



## Cornwall – Far Southwest

The ever-changing scenery of the tip of Cornwall (and the British mainland) is the setting for this tour that genuinely has something for everyone. If it's the seaside that you like then you can use the bikes to visit a succession of long sandy beaches, sheltered coves and picturesque harbours. If you prefer sightseeing then every ride will take you to a variety of historic houses, glorious gardens, galleries and museums. If your interest is Cornwall's rich history, you can visit mysterious standing stones, ancient churches and sites of maritime and industrial heritage. Throughout the area are special wildlife habitats, particularly for seabirds and wild flowers, all influenced by the exceptionally mild climate. And if you just enjoy cycling you will find the tiny twisting lanes and constantly changing terrain full of interest with new and contrasting scenery unfolding on every ride.

Main centres: Truro, Helston, Penzance

**Duration – 7 nights, 8 days or 6 nights, 7 days**

**Day 1** - Settle into your hotel in Truro and if you feel like stretching your legs you can go out and explore this intimate city.

**Day 2** - The Roseland Peninsula. Ride through the site of an ancient open air theatre used for religious 'miracle' plays in Celtic times. Continue down to Point Quay, a small Cornish port that developed in the 18th century. You now cross the River Fal on the ferry to the Roseland Peninsula, a quiet corner of Cornwall with beautiful wooded valleys and peaceful villages.

**Day 3** - Pass the old tin mine at Wheal Jane to Penryn, once the main port in this area. Move down the coast to Falmouth, a busy pleasant town where the impressive fortifications of Henry VIII's Pendennis Castle still dominate the headland. Continue to Gweek on the Helford Creek, the home of the National Seal Sanctuary, which is definitely worth a visit.

**Day 4** - Lizard Peninsula. Explore the delightful Chruuch Cove to Mullion from where you continue

all the way to Lizard, the most southerly point of the British mainland. This also takes you to Kynance Cove where amazing beaches lead to cliffs, caves and islands. Next stop Goonhilly Downs where the soil produces the ideal habitat for the Cornish Heath. Unique to this area, it supports rare wildlife including the hen harrier and short-eared owl.

**Day 5** - Helston to Penzance. Try one of the splendid walks in an area of woodland around the Loe Pool. Continue to Porthleven and follow the coast west to Praa Sands, this mile long sweep of sand is renowned as one of Cornwall's finest family beaches and also popular with surfers. Further on is one of Cornwall's most famous landmarks, St. Michael's Mount, a little island community that can be reached by causeway at low tide.

**Day 6** - Land's End. Cycle through Newlyn, one of England's busiest fishing ports and continue past little Mousehole harbour and over to the pretty, sheltered Lamorna Cove, a lovely spot for a swim. Pass the Merry Maidens, a Bronze Age stone circle that stands amidst a remarkable concentration of ancient Celtic standing stones. Finish at Land's End where the road stops and you can enjoy a variety of entertainments and attractions.

