

Across England: logs for Cornwall

<i>where</i>	<i>GR</i>	<i>day miles</i>	<i>total miles</i>	<i>time</i>	<i>elapsed</i>
15 September 2006					
Land's End	342249	0.0	0.0	10.46	0.00
Sennen Cove	350263	1.2	1.2	11.08	0.22
				11.26	
Aire Point	359281	3.0	3.0	12.03	0.59
Cape Cornwall	349318	6.1	6.1	13.10	2.06
				13.35	
Levant Zawn	368344	8.9	8.9	14.52	3.23
Pendeen Watch	379358	10.2	10.2	15.21	3.52
				15.44	
Gurnard's Head	432382	14.8	14.8	17.47	5.55
				17.53	
Carn Gobba	450389	16.4	16.4	18.39	6.41
Zennor (Tinner's Arms)	454384	16.9		18.46	6.48

16 September 2006					
Zennor (Tinner's Arms)	454384	0.0		9.55	0.00
Carn Gobba	450389	0.5	16.4	10.03	0.08
Carn Naun	477408	3.4	19.3	11.28	1.33
				11.38	
St Ives	518405	7.2	23.1	13.05	3.00
				13.30	
Carbis Bay	527388	8.5	24.4	14.04	3.34
Lelant (Badger PH)	545371	10.7	26.6	14.45	4.15
				15.15	
Hayle	557376	13.3	29.2	15.54	4.54
Upton Towans	570401	15.6	31.5	16.54	5.54
Gwithian Towans	579414	16.6	32.5	17.15	6.15

17 September 2006					
Gwithian Towans	579414	0.0	32.5	09.00	0.00
Godrevy Point	580433	1.5	34.0	09.35	0.35
Hell's Mouth	603428	3.5	46.0	10.12	1.12
				10.24	
Crane Castle	638440	6.1	38.6	11.10	1.58
Portreath	657453	8.1	40.6	11.54	2.42
				12.22	
Gullyn Rock	678469	10.4	42.9	13.12	3.32
Porthtowan	693478	11.6	44.1	13.48	4.08
				14.28	
St Agnes Head	699514	14.5	47.0	15.30	5.10
				15.38	
Trevaunance Cove	721514	16.0	48.5	16.10	5.42

10 March 2007					
Trevaunance Cove	721514	0.0	48.5	09.18	0.00
Cliqqa Head	738536	2.3	50.8	10.18	1.00
Perranporth	756543	3.6	52.1	10.45	1.27
				11.05	
Ligger Point	757580	6.4	54.9	11.58	2.20
Holywell	767589	8.0	56.5	12.25	2.47
				12.40	
Porth Joke	772603	9.9	58.4	13.18	3.25
Crantock (car park)	788608	11.6	60.1	13.53	4.00
				13.58	
Penpol	798606	12.4	60.9	14.12	4.14
Newquay	812616	15.0	63.5	15.20	5.22
(Beach Road)				15.55	
Porth	830626	16.4	64.9	16.30	5.57
Watergate Bay	842649	18.6	67.1	17.10	6.37

11 March 2007					
Watergate Bay	842649	0.0	67.1	09.34	0.00
Mawgan Porth	850672	2.2	69.3	10.20	0.46
Carnewas	849690	3.7	70.8	10.50	1.16
Porthcothan	858720	6.7	73.8	11.57	2.23
				12.14	
Treyarnon	858739	8.6	75.7	12.52	3.01
Trevoze Head	852765	10.4	77.5	13.40	3.49
				14.00	
Harlyn Bay	858753	12.7	79.8	14.52	4.41
Trevone	891759	13.8	80.9	15.15	5.04
				15.28	
Stepper Point Tower	910784	16.1	83.2	16.21	5.57
Padstow (ferry)	920755	18.7	85.8	17.19	6.55

12 March 2007					
Rock (ferry)	928757	0.0	85.8	11.24	0.00
Polzeath	936789	2.8	88.6	12.17	0.53
				12.28	
Pentire Point (trig point)	929806	4.8	90.6	13.14	1.39
Port Quin	971804	8.6	94.4	14.29	2.54
				14.45	
Port Isaac (harbour)	996807	11.1	96.9	16.10	4.19
Pt Is'c (Anchorage GH)	999809	11.5	97.3	16.21	4.30

13 March 2007					
Pt Is'c (Anchorage GH)	999809	0.0	97.3	09.48	0.00
(above) Barrett's Zawn	028818	2.3	99.6	10.48	1.00
The Mountain	043842	4.2	101.5	11.49	2.01
				12.00	
Trebarwith Strand	050864	6.0	103.3	12.43	2.44
(Port William Inn)				13.22	
Tintaqel Castle	052890	7.9	105.2	14.10	3.32
				14.18	
Tintagel	057883	8.4	105.7	14.33	3.47

17 July 2008					
Tintagel	057883	0.0	105.7	15.37	0.00
Condolden Barrow	091870	2.8	108.5	16.53	1.16
				17.00	
Camelford Museum	100855	4.0	109.7	17.27	1.43
Camelford (C'man Ho)	108838	6.2	111.9	18.05	2.21

18 July 2009					
Camelford (C'man Ho)	109838	0.0	111.9	09.00	0.00
Roughitor Road end	139818	2.3	114.2	09.40	0.40
Roughitor	145808	3.1	115.0	10.00	1.00
				10.05	
Brown Willy	158799	4.2	116.1	10.44	1.39
Bray Down	188821	7.1	119.0	12.10	3.05
Altarnun	215824	9.2	121.1	12.54	3.49
(Rising Sun PH)				14.03	
Pipers Pool	259841	13.3	125.2	15.38	5.24
Tanker's Lake	286849	15.7	127.6	16.15	6.01
Tregadillet	296840	16.9	128.8	16.45	6.31

19 July 2009					
Tregadillet	296840	0.0	128.8	11.02	0.00
Launceston Castle	330845	2.6	131.4	11.49	0.47
Polson Bridge	356849	4.5	133.3	12.22	1.20

To Devon ...

Lewdown
 Hedge Cross 2.96
 Beara Down 2.98 = 5.94
 (Bridestowe 1.23 = 7.17)
 Lake 1.53 = 7.47

Meldon reservoir 2.60
 High Willhays 1.88 = 4.48
 Yes Tor 0.63 = 5.11
 Cullever Steps 2.78 = 7.89
 Belstone 1.26 = 9.15
 Sticklepath 1.77 = 10.92

A30 1.91 = 12.83
 Spreyton 2.78 = 15.61

Bow 4.17
 Coplestone 3.58 = 7.85

	0820	1030	1430	Camelford	1325	1725		1940
	0836	1046	1446	Pipers Pool	1307	1707		1927
0650	0850	1100	1500	Launceston	1255	1655	1820	1915
0703	0903	1113	1513	Lewdown	1235	1635	1800	1900
0830b	1010	1235	1635	Exeter St D	1122	1522	1645b	1745b
			1701			1012		
			1923	London P	0730			

(Lewdown ~ Lifton +/-6mins)

LP 0906 Ex 1118-30 Bdx90 1300-25 Bo595 1402-1505 Tg 1515/594
 LP 1006 BP 1346-1430 Wb 1500-05 Tg 1545