

4 Night Cornwall Guided Walking Holiday

Tour Style: Guided walking

Destinations: Cornwall, United Kingdom & England

Trip code: SVBOB-4
2 & 3



HOLIDAY OVERVIEW

Blessed with more miles of coastline than anywhere else in England, Cornwall inspires all sorts of outdoor adventures. Our guided walking holiday is the perfect introduction to the county's pristine beaches, rugged headlands, hidden coves, and postcard-perfect villages and towns.

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of up to three different-grade daily walks
- All transport to and from walks where necessary

- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

HOLIDAY HIGHLIGHTS

- Admiring a landscape of rugged granite headlands and sandy beaches
- Exploring peaceful corners, hidden coves, and sleepy fishing villages
- Spending time with like-minded people in the great outdoors
- Finding exciting walking routes with your HF Holidays Leader
- Relaxing at Chy Morvah, our charming country house in St Ives

ITINERARY

Day 1: Arrival Day

You're welcome to check in from 4pm onwards. Enjoy a complimentary cream tea on arrival.

Day 2: The Beaches And Cliffs Of North Cornwall

Option 1 - Porthtowan To St Agnes

Distance: 5 miles (8.5km)

Ascent: 1,050 feet (300m)

In summary: Walk along the cliffs from Porthtowan to St Agnes. We'll pass the iconic ruined engine house at Wheal Coates mine which featured in the BBC series of Poldark, and head inland over St Agnes Beacon and into St Agnes village.

Highlight: Seeing a spectacular array of seabirds including Fulmars and Guillemots.

Option 2 - Porthtowan To Perranporth

Distance: 8½ miles (13.5km)

Ascent: 2,050 feet (620m)

In summary: A fantastic coastal walk from Porthtowan to St Agnes Head and Perranporth. A day of mining history, superb wildlife, and extensive sea views throughout.

Highlight: Sampling the hedgehog ice cream at Chapel Porth Cove! You'll also see the much photographed Towanroath engine house of Wheal Coates mine.

Option 3 - Portreath To Perranporth

Distance: 12½ miles (20km)

Ascent: 2,900 feet (900m)

In summary: A final chance to stride out and enjoy one of the best sections of the North Cornwall Coast Path. We'll tackle the section from Portreath to Perranporth.

Highlight: With glorious sandy beaches and rugged headlands, this is the Cornish Coast at its very best.

Day 3: Rugged Cliffs Of St Ives

Option 1 - Clodgy Point And Porthmeor Beach

Distance: 4.5 miles (7.5km)

Ascent: 700ft (220m)

In summary: We'll complete a gentle circuit from the door of Chy Morvah, taking us through the Cornish countryside and back along the clifftops past Clodgy Point. There'll be time to chill out on one of the golden beaches or visit one of the towns attractions.

Highlight: There's plenty of time to relax and enjoy the many delights of St Ives at the end of this walk. Enjoy wandering through the narrow streets, perhaps visit the Tate Gallery, or take a boat trip to Seal Island.

To note when choosing your walk: The coastal path we follow on our return to St Ives can be rough and rocky.

Option 2 - Mussel Point & River Cove

Distance: 9 miles (14.5km)

Total ascent: 1,455ft (445m)

In summary: We begin by completing the inland section of our walk. Crossing prehistoric fields, we'll pass the hamlets of Trevega, Boscubben and Treveal. We reach the coast at Mussel Point, then follow the undulating rugged path over the cliffs and headlands back to St Ives, taking time to pause at River Cove for the seals.

Highlight: Look out for seals at River Cove, and later enjoy a well-deserved ice cream by Porthmeor beach when you arrive back in St Ives.

Option 3 - Zennor To St Ives

Distance: 11½ miles (18km)

Ascent: 1,800 feet (560m)

In summary: Follow the Tinnens' Way from St Ives, heading through the fields to the picturesque village of Zennor with its medieval church and Tinnens Arms pub. We return along the rugged coastal path to St Ives past dramatic rocky headlands, hidden coves, and sweeping sea views.

Highlight: With luck you'll see seals, plenty of seabirds, and maybe even dolphins and basking sharks.

Day 4: Mining, Shipwrecks And Smuggling In Mount's Bay

Option 1 - Around Mounts Bay

Distance: 6½ miles (10.5km)

Ascent: 1,100 feet (340m)

In summary: Starting at the beach of Praa Sands on the west side of the Lizard peninsula, we take the undulating Coast Path to Prussia Cove and Perranuthnoe, with stunning views of St Michael's Mount.

