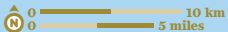


Bude **1** START



ATLANTIC OCEAN

**The Strangles** **2**

**Boscastle** **3**

**Tintagel** **4**

**Port Isaac** **5**

**Polzeath** **6**

**Constantine & Booby's Bay** **9**

**Padstow** **8**

**Wadebridge** **7**

**Bedruthan Steps** **10**

**Newquay** **11**

**FINISH**

Crackington Haven

St Juliot

St Nectan's Glen

Delabole

Camelford

Altarnun

Trevose Head

Harlyn & Trevone

Daymer Bay

Rock

St Merryn

Treyarnon

Porthcothan

Mawgan Porth

Watergate Bay

Helland

Bodmin

Lanhydrock

Lostwithiel

Bodmin Moor

Liskeard

A39

B3314

A39

A30

A389

A39

A38