

# Cycling Safaris

## CLASSIC CORNWALL 2018

Self Guided Tour 7 days/6 nights

Approx 93 miles



Cycle the ancient Celtic Kingdom of Cornwall, defined by its sparkling blue seas, rugged coastline, wooded valleys and industrial heritage. Ride from ancient Iron Age Villages to the cosmopolitan harbour town of Padstow which boasts the Rick Stein's mouth wateringly good fish and chips.

From Bodmin pedal the Cornish Way through the tranquil Luxulyan Valley woods and make a side trip to the world's largest bio domes of The Eden Project. Visit the Lost Gardens of Heligan and ride to the traditional fishing village of Mevagissey. Head to Cornwall's surfing capital Newquay and enjoy a classic Cornish cream tea on the banks of the Camel River. No matter where you end your day, a characterful smugglers pub is always nearby for a locally brewed pint.

### TOUR ITINERARY

#### DAY 1

#### Arrive Bodmin

Centrally located in the heart of Cornwall and equidistant from both the north and south coasts Bodmin is also situated on the western fringes of the rugged and wild Bodmin Moor. Only three miles away from the mainline railway station, (with direct services London), Bodmin is also easily reached by car (approx 4.5hrs drive).

#### DAY 2

#### Bodmin - Mevagissey

21 miles

Today's cycle follows the Cornish Way and provides an intriguing glimpse into the bygone industries of china clay and mining. Along the way there is also the opportunity to visit the rainforest biodomes of the Eden Project or the magnificent 1000 acres of the Lost Gardens of Heligan. On arrival into the Megavissey, the narrow alleyways, are brimming with charming tea shops, cafes and local inn's.

**DAY 3****Mevagissey - Truro****23 miles**

This morning you will once again be cycling along the Cornish Way. As you leave Mevagissey pedal through the picturesque Roseland peninsula before crossing the River Fal on a small ferry (payable locally). Late on in today's cycle you pass the National Trust's Tressilick Gardens located on the estuary of the River Fal. It has a superb and significant collection of exotic plants and is one of the most popular and famous gardens in all of England.

**DAY 4****Truro - Newquay****15 miles**

After breakfast head north to Newquay, the Cornish Capital of surfing! En route pass by tiny thatched-roofed houses, old tin and silver mining towns and through East Newlyn which was once one of these thriving mining villages. You'll will also pass Terice, an Elizabethan manor house and a great stop for a Cornish cream. With only a short ride today there is plenty of time, to explore the coastal town and beach of Newquay.

**DAY 5****Newquay - Padstow****21 miles**

Your route today follows country lanes to St Columb Major, before heading north towards the coast. You can stop for lunch in Constantine Bay with views over the blue waters of Trevoze Head. Alternatively, take a shorter route to charming town of Padstow renowned for Rick Stein's acclaimed fish and chip and gourmet restaurants (The Seafood Restaurant, St Pedroc's Bistro, Rick Stein's Café or Steins Fish & Chips). Sea food heaven!

**DAY 6****Padstow to Bodmin****13 miles**

Your route today follows the Camel Cycle, a cycle route that initially takes you alongside the Camel Estuary, abundant with wildlife. This official national trail was built on a disused railway track, originally the Atlantic Express Rail Route from London to the West Country. Upon reaching Wadebridge the trail then goes through the woodland countryside of the Camel Valley and into Bodmin, where you will spend your final night.

**DAY 7****Departure**

Tour is complete after breakfast.



## TOUR DATES

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Self guided tours can start on Saturdays from April until September.

## TOUR PRICE 2018

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This tour is priced in Sterling:

£715.00 per person sharing

£900.00 single room occupancy

## WHAT THE TOUR PRICE INCLUDES

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- 6 nights bed and breakfast 3 and 4 star accommodation
- 24 speed touring bike with a pannier bag, bike lock, repair kit, pump
- Tour Information pack
- Route details/Maps
- Luggage transfer each day
- Taxi transfer on last day to train station

You will buy your own lunches and dinner throughout the trip. You should budget for between £5 and £7 for lunch each day. Evening meal cost somewhere between £12 and £20. Nearly all restaurants in England now cater for vegetarians/special diets.

A taxi transfer from Broadway at the end of the tour is included to Moreton-on-Marsh train station. The journey takes about 20 minutes, depending on traffic.

## ACCOMMODATION

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The accommodation is allocated on a twin-sharing basis with a combination of 3 & 4\* B&Bs and hotels.

We ensure private facilities almost all of the time. We would be happy to help you organise extra accommodation for the start or the end of the week, you can contact the office directly for this and we will help with bookings or phone numbers if possible.

## WHAT TO BRING

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\*We would seriously recommend that you bring **padded cycling shorts and / or a gel saddle cover** which will definitely make your days cycling more comfortable. Cycling gloves are also a good investment. You can also bring your own saddle which should fit on our bikes.

\*We do not provide **rain gear** so be sure to bring your own light weight waterproofs.

\*We do not provide **helmets**, it is recommended you wear one, so please bring your own.

\*Don't forget sun cream, sunglasses, sun hat.

## BIKE & FITNESS

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Bike hire is available as an optional extra. Full-aluminium and good-quality hybrid bikes are available and the bike will be delivered to you. The bike will be a Ridgeback Lightweight Day Bike. Full details about the bike will be in your information pack. All rentals include a helmet, combination lock, a pump, a pannier with spare inner tube, tyre levers, and a handlebar bag.

There are also a small number of electric bikes for hire, which provide a power assisted ride. For more information on Ebikes please click [here](#).

## TRAVEL INFORMATION

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### Getting to/from Bodin

Bodmin does not have an airport but is easily accessible from Bodmin Parkway Railway Station, which is only 3 miles away. There are direct train links with London Paddington (4hrs 30 mins) and Bristol Temple Meads (3hrs 30mins). More information, can find further information about train times and schedules on the [www.nationalrail.co.uk/](http://www.nationalrail.co.uk/) .

London Paddington provides a direct train connection to London Heathrow Airport. From Paddington, you can also combine a the London Underground with overland train services for travel to London Gatwick Airport (south London), London Stanstead (north east of London) and London Luton (north west of London). Bristol Temple Meads train station connects to Bristol Airport via a direct shuttle bus.

If you are arriving into Bodmin by train, taxis on arrival are available outside the train station. Alternatively we can arrange the short taxi transfer for you.

### Driving

If you would prefer to travel by car, parking for the duration of your trip is available at central Bodmin locations (unfortunately we cannot offer long-stay parking at our Bodmin accommodation). Further details, locations and costs can be accessed at Bodmin Car Parks.

## GENERAL INFORMATION

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### **What is the weather like?**

England has a very mild climate making it ideal for cycling. Although there are occasionally wet days, the rain never usually lasts very long and you are soon free to enjoy a clear view of the magnificent scenery once again.