



EBIKE

CORNWALL

hire • tour • explore

DIFFICULTY:.....EASY

DISTANCE:.....20KM

TIME:.....1.5HRS



**SCAN THE THE
QR CODE FOR
THE GOOGLE MAP.**

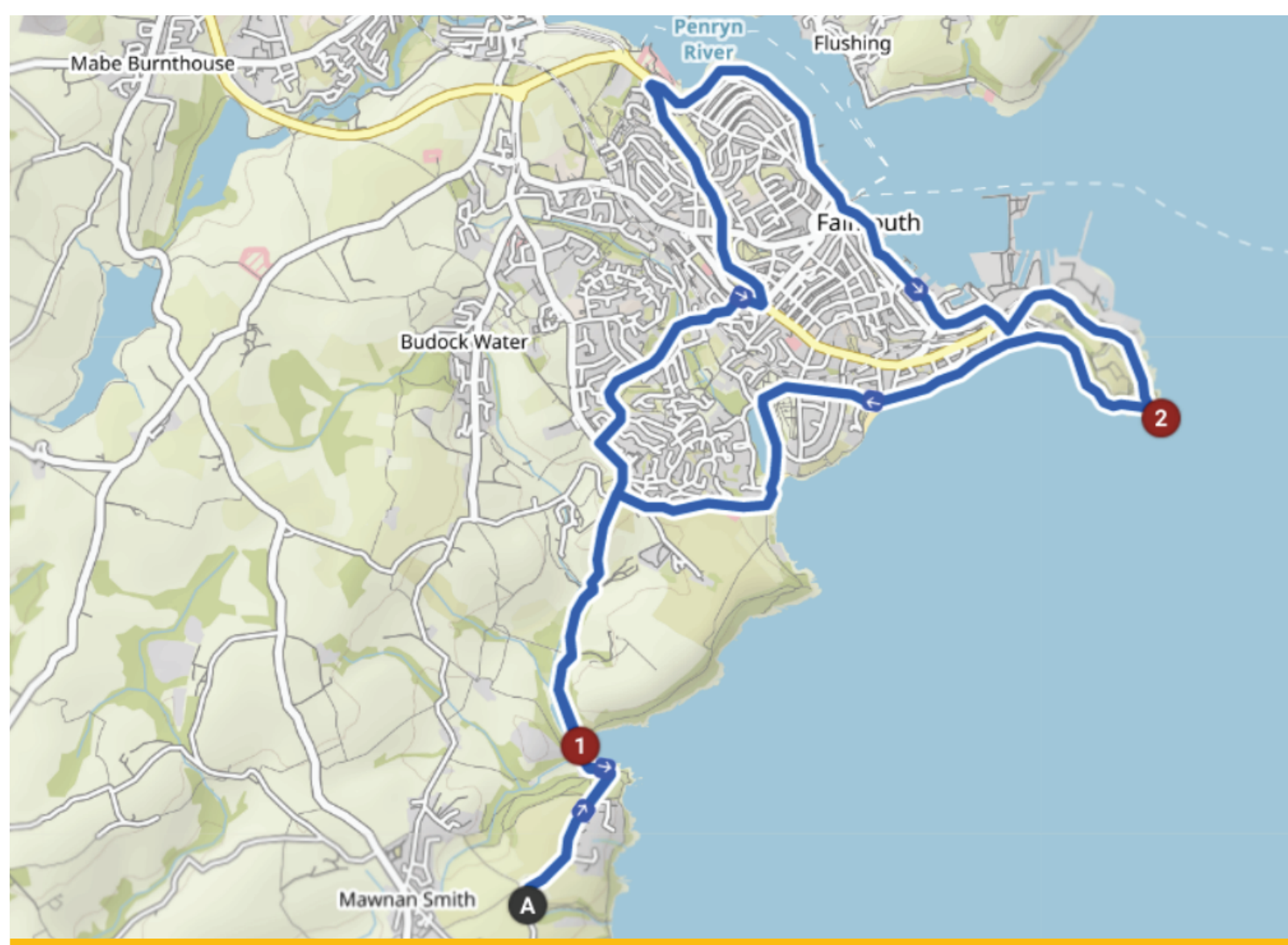
**WWW.EBIKECORNWALL.COM
HELLO@EBIKECORNWALL.COM
07394 981083 OR 07368 996058**

FALMOUTH TOWN: MEDIUM ROUTE

AN EASY 20KM RIDE THAT WILL TAKE
AROUND 1 HR AND 30 MINUTES.

IT INCLUDES MAENPORTH BEACH AND
MOST OF FALMOUTH TOWN.

