

# Penguin Challenge

## Leg 13: St Columb Minor (5 miles)

### Mount Wise/Berry Rd Lights to Sports Centre



#### Road & Bridleway

*The Bridleway section may be wet/muddy during winter months.*

- Run along St Thomas' Rd towards the hospital.
- As you enter the hospital car park take the walkway on the left. Follow this down the hill.
- Join Edgcombe Ave under the viaduct.
- Follow this road then at the mini roundabout take Hillgrove Rd.
- Turn right onto Chester Rd, then turn right onto Herver Rd.
- Go left at the double roundabouts towards Padstow.
- Follow the B3276 through Porth and then take the right turn towards the Whipsiderry Hotel.
- After approx 1.5km take the right turn and head up the hill.
- Where the road bends left take the track on your right.
- Take the track to the right of the stone entrance pillars and follow the goat track to St Columb Minor.
- When the track meets the road turn right. Follow Church St around the corner.
- Turn right onto Stanways Rd.
- Go down the path alongside Treviglas.
- Turn right onto Porth Bean Rd., turn left onto Cross Close, then left onto Duchy Ave.
- Turn right onto Herver Rd.
- At the roundabouts go left down Trevenson Rd, after you pass Tretherras take the footpath on your right past The Orchard to the Sports Centre.