

28 Fowey Ahoy

Dist	Type	Note	Next
0.0		Start of route	0.0
0.0		From Bodmin Parkway station, start on NCR 3 (through the red wooden gates on the left side of the car park)	0.9
0.9		Left onto the lane (don't follow the NCR 3 signposts)	0.5
1.4		Left at the T-junction then right into the Lanhydrock Estate (and on up the main carriage drive)	0.0
1.4		Left at the T-junction then right into the Lanhydrock Estate	1.2
2.6		Right in front of the house	0.3
2.9		Bear left on the road through the estate	0.6
3.5		Left and go straight over at the roundabout (SP NCR 3). Continue on NCR 3 for next 12km.	2.4
6.0		Left (SP NCR 3)	1.1
7.1		Left at the T-junction (SP NCR 3)	2.7

7.1 kilometers. +152/-39 meters

Dist	Type	Note	Next
18.8		Right onto St Andrew's Road	0.1
18.9		Cross the railway bridge and left by the pub onto Southpark Road	2.9
21.8		Right onto B3269 (SP Fowey). For Castle Dore hill fort left and it's on your right a little way along.	2.4
24.2		Cross straight over (SP Fowey)	1.6
25.8		Follow the road through Fowey town centre	1.2
27.0		Ferry to Bodinnick	0.3
27.3		Follow the road to the left (SP All Traffic)	2.5
29.7		Left (SP Lerryn)	1.7
31.4		Left (eff. straight on)	3.9
35.3		Right (SP Bodmin)	2.8
38.2		Left at the grass triangle (SP Bodmin)	1.0
39.1		Cross the A390 (onto a very lost lane!)	0.4

20.5 kilometers. +451/-348 meters

Dist	Type	Note	Next
9.8		Right (SP NCR 3)	2.4
12.2		Left (SP NCR 3)	0.2
12.4		Left (SP NCR 3)	0.3
12.7		Left at the T-junction (SP NCR 3)	0.4
13.1		Right (SP NCR 3)	3.0
16.2		Left at the T-junction onto Prideaux Road (no SP)	0.8
16.9		Right onto A390 (SP St Austell)	0.4
17.3		Slight at the traffic lights onto A3082	0.1
17.4		Easy to miss! left down a narrow alleyway path (NCR 2)	0.2
17.5		Follow the cycle path	0.6
18.1		Left, cross the railway tracks then imm. right to continue on the cycle way	0.0
18.1		Right onto Par Beach Trail	0.5
18.6		Bear right to stay on NCR 2	0.2

11.6 kilometers. +63/-185 meters

Dist	Type	Note	Next
39.5		Right at the T-junction	0.5
40.0		Left at the T-junction (no SP)	2.9
42.9		Left (SP Weight Limit)	0.4
43.4		Just past the entrance to Lanydrock right down a narrow lane	0.5
43.9		Right onto the cycleway to Bodmin Parkway (SP NCR 3)	0.9
44.8		End of route	0.0

5.6 kilometers. +43/-119 meters