

# 4 Night Cornwall Guided Walking Holiday

**Tour Style:** Guided Walking Holidays

**Destinations:** Cornwall, United Kingdom & England

**Trip code:** SVBOB-4

2 & 3



## HOLIDAY OVERVIEW

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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

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- En-suite accommodation in our 4-star 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 guided walks (on walking days)
- 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

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- 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

## TRIP SUITABILITY

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This trip is graded as Activity Level 2 and 3. Discover Cornwall, England's rugged southwestern tip. Although spectacular and beautiful, the walking here is often underestimated. Expect tough-but-rewarding walks, over undulating terrain. With tricky stone stiles and rocky paths underfoot, fitness and agility will be challenged. With the choice of up to three different walks each day, select the option which best suits your interests and physical ability.

## ITINERARY

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### Day 1: Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00 in 2026. Enjoy a complimentary cream tea at 16:30 and meet other guests.

### Day 2: Marazion And Mousehole

#### Option 1 - Marazion

**Distance:** 5½ miles (8.5km)

**Ascent:** 400 feet (120m)

**In summary:** Head out over the RSPB marshes on St. Michael's Way, pausing at the sculpture gardens at Tremenheere, then return to Marazion on the coast path with views towards St Michael's Mount.

**Highlight:** Hopefully there is a chance, tide permitting, to go across to the Mount.

#### Option 2 - St Loy To Mousehole

**Distance:** 6 miles (9km)

**Ascent:** 1,050 feet (320m)

**In summary:** Walk along the coast from St Loy Cover to Mousehole. A day of rugged coastal walking, we'll also pass by the small harbour at Lamorna, before reaching Mousehole.

**Highlight:** The pretty fishing village of Mousehole (pronounced Mauzel) is a charming place to end the walk.

#### Option 3 - Porthcurno To Mousehole

**Distance:** 8½ miles (13.5km)

**Ascent:** 1,900 feet (580m)

**In summary:** Challenge yourself to this longer, rough coastal walk. We start at the beautiful white sands at Porthcurno with its backdrop of the Minack Theatre, before continuing on past Lamorna Cove to Mousehole.

**Highlight:** With plenty of ups and downs this isn't for the faint hearted; but the rewards are the great sea views and sense of achievement when you reach Mousehole.

## Day 3: The Coast And Coves Of Mounts Bay

### Option 1 - Across Loe Bar

**Distance:** 5½ miles (8.5km)

**Ascent:** 800 feet (260m)

**In summary:** Follow the South Cornwall Coast Path from Poldhu Cove over Halzephron Cliffs then across the sands of Loe Bar to finish at the fishing harbour of Porthleven.

**Highlight:** Stop at Church Cove with its tiny church surrounded by sand.

### Option 2 - Mullion To Helston

**Distance:** 8½ miles (13.5km)

**Ascent:** 1,100 feet (340m)

**In summary:** Walk from Mullion past the Marconi Monument above Poldhu Cove, then on along the cliffs to the sands of Loe Bar. Here we head inland around the freshwater lake of Loe Pool, through the Penrose Estate to the market town of Helston.

**Highlight:** Look out for a wide range of birdlife as you walk atop the cliffs, then explore Loe Pool.

### Option 3 - Mullion Cove To Helston

**Distance:** 9½ miles (15km)

**Ascent:** 1250 feet (380m)

**In summary:** Take in the scenery as you walk from Mullion Cove to the market town of Helston.

**Highlight:** Head towards Gunwalloe Fishing Cove where the beach is usually covered in pebbles from off-shore chalk deposits.

## Day 4: The Extreme South Of England: Around The Lizard

Please be aware that some sections of the coastal path can be rough and rocky so care is needed.

### Option 1 - Kynance Cove

**Distance:** 5½ miles (8.5km)

**Total ascent:** 950 feet (280m)

**In summary:** A stunning circuit around the southern tip of England. We'll head to Church Cove, then continue around the headlands passing Bass Point, the Lizard Point lighthouse and on to Kynance Cove.

**Highlight:** Kynance Cove is a real gem with its serpentine rock formations and stunning views from the beach cafe.

## Option 2 - Mullion To The Lizard

**Distance:** 8 miles (12.75km)

**Ascent:** 1730 feet (5300m)

**In summary:** A breathtaking route from the picturesque harbour at Mullion along high cliffs, past hidden coves and headlands to the stunning Kynance Cove before reaching Lizard village along the top of a Cornish hedge....

**Highlight:** Look out for the iconic Cornish choughs on the cliffs at Predannick.

## Option 3 - Lizard Point Circuit

**Distance:** 11 miles (18km)

**Ascent:** 1,750 feet (540m)

**In summary:** A stunning coastal circuit around the southern tip of England. We'll head first to the quaint fishing village of Cadgwith, then enjoy the glorious coastal path passing the collapsed caves of the Devil's Frying Pan, Lizard Point and Kynance Cove.

