

ATLANTIC WAY 300

Summary

The centrepiece of this ride is the 72 mile stretch of the A39 known as the Atlantic Highway which goes from Barnstaple in Devon to Fraddon in Cornwall. On reaching Fraddon the route comes back along the A30 and A303 into Somerset, where it loops back South-West again.

I did the ride on New Year's Eve 2015. The Atlantic Highway stretch was marked by torrential rain and gale force winds, which contributed to making it an unforgettable experience. This stretch would be fantastic on a sunny day too as there is beautiful scenery and the road is undulating with sweeping bends. I enjoy the A30, particularly going North, it's a 'lazy' ride in top gear with some beautiful scenery.

The Challenge

You can start at any point on the loop and the aim is to get round in a day, starting and ending at the same point. You can go either clockwise or anticlockwise.

Distance: 300 Miles

Time to complete: 1 day

Riding Time: 6 ¼ hours

Plan your journey

Save as your default start location

- A Butleigh, UK
- B Barnstaple, Devon, England, UK
- C Fraddon, UK
- D Yeovilton, UK
- E Sparkford, UK
- F Castle Cary, UK
- G Butleigh, UK

Get route

Points: A. Butleigh; B. Barnstaple; C. Fraddon; D. Yeovilton; E. Sparkford; F. Castle Cary; G. Butleigh

Notes

The route can be extended to include the spectacular stretches of the A39 from Minehead via Porlock to Lynton. This includes the extremely steep Porlock Hill. This would add about 100 miles to the route. If you want to add this additional section it is worth experimenting with the RAC Route Planner to create a loop and avoid repetitive sections of route.