

Always go straight on unless otherwise directed

Holsworthy via Sutcombe, Lower Tamar Lake, Thurdon, Chilsworthy and back to Holsworthy. 17.1 miles, 0.5 miles off-road, no shortcuts.

This ride follows some small, quiet country lanes that undulate through small hamlets and farmsteads. At about the halfway point the ride visits the Lower Tamar Lake, which is an ideal spot for a picnic and toilet stop. The ride then continues beside the lake before returning to small lanes, crossing a section of unrestored Bude Canal before passing through a lovely village and an easy return back to Holsworthy.

Mileages are within 0.10 of a mile. The first shown is the distance between Junction layouts and the second is the accumulated mileage of the route.

Distance (miles)	Junction Layout Plan	Directions and Instructions	Distance (miles)	Junction Layout Plan	Directions and Instructions
		XR= cross rd; TJ=T junction; TL,TR=turn left/right; SO=straight on; SP=signs; L,R=left/right			
1 00.00 00.00		leave Holsworthy Square and TL on to main road A388 towards Bideford <i>Routes 10 & 11 start & finish here</i>	6 00.10 04.30		TR SP Cycle Route
2 00.30 00.30		at roundabout go SO on A388	7 00.60 04.90		Thuborough Cross TL SP Sutcombe, Bradworthy, Cycle Route
3 00.20 00.50		TL SP Hospital, NCN3 and then immediately R SP Hospital	8 01.00 05.90		at Ham Lane go SO SP Soldon
4 03.00 03.50		TR SP Cycle Route	9 01.60 07.50		Soldon Cross Beware: poor visibility on junction SO SP Cycle Route
5 00.70 04.20		Honeycroft Cross TL SP Sutcombe, Bradworthy	10 02.00 09.50		TR SP Lower Tamar Lake
			11 00.10 09.60		go into car park and TL at far end to follow path beside lake. Picnic area
			12 00.50 10.10		at end of path go through gate and TL on to road <i>Route 8 leaves here</i>
			13 00.40 10.50		Thurdon TL SP Lower Tamar Lake <i>Route 8 enters here</i>
			14 01.80 12.30		Broomhill Cross TL SP Pancreasweek, Sutcombe, Holsworthy
			15 00.30 12.60		Dunsdon Cross TR SP Pancreasweek
			16 00.40 13.00		Gains Cross TL SP Chilsworthy, Holsworthy
			17 01.20 14.20		Rhude Cross TR SP Holsworthy
			18 00.10 14.30		Rhude Cross TL SP Holsworthy, Chilsworthy
			19 00.40 14.70		Coldharbour TR SP Holsworthy
			20 02.10 16.80		on reaching the main road (A3072) bear L
			21 00.20 17.00		TR SP NCN3
			22 00.10 17.10		continue ahead up green cycle lane NCN3
			23 00.00 17.10		bear L into Holsworthy Square <i>I hope you enjoyed this ride.</i>