Highlight: St Michael's Mount is in view for much of the day.

Option 2 - Rinsey Head To Marazion

Distance: 9 miles (14km)

Total ascent: 1,300 feet (400m)

In summary: From the mine buildings of Wheal Prosper at Rinsey Head, we join the Coast Path to the mile long beach of Praa Sands, and then on to the historic town of Marazion via Prussia Cove and Perranuthnoe.

Highlight: St Michael's Mount is in view for much of the day.

Option 3 - Porthleven To Marazion

Distance: 11 miles (18 km)

Total ascent: 2,100 feet (640m)

In summary: From the picturesque fishing and one-time industrial harbour of Porthleven we follow an outstanding coastline to Trewavas Head before walking to Marazion via Praa Sands, Prussia Cove and Perranuthnoe.

Highlight: Enjoy glorious sea views throughout as we walk through the rich flora of the South Cornwall coast.

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

ACCOMMODATION

Chy Morvah

The Penwith peninsula takes centre stage at this beautiful property in St Ives – the seaside hub that has inspired generations of artists for its working harbour, historic fishing communities, white-sand beaches, and surrounding Cornish landscape. The setting couldn't be more idyllic; just a skip away from the town's cobbled streets and within walking distance of four great beaches: Porthmeor, Porthminster, Harbour, and Porthgwidden. It's also a short drive to St Michael's Mount – the tidal island crowned by a medieval church and castle. The National Trust has owned most of the island since 1954 and while they ensure its preservation and conservation, it's been the cherished home of the St Aubyn family since the 17th century.

Country House Accommodation

Rooms

Designed with your comfort in mind, Chy Morvah has 39 well-appointed guest rooms available in three categories: Classic, Premium, and Superior.

Classic Rooms are comfortable en-suite guest rooms, ideal for a peaceful night's sleep. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, and shower gel), and a TV.

Premium Rooms are more spacious en-suite guest rooms. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses.

Superior Rooms are even more spacious en-suite guest rooms offering upgraded views of the surrounds. Amenities include free Wi-Fi, tea and coffee-making facilities, toiletries (hand wash, shampoo, body lotion, shower gel), and a 32-inch TV. Extras include bathrobes, slippers, and comfortable mattresses.

We love: The guest rooms that make the most of the sea views are easily the best.

The **Choose Your Room** service is available at our UK country houses, allowing you the option of choosing and confirming a specific room for an extra charge of £30 per room. This is subject to availability. Upgrade supplements apply.

Check in & check out

You are welcome to check in from **4:00pm at the earliest**. On arrival, you'll enjoy a complimentary cream tea and get to meet your fellow guests, our HF Holidays Leaders, and the rest of the friendly team.

On the day of departure, we kindly ask all guests to check out by **10:00am**. You'll be asked to settle your bill prior to leaving. You may, of course, make a charitable donation to our HF Holidays Pathways Fund if you wish. Please note that we only accept card payments.

Room supplements

Superior	Premium single	Premium double/twin	Choose your room
£25 pppn	£20 pppn	£20 pppn	£30 per room

About Your Stay

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, the HF Holidays Big Pub Quiz held after dinner on Wednesdays is a weekly staple. Your HF Holidays Leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays Leaders host guided walking information briefings before dinner on arrival days. This is followed by a group Walks Talk for information on the following day's walking delights (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Food & Drink

Led by experienced chefs, we serve a wide range of dishes made with fresh and seasonal ingredients. We always aim to source the best produce available and use home-grown herbs and vegetables from our own gardens whenever possible. Additionally, we have a licensed bar with beers, soft drinks, and a superb selection of spirits. Full-board comes as standard and includes a cream tea on arrival and a hearty breakfast on departure day.

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our

kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

For accessibility and assistance information, please contact our expert team on [020 3974 8865](tel:02039748865) or view the accessibility information online for [Chy Morvah](#)

TRAVEL DETAILS

Address

Chy Morvah
Bishops Road
St. Ives
Cornwall TR26 2DB

What3words reference: flipper.pulled.shepherdess

Tel: [+44 \(0\)1736 796314](tel:+44(0)1736796314)

By Train

The nearest station is St. Ives.

