

Table 142R

Mondays to Fridays

19 May to 12 December

Newquay - Par

Route Diagram - see first Page of Table 135

Miles		GW	GW	GW	GW	GW	GW	GW	GW											
		◇	◇	◇	◇	◇	◇	◇	◇											
			A	B	B	C														
0	Newquay	d	10 13	12 40	13 03	15 01	15 06	17 22	19 25	21 26										
2½	Quintrell Downs	d	10 19	12 46	13 09	15 07	17 28	19 31	21 32											
6½	St Columb Road	d	10x26	12x53	13x16		17x35		21x39											
12	Roche	d	10x38	13x04	13x28		17x47		21x51											
14½	Bugle	d	10x42	13x09	13x32	15x28	17x51	19x54	21x55											
16½	Luxulyan	d	10x48	13x17	13x38		17x57		22x01											
20½	Par	a	11 02	13 34	13 52	15 47	15 58	18 13	20 13	22 16										

Saturdays

24 May to 6 September

		XC	GW	GW	XC	GW	XC	GW												
		◇	◇	◇	◇	◇	◇	◇												
			D																	
	Newquay	d	09 35	11 30	13 19	15 30	17 26	20 00	21 21											
	Quintrell Downs	d																		
	St Columb Road	d																		
	Roche	d																		
	Bugle	d																		
	Luxulyan	d																		
	Par	a	10 29	12 25	14 13	16 24	18 21	20 56	22 05											

Saturdays

13 September to 13 December

		GW	GW	GW	GW	GW	GW													
		◇	◇	◇	◇	◇	◇													
	Newquay	d	07 48	10 12	13 09	14 59	17 21	19 17	21 18											
	Quintrell Downs	d	07 54	10 18	13 15	15 05	17 27	19 23	21 24											
	St Columb Road	d	08x02	10x26	13x23	15x13	17x35		21x32											
	Roche	d	08x13	10x37	13x34	15x24	17x46		21x43											
	Bugle	d	08x18	10x42	13x39	15x29	17x51	19x46	21x48											
	Luxulyan	d	08x23	10x47	13x44	15x34	17x56		21x53											
	Par	a	08 39	11 01	13 58	15 48	18 10	20 03	22 07											

Sundays

18 May to 7 September

		GW	XC	GW	GW	GW	GW													
		◇	◇	◇	◇	◇	◇													
	Newquay	d	09 52	11 32	13 04	16 21	17 35	19 40												
	Quintrell Downs	d	09 58		13 10		17 41	19 46												
	St Columb Road	d	10x06		13x18		17x49	19x54												
	Roche	d	10x17		13x29		18x00	20x05												
	Bugle	d	10x22		13x34		18x05	20x10												
	Luxulyan	d	10x25		13x37		18x08	20x13												
	Par	a	10 39	12 27	13 51	17 16	18 21	20 26												

Sundays

14 September to 7 December

		GW	GW	GW																
		◇	◇	◇																
	Newquay	d	11 12	15 10	17 35															
	Quintrell Downs	d	11 18	15 16	17 41															
	St Columb Road	d	11x26	15x24	17x49															
	Roche	d	11x37	15x35	18x00															
	Bugle	d	11x42	15x40	18x05															
	Luxulyan	d	11x47	15x45	18x08															
	Par	a	12 01	15 59	18 21															

A from 7 July until 29 August C from 7 July until 29 August. The Atlantic Coast Express D The Atlantic Coast Express
 B until 4 July, from 1 September

For connections at Par please see Table 135