

# 4 Night Cornwall Family Walking Adventure

**Tour Style:** Family walking holidays

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

**Trip code:** SVFAM-4

1, 2 & 3



## HOLIDAY OVERVIEW

---

Cornwall is renowned for its stunning coast and beautiful beaches. Our spectacular, family friendly walks reveal some of the county's most rugged, dramatic and picturesque scenery. Remember to keep a lookout for seals as you adventure down by the seashore. Take time to collect shells and see what can be discovered rock pooling. From sandy beaches and hidden coves to cliff top trails and expansive views, the region has so much offer.

## WHAT'S INCLUDED

---

- Family rooms available subject to availability
- 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 tailored towards families, plus tea & coffee

- Guided walking with experienced HF Holidays Leaders
- Choice of up to four 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

---

- Swimming in our heated outdoor pool
- Meeting other families
- Optional guided walks with an experienced HF Holidays Leader
- Exploring the beaches and coves on Cornwall's coastline
- All meals and activities taken care of

## TRIP SUITABILITY

---

This holiday is ideal for families with children 4+yrs. Please check you can manage the daily walks distance and ascents, detailed in your itinerary. The walking day is normally 6 to 8 hours.

There are four different length guided walks to choose from each walking day.

Level 1 - Short walks of 3-4 miles and up to 600 feet of ascent, with lots of time to relax.

Level 3 - Short walks of 3-4 miles and up to 600 feet of ascent, with lots of time to relax.

Level 4 - Longest walks are 8 to 11 miles with up to 1,800 feet of ascent on rougher, steeper terrain.



---

## ITINERARY

---

### Day 1: Arrival Day

Check-in at the hotel is available from 4pm. Enjoy a complimentary cream tea on arrival.

### Day 2: Mining, Shipwrecks And Smuggling In Mount's Bay

#### Option 1 - Perranuthnoe Village To Marazion

**Distance:** 3 miles (5km)

**Ascent:** 310ft (100m)

**In summary:** Starting at Perranuthnoe village, we follow the undulating coast path to Marazion, where there'll be plenty of time to enjoy this bustling ancient town. Cross the cobbled causeway and visit St Michaels Mount (payable locally), have fun playing on the sandy beaches, or discover the fabulous selection of art galleries and gift shops - the choice is yours. If you're ready for an early return to St Ives, it's possible to catch the Land's End Coaster, one of the UK's most spectacular open top bus rides.

**What your kids will love:** The adventure of visiting St Micheals Mount – a treasure island steeped in myth and legend, crowned with a fairy-tale like castle.

#### Option 2 - Higher Keneggy To Perranuthnoe And Marazion

**Distance:** 6 miles (9.5km)

**Ascent:** 800ft (250m)

**In summary:** Option two begins a little further along the coastline, joining at Keneggy Sand. We'll pass Prussia Cove and Cudden Point, on our way to Perranuthnoe and Marazion.

**What your kids will love:** Building sandcastles on the beach and exploring rock pools around Chapel Rock and Marazion harbour. There's a great play park at Folly Field too.

#### Option 3 - Praa Sands And Mounts Bay

**Distance:** 6.5 miles (10.5km)

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

**In summary:** Starting at Sydney Cove, and the beach of Praa Sands, we'll enjoy an additional mile of walking along the stunning South West Coast path. We'll walk in the footsteps of options one and two until we reach Marazion.

**What your kids will love:** Hearing tales of the legendary smugglers and wreckers who lived on this coast.

#### Option 4 - Rinsey Head And Praa Sands To Marazion

**Distance:** 9 miles (14 km)

**Ascent:** 1,300ft (400m)

**In summary:** Our longest option of the day takes in even more miles of this magnificent coastline. From the mine buildings of Wheal Prosper at Rinsey Head, we'll walk along the mile long beach of Praa Sands, before continuing all the way to the historic town of Marazion, via Prussia Cove and Perranuthnoe.

**What your kids will love:** The freedom of striding out, breathing in the fresh sea air and soaking up the immense views of Mounts Bay.

## Day 3: Extreme South Of England: The Lizard

### Option 1 - Caerthillian Cove And Kynance Cove

**Distance:** 3 miles (5km)

**Ascent:** 440ft (135m)

**In summary:** Our shortest walk option of the day is a circular route starting from Lizard Village. We'll join the coastal path at Caerthillian Cove and head straight to Kynance Cove, where we'll have plenty of time to enjoy the beach.

**What your kids will love:** Adventuring at Kynance Cove. Famous for its white sand, turquoise sea and rock stacks, nature has created the perfect playground. Paddle in the aquamarine waters, explore caves along the beach, or hunt out marine creatures in the rock pools. What will you find?

