

14/02/14 21:28

Shortest distance 203, suggested distance 205.

A lumpy day whether you use the main roads or lanes.

With the 4 mile to the inch maps I spent too much time on the busier roads, with more detailed mapping or a GPS the lanes become feasible.

The A30 not as busy at this end, with good hard shoulder and surprisingly good views. Quiet roads through Angarrack or Connor Downs look good.

King Harry ferry optional.

<http://www.falriver.co.uk/getting-about/ferries/king-harry-ferry/timetable>

Long detour if you avoid Fowey ferry.

<http://www.ctomsandson.co.uk/bodinnickferry.html#times>

At Hessenford I've put in Church Hill but the A387 isn't much longer.

After Tavistock the route clips the edge of Dartmoor which makes for different scenery.

I've put in Shadycombe Lane near Salcombe but I used the A381 which makes navigation easier.

Hostel at St Just. <http://www.yha.org.uk/hostel/lands-end>

Salcombe YHA has now been closed, but worth keeping an eye on what happens to the site in case an independent organisation takes over.

Log from 2006 ride, note I've moved the control from Kingsbridge to Salcombe.

E1 (205k). Kingsbridge, Tavistock, Looe, Megavissey, Cambourne, St Just.

04/05/06, 135m on clock, 13hr46, 0628-2014. Mainly sunny, no wind.

Got to Salcombe YH from Plymouth railway station the night before.

Hilly 7m to Kingsbridge. Thru Modbury, R on A3121, over river Erme.

Went past Ivybridge before trying to cross the A38. Rush hour so took 5 minutes to cross, should have gone thru Ivybridge. Nice climb over Lee Moor to Yelverton, A386 to Tavistock. A390 thru Gunnislake and the hills and heat called for a 10 minute break. Glad to not have to climb Kit Hill as well.

No obvious lanes after Callington so took the Liskeard bypass. Must be a better way!

Short section on A38 then R to Trewidland (road blocked to cars) and Morvel.

In Looe stopped at garage on outskirts before climbing over to the Fowey car ferry ( signed Bodinnick). Tedious main drag S of St Austell then better B road to control at a shop in Megavissey.

Retraced up hill then lanes to Grampound. Caped up for a while but only a shower. A390 past Truro to A30 in the rush hour.

At least I was moving, the cars weren't. Stuck with the A30 to Penzance apart from detour to Cambourne . Traffic heavy but good clean 2 ft left of white line next to main carriageway. A3071 to St Just. Meal at pub then retrace a bit and along a dark wee lane to the Youth Hostel. Section from Truro the flattest of the day.

<b>St. Just</b>	50.124348,-5.679767	Coop, pubs, St Just hostel @ 50.115487,-5.68766	St Just Mevagissey	<a href="http://goo.gl/maps/6OjZC">http://goo.gl/maps/6OjZC</a>	St Just Ilfracombe	<a href="http://goo.gl/maps/12T8f">http://goo.gl/maps/12T8f</a>
Camborne	50.213644,-5.300735	ATM, Costcutter				
Trelissick	50.216829,-5.028242					
King Harry ferry		<a href="http://www.falriver.co.uk/getting-about/ferries/k">http://www.falriver.co.uk/getting-about/ferries/k</a>				
Philleigh	50.216706,-5.024959					
Mevagissey	50.270224,-4.787765	newsagent, pubs.	Mevagissey Salcombe	<a href="http://goo.gl/maps/jOCXZ">http://goo.gl/maps/jOCXZ</a>	Mevagissey St Just	<a href="http://goo.gl/maps/fk7Ga">http://goo.gl/maps/fk7Ga</a>
Fowey	50.34051,-4.633222					
Fowey Ferry		<a href="http://www.ctomsandson.co.uk/bodinnickferry.l">http://www.ctomsandson.co.uk/bodinnickferry.l</a>				
Bodinnick	50.339729,-4.630567					
Looe	50.355401,-4.454638	Coop, garage				
Tavistock	50.550308,-4.144814	ATM, Coop @ 50.550444,-4.146375				
<b>Salcombe</b>	50.23716,-3.767073	ATM, pubs, Salcombe hostel closed by YHA 2013	Salcombe Crediton	<a href="http://goo.gl/maps/zJZ3D">http://goo.gl/maps/zJZ3D</a>	Salcombe Mevagissey	<a href="http://goo.gl/maps/DzBNG">http://goo.gl/maps/DzBNG</a>