

South Cornwall Coast Path Guided Trail

Tour Style: Trails

Destinations: Cornwall, United Kingdom & England

Trip code: SVLSC

Trip Walking Grade: 3



HOLIDAY OVERVIEW

Follow part of the South West Coast Path National Trail from Cape Cornwall, rounding the granite cliffs of Land's End and finishing at Helford. This trail was made throughout history by the fishermen, farmers, miners, smugglers, coastguards and patient soldiers watching for invasions which never came. With wonderful vistas, magnificent beaches, secret coves and almost forgotten fishing villages, this is a magnificent section encircling the coast of Cornwall.

WHAT'S INCLUDED

- High quality en-suite accommodation in our Country House
- Full board from dinner upon arrival to breakfast on departure day
- 5 days guided walking
- Use of our comprehensive Discovery Point

HOLIDAYS HIGHLIGHTS

- The splendid cliff-top path from Cape Cornwall to Helford Village
- Brilliant coastal scenery throughout
- Stay at Chy Morvah 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. It is your responsibility to ensure you have the relevant fitness required to join this holiday.

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

Day 2: Cape Cornwall To Porthcurno

Starting at Cape Cornwall, we walk past Carn Ballowall towards Porth Nanven and then along easy paths to Whitesand Bay and Sennen Cove. We traverse granite cliffs to Land's End and continue over some of the most spectacular stretches of Britain's coastline. Granite cliffs take us on past Mill Bay, over Gwennap Head and down to Porthgwarra, a delightful cove with unusual tunnels through the cliffs, and finally to the Minack Theatre, a unique open-air theatre created in the cliffs with the Atlantic as a backdrop. We descend to Porthcurno and finish the first day's walk in an area that has seen many advances in telegraphy by the former Cable and Wireless Company. 11 miles (18km), with 2400 feet (730m) of ascent; terrain varied – sometimes rough and narrow with numerous short ascents and descents, at other times easy beach walking.

Day 3: Porthcurno To Mousehole

Leaving Porthcurno we ascend to Treryn Dinas, home of the Logan Rock, before we drop down to Penberth Cove (National Trust), completely unspoilt by commercialism. Further ascents and descents bring us to sheltered St Loy and its boulder-strewn beach. We have a short section through lush vegetation before returning to rougher sections as we approach Lamorna Cove and continue, with views of St Michael's Mount, to Mousehole. There will be time to explore this delightful harbour, as the built-up section from here through Penzance will be omitted from the walk. 8 miles (13 km) with 1,860 feet (570m) of ascent; rugged with several short ascents and descents becoming easier towards Mousehole.

Day 4: Marazion To Porthleven

Starting at Marazion we walk along low sandstone cliffs towards Perranuthnoe, and then pass Cudden Point and Prussia Cove to reach the long sandy beach of Praa Sands. Dramatically sited at Rinsey Head, and Trewavas Head, we see partly restored mine buildings before continuing between fields and crumbling cliff edges to the fishing harbour of Porthleven to meet our coach. 10 miles (16km), with 1,800 feet (550m) of ascent; easy tracks becoming more rugged and difficult, ending with a series of ascents and descents on narrow cliff paths.

Day 5: Porthleven To Lizard Green

Returning to Porthleven harbour we follow the remains of a coast road to Loe Bar, the sand bank between Loe Pool, Cornwall's largest freshwater lake, and the sea. We continue along the coast path to the fishing cove of Gunwalloe and then to Church Cove and the church of St Winwaloe, nestling down on the beach behind protective rock. The path continues to Poldhu Cove and the cliffs where the first radio signals were sent across the Atlantic by Marconi in 1901. A magnificent stretch of cliff scenery brings us to Mullion Cove and then to the scenic Kynance Cove. When we reach Lizard Point, the most southerly point in England we head inland to Lizard Green and our return coach. 14 miles (22.5km), with 2510 feet (765m) of ascent; easy paths giving way to narrower and more difficult terrain; apart from a few little steep valleys, much of the walking is over level ground high above the cliffs.

