

Newquay Road Runners

Penguin Challenge

Leg 7: St Merryn (3.8 miles)

Rumford Crossroads to Treyarnon Turn, B3276



Road

- There is no signpost to direct you at the start. You will be taking the road which goes straight through the crossroads without giving way, head away from Rumford. Then the road bends left at Treleigh, then bends right. Instead of following it to the right continue straight on down the narrow road.
- Follow this road until it ends, turn right, then immediately left. You will pass some standing stones in a garden on your right.
- Follow this road until the end (on a steep hill). Continue up the hill passing the church on your left then the Cornish Arms on your right.
- Follow this road through St Merryn, past the school on your right.
- Continue to the bottom of the hill, once you start going uphill again you will come to Treyarnon Turning on your right.