

Tremenheere, Trengwainton, Penzance

10.5m:17km on quiet country lanes, down historic Chapel Street in Penzance and back to Lodey along the beach on Cycle Route 3.

- 1.7m:2.8km from **Lodey** to **Tremenheere** - Head into **Long Rock** turning right into the industrial estate opposite Enterprise Car Hire
- Continue over the pedestrian bridge turning right out of **Poniou Lane**
- **Tremenheere** is now on your left 0.7m:1.1km away
- 3.7m:5.9km from **Tremenheere** to **Trengwainton** - Head back to **Gulval** 1.2m:1.9km past **Poniou Lane**
- Follow the road to the **B3311**, turn left onto it and right up the hill to **Heamoor**
- **Trengwainton** is now 1.8m:2.9km away, past **Mounts Bay School**, on your right
- 5.1m:8.1km from **Trengwainton** to **Lodey** – back to the school taking a right on the **Madron Road** junction, just past **Mounts Bay School**
- At the **A30** roundabout take the underpass down to Penzance, follow the pedestrianised **Causeway Head** to the historic **Chapel Street** (staggered junction)
- **Cycle Route 3** passes the **Jubilee Pool** at the bottom of **Chapel Street**
- Turn left and follow the route 2.8m:4.5km to **Jordan's Cafe** at **Long Rock**, **Lodey** is over the railway bridge on your left