Day 6: Lizard Green To Coverack

From Lizard Green, we walk back down towards Lizard Head and Polpeor Cove (the most southerly point in England) and past the Lizard Lighthouse. We continue towards a second Church Cove and past a collapsed cave known as the Devil's Frying Pan, to Cadgwith. The path continues past the disused serpentine works at Poltesco across Kennack Sands, on to Black Head and down to Coverack village. 11 miles (18 km), with 2,225 feet (680m) of ascent; short steep ascents and descents, then easier walking around Black Head.

Day 7: Coverack To Helford

We start the day at Coverack beside a shingle beach and on to the raised beach of Lowland Point. Soon quarries, active and derelict, force the path away from the coast towards St Keverne. We rejoin the coast at Porthallow and continue to Nare Point where we get a view of the wooded Helford River estuary. We continue to the houses on the Gillan Creek, and reach the hamlet of St Anthony. The coastal path then goes towards Dennis Head before descending through the woods of the Bosahan Estate to Helford Village. 10½ miles (16.5km), with 1,640 feet (500m) of ascent; a short ascent then good coast paths before turning inland on minor roads to ford (or ferry across) Gillan Creek – then wooded (often muddy) riverside walking into Helford.

Day 8: Departure Day

ACCOMMODATION

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 are 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

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 Good and Better Rooms to choose from. Simply but smartly furnished they let the view through the window do the talking.

All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' Rooms that are either larger or have a desirable view, a more luxurious mattress, larger television, enhanced toiletries and a fluffy bathrobe & slippers – upgrade your stay for just an extra £15 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. Lunch is a chance to stock up on our famous picnic snacks. Food at Chy Morvah is varied and eclectic but has a strong emphasis on ingredients from the area and seasonal produce. Once a week the dining room hosts a Local Food Night, when, over a sociable evening, you might tuck in to Cornish cauliflower and award-winning blue cheese soup, snack on a Stargazy pasty featuring locally caught fillet of mackerel and tuck in to either locally reared pork with a Cornish cider jus or fillet of plaice stuffed with white crab meat, prawns and chives for the best that Cornish land and sea has to offer.

Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

Travel Details

Our address is: Chy Morvah, Bishops Road, The Belyars, St Ives, Cornwall TR26 2DB

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 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. Taxis cost approx £4 for this short transfer. Details of our current recommended taxi company and rates will be sent to you with your booking. The return taxi journey can be arranged on your behalf by the Chy Morvah Manager.

By Car:

Head to Cornwall via the A30. At a large roundabout take the A3074 signposted to St Ives (2nd 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 or phone 03457 48 49 50.

Local Area

DISCOVER CORNWALL

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. www.tate.org.uk

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 is host 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. www.edenproject.com

St Michael's Mount

The jewel in Cornwall's crown, 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. www.stmichaelsmount.co.uk

National Maritime Museum

Cornwall's £21 million attraction in Falmouth is housed in 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, and a day here could include visits to Pendennis Castle, or a delightful boat trip up the River Fal to Truro. www.nmmc.co.uk

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. www.sealsanctuary.co.uk

Geevor Tin Mine

Discover Cornwall's mining heritage at this excellent museum. 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. www.geevor.com

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. www.heligan.com

Minack Theatre

This uniquely situated open-air theatre is cut into the cliffs at Porthcurno, near Lands 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). www.minack.com

About

Coastal Country House • 38 Bedrooms • Open March to October & Festive Period • Standard check-in from 2.30pm • Free Parking on site • Free Wi-Fi throughout • Walkers' Facilities including Boot Room & Drying Room • Discovery Point with route guides and maps • Heated Outdoor Swimming Pool

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.

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety is our priority and Britain is famous for its changeable weather, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

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.

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail 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 the party, 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. 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.

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 and 103 The Lizard

HOW TO BOOK

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 – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

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.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska

Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62
IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

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

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

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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