



A self-guided tour along the Cornish Coastal Path (8 days / 7 nights).

The Cornish Coastal Path forms just one part of the South West Coast Path - a walk of 1,014 kilometres from the edge of the Exmoor National Park to Poole Harbour. Our walk goes from beautiful St Ives, past Land's End and Penzance to and finish at Falmouth.

Explore the West Penwith peninsula and experience the wonderful wildlife and scenery, the rich geology and heritage of this unique area. Experience the history of Cornwall's tin and copper mining around Pendeen and St Just, and marvel at the unique rocks of the Lizard peninsula.

Poets and artists have cherished and been moved by this area throughout time. The cultural history is very much a living one. The artists and artisans of St Ives, the famous open-air Minack Theatre, the wonderful Tate St Ives gallery and the local Cornish history and language are all



part of the daily fabric of life. Immerse yourself in this wonderful corner of England and you won't be disappointed.

Day 1.

Arrive at the airport or station, where our local transport will meet you and transfer you to your first night's accommodation at St Ives. Take some time to acclimatise and unwind. Enjoy a walk along the beautiful beaches or explore the maze of narrow cobbled streets that form this lovely Cornish town.

Day 2 (21km).

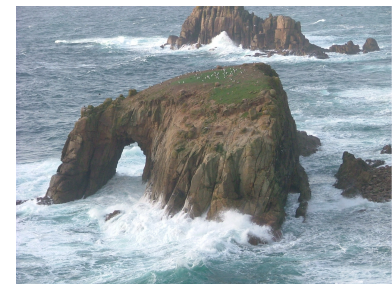
Starting from your base, join the South West Coast Path at Porthmeor Beach and climb out of St Ives. On your way today you have superb views over the various rocky coves and headlands that are a feature of this part of the walk.

Enjoy the sites of historical interest, such as the various mines and engines which are part of Cornwall's mining heritage. Pass Pendeen Watch to approach St Just where you are welcomed to your accommodation for this evening.

Day 3 (18km).

Today's walk is dominated by Land's End - the most westerly point of the English mainland and the closest to North America. You round Cape Cornwall to follow the meandering coastal path. Enjoy the views down to the golden sands of Sennen Cove and the distant rocky headland of Land's Ends.

From Land's End the cliffs are immediately more sheer and picturesque, with stunning rock formations and sea arches. Take time to enjoy the breathtaking surroundings. Then head down around Gwennap Head and the superb outdoor Minack Theatre to descend to the beautiful beach at Porthcurno.



www.trek-inn.com / www.trek-inn.co.uk

Phone: (US) 866-trek-1nn / 866-873- 5166 (UK) +44 (0)20 7060 3364

Day 4 (22km).

Enjoy a day of rocky coves and beaches as you start to walk in an easterly direction - no longer walking into the prevailing winds! Pass Lamorna Cove, and follow the more gentle route to gradually drop down to the picturesque Cornish fishing village of Mousehole.

View the impressive St Michael's Mount at the far side of the bay. From here the path quickly brings you into Penzance where you can follow the path through Penzance to Marazion or call on our transport to cut out this part of the trail. From your accommodation tonight enjoy the wonderful view of the medieval castle and church atop the rocky island of St Michael's Mount.

Day 5 (22km /13km).

A short transfer this morning drops you to Porthleven where you pick up the coastal path as it starts to rise again up to the cliffs leading to Mullion. Continue to follow the line of the cliffs as you approach Kynance Cove. With islands of multi-coloured serpentine rock, and stacks and arches hidden amongst the towering cliffs, it is considered one of the most beautiful parts of Cornwall.



Take a short walk to Lizard Point - the most southerly point of mainland Britain, and home to Marconi's historic wireless experiments. Learn more at the restored Lizard Wireless Station.



Day 6 (22km).

Leaving the Lizard this morning, your path brings you round the cliffs to Cadgwith before dropping to Kennack Sands. Take a further cliff walk to discover the small fishing village of Coverack. Continue with a gentler walk as far as Porthoustock.

Here the path turns inland. Follow small country lanes to pass the vineyard on the way down to Porthallow and your stay for tonight.

Day 7 (22km).

Leave Porthallow, to immediately climb back up to the cliffs. Follow the path to round Nare Head and continue along the coastline, entering the Helford River estuary. Take a short walk to the ferry at Helford (which runs from April 1st to Oct 31st) and cross over to Helford Passage.

Round Rosemullion Head, and you can see Pendennis Castle and your journey's end in the distance - but not before you visit the beautiful secluded beach at Maenporth. Finally pass Penance Point where the path drops down to Swanpool to enter Falmouth, and the conclusion of your Cornish adventure.

Day 8.

Transfer back to airport or station for your return journey.

Overview

Grade B
Coastal walking

8 Days (7 Nights)

Prices and Dates

Please see separate Pricing Sheet / Website.

Options

Option 1 - Standard Package

- 7 nights accommodation, based on two adults sharing, in Tourist Board approved hotels and guesthouses (normally with en-suite facilities).
- Meals consist of a full breakfast each day and a packed lunch.
- Luggage transfer each day along the route, detailed daily route notes, and map(s).

Option 2 - Meals Package

- 7 nights accommodation, based on two adults sharing, in Tourist Board approved hotels and guesthouses (normally with en-suite facilities).
- Meals consist of a full breakfast each day and a packed lunch. Also included are four two/three course meals in the evenings (Evening meals not included in your stay in St Ives, St Just or Portcurno). Drinks are not included.
- Luggage transfer each day along the route, detailed daily route notes, and map(s).