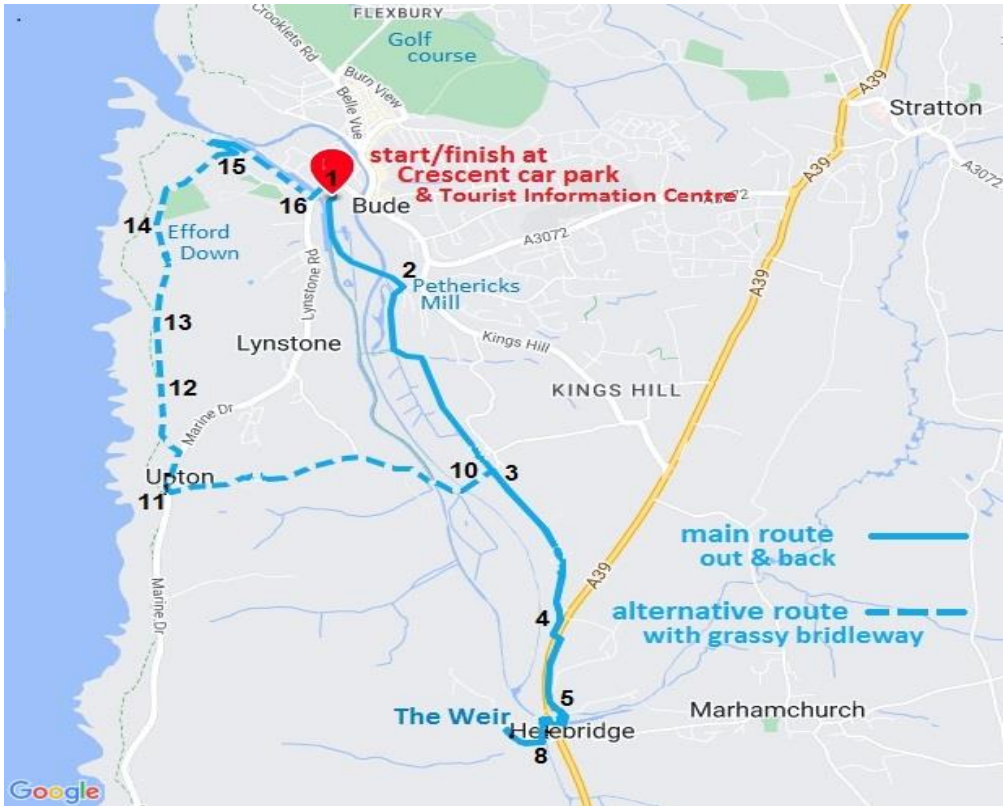


Route 1 - Crescent to The Weir

This is an easy 4 mile ride (there & back), suitable for inexperienced riders (with a slightly less-easy & longer return option).



1 From the Tourist Information Centre (in the Crescent car park) take the wider tarmac path running parallel to the canal. Follow this as it veers left after 150m and ride over the iron river bridge to River Life cafe.

2 Follow the fencing round the front of River Life and over the hump onto the tarmac cycleway and along it, taking the left fork at the otter bench and onwards to a minor road crossing.

3 Cross straight over the minor road and continue on to join the water treatment works access road (occasionally vehicles use this access road).

4 Before the A39, turn right to follow the tarmac cycleway to go through an underpass, then on the tarmac cycle path on the A39 grass verge.

5 Go through the gate at the end of the cycleway onto the minor road and continue downhill and across 2 small bridges.

6 Immediately after the 2nd bridge is a sign 'Bude Cycle Link'. This accesses the Weir coffee-house/bistro via a footpath which goes under the A39 again and across 2 wooden bridges to the canal towpath (Please push your bike along this short stretch).

7 On reaching the towpath, turn left through the gateway (*the right turn is the towpath and is just for walkers*) and take the path across to the Weir's concrete driveway.

8 Turn right onto the driveway and cycle up to the Weir coffee house/bistro for a rest (there is also a children's playpark here).

Alternatively from point 6, if you do not wish to visit the Weir, there are two options:

a) go straight on to the road junction ahead and cross to the cycle track extension. This vehicle-free grit/gravel track leads 500m to an overgrown grassy area in the valley for a rest.

b) the other alternative resting/picnic spot is to turn left immediately after the 2nd bridge into the small free car park; beyond it is a large grassed area beside the canal basin.

Return

The easiest (and tarmac-based) route back to Bude is to retrace the outward route, via the cycle path on the A39 grass verge and back through the underpass. Then past the water treatment works and follow the tarmac cycleway back to Bude (crossing the minor road and going round the front of River Life cafe).

There is an alternative that replaces the second half of this route by riding an attractive (but uphill) very minor lane for 1600m, then taking a grassy bridleway over the coastal Efford Downs for 2Km back to Bude breakwater (however, the minor lane is not entirely traffic free and a long stretch for small legs). [Note: There is a loop from Bude that rides this Efford Down bridleway in the opposite direction, meaning this long lane would be downhill - with the climbing done on the grassy bridleway slopes.]

The following points detail the ride back to Bude via the grassy bridleway:

9 Follow the outward route past the water treatment works to the minor road crossing.

10 Turn left at this crossing and follow this lane for 1600m, firstly crossing the river, then the canal, then (ignoring a lane off to the right after 800m) carry onwards up a long mostly shallow gradient to a T-junction with the coast road.

11 Turn right onto the coast road and ride 100m to where a signed bridleway (to the coast path) goes off on the left. Follow this bridleway (an obvious track across medium length grass) to join a mown-grass track north along the clifftop.

12 Go through a gateway into a second field with a long gentle grass-path descent to a walled gateway at the foot of the slope.

13 From the walled gateway take the bridleway which veers half-right to go diagonally up the hill along an obvious track in the grass (*note: the coast path for walkers veers slightly left to follow the clifftop*). From the top of this slope the bridleway continues north, past two wooden gateways in the nearby hedge, to a steel gate.

14 Go through this steel gate and, keeping the fenceline close on your right, ride down a broad grassy path to a gate at the bottom (*caution - the last few metres down to this gate is fairly steep*).

15 Turn left after this gate and cycle along this track until it comes to a small grassed-oval at the seaward end of Breakwater Road. Go round this oval and cycle the whole length of Breakwater Road to its end by the Falcon Hotel.

16 Turn left onto the coast road bridge; cycle past the traffic island on the bridge and on to the next traffic island (just beyond the Crescent Stores). There turn right (pushing your bike via the traffic island) to enter the Crescent car park via a stone gateway.