

# 4-Night Cornwall Guided Walking Holiday

**Tour Style:** Guided Walking

**Destinations:** Cornwall & England

**Trip code:** SVBOB-4

2 & 3



## HOLIDAY OVERVIEW

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Blessed with breathtakingly beautiful beaches, Cornwall has more miles of coastline and more hours of sunshine than anywhere else in England. On a Guided Walking holiday at St Ives you'll discover the fantastic coastal path in all glory, from hidden coves to rugged headlands.

## WHAT'S INCLUDED

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- High quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- 3 days guided walking
- Use of our comprehensive Discovery Point
- Choice of up to three guided walks each walking day
- The services of HF Holidays Walking Leaders

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## HOLIDAYS HIGHLIGHTS

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- Our guided walks will take you to rugged granite headlands and glorious sandy beaches
- Also exploring off the beaten track to peaceful corners, hidden coves and sleepy fishing villages
- Let our leaders bring classic routes and offbeat areas to life
- Enjoy evenings in Chy Morvah where you can share a drink and re-live the days adventures

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## ITINERARY

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### Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

Enjoy a complimentary Afternoon Tea on arrival.

### Day 2: The Extreme South Of England - Around The Lizard

#### Option 1 - Kynance Cove

**Distance:** 5½ miles (9km)

**Ascent:** 900 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. Soak up the views from the beach cafe, watching out for beautiful, rare chough wheeling around the cliffs.

#### Option 2 - Mullion To The Lizard

**Distance:** 8 miles (13km)

**Ascent:** 1300 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 3 - Cadgwith, Polpear And Kynance Cove

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

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

**In Summary:** Circular route starting at Lizard village making your way to Cadgwith passing by the cave of the Devils Frying Pan, Church Cove and Polpear Cove. We then follow the coast path to Kynance Cove viewpoint then head back to our starting point.

**Highlight:** Soak up the beautiful view from Kynance Cove before heading back to Lizard village.

## Day 3: Penwith Moors

### Option 1 - Rosewall Hill

**Distance:** 5½ miles (9km)

**Ascent:** 690 feet (215m)

**In Summary:** We head up through the site of an old uranium mine before ascending Rosewall Hill, passing the remnants of an old tin mine on the way to the tor-like summit. We descend via Trevalgan Hill and return through fields and farms.

**Highlight:** Unmissable views of Hayle Estuary, Carbis Bay and the brooding moors further west.

### Option 2 - Rosewall Hill & Towednack

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

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

**In Summary:** Our route takes us along quiet lanes and fields to Towednack before ascending Rosewall Hill. We walk along the tor-like rocky summit before descending over Trevalgan Hill and return through fields and farms.

**Highlight:** A taste of the moors plus the charming 13<sup>th</sup> century church at Towednack make this a walk to remember

### Option 3 - Rosewall Hill & Zennor Hill

**Distance:** 12 miles (19km)

**Ascent:** 1,400 feet (430m)

**In Summary:** We take a scenic route around Rosewall Hill then head further west passing Towednack church to reach more remote moorland. We pass Zennor Quoit before gaining the impressive rocky summit of Zennor Hill. We descend to Zennor village before following the field path back to St Ives.

**Highlight:** Don't miss this chance to immerse yourself in atmospheric moorland with its intriguing Neolithic monuments a mere stone's throw from the coast.

## Day 4: Mounts Bay

### Option 1 - Across Loe Bar

**Distance:** 5½ miles (8.5km)

**Ascent:** 800 feet (240m)

**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 - Poldhu Cove To Helston

**Distance:** 7 miles (11km)

**Ascent:** 900 feet (280m)

**In Summary:** Starting from Poldhu Cove we follow the coast path along the cliffs to the sands of Loe Bar. Here we turn inland and head towards the town of Helston.

