

# The Outdoors



## Cycling

The variety of coastal, moorland and valley trails in North Cornwall is ideal for two-wheeled touring. In Bude, we have a vast network of quiet country roads, taking in both breathtaking coastal scenery and the unspoilt North Cornwall and nearby Devon countryside and villages – but beware, it is a little hilly!

From Wooda, a recommended route is to cycle left out of the entrance and right at the crossroads, follow the road into the town centre and towards the Crescent Car Park (right at the mini-roundabout) where you can pick up the canal cycle path. This allows you to cycle two miles inland towards Helebridge, where you can then pick up a slightly narrower route taking you nearly to Marhamchurch. Here you can then enjoy a spot of lunch at **'The Weir'** and cycle back again!

We would recommend this as the safest cycling route, especially for children – and if you would rather, you can park in the Crescent car park instead of cycling from Wooda.

For a flatter ride, also safe for children, you are able to enjoy the circular route around **Tamar Lakes, Kilkhampton**. More info available at reception or visit Tamar Lakes where you are also able to participate in many other water based activities.

Bude offers an exciting array of cycling routes from Wooda, some flatter than others! Most of the country roads are fairly safe but make sure you use your road safety and beware of the faster drivers! We don't recommend cycling with children on these narrow country roads but of course it is entirely up to you!

## The Camel Trail (Bodmin – Wadebridge – Padstow)

The Camel Trail is a favourite amongst locals and holiday makers. Five miles of traffic free cycle path – perfect! You can drive and park at Wadebridge and cycle the flat 5 miles along the estuary to Padstow where you can enjoy some yummy fish and chips or a Cornish pasty - then work it off cycling back!

Or cycle a little further by starting at Bodmin and cycling to Padstow. The majority of this route is flat and takes you through beautiful woodland. It is very pretty in April/May, with wild flowers lining the path. You can hire bikes from **Bridge Cycle Hire (01208 813050)** situated at Wadebridge – it is a good idea to call and reserve ahead just to be sure you are guaranteed bikes when you get there.

## The Tarka Trail (Meeth – Illfracombe)

The Tarka Trail starts at Meeth and finishes in Illfracombe. The nearest stretch to us would be Bideford to Meeth, or Meeth to Bideford, approximately 16 miles each way. Passing through small towns and villages along the way, the Tarka trail is a great traffic-free way to enjoy cycling and explore the scenery.

More information on all the above routes and more, including maps, can be found at reception