



Morwenstow

Route 6

17mi / 27km

Beautiful coastal and wooded valley route out to the historic hamlet of Morwenstow and taking in Coombe valley.

This route does have some steep-steep climbs, notably at Coombe Valley, but the views are breath-taking too.

Crooklets to Coombe is on bridle paths then country lanes for the remainder.

Reward yourself at Morwenstow in the 13thC Bush Inn or Rectory Tea Rooms. The church is worth a visit too.

Return via lanes through Woodford, Stibb and Poughill into Bude and back to the cycle centre.



 01288 353748

 07749 408100



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



Morwenstow

- 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).
- 2** Continue clockwise round the car park to a small gateway in the park wall (beside a ticket machine).
- 3** Exit this gateway, cross the road and head down Ergue Gaberic Way (beside the PO).
- 4** Follow Ergue Gaberic Way for 150m and turn right to cycle to the footbridge across the river.
- 5** Cross the bridge, turn left onto the access road to Summerleaze Car Park and follow this road through the car park and round its right turn up the exit slope from the car park
- 6** Turn left at the T-junction at the top of this slope and almost immediately fork left to pass in front of Sainsbury store and continue down the hill to the entrance to Crooklets car park.
- 7** Follow the bend sharp right and take the next left into Mear Lane then immediate left into Maer Down Road. Head up to the end of the lane and through the gate onto the bridle way, continue on to meet the lane down to Northcott Mouth.
- 8** At Northcott, take the farm track away from the beach past the Rustic Tearoom.
- 9** Continue straight ahead when this track turns sharp right, and follow the field margin to the next track, then follow this track to the lane for Sandymouth.
- 10** Cross the lane to a bridle path, and follow this until the lane at the top of Coombe Valley.
- 11** Turn left and down the steep lane into Coombe. Take time to explore Duckpool hamlet with it's ford and thatched cottages or the beach.
- 12** Steep climb north out of Duckpool up past the radar station at Cleave Camp.
- 13** Continue on this lane for approx. 2 miles, until reaching a triangular 4 way junction, and then turn left for Morwenstow.
- 14** At the junction turn left then 100m into Morwenstow.
- 15** Return back to the triangular junction and head straight across following the small lane.
- 16** At the junction turn left then right and down into Woodford. Go through the hamlet, turning sharp left and down the hill at the end.
- 17** Turn right toward Kilkhampton
- 18** Continue straight on to Stibb
- 19** At Stibb, turn right, then next left to Poughill.
- 20** Continue on this lane until the crossroads (just after Wooda), turn right to Poughill.
- 21** Follow the road through Poughill, Flexbury the golf course and into Bude.
- 22** Follow one way road through Bude, back to The Strand alongside the river.
- 23** At the roundabout, turn right over the bridge then left into the Tourist Centre car park.
- 24** Return to the cycle centre along the multi use track.



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