

Newquay Road Runners

Penguin Challenge

Leg 6: Denzell Downs (4.5 miles)

Trenoweth Manor Farm, Nr Talskiddy to Rumford Cross roads.



Road

Please do not park in the farm entrance.

- Head towards St Eval (Not St Mawgan)
- After approx 3.4km turn right towards Padstow.
- Follow this road down the hill, go through the twisty section and the pass some houses on your right. When you reach the new build on the left take the right turn into Rumford.
- Follow this road down through the village and head up the hill until you reach the crossroads.