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

### Option 3 - Mullion To Helston

**Distance:** 8.5 miles (13km)

**Ascent:** 600 feet (200m)

**In Summary:** Walk from Mullion past the Marconi Monument above Poldhu Cove, then on along the cliffs to the sands of Loe Bar. From here we follow the same route as the medium walk and head inland towards the town of Helston.

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

### Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Chy Morvah

Sea, sand and (hopefully) sun await at Cornwall's Chy Morvah. This coastal bolthole, whose name means 'House by the Sea' in Cornish, basks in the famously lovely light of this artist-retreat town on the north coast of one of England's most desirable holiday destinations. Those artists may have come to paint the sea and sky but you can simply admire it from the house's privileged position. The building has been designed to maximise the effect of its elevated location, with stunning sea views and vistas of sandy beaches, while the bustling harbour and array of cafés and artists galleries are just a short cobbled street walk away. As well as 38 bedrooms, there is a large main lounge with panoramic views across St Ives Bay and a dining room that boasts similar mouth-watering views. To keep you entertained there's a garden in which to enjoy the hazy pinky glow that falls on this seaside sanctuary every evening. Beyond the house, the Cornish Coast is the gateway to exploring the area, with easy access to St Michael's Mount, the pretty fishing village of Mousehole, the beaches and cliffs of north Cornwall and the rugged cliffs of Land's End. There's even the option of an evening adventure to the Minack Theatre

### Matchless Country House Accommodation

#### Accommodation Info

#### Need To Know

### Important Covid-19 Steps We Have Taken For Guest Safety: Please Read

We are continuing to take extra steps to keep our guests leaders, and staff safe in our HF country houses. We ask all our guests to respect the measures put in place.

The English, Scottish and Welsh governments are not in sync, so measures in our country houses will vary between the nations. With the relaxation of social distancing in England, from 19 July we will be allowing larger groups to dine and relax in the bar together. However, we will still give guests space e.g. we will seat 6 people

at a table where pre-pandemic we may have seated 8. We will ensure our public rooms are well ventilated by opening doors and windows wherever possible. If you have any concerns about distancing, please speak to the House Manager. The government recommendation for England is to wear face coverings in crowded areas. You must wear a face covering by law in public areas in hotels in Scotland. This is mandatory in public spaces; however, face coverings will not be required whilst eating and drinking in the restaurant and bar areas or whilst you are outside our houses. In Wales face coverings will remain a legal requirement indoors, with the exception of hospitality premises.

As a temporary measure, we will not be servicing rooms during a stay. Extra tea, coffee, milk, and toiletries will be made available on request for all guests. It is recommended that guests bring their own toiletries for the duration of their stay. We will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

Menus for the week will be available in your room on arrival. A self-service breakfast will be served from 7.45am – 9am. Picnic lunches will now be pre-ordered the night before from an order form in the room. Evening meals will be table service. A dinner order form will be available in each room for completion. Dinner is served at either 7.15pm or 7.30pm. Please check at the house for details. The bar will be open. We will be offering a table service but guests can also come to the bar to order (depending on local restrictions).

Join our team after dinner on Wednesday evenings for the HF Big Pub Quiz. There will be one other evening of entertainment at the start of the week, which will vary depending on the country house that you are staying at. Our Walk Leaders will also be on hand in the bar or lounge for individual or small group walks talks briefings, which allow guests to talk through the following day's walk options and ask any questions. Swimming pools will be operated in line with maximum capacities.

For more information and to see all the steps taken, [visit our page on how house stays will be adapted](#).

## Rooms

*Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi*

Stay in one of the main building's beautifully presented rooms or in the adjacent Lanyons House. With 38 bright and airy bedrooms, Chy Morvah has plenty of space and there's a range of Classic and Premium Rooms to choose from. Simply but smartly furnished they let the view through the window do the talking.