**Highlight:** The sense of achievement as you arrive at the Lizard Point lighthouse and become the southern-most person in Britain!

## Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Chy Morvah

This beautiful property is just steps from the centre of St Ives – the seaside town that has inspired generations of artists with its working harbour, proud fishing community, white-sand beaches, and stunning Cornish landscape. Enjoying an elevated position with sweeping views over St Ives Bay, Chy Morvah means 'house by the sea' in Cornish and you'll find four great beaches nearby - Porthmeor, Porthminster, Harbour, and Porthgwiddden - plus plenty of walking routes along the Penwith peninsula. It's also a short drive to St Michael's Mount – the tidal island crowned by a medieval church and castle.

## 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.

**Superior Rooms** are even more spacious en-suite guest rooms offering upgraded views of the surroundings\*. 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.

**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.

### Room supplements

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

\*Views and layout reflect each properties unique character and location

\*Please note, pool opening hours are: 07:00am – 09:00am and 16:00pm – 18:30pm

## 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, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided waking routes as well as visit-worthy local attractions.

### Walks talks

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

### The walking day

Prior to setting off on guided 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

### Seasonal dining, tailored for you

Our team of skilled chefs design our dinner menus to showcase the best of each season, from warming winter comfort food to vibrant summer dishes, including vegetarian, vegan and high-protein options. We also source fruit and vegetables within a 40-mile radius of each house, open every break with a Chef's Special menu inspired by dishes and flavours of the local area, and are able to adapt dishes to suit special dietary requirements.

Welcome Cream Tea

What better way to start your stay than with a cream tea, served fresh on arrival to make you feel instantly at home. A quintessentially English tradition, our scones are baked in-house and served with preserves and clotted cream, providing the perfect opportunity to meet fellow walkers.

### A hearty breakfast to start the day

Start the day with a freshly-prepared cooked breakfast and a wide choice from our continental buffet, including hot drinks, juices and fresh fruit. Our team offer a quick and friendly service, leaving you fuelled and ready for your day's adventures.

### Our famous picnic lunch

Our personalised picnic lunches are perfect for a day out walking, ready to enjoy when hunger strikes. Choose from a large selection of fresh sandwiches and salads, freshly baked cakes and snacks, including the ever-popular Freddos chocolate bar! Everything is designed to fit neatly into your rucksack, and all of the packaging we provide is recyclable or compostable.

### 3-course evening meals

Our à la carte evening menus feature a wide choice of starters, mains, and desserts, made with seasonal ingredients and, wherever possible, herbs and vegetables from our own gardens. Shared around sociable tables, dinners are relaxed occasions, with drinks available to order at the table or from the bar, and a traditional Sunday roast to round off the week.

## 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

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### Address

Chy Morvah  
Bishops Road  
St. Ives  
Cornwall TR26 2DB

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

### By Train

The nearest rail station is St Ives. Chy Morvah is a short 10-minute walk uphill from the station. Exit the station, turn left and walk through St Ives Station car park, take the walkway on your left to Terrace Road A3074. Turn left, cross the road and continue uphill on a No Entry road to reach Pendolver Terrace. Turn left on Pendolver Terrace and follow the road around uphill to the right. Chy Morvah is signposted ahead.

An alternative to St Ives rail station is St Erth, which is connected to many mainline services. Please 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.

**Harbour Cars or A1 Taxis**

You can pre-book a taxi from our recommended company, Harbour or A1 Taxis Cars. We recommend booking your taxi at least seven days in advance by contacting:

**Harbour Cars:** [01736797688](tel:01736797688)

**A1 Taxis:** [07736797700](tel:07736797700)

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

**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**

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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 Porthgwithden 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.

## St Michael's Mount

A 20-minute drive or a 45-minute bus ride 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. If you wish to visit, please check the website for full information on access, opening times and ticket booking. Please note that National Trust members must book a free ticket.

## Minack Theatre

Carved into the granite cliff overlooking the Porthcurno Bay, this famous open-air theatre first premiered Shakespeare's *The Tempest* in 1932. It's a very popular destination, so if you plan on going, whether for a theatre and garden visit, guided tour or show, advanced bookings are essential. Visiting hours vary depending on the performance schedule so always check the website beforehand for full details. Bookings can be made online or by calling the box office, open 10am – 4pm on 01736 810181. The theatre is a 45-minute drive or 2-hour bus ride away on the Land's End Coaster service. The nearest stop is Porthcurno, a ten-minute walk from the theatre.

## 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.

## 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.

## 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.

## 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.

## USEFUL HOLIDAY INFORMATION

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### 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.

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## 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
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

### For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hyrodstatic head - this is the rating given on waterproof jackets) of 10,000mm+

## 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
- Walking poles

## 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 where 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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