

Dist	Type	Note	Next
0.0		Start of route	0.0
0.0		From Bodmin town centre, head west on NCR 3 Camel Trail (SP Wadebridge)	0.4
0.4		Follow NCR 3 onto Railway Terrace (SP Camel Trail)	0.4
0.8		Right then immediately left (SP Camel Trail)	0.1
0.9		Slight left to stay on National Cycle Rte 3	1.6
2.5		Fork right onto Camel Trail - northern section (SP Hellandbridge)	8.3
10.8		Right off the Camel Trail (SP Blisland)	0.0
10.8		Left then imm. fork right up the hill (SP Blisland)	1.4
12.2		At the far side of Blisland village green, left then imm. right to stay on NCR 3	0.7
12.9		Left (SP NCR 3)	5.0
17.9		Sharp right (SP Casehill)	2.8
20.7		Right at the T-junction to stay on NCR 3	1.9

20.7 kilometers. +298/-182 meters

Dist	Type	Note	Next
22.6		Left then left again to stay on NCR 3	0.3
23.0		Right to stay on NCR 3	2.7
25.7		At the ford, follow the road ahead to stay on NCR 3 (bear right)	0.9
26.6		Left at the four-way junction (SP Camelford).	1.8
28.3		Left A39 (SP Wadebridge)	0.9
29.3		Right (SP Highfield Road industrial estate)	0.4
29.7		Left (SP Bodmin)	0.6
30.2		Right (SP Lanteglos church)	1.3
31.5		Right at the church (SP Delabole)	0.2
31.7		Left (SP St Teath)	1.5
33.2		Right (SP St Teath)	0.4
33.6		Left (SP St Teath)	1.7
35.3		Right onto Fore Street, B3267	0.1
35.4		Left onto Treroosal Road (no SP)	0.1


14.7 kilometers. +159/-261 meters

Dist	Type	Note	Next
35.5		Slight right onto Treroosal Road	2.2
37.7		Right at the T-junction (SP Port Isaac)	4.9
42.6		Sharp onto Back Hill (SP Restricted Zone)	0.2
42.7		Left and follow the road through Port Isaac	1.8
44.5		Right at the T-junction (SP Port Quin)	0.4
44.9		Right (SP Port Quin)	3.9
48.8		Left (SP St Minver)	0.7
49.5		Right onto B3314 (SP Wadebridge)	1.4
51.0		Left (SP Chapel Amble)	5.9
56.9		Sharp right (no SP). This is v. easy to miss but if you reach the A39 you know you'll have gone too far. Retrace and take first left. For castle Killibury, cross the A39 and fork left.	2.1
58.9		Left B3314 (SP Wadebridge)	0.3

23.5 kilometers. +312/-398 meters

Dist	Type	Note	Next
59.3		First right (no SP -just a no through road sign)	0.2
59.5		Right just past the red phone box	0.4
59.9		Follow the track around to the left, and under the large road bridge. You may need to walk bike.	0.5
60.4		After crossing under the bridge, rejoin the road	0.6
61.1		Right at the T-junction and follow the road into Wadebridge	0.1
61.2		Right at the mini-roundabout and cross the river	0.2
61.4		Left at the mini-roundabout	0.2
61.6		Left at the mini roundabout	0.6
62.1		Slight left onto the Camel Trail cycle path.	3.2
65.3		For a good swim spot, cross the bridge on the lane and right into the car park	6.6
71.9		Follow the Camel Trail back into Bodmin	0.9

13.0 kilometers. +112/-67 meters

Dist	Type	Note	Next
72.8		End of route	0.0

0.9 kilometers. +0/-0 meters