*All 'Classic' rooms are ensuite and furnished to a high standard. There are also several 'Premium' Rooms that are either larger or have a desirable view, a more luxurious mattress and larger television – upgrade your stay for just an extra £15-25 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply.*

## Facilities

*Free Wi-Fi, boot room and drying room, attractive gardens with sea views, heated outdoor swimming pool, multi-purpose activity room, ballroom, library and board games to borrow*

After a day strolling the coast, come back to the house and its specially tailored walkers' facilities. Relax by sitting in the pretty gardens beneath the large mature trees and looking out over the sea. Take a turn in the heated outdoor pool if you still have the energy, or simply relax on the sundeck adjacent to it. Indoors, kick back in one of the lounges. The small bar with its seaside paraphernalia is well-stocked and welcoming while light floods the dining room through panoramic windows.

## Food & Drink

As at all our country houses, holidays are full board, from afternoon tea served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Food at Chy Morvah is varied with a strong emphasis on the use of seasonal British produce. Our experienced chefs create each dish using only the freshest ingredients and, when in season, use home grown herbs and vegetables taken from our own gardens to give a true taste of the local area.



## Accessibility

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

## TRAVEL DETAILS

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Our address is: Chy Morvah, Bishops Road, The Belyars, St Ives, Cornwall TR26 2DB  
Tel: [01736 796314](tel:01736796314)

### By Train:

The nearest railway station is St Ives, however you may find the journey to St Erth on the main line more convenient. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

### By Taxi:

St Ives station is only ½ mile from Chy Morvah, but it is rather a steep uphill walk. You can pre-book a taxi from our recommended taxi company, Ace Cars. As a guide price, it cost £4 per 4-seat taxi in 2019. 8-seat taxis are also available at a higher rate. Please pre-book your taxi at least 7 days in advance by contacting:

Ace Cars\*  
Tel: +44 (0) 1736 797799  
Email: [acecars2@aol.com](mailto:acecars2@aol.com)

The return taxi journey can be arranged on your behalf by the Chy Morvah Manager.  
\*Ace Cars is not owned or managed by HF Holidays

### By Car:

Head to Cornwall via the A30. At a large roundabout take the A3074 signposted to St Ives (2<sup>nd</sup> Exit). You will now come to 2 small roundabouts, go straight across the first and take a right at the second heading towards the village of Lelant. Pass through Lelant and Carbis Bay on the same road.

Pass Tescos and the Treganna Castle hotel on your left hand side, then as you approach St Ives take the left fork which heads slightly up hill, 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 around to the left you need to turn off the road and head directly up the hill on Porthminster Terrace.

Chy Morvah is right in front of you at the top of the hill. To reach the car park 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 the lane called Bishops road.

## Travelling From Overseas

For most guests, travelling to London Heathrow airport is the most convenient option.

From Heathrow first take the train to London Paddington station. From here there are direct trains to St Erth, and finally a short branch line train to St Ives. This is a relatively straightforward, if lengthy journey - allow 6½ hours, so a morning arrival into Heathrow would be preferable.

There are also airports at Bristol and Newquay which may be more convenient for some guests. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

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## LOCAL AREA

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Chy Morvah is situated in the attractive seaside town of St Ives. A 10-minute downhill walk will take you to the harbour and old town; a maze of narrow streets and shops. The harbour front is always bustling with activity, and there are numerous artists' galleries to enjoy. There are also two excellent sandy beaches. Nearby Porthminster Beach (5 to 10 minutes' walk) is very sheltered and very popular with families. Porthmeor Beach on the far side of town (15 to 20 minutes' walk) is more exposed and excellent for surfing. There are several surf schools if you want to give this a go – a popular option for all ages! St Ives has a full range of facilities including shops, banks, chemists, pubs and cafés.

During your stay at Chy Morvah you may enjoy visiting the following places of interest:

### Tate Gallery & Barbara Hepworth Gallery

Opened in 1993, this branch of the [Tate Gallery](#) celebrates Cornwall's rich artistic legacy. Tate St Ives also manages the [Barbara Hepworth Museum and Sculpture Garden](#), which gives a remarkable insight into the work and outlook of one of Britain's most important 20th century artists. Both galleries are within easy walking distance of Chy Morvah.

