

## Cycling directions from St Austell station to the Eden Project



The route is signposted throughout as part of the National Cycle Network route 3.

1. St Austell station – head east - toward the **road** bridge over the railway line and left onto Carlyon Road.
2. Follow this over two roundabouts (now Polkyth Road) to traffic lights where you dog-leg across onto Sandy Hill.
3. Follow Sandy Hill over the roundabout to the traffic lights and continue ahead onto Bethel Road.
4. On reaching the double roundabout go across onto Trenowah Road. The cycle path deviates to the right just before the roundabout junction with the main distributor road and takes you across and back onto Trenowah Road.
5. Continue down the hill and at the junction turn left into Tregrehan village, continue uphill out of the village and on a steep left hand bend in the road, take the dirt track on the right (signed cycle route 3).

6. Take another right before turning left to enter Eden, crossing the Eden access road and on to Banana coach park area.
7. Cycles should be left in the racks alongside Banana coach park. Lockers are available nearby for cycle or walking gear.