



# Canal & Coast

## Route 1

5mi / 8km

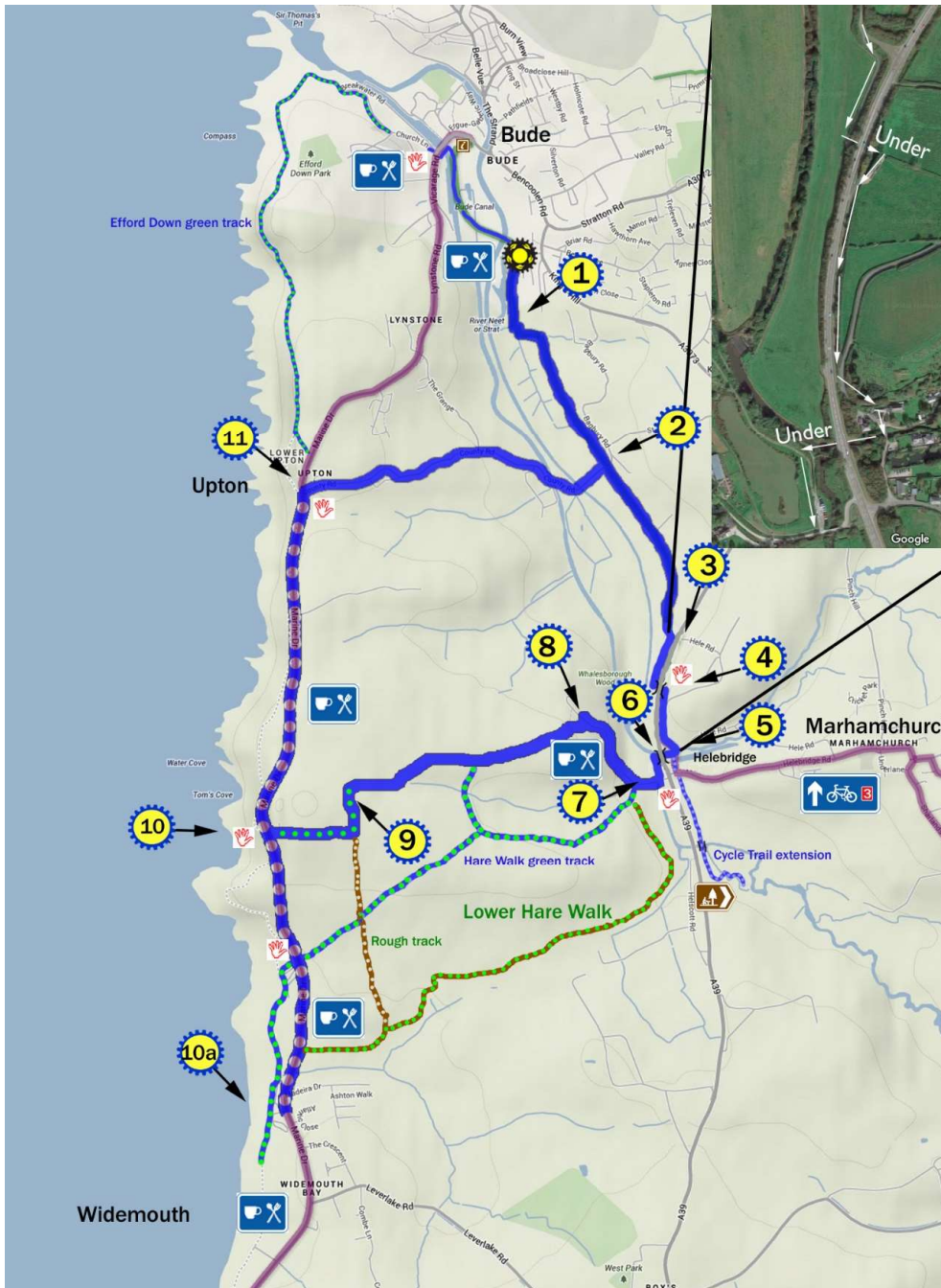
A great family cycle going through Whalesborough, Widemouth and Upton. Optional routes across Efford Down, via Hare Walk or down the Cycle Track extension.

It is a short ride perfect for families with younger children, but the loop will include a short section of the coast road.

Going via the canal and coast, this route has some amazing views along the way, and is a great ride for everyone of any age or ability.

Between the centre and marker 10, this route is vehicle free.

The green tracks and trail extension offer alternative routes to Widemouth and are vehicle free. Lower Hare Walk is not currently suitable for trailers and care is needed over the two ditch crossings. The green tracks are not suited to road bikes.



 01288 353748

 07749 408100

 Bude Bikes,  
Pethericks Mill,  
Bude EX23 8TF



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**1** Turn right out of the Cycle Centre onto the tarmac cycleway and along it, taking the left fork at the otter bench and onwards to a minor road crossing.

**2** Cross straight over the minor road 🚶 and continue on to join the access road to the water treatment works (🚶 occasionally vehicles use this access road).

**3** Before the A39, turn right to follow the tarmac cycleway down through an underpass, then on the cycle path separated from the A39 by a grass verge.

**4** Go through the gate at the end of the cycleway onto the minor road and continue downhill and across 2 small bridges.

**5** Immediately after the 2nd bridge, take the footpath to the right which goes under the A39 again and across 2 small wooden bridges to the canal towpath (Please push your bike along this short stretch).

**Alternatively go on to the road junction and cross to the cycle track extension. This vehicle free gravel track leads to a grassy area in the valley, ideal for a picnic or cool rest beside the river.**

**6** On reaching the towpath, turn left through the gateway (the right turn is the towpath to Bude and is for walkers) and take the path across to Whalesborough Farm's concrete driveway.

**7** Turn right onto the driveway and cycle up to the Weir coffee house/bistro for a rest.

**From here either continue up the hill to the Whalesborough Farm entrance (8), or return down hill to the field gate next to the Info board. Either follow Upper Hare Walk up the hill and down to Widemouth,**

**or take Lower Hare Walk for a level grassy (and a little muddy) route direct to the beach. NOTE Lower Hare Walk is not currently suitable for trailers and care should be taken at the two ditch crossings.**

**8** At the farm entrance, look for the gravel track on the left, take this around the top of the barns and turn left onto the concrete driveway.

**9** Follow this concrete until it ends in a field, turn sharp left then sharp right 130m further on following the stone track

**10** Cross the coast road 🚶 and turn right to cycle along it

**10a** Take a break at the beach. Turn left at point 10 and cycle down the coast road for 1000m. Or if you come via Hare Walk, cross the road onto the beach path

**11 At the first cottage on the left either:**

a) Turn right 🚶 down a small winding country road to cross first the canal and then the river. 150m after the river bridge is the cycleway (used on the outward trip). Turn left onto this and ride back to the Cycle Centre.

b) Just beyond the cottage enter Efford Down via the gate on the left. You may follow mown grass tracks across the down exiting above the canal wharf. Follow the wharf road back to the road bridge, 🚶 cross the road and join the cycle track back to the centre.



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