YOU COULD EASILY ADD A LOOP TO
FLUSHING OR MYLOR HARBOUR, PRETTY
VILLAGES ON THE OTHER SIDE OF
FALMOUTH HARBOUR / CARRICK ROADS.





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DIFFICULTY...MEDIUM

DISTANCE:.....15KM

TIME:.....1HR 12MIN



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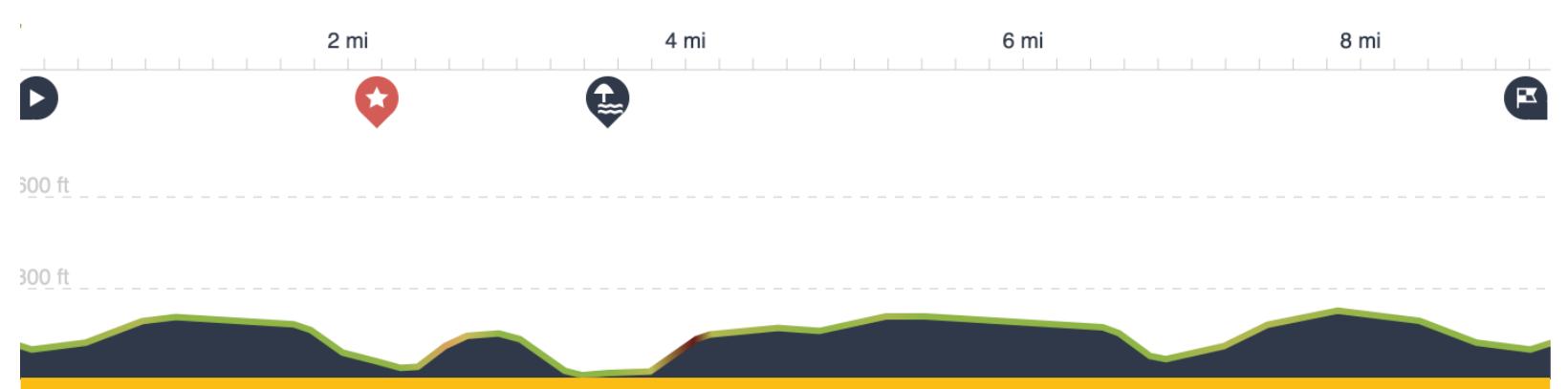
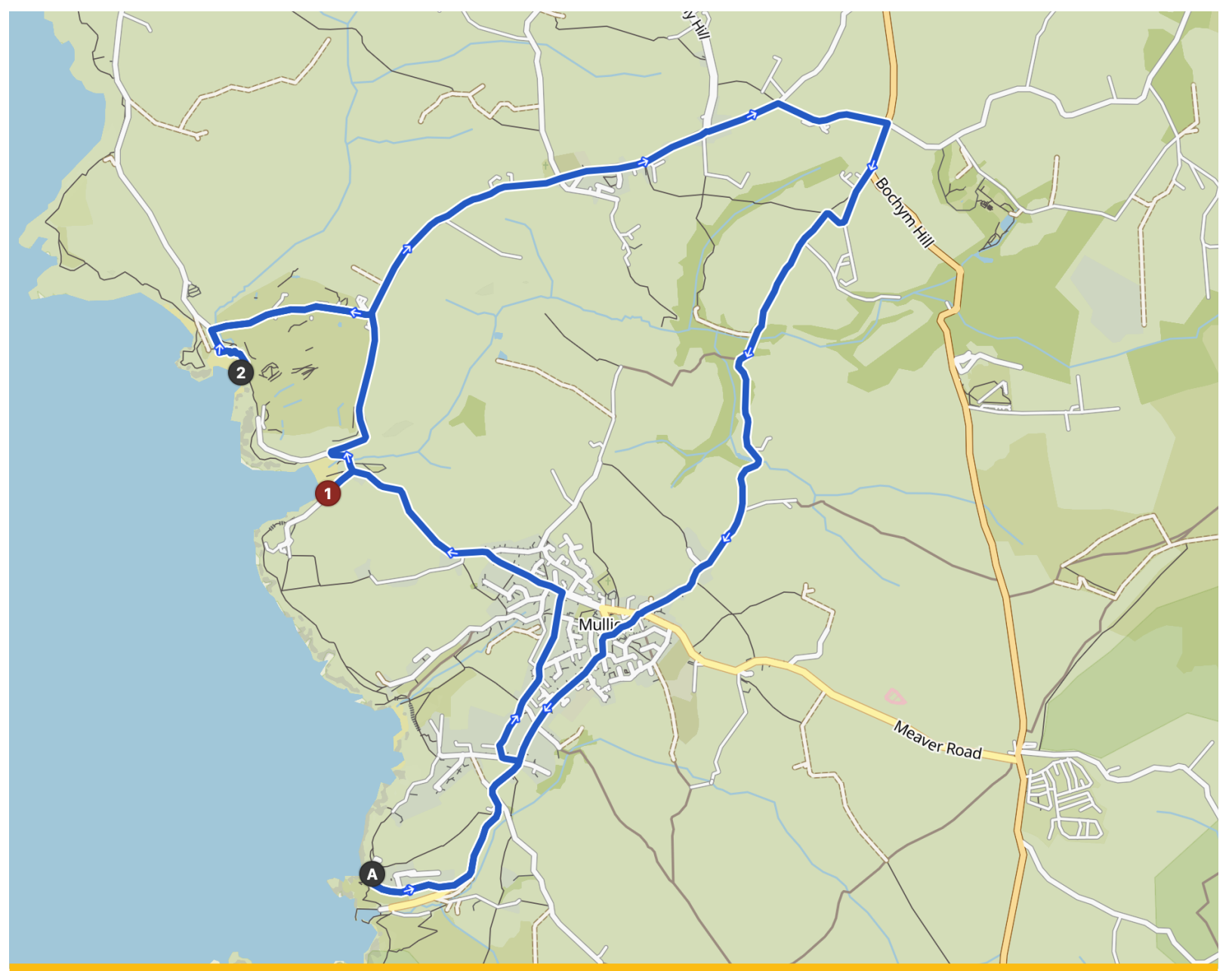
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POLDHU & CHURCH COVE: MEDIUM ROUTE

