**Start to Checkpoint 1**

**College to Cathedral (3 miles)**

1. From the start line follow the signs to leave the College Campus and turn right at the A390 dual carriageway keeping to the nearside footpath for about half a mile. Pass the retail park and hospital on the left and continue straight on at the first roundabout. At the next traffic light, cross the A390 and continue on the other side of the road until turning left onto Treliske Lane, marked with brown ‘Golf Club’ road sign.

2. Follow Treliske Lane, taking 3rd right turn just before end of speed restrictions (not earlier Trevean Road) at pedestrian walking directions to City Centre and Station onto Coosebean Greenway. Follow Greenway for ½ mile (always taking left hand path whenever it divides) and at end go through the gate turn right into lane, following pedestrian sign to City Centre. After about 60 yds take drive/path on left to Millstone and Coosebean House. Shortly after, just round first bend, go right through gate onto public footpath through woods and follow to end. Through the metal kissing gate, cross the road and turn left (Bosvean Gardens), then, shortly after the bridge at junction, continue right onto St Georges Road. Keep on St Georges Road all the way to the railway viaduct. Just after viaduct, on the left had side, go through the granite pillars in the wall and follow the path through the small grassy area and through the metal gate.

3. Cross the river by the footbridge, turn right and continue to follow “The Leats” pathway behind converted chapel alongside the river with Victoria Gardens to your left. Cross Edward Street at Richmond Ho and cross Castle Street at Elizabeth Ho., continuing straight. Take the passageway to the left between the back of WH Smith and post-box and turn right when you are facing the **library\***. A few yards on, you will see **Samaritans Information Stand** in front of the **Cathedral\*.** Bear left down to the right of the Cathedral, turning right into the passageway with Philip Martin estate agents on the corner.

**Truro Centre to Calenick (1 ½ miles)**

4. Emerge onto Boscawen Street, cross and continue opposite with Lloyds Bank on your right. Shortly after, turn first left onto Lemon Quay. Exit Lemon Quay at the bottom via the underpass next to M&S. Sharp left at the end of the underpass and then right onto the path along the riverside behind Tesco. Leaving the supermarket behind and keeping the river on your left stay on the pathway to the end where it turns up to meet a road. Left here and follow pavement till you cross up onto Gas Hill. Climb a few metres to a path (disused railway) leading off on the left, which you follow up to a gate where the track crosses a lane. Turn left onto the lane to descend to the **Checkpoint 1** at **Calenick House\***.

**Check In!**

**Checkpoint 1 to Checkpoint 3**

**Calenick to Coombe (5 miles)**

5. Continue downhill and turn left at junction. After a steep climb of about a quarter of a mile, at the T-junction in Porthkea, go left signed Coombe Cowlands. Continue as the lane climbs out of Porthkea, until the turning on the left signed Old Kea/Woodbury. At bottom, (having passed sign on left to **Lambe Creek House\***) turn right past **Old Kea Church\*** and at end of lane continue through wooden gate on to public footpath. Follow posts through middle of field and cross stile at end. Bearing right, pass green container and through gate continue on twisty drive to meet lane. Turn left onto lane, later passing Higher Trelease Farm on the right and following to end to a public footpath sign to Coombe. Turn right in front of cottage and then left into field with tea plantation. Continue across stile and follow yellow arrow through the woods (views down to Roundwood Quay) until you reach a tarmacked lane. Turn right onto lane and continue to Coombe.

**Coombe to Cowlands (1/3 mile)**

6. In **Coombe\***, at the water’s edge turn left to follow telegraph-poled track keeping water on your left. (If the tide is high, climb the footpath signed to Cowlands, turning left after the orchard to rejoin creekside path further up). After Bethel Cottage, at post with life ring, turn up right, then bear second left in front of Turn-a-Penny Cottage (named after bric-a-brac stall once here), following yellow arrow. After 2 stiles, at the creekside cottage, take second (nearer to the creekside) public footpath/track on right signed to Cowlands, (NOT first footpath up through woods). Turn left on tarmacked lane at end and walk down into Cowlands.

**Cowlands to Roundwood Quay (1 ½ mile)**

7. In **Cowlands\*** stay on the lane round the top of the creek (the 13-mile route deviates off to right by the side of the thatched house).

8. Continue up the hill and take the first turning on left "Public Byway". After 100 yds go through first gate on left on to National Trust path which brings you into an open meadow with views down to Cowlands Creek. Keep following right-hand hedge at top of field and into next field. Continue round top of field and descend to bottom corner, keeping hedge on right. Exit field and turn left onto lane for 60 yds then through wooden gate on right. Almost immediately fork left and carry straight on through **Iron Age Fort\*** to steps down to **Roundwood Quay\*** **(Checkpoint 3)**. Check In!

**Checkpoint 3 to Checkpoint 4**

**Roundwood Quay to Feock (2 miles)**

9. Retrace back up steps, this time taking path to the left indicated by arrow. Follow this creekside path through woods and cross top of creek on the wooden footbridge. Follow path round to left and straight on, keeping water to your left.

