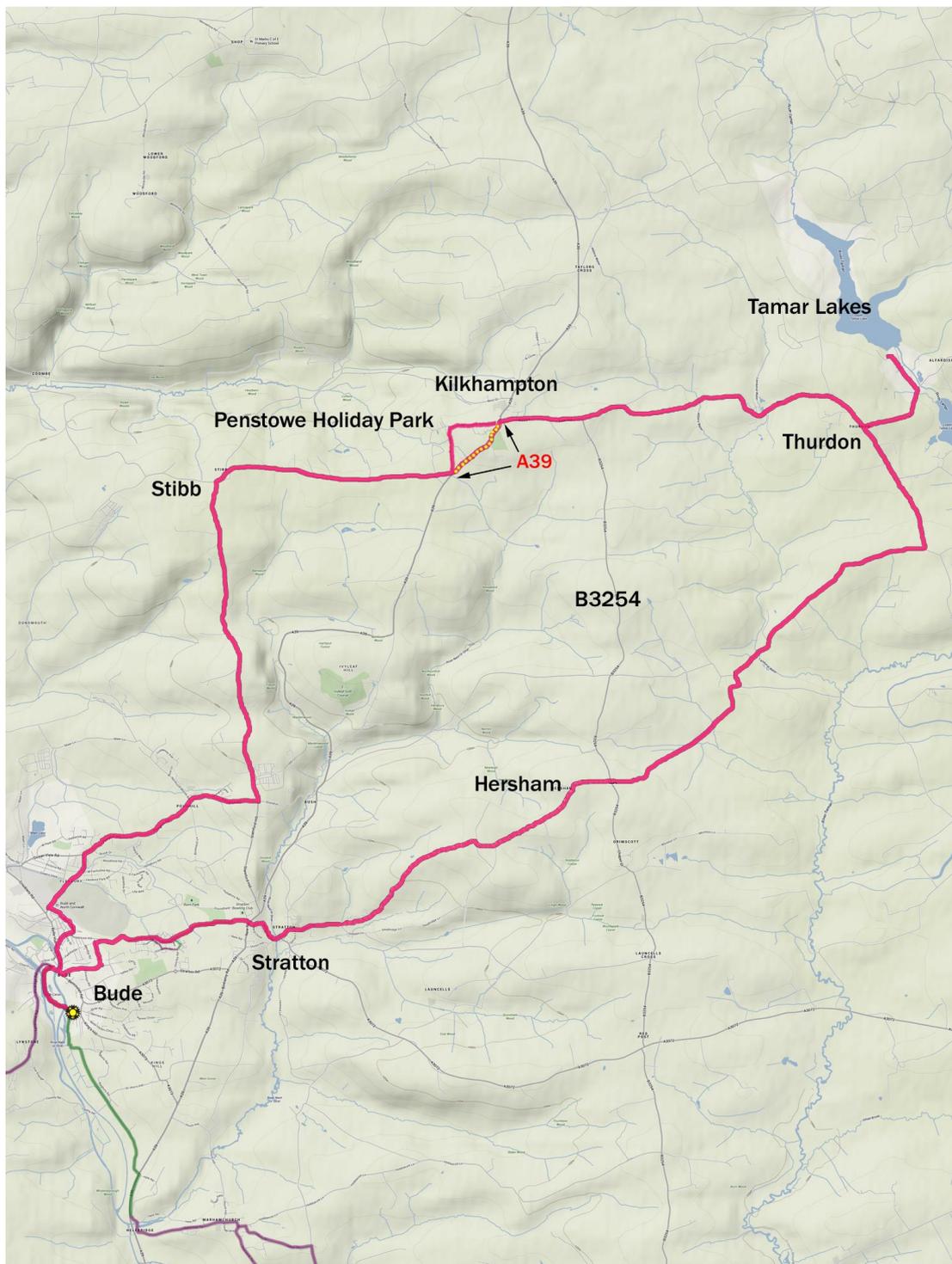




Tamar Lakes



Route 5

17mi / 26km

A picturesque route through Cornish countryside up to the Tamar lakes that lay on the Cornwall and Devon border. The lakes offer water sports, wild life watching and fishing, and a cycle track around the north lake.

The café at Tamar is seasonal (Easter to October)

 **01288 353748**

 **07749 408100**



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



Tamar Lakes

 **Caution:** *This outward route does have a brief section on the A39 near Kilkhampton, this can be avoided by taking the drive through Penstowe Holiday Park*

- 1** Turn left out of the Cycle Centre onto the tarmac cycleway continue to the cycleway exit into the Crescent Car Park (beside the canal). Head across the car park to it's exit.
- 2** At the car park exit, turn right over Bencolen Bridge then immediately left onto The Strand, follow this up hill into Belle Vue
- 3** From Sainsburys supermarket (near the top of Belle Vue) the route goes towards Crooklets Beach, over the golf course and via Maer Lane, past the wildfowl lake and the stables, to Grenville Gate and then up the lane to Poughill.
- 4** It then carries on up the hill to the cross-roads above Poughill and then left (north) on a minor road to Stibb.
- 5** From Stibb it runs east to join the A39 at Penstow and then left (north) briefly along the A39 to the start of Kilkhampton before leaving the A39 to the east on the B3254.
- 6** After a short distance the B3254 turns south but the route goes straight on east on a minor lane through Forda to a junction where Upper Tamar Lake is signed left. The entrance to Upper Tamar lake is $\frac{1}{4}$ mile down this road on the left.

Return Route to Bude

- 7** To return to Bude via a different route, return to the last junction above. There turn left, go straight on at the next junction and right at the next to get to Moreton Pound.

8 From Moreton Pound follow signs to Stratton to get to Stratton church on minor lanes, crossing the B3254 and continue through Hershams.

9 Continue past the church, turn left at the shop and join the A3072 to go over the river bridge and up Hospital hill to the A39 junction.

10 Cross over this junction (wheel your bike using the traffic islands if traffic is heavy) and take the lane opposite marked with a bridleway sign and blue NCN cycle sign).

11 This leads to a 'link to school' route from Stratton Primary School via tarmac bridleways and the Broadclose HomeZone area to Bude Junior school.

12 From there, ride down Broadclose Hill to Bude town centre.

There is a cafe at Tamar Lakes as well as a sailing and water activity centre (should you feel you still have energy enough).

The trail around the main north lake is approx 3 miles on level compact gravel.

A gravel track also runs along the length of the south lake.

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