THIS EASY 15KM, CIRCULAR ROUTE INCLUDES WONDERFUL BEACHES AT POLDHU COVE AND CHURCH COVE.

BOTH HAVE LIFEGUARDS IN PEAK SEASON AND HAVE SEASIDE SHOPS, INCLUDING A SURF SCHOOL AT POLDHU.

THE ROUTE MEANDERS BACK TO THE HOTEL VIA QUIET COUNTRY LANES.





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DIFFICULTY...MEDIUM

DISTANCE:.....45KM

TIME:.....2HR 45MIN



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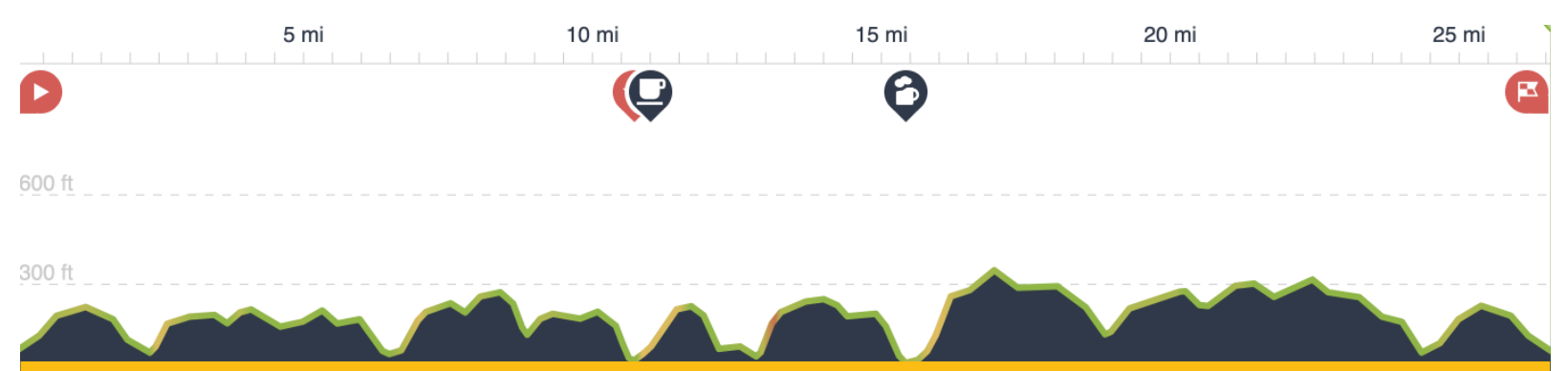
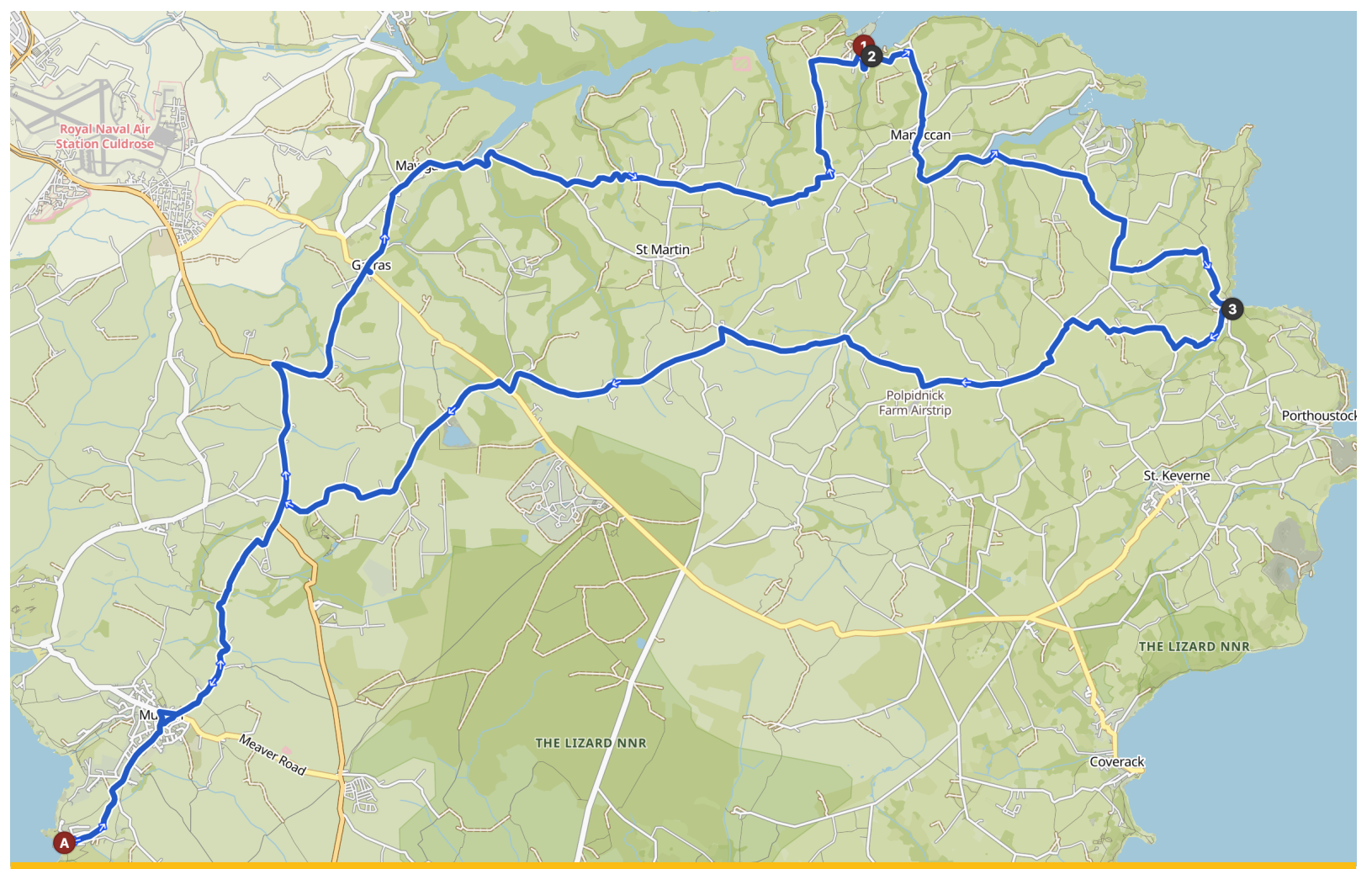
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HELFDORD: EASY ROUTE

THIS CHALLENGING 45KM ROUTE INCLUDES PUBS, RIVER CROSSINGS, THE VERDANT HELFDORD AND THE WILD OPEN SEAS OFF THE LIZARD!

THE SHIPWRIGHT'S ARMS, OR THE FIVE PILCHARDS ARE WORTHY STOPS IN THE FINAL 10KM.

THIS DAY OUT IS VERY MANAGEABLE IF YOU ARE USED TO CYCLING.





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DIFFICULTY...MEDIUM

DISTANCE:.....35KM

TIME:.....2HR 37MIN



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LIZARD PENINSULA: MEDIUM ROUTE

A MINI ADVENTURE. THIS 35KM ROUTE INCLUDES FAMOUS PLACES ACROSS THE SOUTHERN LIZARD PENINSULA.

CAGWITH COVE IS A PHOTOGENIC VILLAGE WITH A GOOD PUB. KENNACK SANDS IS WELL SHELTERED FROM WESTERLY WINDS AND CAN BE A GOOD SUN TRAP.

THIS ROUTE IS GREAT WAY TO AVOID PEAK-SEASON CAR PARK MADNESS!