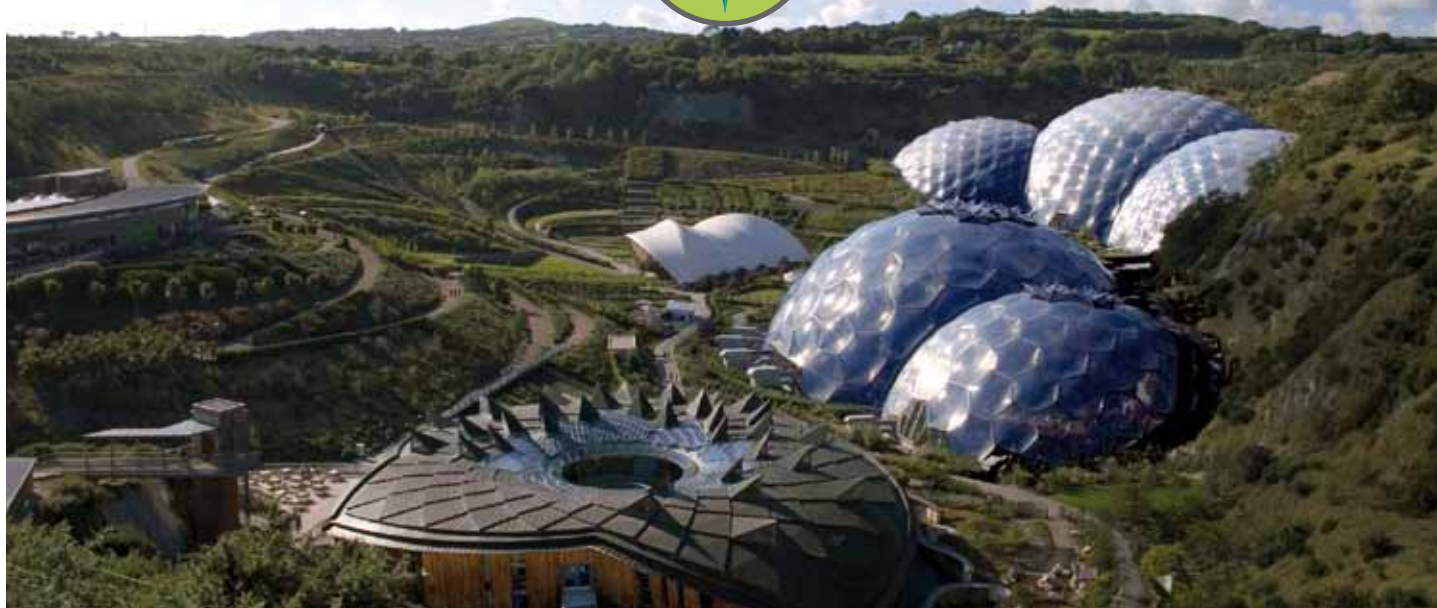
**Day 7** - Ride to the north coast, where the mudflats of the River Hayle are a rich habitat for wading birds. Follow the coast road past miles of sand dunes then above rugged cliffs with spectacular views of the Atlantic. Explore a woodland cycle trail at the tranquil Tehidy Country Park on the way to the popular surfing cove at Portreath. The ride ends along beautiful wooded valleys back into Truro.

**Day 8:** Depart

**B&B Price: 7 nights £677.00**

**B&B Price: 6 nights £606.00** (misses day 2)

**We have added 2 options which can give a 13 night tour if both are taken. Please see overleaf for details.**



### Option 1:

#### A trip to The Eden Project.

The Eden Project was built in a disused clay mine, transforming it into a rich, global garden boasting the world's largest greenhouses.

You can take a colourful, sensory journey through the warmer climes of the world, passing lemons, olives, herbs and vines on your way when you walk through the Med Biodome. Or trek through the steamy rainforest in the world's largest conservatory, seeing how chocolate grows, where sugar comes from and what a cola tree looks like.

This part of the tour follows the coastal road from Truro to St Austel. This route is a little more challenging than the rest of the tour, but you can always 'Let The Train Take The Strain'. The ride back to Truro makes use of as many cycle paths as we can offering a fairly traffic free day.

**This adds 1 night in Truro and 2 nights in St Austel and includes entry into Eden.**

### Option 2:

#### A trip to the Isles of Scilly which adds 1 night in Penzance and 2 nights on St Mary's.

Although the islands are small there is plenty to do with nature reserves, water sports and of course you can take a ferry to other islands, one of which is Tresco with its famous garden. Your base, St Mary's, is the largest of the islands at two and a half miles by one and three-quarter miles. Nine miles of narrow quiet roads link St Mary's and these offer easy walking and cycling to explore the island. Off the beaten track, there are many nature trails and coastal paths where you can discover the delights of the woodlands, heaths, wetlands, rocky headlands and sand-dunes thick with marram grasses and wild agapanthus flowers.

There are some fascinating walks or you can join in one of the guided walks or bus tours. The island offers spectacular views, a megalithic village and a heritage centre, sports facilities and safe bathing beaches.

**This includes the ferry crossing to Scilly.**

### Prices

#### Main tour + Option 1

£899.00 10 nights, 11 days tour

#### Main Tour + Option 2

£1116.00 10 nights, 11 days tour

#### Main tour + Option 1 + Option 2

£1415.00 13 nights, 14 days tour

### Local Attractions:

- Falmouth and Pendennis Castle
- Lands End
- Lizard Lighthouse
- National Seal Sanctuary
- St. Michael's Mount
- Poldark Mine
- Trengwainton Gardens
- Trevarno Estate
- Boat trips, surfing beaches, huge pasties!

### Ride info:

25-35 miles a day, with some short cuts.

Moderate to energetic.