### Option 2 - Lizard Coastline To Kynance Cove

**Distance:** 4 miles (6km)

**Ascent:** 540ft (160m)

**In summary:** From the Lizard Green we'll walk south to Polpear Cove and pass Lizard Point Lighthouse. We'll continue around the coast and have plenty of time to spend at the Cornish gem of Kynance Cove. If we're there at half-tide, listen out, you're not mistaken if you hear a snorting sound, it's Devil's bellows, a blowhole on Asparagus Island.

**What your kids will love:** Making a game of who can spot the most wildlife, look out for Cornish chough, seals, dolphins and even adders basking in the sunshine.

### Option 3 - Church Cove, Lizard Point Lighthouse To Kynance Cove

**Distance:** 5.5 miles (9km)

**Ascent:** 925ft (280m)

**In summary:** A beautiful circuit around the southern tip of England. We'll first head to Church Cove, then continue around the headlands passing Kilcobben Cove, Bass Point and the Lizard Point Lighthouse, until we reach the golden sands of Kynance.

**What your kids will love:** Discovering Lizard Lighthouse and hearing stories of the countless shipwrecks along this notorious stretch of coast.

### Option 4 - Cadgwith, Polpear & Kynance Cove

**Distance:** 8.5 miles (13.5km)

**Ascent:** 1,375ft (420m)

**In summary:** Challenge yourself to this fantastic, full-on walk. Starting in Lizard, we'll cross farmland on route to the tiny fishing village of Cadgwith. Here we pick up the coastal path and complete an extended circuit around the dramatic and rugged cliffs of Britain's most southerly tip.

**What your kids will love:** Seeing the Devils Frying Pan and learning about why the Lizard peninsula is renowned as the birthplace of modern communication.

## Day 4: Rugged Cliffs West Of St Ives

### Option 1 - St Ives Head And The Beaches

**Distance:** 2 miles (3km)

**Ascent:** 300ft (90m)

**In summary:** We'll stop by the Malakoff for the best view in town, before walking along the seafront to St Ives Head and on to Porthmeor Beach. There'll be lots of fun and interest along the way.

**What your kids will love:** Stopping by the St Ives Lifeboat Station, seeing their world-class equipment and hearing about the extraordinary volunteers and their rescue efforts.

### Option 2 - Clodgy Point To 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.

**What your kids will love:** Surfing the waves at Porthmeor Beach and exploring the rock pools. What treasures will you find?

### Option 3 - River Cove, Trevail & Trevalgan

**Distance:** 7.5 miles (12km)

**Ascent:** 1,130ft (345m)

**In summary:** On this fantastic walk we head out along the rugged coast, passing coves and rocky headlands on our way to River Cove – a favourite spot for seals. Here, we turn inland, walking along the valley to Trevail Mill, before making our way back to St Ives across ancient field paths.

**What your kids will love:** Seal spotting at River Cove. Fun fact – the seals resting on the islands visible just offshore have played a starring role in Spring Watch.

### Option 4 - Mussel Point On To River Cove

**Distance:** 9 miles (14.5km)

**Total ascent:** 1,450 feet (440m)

**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.



**What your kids will love:** Showing off their walking prowess and newfound stamina at the end of an epic week. Anyone for a celebratory ice cream?

## 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.

**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.

### 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

\*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, 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 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.

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](mailto: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 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.

## 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.

## 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

---

### 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
- 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

## Safety On Your Holiday

Who's the boss? Please note that parents are responsible for their children at all times; our leaders are not permitted to run activities without other adults present. All leaders undergo a thorough assessment so you can relax and enjoy your holiday knowing that you are in safe hands.

On the first evening of your holiday, your leaders give a short talk about safety on walks which we would like you to attend. Walks may be changed for safety reasons and are subject to a maximum and a 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.

**Kids on their own:** Any teenager aged 14 years or over can leave you at the starting line and join a walk unaccompanied on the basis they can look after themselves. Children under 14 will need to be accompanied by an adult on walks; however, this does not need to be a parent or legal guardian.

Please note, coaches used on this holiday all comply with UK law, and may not have seat belts suitable for children. Where children are under 3yrs of age, they must not travel in the front seat on coaches, nor the back seat of coaches. Parents should bring car seats/carriers for under 3s, these items can be left on the coach whilst walking. For more information, please visit <https://www.gov.uk/child-car-seats-the-rules/when-a-child-can-travel-without-a-car-seat>

## 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.

**Document produced:** 24-04-2025

