North Cornwall Coast Path Guided Trail



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided trails	Cornwall	8	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

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



Challenging walking grade 8

Challenging walks for fit, experienced walkers. Expect rugged or mountainous terrain, or some longer distances than typical for this grade. Typically, 12-13 miles (19-21km) with around 2,300ft (700m) of ascent.

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.

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

Video

Take a tour of Chy Morvah and discover our country house and surrounding countryside, full of wild coastlines, breathtakingly beautiful beaches and exceptional sites.

Time to let a little Kernow into your soul.

Then & now

Meaning 'house by the sea,' records show that Chy Morvah had already opened as a private hotel by 1949. The St Ives Town Guide of that year describes it as 'delightfully situated in its own grounds overlooking St Ives Bay' and having 'hot and cold running water to all bedrooms'. The adjoining building, Lanyons, was once the home and studio of Peter Lanyon – the acclaimed St Ives-born painter renowned for landscapes that leaned heavily towards the abstract (part of the St Ives School, he was one of the most important artists to emerge in post-war Britain). This building later became a school known as St Christopher's and there are still signs of the classrooms in the car park (you may notice the distinct ridge in the tarmac). It has been part of our HF Holidays line-up since 1986.

Nowadays, there's 39 well-appointed guest rooms in three categories (Classic, Premium, and Superior) spread across the Chy Morvah building and Lanyons House – many with bay windows and sea views. It also has a main lounge overlooking St Ives Bay, a ballroom for evening activities, a licensed bar, and a sea-facing dining room for a wide range of dishes made with fresh and seasonal ingredients. Elsewhere, there's a handy boot and drying room, a small terrace, manicured gardens, books and games to borrow during your stay, and a Discovery Point offering a wide range of local area maps, route guides, and easy-to-follow information for self-guided walks. The heated outdoor pool (open May to September*) is perfect for cooling off after days spent exploring what is arguably one of the UK's most stunning coastlines.

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.

FOOD & DRINK

Dining

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

Your room at Chy Morvah

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 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 waking routes as well as visit-worthy local attractions.

Helping you enjoy the Great Outdoors - A natural focus on walks

Walks talks and Discovery Points
Our founder, country pastor turned social innovator, Thomas Arthur Leonard, was passionate about encouraging people to explore the countryside. His legacy continues in HF's continued focus on walking. Many guests choose to travel with us on guided or self-guided walking holidays, and as such, evenings at our houses are often busy with walk leaders hosting various briefings and talks. On guided walking holiday arrival days, there are walking information briefings before dinner, and for the duration of any guided walking holiday there will be a Walks Talk before (or on occasion after dinner), to go through the following day's walk options. Self-guided walking guests, and those on special interest holidays (where there is free time to explore independently), are of course welcome to also join in these Walks Talks - please talk to the team locally if you have any queries. Our Discovery Points are filled with handy maps and route notes, designed to ensure everyone, not just those booked on a guided walking holiday, can enjoy the beautiful countryside settings that our HF houses enjoy.

The walking day
Prior to setting off on guided walks, our HF Holidays Leaders run through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure walkers 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.

TRAVEL DETAILS

Address

Chy Morvah
Bishops Road
St. Ives
Cornwall TR26 2DB

Tel: +44 (0)1736 796314

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

A1 Taxis: 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

Places to visit in Cornwall

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 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.

ESSENTIAL INFORMATION

Packing list

Weather conditions in the UK can vary throughout the day, and conditions in the mountains may be cold and windy even in summer. Use the following list as a guide when preparing for your holiday.

Essentials

- Suitable waterproof walking boots with ankle support and good grip
- Waterproof, wind-resistant jacket with a hood, taped seams and a hydrostatic head rating of at least 10,000 mm
- Waterproof overtrousers
- Spare warm clothing, such as a synthetic insulated jacket
- Comfortable walking clothing (jeans & waterproof capes are not suitable)
- Warm mid-layers, such as fleeces
- Gloves and a warm hat, even in summer
- Rucksack with a waterproof liner
- Water bottle with a capacity of at least 1 litre
- Flask for hot drinks
- Sunscreen
- UV-protective sunglasses
- Spare high-energy food
- Head torch and spare batteries for holidays between October and March
- Passport (if applicable)
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Several base layers, with long or short sleeves
- Cushioned walking socks to avoid blisters
- First-aid kit, including plasters, insect repellent, a midge net and a tick-removal tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bags
- Wallet or purse

- Camera
- Walking poles
- Sun hat
- Gaiters
- Mobile Phones
- Swimwear (please see accommodation information for hotel facilities)
- Membership cards for English Heritage, the National Trust or similar heritage organisations in Scotland and Wales, if you are a member. These may be useful when visiting attractions during your itinerary or on your free day.

USEFUL INFORMATION

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.

Your Island Hopping Leader

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.

Maps and Guides of North Cornwall Coast Path

Your trail leader will carry all the necessary maps and guides. For you 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

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.

Document produced: 23 November 2026