

# 7 Night Cornwall Family Walking Adventure

**Tour Style:** Family walking holidays

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

**Trip code:** SVFAM-7

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. We take in many of the highlights, including Kynance Cove with its turquoise waters and visit the legendary Land's End. Taking a photo next to the famous signpost is a must. 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

## HOLIDAYS 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

---

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

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

### Day 2: Lelant & Carbis Bay

#### Option 1 - St Ives And Carbis Bay

**Distance:** 3½ miles (6km)

**Total ascent:** 700 feet (220m)

**In summary:** A gentle walk along the lanes to Carbis Bay, before heading back along the coast path to St Ives finishing on Porthminster Beach.

**Highlight:** The fabulous beaches at Carbis Bay and St Ives.

#### Option 2 - Knills Monument, Carrack Gladden & Carbis Bay

**Distance:** 5 miles (8km)

**Ascent:** 950 feet (300m)

**In summary:** A circular walk taking us from St Ives to Knill's Monument and the promontory of Carrack Gladden, before following the South West Coast Path to Carbis Bay and back into St Ives.

**Highlight:** There's plenty of time to relax and enjoy the many delights of St Ives. 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:** There are steep, rocky sections on the coast path especially around Carrack Gladden.

#### Option 3 - Lelant & Carbis Bay

**Distance:** 7½ miles (12km)

**Ascent:** 1,200 feet (380m)

**In summary:** Head up to Knill's Monument, then drop down to join the coast near Lelant church. We follow the coastal path back to St Ives, passing through the dunes beside Porthkidney Sands, Carrack Gladden and Carbis Bay.

**Highlight:** Enjoy glorious views over St Ives Bay from Knill's Monument. Look out for the Balking House, once used by Cornish pilchard fishermen.

#### Option 4 - Trencrom Hill, Lelant & Carbis Bay

**Distance:** 10 miles (16km)

**Ascent:** 1,400 feet (420m)

**In summary:** Head up to Knill's Monument, then over fields to Lelant via Trencrom Hill. We follow the coast path beside the Hayle Estuary and through dunes overlooking Porthkidney Sands and Carbis Bay before arriving back at St Ives.

**Highlight:** Stunning views from the top of the iron-age hill fort of Tren crom Hill, including the south coast and St Michael's Mount.

**To note when choosing your walk:** There are steep, rocky sections on the coast path especially around Carrack Gladden.

## Day 3: The Land's End Peninsula

### Option 1 - Sennen Cove To Land's End

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

**Total ascent:** 300 feet (90m)

**In summary:** Walk over the fields from Trevescan to Sennen Cove. After lots of time on the beach, we'll continue atop the cliffs to the tip of Britain at Land's End.

**Highlight:** Today's highlight is the fabulous beach at Sennen Cove; a huge white sand beach with its safe swimming, pretty village, working fishing boats and lifeboat station.

### Option 2 - Exploring Land's End

**Distance:** 5 miles (8km)

**Total ascent:** 800 feet (260m)

**In summary:** From an inland start at Polgigga, we walk across tracks and field paths to Mill Bay and the old fishing village of Sennen Cove. After time on the beach we'll follow the coast path over the granite cliffs to Land's End.

**Highlight:** The final section along the coast to the very tip of Britain at Land's End contains some of Cornwall's grandest scenery.

### Option 3 - South Coast From Penberth Cove To Land's End

**Distance:** 7 miles (11.5km)

**Ascent:** 1350 feet (420m)

**In summary:** This walk starts from the village of Treen, and quickly joins the cliff side and coast path and follows this stunning path all the way round to Land's End where the walk ends.

**Highlight:** Stunning views all day!

### Option 4 - St Loy To Land's End

**Distance:** 8½ miles (13.5km)

**Total ascent:** 1,700 feet (520m)

**In summary:** A longer walk along the coast from St Loy to Land's End. This is coastal walking at its best; an opportunity to stride out and soak up the sea views.

**Highlight:** Reaching Land's End at the end of the walk standing on the very tip of Britain.

## Day 4: Free Day - Cornwall

Discover more about [Chy Morvah and the local area](#) for ideas on how to make the most of your free day.

---

## Day 5: Mining, Shipwrecks And Smuggling In Mount's Bay

### Option 1 - Perranuthnoe To Marazion

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

**Total ascent:** 300 feet (100m)

**In summary:** Starting at the village of Perranuthnoe, we follow the undulating coast path to Marazion with stunning views of St Michael's Mount.

