

North Cornwall Coast Path Guided Trail

Tour Style: Guided trails

Destinations: Cornwall, United Kingdom & England

Trip code: SVLNC

Trip Walking Grade: 3



HOLIDAY OVERVIEW

Discover the most westerly section of the South West Coast Path National Trail as you traverse the rugged cliffs of the Penwith Peninsula from Treyarnon Bay to Cape Cornwall. This magnificent stretch of Cornish coastline boasts miles of stunning sea views and centuries-old stories of smugglers, piracy, and plunder. You'll cross the heather-clad uplands of St Agnes Head, learn about the region's tin mining past at Geevor and Botallack, and discover the ghostly remains of WWII defences.

WHAT'S INCLUDED

- Comfortable en-suite rooms in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader

- All transport to and from walks where necessary

HOLIDAY HIGHLIGHTS

- Walking coastal paths from Treyarnon Bay to Cape Cornwall
- Soaking up views of imposing cliffs, headlands, and sandy coves
- Learning more about the region's tin mining heritage
- Passing the Levant Mine buildings, now owned by the National Trust
- Soaking up panoramic views both inland and out to sea
- Staying at Chy Morvah, our charming country house in St Ives

TRIP SUITABILITY

This Guided Walking /Hiking Trail is graded 3 which involves walks /hikes on well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough and steep in sections and will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

Your fitness

We want you to be confident that you can meet the demands of each walking day and get the most out of your holiday. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. It is important for your own enjoyment, and that of your fellow guests that you can maintain the pace.

It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.



ITINERARY

Day 1: Arrival Day

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

Day 2: Treyarnon Bay To Porth

Starting at the sandy beach of Treyarnon Bay on the North Cornwall coast, we walk through Porthcothan and around Park Head to the spectacular Bedruthan Steps where the beach is studded with highly individual rocky stacks. Then on to Mawgan Porth and Watergate Bay, to finish the day at Porth on the eastern outskirts of Newquay.

11 miles (18 km), with 2,250 feet (680m) of ascent – mostly fairly easy but the path may be steep and narrow at times.

Day 3: Newquay To Perranporth

We cross the River Gannel at Newquay, the choice of route (tidal footbridge, ferry or road detour) depending entirely on the tide. The path winds around the National Trust cliffs of Pentire Point West and Kelsey Head, before dropping to Holywell Bay en route to Penhale and Ligger Points. The last couple of miles into the seaside town of Perranporth are along Perran Sands.

11½ - 14½ miles (18.5 - 23.5km), with up to 1,600 feet (480m) of ascent – a comparatively easy day of headlands and sandy beaches, complicated initially by a tidal inlet.

Day 4: Perranporth To Portreath

We leave Perranporth around Cligga Head with spectacular views, aiming for Trevellas Porth and Trevaunance Cove, along a cliff top path with terrain like the surface of the moon at times because of old mine workings – Trevaunance was once a harbour, shipping ore from the mines of nearby St Agnes. After the superb high level route around St Agnes Head, the route passes the restored Towanroath Engine House, part of the old Wheal Coates mine, before dropping into Chapel Porth, a secluded cove managed by the National Trust. After that, it's along the cliffs (with two sharp steep descents and ascents) to finish the day at the one-time industrial harbour of Portreath.

12 miles (19.5km), with 2,800 feet (850m) of ascent – rugged cliffs often featuring narrow stony paths with some short steep ascents and descents.

Day 5: Portreath To St Ives

Leaving Portreath, the route lies along Caravannel and Reskajeage Downs to the spectacular setting of Hell's Mouth. We track around Godrevy Head with views of Godrevy Island and lighthouse (a good place for seal spotting), and the panorama of St Ives Bay. A short coach transfer from the Red River at Gwithian to Lelant Church avoids the built-up areas around the Hayle Estuary. The route back leads past Porth Kidney Sands, over Carrack Gladden and around Carbis Bay.

10½ miles (17km), with 2,150 feet (650m) of ascent – easy cliff and headland walking with a couple of steep sided little valleys.

Day 6: St Ives To Gurnard's Head

From St Ives we go around Clodgy Point ("clodgy" is Cornish for leper). Then it's undulating cliff walking all the way to the distinctive Gurnard's Head, passing River Cove (good for seal spotting both in the cove and on the Carracks, two rocky islands a short distance from the shore), Mussel Point and Zennor Head along the way.

9½ miles (15.5 km), with 2400 feet (740m) of ascent – rough and remote with short, steep ascents and descents, one of the more difficult stretches.

Day 7: Gurnard's Head To Cape Cornwall

From Gurnard's Head, the coast path leads past the Iron Age cliff castle at Bosigran and on to Pendeen Watch lighthouse before re-entering tin mine country. We pass the Levant Mine buildings – now owned by the National Trust and with a restored beam engine (one of only two working beam engines in the county and the sole steam-driven example) – and then Geevor with its arsenic condenser and the spectacular Crown Mines buildings at Botallack low down on the cliff just above the sea. The whole Geevor site is a Scheduled Monument. The Kenidjack Valley with more scenes of tin mining dereliction soon follows, before the week finishes at Cape Cornwall, once thought to be the most westerly point in England and the original “Land's End”.

9 miles (14.5 km), with 1,800 feet (540m) of ascent – rough and remote with short, steep ascents and descents, another of the more difficult stretches.

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

Rooms

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

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

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

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

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

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

Check in & check out

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

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

Room supplements

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

About Your Stay

A warm welcome

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

Evening entertainment

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

Walks talks

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

The walking day

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

Food & Drink

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

HF Holidays understands the importance of managing allergens effectively to ensure food is safe for guests with food allergies. Whilst we are always able to confidently inform guests which allergens are present in our ingredients and dishes, we are unable to guarantee absolute freedom from the 14 main allergens in our kitchens. Vegetarian and vegan menu choices are available. If you have allergies, food intolerances, or any special dietary requirements, please inform our reservation team at the time of booking.

Accessibility

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

accessibility information online for [Chy Morvah](#)

TRAVEL DETAILS

Address

Chy Morvah
Bishops Road
St. Ives
Cornwall TR26 2DB

What3words reference: flipper.pulled.shepherdess

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

By Train

The nearest station is St. Ives.

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

Check National Rail for train times and route planning.

By Taxi

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

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

For pricing, please contact Ace Cars directly.

Ace Cars

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

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

Email: acecars2@aol.com

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

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

By Car

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

As you approach St. Ives keep left at the fork, which heads slightly uphill, following signs to visitor parking and the leisure centre. Follow the road and turn left up the steep hill. Almost immediately the road turns left again, but instead of following the road, turn off and head directly up the hill on Porthminster Terrace.

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

By Air

The nearest airport is London Heathrow Airport.

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

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

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

Check National Rail for routes and train times.

LOCAL AREA

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

St. Ives Harbour

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

Holiday Information

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

Essential Information

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

Essentials

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

Recommended

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

- Wallet/purse
- Camera
- First-aid kit

Useful Information

Your trail leader will carry all the necessary maps and guides. For your own interest you may consider looking at the following:

www.southwestcoastpath.org.uk (SWCP Association)

OS National Trail Guide South West Coast Path, Padstow to Falmouth

Explorer Maps 102 Land's End: 104 Redruth and St Agnes: Explorer 106 Newquay and Padstow

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your holiday and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

In The Event Of A Problem

If you become separated from your group, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack and call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

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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