



The Route

Where: St Austell, Pentewan, Mevagissey and Heligan Gardens

National Route Number: 3

Distance: 6 miles to Heligan, 2 miles from Heligan to Mevagissey

Terrain: woodland, gravel paths and quiet roads, short section of B road to get to Heligan and Mevagissey, one significant hill

Public transport: railway station at St Austell

Bike hire: Pentewan Valley Cycle Hire (01726 844242) and Bissoe Tramways Cycle Hire (01872 870341) will deliver bikes to St Austell station

Maps: Cornish Way map and companion booklet

OS maps: Explorer 105, Landranger 204

Tourist information: Fowey - 01726 833 616; Truro - 01872 274 555

Towns to search for on Sustrans website mapping: St Austell, Mevagissey



St Austell station is well served by direct rail services from all over the UK, and is only a mile from the start of the Pentewan trail, signed through the town as National Route 3. The trail follows the old Pentewan railway between St Austell and Pentewan. For Heligan, turn right after 3 miles over a wooden bridge created by volunteers at a Sustrans workcamp. (Alternatively, straight on from here the path will take you to the harbour at Pentewan, a pleasant fishing village with cafe and pub). The carriage drive to Heligan climbs quite steeply and exits under the road leading to the famous Lost Gardens; please take care on this last section of busy B road. Alternatively, you can follow the Route 3 signs along the traffic-free trail to the bustling fishing village of Mevagissey (lots of opportunities for refreshment).

If you want to keep riding, carry on along Route 3 to the quieter fishing village of Portmellon. For a serious ride, continue inland via several short but challenging

hills, rejoining the coast at Caerhays Castle. From here you can get to Truro station without any main road riding via the King Harry Ferry, passing the beautiful Trelissick House and Gardens.

If you hire a bike at Pentewan, you may be interested to know that it is probably used out of season for 'Pedal Back The Years' rides to encourage local people to become more active. These rides are proving very popular with new and returning cyclists.