10. Cross the **King Harry ferry\*** approach road and continue straight on the Woodland Walk up the steps on the other side, ignoring temptations to enter Trelissick gardens on the right, or just after to take the ferry back to Truro on the left! After roughly a mile, at the beach, go through the metal gate and follow gravelly path right, keeping the metal fence on your right, to the top of the hill. Turn left when you reach the drive and follow it all the way to its end, crossing a cattle grid at gate halfway along, and ignoring the sign to the North Woodland Walk.

11. At the gatehouse on edge of estate, turn left onto lane for a short stretch, and then take first road on left signed Feock. Continue on down lane for just over ½ mile. Pass the Feock sign and just after Ponsmain Cottage on the right climb drive to the right at "Gable Ends" sign.

**Feock to Devoran (3 miles)**

12. At top of slope, take footpath through the gate on right, signed "LaFeock" and follow along hedge to the right through gate, following yellow arrow posts as path twists and becomes tarmacked. Pass the old well. Turn right at the end of the drive, where it meets the road and continue up to T junction. Carry on over grassy island to cross the road and take steps opposite (Footpath Only) to the stile. Following the path carry straight down hill and exit through gate in bottom right corner of field. Take driveway to the left through open gate, ignoring stile. Keeping following footpath signs through gates down to where the footpath meets the lane next to Devoran boatyard on the creekside. Turn right through boatyard and follow path along water’s edge and then through trees to the end. Turn left onto lane with creek on your left. Follow this lane (Old Tram Road) all the way to Devoran. Just below Old Quay Inn turn down left between ‘Except for Access’ signs and keep following lane round to the right, with the quay and creek on your left. Follow Quay Road to Devoran Village Hall **(Checkpoint 4)**.

**Check In!**

**Checkpoint 4 to Checkpoint 5**

**Devoran to Baldhu (5 miles)**

13. Turn right out of Checkpoint and cross junction onto Greenbank Road until it turns sharply to the right, with an access road on the left. Cross this junction here and start the Bissoe Trial, marked by a large granite waymarker and sign to Portreath.

14. Continue straight on Bissoe Trail down the **Carnon Valley\*** with the Carnon River to the left. Follow the Trail for about 1 ½ miles, as takes you through the A39 underpass and across a road, under a **railway viaduct\*** and then across a lane. Where the path bends round to the right, just after an overgrown slate-rooved service building, go through the gate, and leaving the Trail, turn right to follow lane in front of the cottages and up to road. Turn right at the road and take roadside footpath to end of speed restriction sign and take left turning off, signed Helston Water and cycle trail 3. After a few hundred yards climb, turn left at the cycle network 3 marker post and continue for about ½ mile to the top. At the top, follow the road round the pampas grass to the right and then stay on the lane round to the left at the “Wheal Baddern” sign. Shortly after this, take the track on the right. After 200yds you reach a clearing; bear left here to keep hedge in your left and timber on your right. The path will merge with another wider track up from the right. Soon after this, turn right onto footpath at the yellow marker. When you meet the lane, turn right and bear round right to follow lane up to road. Just before the end, take the path to the left opposite the farm. Continue for a quarter of a mile, carrying straight on through the gate where the path becomes a lane. **Checkpoint 5** in field to the right. **Check in!**

**\*Points of historical interest (See separate sheet)**

**Hints:**

**Navigating through the city**

If you lose the marked way going into the city, head for landmarks – **Cathedral** (clearly visible everywhere), Boscawen Street (central cobbles street) then head to **Lemon Quay** (ask for **Marks and Spencer**). From there the underpass takes you to **Tesco** car park**.**

You can always use Google Maps in walking mode for directions if you are lost! Put in **Tesco** or **Marks and** **Spencer** as a destination.

**Last part of return leg**

If you lose the marked way head north to the A390 and follow the footpath back to the College. Or use Google Maps to give you a walking route back to the Finish return – Truro College postcode is **TR1 3XX**

**Checkpoint 5 to FINISH**

**Baldhu to Truro College (2 miles)**

15. Continue right out of field up to tarmacked road, where you turn right for a short distance to T-junction. Cross the road to take the footpath/bridleway opposite, which you follow, crossing a lane at Heathfield sign. 100 yds after this take the track on the right. This short stretch of path crosses a stream and where it ends at the top you turn right onto a bridleway alongside the railway track. Follow to the bottom of this bridleway and turn left on the road at the “dog running free” sign on the cottage gate. Continue under railway bridge and then turn right as lane meets another road coming in from the left. Continue past a few farmstead entrances up to the 40-mph sign, where you turn left down the No Through Road. Follow this twisty lane (the Short Route will merge at the Nature Reserve), keeping straight on at Centenary Way, until you reach the edge of the College campus, with Richard Lander School on your left. At the playing fields, take the right-hand path towards the large college (Fal) building ahead.

**Finish!**

