**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 mile)**

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 in front of 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 for ½ mile 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 Finish**

**Calenick to College (3 ½ miles)**

5. Leave **Calenick House\*** and walk back up the hill to where the lane crosses the disused railway line, with signage and wooden fences.

6. Go through the wooden gate in the fence to theleft and follow the old railway line for about ¾ mile. Just before the second bridge, there is a diversion. Leave the old railway and climb through fence on the right. Continue up the field and through the gate at the top. Turn left onto lane to pass under the bridge. Follow this road for about half a mile and after junction on right, just before a bridge over a stream, take the public footpath to the right. Keep to the footpath and fork right to go through the metal gate. Carry on through the bushes and into open ground. Climb and keep to the right to where the path leads through a gap in the hedgerow to a footbridge over the railway. Follow the path to the top of the hill and round to the left. Shortly after, take a side turn to the right, which leads into the back of a children’s park/exercise area. Walk through the park, exit, and turn left, soon taking the side track descending to the left which leads onto Newbridge Lane. Here turn up right, to take Sparnock Grove, and later Trudgeon Way to the right which becomes a tarmacked pedestrian lane after the gate. Emerge through another gate at the end and continue straight on Ventongoose Road until it bends 90 degrees to the right and you go through a small gap in the hedge straight ahead. Turn left onto path, up to the wooden walkway on the left which leads you through a Nature reserve. At the end of walkway turn left onto a path which twists and turns until you get to 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.

**\*See separate notes on places of historical interest**

**Hints:**

**Navigating through the city**

If you lose the marked way going into the city, head for landmarks – **Cathedral** (clearly visible everywhere), down to **Boscawen Street** (central cobbled 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**