### Eden Project

Justifiably popular with visitors, the fascinating 'Biomes' of the [Eden Project](#) house a flamboyant collection of plants from around the world. Explore the two gigantic geodesic conservatories – one a majestic rainforest, the other home to the fruits and flowers of the Mediterranean, South Africa and California. Outside, the extensive grounds are landscaped and produce tea, lavender, sunflowers and hemp. The Eden Project is just over an hour's drive from St Ives. Between May and September guests staying at Chy Morvah are able to book a coach excursion each Wednesday, organised by Oates Travel.

### St Michael's Mount

The jewel in Cornwall's crown, [St Michael's Mount](#) is a fairytale island with an exotic garden, ancient harbour, a church and a medieval castle. Access from Marazion is by foot along the causeway, or by ferry at high water. Marazion is about 20 minutes' drive from St Ives, and can also be reached by regular local buses.

### National Maritime Museum

Cornwall's £21 million [National Maritime Museum](#) in Falmouth has an award-winning building on the harbour-side. The museum transports you into the world of small boats and Cornish maritime history. Falmouth is about 50 minutes' drive from St Ives; a day here could include visits to [Pendennis Castle](#), or a delightful [boat trip up the River Fal](#) to Truro.

### National Seal Sanctuary

Situated at Gweek beside the Helford estuary, [the seal sanctuary](#) cares for injured or abandoned seals, before returning them to the wild. The seal sanctuary is about 40 minutes' drive from St Ives.

### Geevor Tin Mine

Discover Cornwall's mining heritage at the excellent [Geevor Tin Mine](#). Guided underground trips as well as surface tours are available. The museum is about 30 minutes' drive from St Ives, and can also be reached using the 300 open-top bus.

### Lost Gardens Of Heligan

Created in the mid 18th century, [the gardens at Heligan](#) are one of the best examples in Britain, famed for

displays of rhododendrons and camellias. Following years of neglect they have been subject to extensive restoration work over the last 20 years. The gardens, located near Mevagissey are just over an hour's drive from St Ives.

## Minack Theatre

This uniquely situated [open-air theatre](#) is cut into the cliffs at Porthcurno, near Land's End. Performances take place most evenings with some afternoon matinees. The Rowena Cade Exhibition Centre tells the story of its creation. An evening theatre visit is offered on most weeks to guests staying at Chy Morvah (May to September).

## USEFUL HOLIDAY INFORMATION

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### Essential Information

"There's no such thing as bad weather, just the wrong type of clothing!" goes the adage. Come prepared for all eventualities and you'll walk in comfort as well as safety. Britain's famous for its changeable weather, so here's our advice on what to wear and bring.

#### Essentials

- Waterproof walking boots providing ankle support and good grip.
  - A waterproof jacket and over-trousers
  - Gloves and a warm hat (it can be chilly at any time of the year)
  - Rucksack
  - Water bottle (at least 1 litre capacity)
  - A small torch (everywhere in winter, year round in mountains)
  - Sun hat and sunscreen
- Denim jeans and waterproof capes are not suitable on any walks.*

#### Recommended

- Several layers of clothing, which can be added or removed
- Specialist walking socks to avoid blisters.
- A first aid kit inc plasters– your leader's first aid kit doesn't contain any medication
- Sit mat (insulated pad to sit on when you stop for a break)

#### You Might Also Want

- Walking poles, particularly useful for descents.
- Insect repellent
- Flask for hot drinks
- Rigid lunch box
- Gaiters
- Blister kit (eg Compeed) just in case
- Waterproof rucksack liner

## 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.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

### YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

### TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

### PEACE OF MIND

#### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

#### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

#### 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.

#### PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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