn Euny)	2.4

12.1 kilometers. +196/-88 meters

Dist	Type	Note	Next
14.5		Follow the lane through the farm yard, and past Carn Euny and keep going on the gravel path	1.6
16.2		Left at the T-junction	2.6
18.8		Cross straight over the A3071 (right then left)	1.0
19.8		For the village of St Just, left here onto the foot path up the hill	0.5
20.3		Cross straight over at the 5 way junction	0.8
21.0		Continue onto the unsurfaced track, bearing right at any forks	1.3
22.3		Left at the T-junction towards the Botallack Mine visitor centre	1.7
24.0		At the Levant Mine car park, right up the hill	1.2
25.2		Left at the T-junction onto the B3306	14.6
39.7		Right (SP Towednack)	1.4
41.2		Right (SP Nanclendra)	1.5

29.1 kilometers. +370/-368 meters

Dist	Type	Note	Next
42.7		Easy to miss! sharp right (no SP)	2.1
44.8		Fork left (SP Ford)	0.5
45.3		Follow the road to the right	0.4
45.8		Left at the T-junction	1.1
46.8		Left onto B3309 (SP Redruth)	0.3
47.1		Cross the A30 onto Rospeath Lane	2.0
49.1		Just after passing under the road bridge, right onto Virgin Hill	1.6
50.7		Right at the T-junction in Maraizon	0.8
51.5		Continue straight onto National Cycle Rte 3	0.5
52.0		Left at the car park onto the cycle path (SP NCR 3)	3.4
55.4		Right at the T-junction towards the railway station	0.1
55.5		End of route	0.0

14.4 kilometers. +86/-208 meters