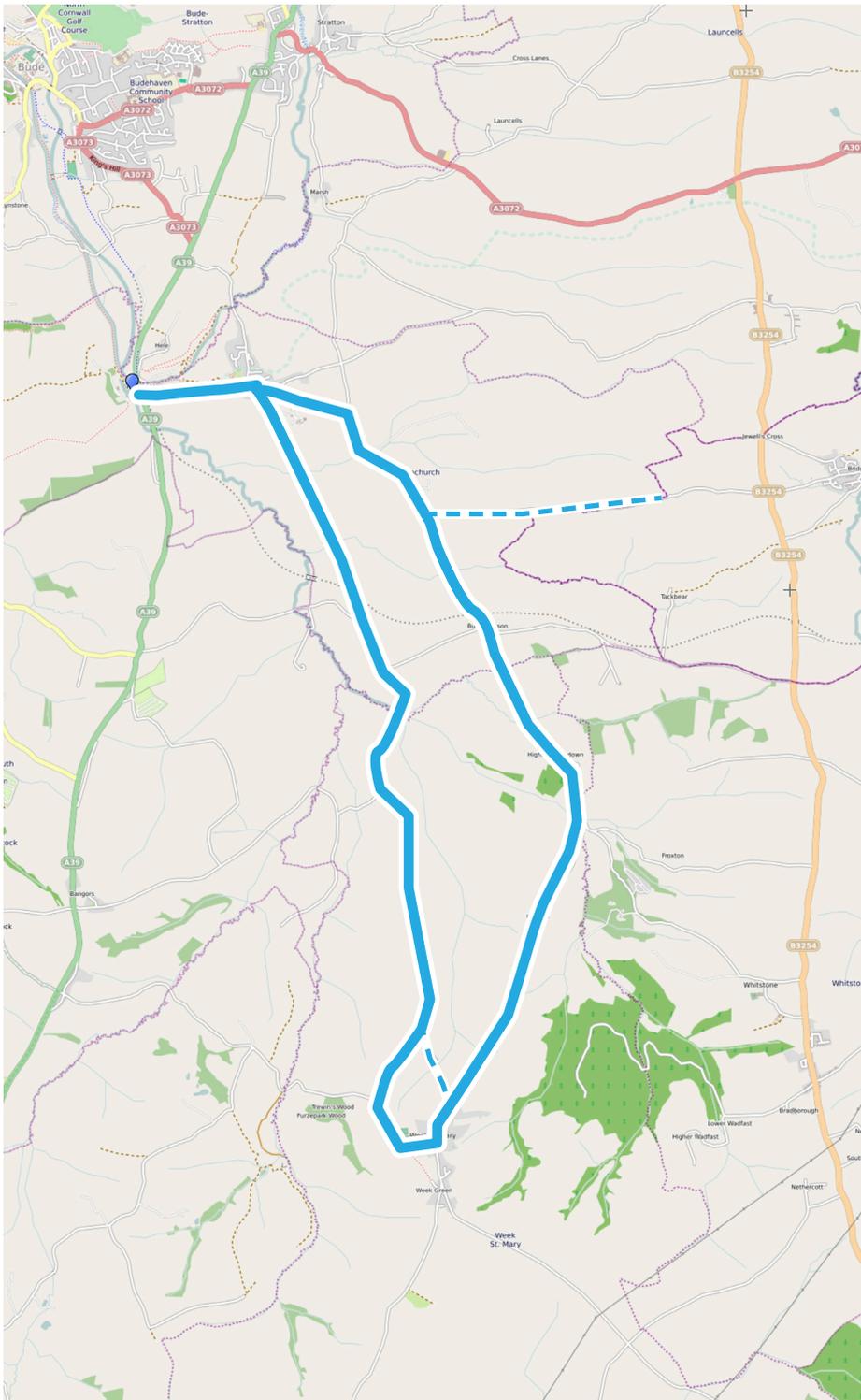


Route 4 | 14mi | 23km

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



- 1.** From the overflow car park by the farm lane bridge, Head towards the towpath, there is a path leading onto the end of it: turn right over two footbridges, then immediately left and go under the main road. On the other side take the old tarmac road to your right to the T junction and turn left 800m up Helebridge road to the crossroads at Marhamchurch church
- 2.** Ride straight on through the village square and round the right-hand bend at the pub.
- 3.** 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).
- 4.** 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.

Continued
on back....



Route 4 | 14mi | 23km

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



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.

5.

At the T-junction in Week St Mary, turn left towards the village square (with village shop and church).

Note.

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

6.

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).

7.

Leave Week St Mary square via the road to the right of the shop and continue 200m to the next junction.

8.

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)

9.

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.

10.

Turn left at this junction (signed Marhamchurch 2) and after 100m turn right (signed Marhamchurch 1^{3/4})

11.

This road goes over the disused railway and on for 1km to a junction at Harlake.

12.

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

13.

Continue on this road for a further 500m to the next junction (at Hilton).

14.

Turn left at this junction into Hilton Road (signed NCN3 and continue 800m to a T-junction.

15.

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.