St. Erth might be more convenient as it's on the main line.

Check National Rail for train times and route planning.

By Taxi

St. Ives station is only half a mile away, but it's a steep uphill walk.

St. Erth is four miles away and the journey takes just over 10 minutes.

For pricing, please contact Ace Cars directly.

Ace Cars

You can pre-book a taxi from our recommended company, Ace Cars*. We recommend booking your taxi at least seven days in advance by contacting:

Tel: [+44 \(0\)1736 797799](tel:+44(0)1736797799)

Email: acecars2@aol.com

A return journey can be arranged on your behalf by the HF Holidays House Manager at Chy Morvah.

*Ace Cars is not owned or managed by HF Holidays.

By Car

Head to Cornwall via the A30 then take the A3074 signposted to St. Ives. At the next two small roundabouts, go straight across the first and take a right at the second towards Lelant. Pass through Lelant and Carbis Bay on the same road.

As you approach St. Ives keep left at the fork, which heads slightly uphill, following signs to visitor parking and the leisure centre. Follow the road and turn left up the steep hill. Almost immediately the road turns left again,

but instead of following the road, turn off and head directly up the hill on Porthminster Terrace.

Chy Morvah is at the top of the hill. To reach the car park you'll need to drive left past the front of Chy Morvah and turn immediately right behind the back of the building. The car park is on the right 15 yards along Bishop's Road.

By Air

The nearest airport is London Heathrow Airport.

First take the train to London Paddington station from where you'll find direct trains to St. Erth, and a short train journey to St. Ives.

A morning arrival into Heathrow would be best as you'll need around 6.5 hours to complete the journey.

The airports at Bristol and Newquay are also nearby, but there aren't as many flight options.

Check National Rail for routes and train times.

LOCAL AREA

Whether you're enjoying a guided or self-guided walking holiday, there's always the opportunity to linger for longer. Here's our pick of the very best things to see and do within easy travelling distance of Chy Morvah.

St. Ives Harbour

While it may no longer be crammed full of fishing boats and traders, the working harbour is still the beating heart of the town. Harbour Beach is right on the doorstep, but the sandy gems of Porthminster, Porthmeor, and Porthgwidden are just an easy walk away.

Barbara Hepworth Gallery & Sculpture Garden

Just a short walk away, this Tate-run museum and garden sets the scene for a fascinating insight into one of Britain's most important 20th century artists. Highlights include impressive sculptures in bronze, stone, and wood, along with paintings, drawings, and archive material.

Eden Project

An epic domed structure just an hour's drive away, this dramatic global garden is home to cutting-edge architecture, outdoor gardens, plant-based exhibits, art installations, and play areas – all housed in tropical biomes set in a crater the size of 30 football pitches.

St Michael's Mount

A 20-minute drive away, this tidal island crowned by a medieval church and castle lies off the coast of Marazion. Mostly owned by the National Trust since 1954, it has been the cherished home of the St. Aubyn family since the 17th century.

National Maritime Museum Cornwall

Located on Falmouth Harbour, this award-winning museum celebrates Cornwall's maritime heritage through interactive exhibits, talks, lectures, boatbuilding workshops, and more. The National Small Boat Collection is one of the star attractions.

Cornish Seal Sanctuary

Set on the Helford Estuary in the village of Gweek, this incredible charity rescues and grey seal pups from around the Cornish coastline – and then returns them to the wild. You'll get to enjoy the underwater viewing areas and even stay for feeding time.

Geevor Tin Mine

As the last mine to work the UNESCO-listed St. Just Mining District, this award-winning heritage attraction is home to the largest number of undersea tin and copper mines in the world. The museum and visitor centre opens year-round from Sunday to Thursday.

Lost Gardens Of Heligan

Just an hour's drive away, this 200-acre wonderland offers plenty of thrills for plant lovers. Rediscovered by the Eden Project's co-founder Tim Smit, this Victorian country house garden is filled with traditional and rare breeds and plenty of peaceful spaces.

Minack Theatre

Carved into the granite cliff overlooking the Porthcurno Bay, this famous open-air theatre first premiered Shakespeare's *The Tempest* in 1932. Visiting hours vary depending on the performance schedule and advance bookings are highly recommended.

USEFUL HOLIDAY INFORMATION

Essential Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Spotting scope and/or binoculars
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera

- First-aid kit

Safety On Your Holiday

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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