



Cornwall - Cornish Contrasts

From the small town of Helston these rides cover a wide range of the Cornish coastline, long sandy beaches, rocky coves, fishing villages, dramatic cliffs, tranquil creeks and the harbour towns of Portreath, Penryn and Falmouth. This is contrasted with inland scenery; the wide open heath of Goonhilly Downs and the mining country dotted with the impressive ruins of old engine houses. Along the way you can take in castles, exotic subtropical gardens and visit the most southerly point of our British mainland.

2 days, 1 night

Ride 1 - Lizard Peninsula. Ride down the west coast through the delightful Church Cove to Mullion where you can continue all the way down to Lizard, the most southerly point of the British mainland. This also takes you to Kynance Cove and its amazing beaches with cliffs, caves and islands. The next section takes you to Goonhilly Downs which supports rare wildlife including the hen harrier and short-eared owl.

Ride 2 - St Michael's Mount. Ride out past the Penrose Estate, an area of woodland around the Loe Pool now owned by the National Trust with some wonderful walks. You then follow the coast west to Praa Sands, a mile long sweep of sand renowned as one of Cornwall's finest family beaches and also popular with surfers. A little further on is one of Cornwall's most famous landmarks, St. Michael's Mount, a little island community that can be reached at low tide.

B&B Price: £172.00

3 days, 2 nights

This tour will include the rides above, as well as the following ride.

Ride 3 - Wendron, Penryn & Falmouth, Pendennis Castle, Constantine & Gweek. Ride out to Wendron and on to the site of a reconstructed mining village. The ride continues through mining country with several old engine houses dotting the landscape.

Continue to Penryn, where the heritage is displayed across some fine architecture from Tudor to Georgian times in the museum. Move down the coast to Falmouth, a busy and pleasant town where the atmosphere is flavoured by the sea salt air. Finish at Gweek on the Helford Creek where the sheltered waters are a haven for oysters. It is also the home of the National Seal Sanctuary.

B&B Price: £251.00

(Prices are per person, based on two people sharing).

Local Attractions:

- St. Michael's Mount
- Pendennis Castle, Lizard village and Lighthouse
- National Seal Sanctuary
- Goonhilly Earth Station
- Poldark Mine
- Trevarno Estate
- Huge pasties and cream teas!

Ride info:

20-25 miles a day, moderate to energetic.

Take advantage of the spring and early summer to see it at its most peaceful.