

# South Cornwall Coast Path Guided Trail

**Trip style:** Guided trails

**Destination:** 📍 Cornwall

**Trip code:** STV07-LSC01

**Trip Walking Grade:** ⚡ 3

**Carbon Footprint:** 🌳 167kg CO2



## Holiday Overview

Follow part of the South West Coast Path National Trail and explore miles of spectacular Cornish coastline awash with stories of smugglers, piracy, and plunder. Journey from Cape Cornwall to Helford and tick off a host of highlights along the way. You'll round the granite cliffs of Land's End, drop into storied smuggling haunts like Mousehole, marvel at the remarkable Minack Theatre, and visit Lizard Point – mainland Britain's most southerly spot. Add in a selection of sparkling beaches, secret coves, and fishing villages and it's no surprise that this is one of our most popular trails.

## WHAT YOU'LL LOVE

- Walking coastal paths from Cape Cornwall to Helford
- Admiring a landscape of rugged headlands and sandy coves
- Gazing out to sea from the dramatic cliffs at Land's End
- Passing through the picturesque fishing village of Mousehole
- Visiting Lizard Point, the most southerly reach of mainland Britain
- Staying at Chy Morvah, our 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. Please be prepared for long days. Expect to leave Chy Morvah at 9:00 each morning and not return until around 18.15. 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

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### 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.

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## Day 2 Cape Cornwall to Porthcurno

Starting at Cape Cornwall, we walk past Ballowall Barrow 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 (740m) of ascent; terrain varied – sometimes rough and narrow with numerous short ascents and descents, at other times easy beach walking.

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## 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 should hopefully 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 1,850 feet (580m) of ascent; rugged with several short ascents and descents becoming easier towards Mousehole.

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## 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.

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## 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 2500 feet (760m) 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.

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## 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 2,250 feet (680m) of ascent; short steep ascents and descents, then easier walking around Black Head.

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## 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.

12½ miles (20km), with 1,650 feet (500m) of ascent; a short ascent then good coast paths before turning inland on minor roads to ford (or walk around) Gillan Creek – then wooded (often muddy) riverside walking into Helford.

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## 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. Fleeces 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.

**Document produced:** 23 July 2026

