

North Cornwall Coast Path Guided Trail

Trip style: Guided trails

Destination: 📍 Cornwall

Trip code: STV07-LNC01

Trip Walking Grade: ⚡ 3

Carbon Footprint: 🌳 168kg CO2



Holiday Overview

Discover some stunning sections of the South West Coast Path National Trail as you traverse the rugged cliffs of the Penwith Peninsula from Treyarnon Bay to Cape Cornwall. Explore miles of stunning sea views and visit places awash with centuries-old stories of smugglers, piracy, and plunder as you walk the best of the North Cornwall Coast Path. 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 remains of WWII defences.

WHAT YOU'LL LOVE

- 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
- A more personalised experience thanks to small group sizes (maximum 15 people in 2026 and 16 people in 2027)

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

WALKING GRADES AND OPTIONS

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. Expect to leave Chy Morvah at 9:00 each morning and not return until 18:00. 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 - GUIDED TRAIL

Day 1 Arrival Day

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

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.

Daily Walk Options



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

Accommodation

Chy Morvah, St Ives

This beautiful property is just steps from the centre of St Ives – the seaside town that has inspired generations of artists with its working harbour, proud fishing community, white-sand beaches, and stunning Cornish landscape. Enjoying an elevated position with sweeping views over St Ives Bay, Chy Morvah means ‘house by the sea’ in Cornish and you'll find four great beaches nearby – Porthmeor, Porthminster, Harbour, and Porthgwidden – plus plenty of walking routes along the Penwith peninsula. It's also a short drive to St Michael's Mount – the tidal island crowned by a medieval church and castle. Expect tough-but-rewarding walks, over undulating coastal terrain. With tricky stone stiles and rocky paths underfoot, fitness and agility will be challenged.

Check-In & Check-Out

You are welcome to check in from 4pm at the earliest. HF Members can check in earlier, from 2pm. 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. Check out 10am.

About

· 39 well-appointed guest rooms · Exclusive occupancy: 54 guests minimum · Check in from 4:00pm · For members check in from 2:00pm · Full-board (including cream tea on arrival) · Free Wi-Fi · Free limited on-site parking · Boot room and drying room · High chair · Discovery Point offering a wide range of local area maps, route guides, and information for self-guided walks · Books and games to borrow · Licensed bar · Lounge · Garden · Heated outdoor pool (open May to September*) · Electric vehicle charging point - Please note, you will need to bring your own cables to use this EV charging point · Local launderette available in town



Food & drink

Seasonal dining, tailored for you

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

Welcome Cream Tea

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

A hearty breakfast to start the day

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

Our famous picnic lunch

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

3-course evening meals

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

Rooms

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

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

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

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

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

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

Room supplements

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

*Views and layout reflect each properties unique character and location

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

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](#)

About your stay

A warm welcome

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

Evening entertainment

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

Walks talks

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

The walking day

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

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

Tel: [+44 \(0\)1736 796314](tel:+441736796314)

By train

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

An alternative to St Ives rail station is St Erth, which is connected to many mainline services. Please check National Rail for train times and route planning.

By taxi

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

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

Harbour Cars or A1 Taxis

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

Harbour Cars: [01736797688](tel:01736797688)

A1 Taxis: [07736797700](tel:07736797700)

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

By car

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

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

Chy Morvah is at the top of the hill. To reach the car park you'll need to drive left past the front of Chy Morvah and turn immediately right behind the back of the building. The car park is on the right 15 yards along Bishop's Road. Space is limited. If the car park is full, we recommend parking at St Ives Trenwith Car Park, TR26 1DD. This is a charged local long stay car park, approximately 5 minutes walk from Chy Morvah.

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 Porthgwidden are just an easy walk away.

Barbara Hepworth Gallery & Sculpture Garden

Just a short walk away, this Tate-run museum and garden sets the scene for a fascinating insight into one of Britain's most important 20th century artists. Highlights include impressive sculptures in bronze, stone, and wood, along with paintings, drawings, and archive material.

St Michael's Mount

A 20-minute drive or a 45-minute bus ride away, this tidal island crowned by a medieval church and castle lies off the coast of Marazion. Mostly owned by the National Trust since 1954, it has been the cherished home of the St. Aubyn family since the 17th century. If you wish to visit, please check the website for full information on access, opening times and ticket booking. Please note that National Trust members must book a free ticket.

Minack Theatre

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

Geevor Tin Mine

As the last mine to work the UNESCO-listed St. Just Mining District, this award-winning heritage attraction is home to the largest number of undersea tin and copper mines in the world. The museum and visitor centre opens year-round from Sunday to Thursday.

National Maritime Museum Cornwall

Located on Falmouth Harbour, this award-winning museum celebrates Cornwall's maritime heritage through interactive exhibits, talks, lectures, boatbuilding workshops, and more. The National Small Boat Collection is one of the star attractions.

Cornish Seal Sanctuary

Set on the Helford Estuary in the village of Gweek, this incredible charity rescues and grey seal pups from around the Cornish coastline – and then returns them to the wild. You'll get to enjoy the underwater viewing areas and even stay for feeding time.

Eden Project

An epic domed structure just an hour's drive away, this dramatic global garden is home to cutting-edge architecture, outdoor gardens, plant-based exhibits, art installations, and play areas – all housed in tropical biomes set in a crater the size of 30 football pitches.

Lost Gardens of Heligan

Just an hour's drive away, this 200-acre wonderland offers plenty of thrills for plant lovers. Rediscovered by the Eden Project's co-founder Tim Smit, this Victorian country house garden is filled with traditional and rare breeds and plenty of peaceful spaces.

Useful Holiday Information

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

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

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

Recommended

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

Tripnote validity

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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