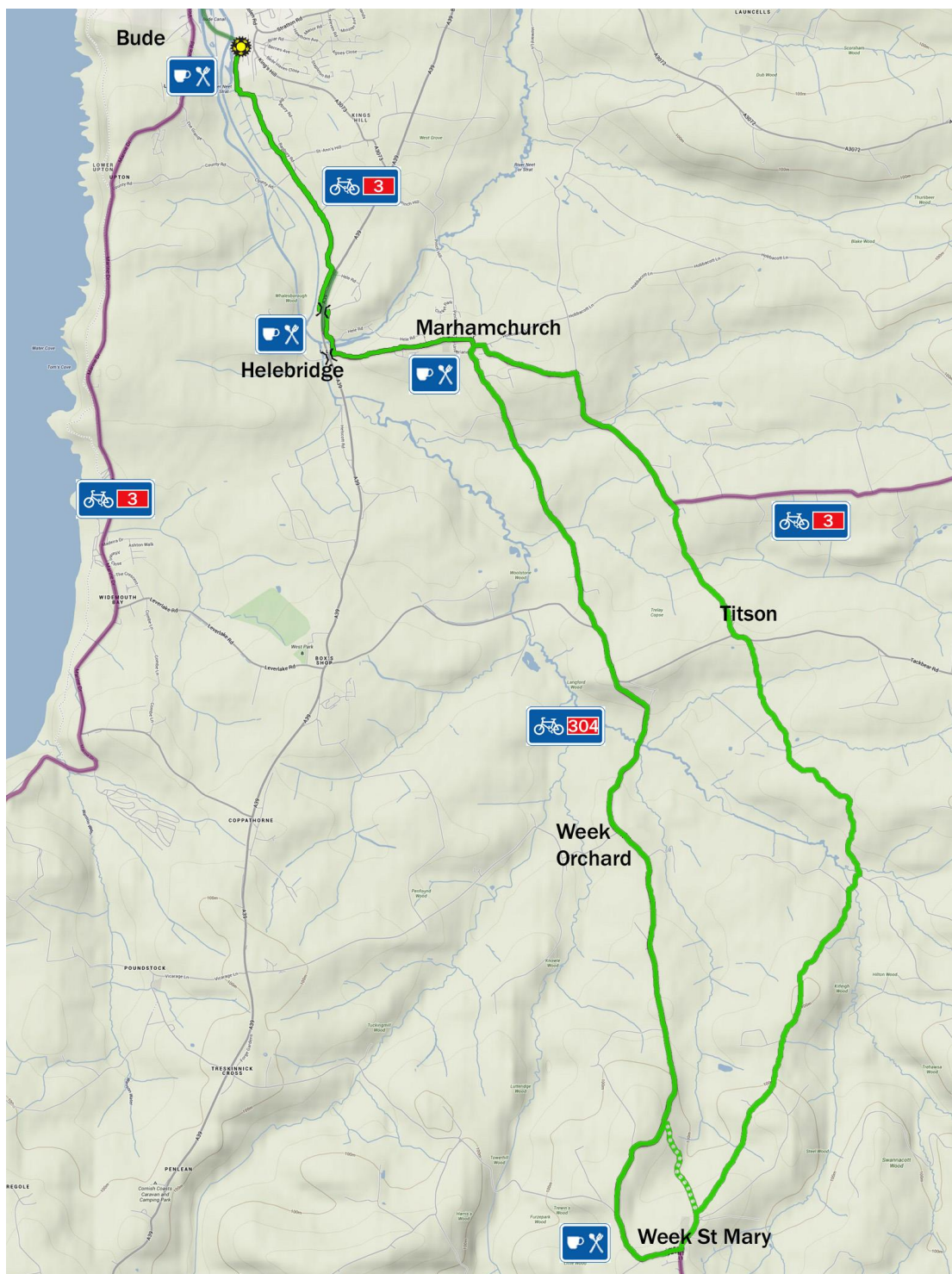




Week St Mary



Route 4

14mi / 23km

This route is very scenic but does involve several hills.

The whole outward route to Week St Mary is on National Cycle

Village shop and public toilets are available in both Marhamchurch and Week St Mary. There is also a pub in Marhamchurch.

 **01288 353748**

 **07749 408100**



**Bude Bikes,
Pethericks Mill,
Bude EX23 8TF**



Week St Mary

Marhamchurch, Week St Mary

This route is very scenic but does involve several hills. The whole outward route to Week St Mary is on National Cycle Network route 3 and National Route 304 (marked with blue NCN cycle signs and a red 3 or 304).

Directions

- Turn right out of Bude Bike Hire site gate and continue along the tarmac cycleway, taking the left fork at the otter bench and onwards to a minor road crossing.
- Cross straight over (CAUTION) and continue on to join the access road to the water treatment works (CAUTION - occasional vehicles use this access road).
- Before the A39 take the trail right down to an underpass. Through the pass, continue left to follow the tarmac cycleway along the grass verge.
- Go through the gate at the end of the cycleway onto the minor road and continue down this road and across 2 small bridges to the T-junction 30m beyond them,
- Note: the shorter Canal and Coast (Route 1) goes off to the right immediately after the 2nd bridge) on a path that goes under the A39 and on to the Weir coffee-house/bistro.
- At the T-junction, turn left and cycle 800m up Helebridge Road to the crossroads at Marhamchurch church.
- Ride straight on through the village square and round the right-hand bend at the pub.
- NCN splits at this point. Follow the straight-on signs - signed Bodmin and Week St Mary 4. (Turning left would take you east towards Holsworthy and then north to the Tarka Trail)
- Continue on this road for 7km (following the NR304 or Week St Mary signs and ignoring all side-roads) to the T-junction in Week St Mary.
- Note: There is a long hill about 1km before Week St Mary. 2/3rds of the way up this hill is an unsigned junction. Go straight on - the alternative left fork also goes to Week St Mary and is slightly shorter but involves a very steep descent and ascent.
- At the T-junction in Week St Mary, turn left towards the village square (with village shop and church).

- Note: NCN3/NR304 towards Bodmin goes right at this junction and goes past public toilets after 100m and a pub after 500m.

Return route.

- You can either return via the route you came or take a very scenic (equally hilly) alternative route back to Marhamchurch on very minor roads via the hamlets of Titson and Harlake (as described below).
- Leave Week St Mary square via the road to the right of the shop and continue 200m to the next junction.
- Take the right fork at this junction (signed Whitstone) and continue 2.7km to the next junction (there are two long descents and two shorter ascents)
- Turn left at this junction and continue up and down along this road for 2km to the T-junction beside the old Methodist chapel at Titson.
- Turn left at this junction (signed Marhamchurch 2) and after 100m turn right (signed Marhamchurch 1^{3/4})
- This road goes over the disused railway and on for 1km to a junction at Harlake.
- Go straight on at this junction (signed Marhamchurch 1) Note: NCN3 from Holsworthy comes in from the right at this junction and you are now on NCN3 all the way into Marhamchurch
- Continue on this road for a further 500m to the next junction (at Hilton).
- Turn left at this junction into Hilton Road (signed NCN3 and continue 800m to a T-junction.
- Turn left at this junction and, after 50m, you are back at the Marhamchurch pub you passed on your outward route. Turn right to retrace your outward route back to Bude Bike Hire.

Note: Marhamchurch and Week St Mary both have a village shop and public toilets. The Bullers Arms in Marhamchurch is open year round, but the Old Orchard Inn at Week St Mary is currently only open evenings.

 01288 353748

 07749 408100



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