

Menadarva Valley Route

Full Route 6.75 miles – out of club turn right and then left and down to Boilerworks road, go along Boilerworks and cross over into Enys Road. Then take the footpath to cut through the bottom of Hilderly park to take you to the viaduct and proceed to Duchy college.

Follow Puggis Hill all the way to the small group of houses and as you start to climb, take the bridleway on the RHS. That will take you past the Sewerage works to Coombe.

Cross over the road and take the footpath to proceed through Menadarva Valley, right to the end, then up the big hill towards Kehelland.

At the top of the hill go straight on to the footpath past the Met Office weather station, and through the fields to the A30 flyover.

Go over the flyover, down Weeth Road, Eastern Lane and N Roskear Rd back to club.



Shorter route 5.4 Miles - As above but when you get to the end of the Bridleway at Coombe, do not cross over to the Mendarva Valley but instead turn left and take the road all the way up to the A30 flyover. Then back to club same as above.



Shortest Route 4.3 miles - Start as per the long route but do not take the bridleway. Instead just stay on Puggis Hill. At the end turn left to head towards the A30 flyover. Then back to club same as above.