**Highlight:** We finish in the charming village of Marazion, with spectacular views of St Michael's Mount.

### Option 2 - 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:** We finish at Marazion where, tide permitting, there will be time to walk across the causeway to the Mount to experience this beautiful island.

### Option 3 - 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 4 - 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 6: The Extreme South Of England: Around The Lizard

### Option 1 - Lizard Coastline To Kynance Cove

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

**Ascent:** 550 feet (160m)

**In summary:** From the Lizard Green we'll walk south to Polpear Cove, then continue past the Lizard Point

Lighthouse and on to Kynance Cove.

**Highlight:** The Lizard Lighthouse marks the most southerly point of mainland Britain. It was commissioned in 1752 and for over 250 years has provided a welcoming landfall light to vessels crossing the Atlantic Ocean.

### Option 2 - Lizard Point

**Distance:** 5 miles (8km)

**Total ascent:** 400 feet (120m)

**In summary:** Walk from Lizard Green village along the cliff path around Bass Point and high above Polpeor Cove. We return to Lizard Green along a 'Cornish hedge' footpath.

**Highlight:** Enjoy the fantastic coastal scenery around Lizard Point.

### Option 3 - Mullion To The Lizard

**Distance:** 8 miles (12.5km)

**Ascent:** 1400 feet (420m)

**In summary:** Follow the coastal path from Mullion Cove to the Lizard; a fantastic section of coastline with gnarled cliffs and hidden coves.

**Highlight:** Keep your eyes peeled for seals at Mullion harbour, then enjoy refreshments at Kynance Cove before the final leg to Lizard village.

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

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

**Ascent:** 950 feet (280m)

**In summary:** Starting in Lizard, the walk heads to Cadgwith before picking up the Coastal path round, passed Lizard Point, on to Kynance cove before heading back to Lizard.

**Highlight:** This is coastal walking at its best; an opportunity to stride out and soak up the sea views.

## Day 7: Rugged Cliffs Of St Ives

### Option 1 - Clodgy Point And Porthmeor Beach

**Distance:** 4½ miles (7.5km)

**Ascent:** 700 feet (220m)

**In summary:** This gentle circuit from Chy Morvah takes us through the Cornish countryside along the clifftops past Clodgy Point and back through St Ives town.

**Highlight:** Beautiful views from the Cornish cliffs.

### Option 2 - Clodgy Point

**Distance:** 6½ miles (10km)

**Total ascent:** 850 feet (260m)



**In summary:** From St Ives we walk out along the 18th century packhorse route of the Tinner's Way through a prehistoric field system to reach Pen Enys Point. We then return along the superb coast path.

**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 3 - River Cove, Trevail & Trevalgan

**Distance:** 7½ miles (12km)

**Ascent:** 1,110 feet (340m)

**In summary:** Head along the rugged coast passing coves and rocky headlands to River Cove, a great place for seal spotting. Then we turn inland along a valley to the charming Trevail Mill before heading back to St Ives via ancient field paths. Head along the rugged coast passing coves and rocky headlands to River Cove, a great place for seal spotting. Then we turn inland along a valley to the charming Trevail Mill before heading back to St Ives via ancient field paths.

**Highlight:** Idyllic River Cove and enchanting Trevail Mill, two secluded hidden gems.

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

### Option 4 - Mussel Point & River Cove

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

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

**In summary:** The inland section of the walk crosses prehistoric fields, passing 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.

**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.

## Day 8: 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

### Accommodation Info

#### 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](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 Porthgidden 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, preferably insulated
  - Comfortable clothing (jeans & waterproof capes are not suitable)
-

- Waterproof overtrousers
- Gloves and a warm hat (or sunhat)
- Rucksack
- Water bottle (at least 1 litre capacity)
- A small torch
- Sunscreen
- Mobile phone and portable charger
- Watch
- 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
- Midge net
- Sit mat
- Spare pair of socks
- Energy snacks
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse

### Optional extras

- Walking poles, useful for descents
- Flask for hot drinks
- Durable lunch box
- Gaiters
- Blister kit
- Waterproof rucksack liner
- Head torch
- GPS device
- Swimsuit

## 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 or the

back seat of coaches. 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:** 05-03-2024

