

# 3 Night Cornwall Walking with Sightseeing Holiday

**Trip style:** Walking with sightseeing

**Destination:** 📍 Cornwall

**Trip code:** STV03-WOD01

**Grades:** 1, 2

**Carbon Footprint:** 🌿 75kg CO2



## HOLIDAY OVERVIEW

These holidays offer a perfect mix of short, guided walks (4-5 miles), combined with time spent sightseeing. Visit a selection of standout highlights in Cornwall with hassle-free coach travel and the help of an HF Holidays Leader.

## WHAT YOU'LL LOVE

- Admiring the beauty of Cornwall's coastline
- Enjoying walks from Lizard Point Lighthouse and Kynance Cove
- Spending time in the former smuggler's haunt of Mousehole
- Visiting the Merry Maidens stone circle
- Relaxing on the white sands of Porthcurno Beach
- Staying in our country house in St Ives

## WHAT'S INCLUDED

- En-suite accommodation in our 4-star 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 and sightseeing visits with an experienced HF Holidays Leader
- All transport to and from walks and sites of interest
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

**Please note** - Entrance fees are not included. See more information tab for details.

## TRIP SUITABILITY

This trip is graded Activity Level 2, Walks are up to 6 miles (9.5km) with up to 800 feet (260m) of ascent. The nature of the coast path means that some of the ascents and descents are sharp and steep.

## ITINERARY

### **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:** The Lizard and Kynance Cove

Distance: 4 miles (6.5km) Ascent: 700 feet (220m) In summary: Walk to the most southerly point in Britain, Lizard Point and see the distinctive twin towers of the whitewashed lighthouse. Home to a vast array of rare flora and fauna, the area will leave you enthralled with its natural beauty. On our walk to Kynance Cove, famous for its white sand, turquoise sea, and rock stacks, we will see the remains of the old lifeboat house and slipway. Please note that the order of this day may be reversed due to tide times.

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### **Day 3:** Porthcurno and Mousehole

Distance: 2½ miles (4km) Ascent: 450 feet (140m) In summary: A visit to the mythical Merry Maidens stone circle before we begin our walk from the village of Treen, passing through the pretty National Trust village of Penberth and along the coast, past the famous Logan Rock, to reach the beautiful beach at Porthcurno. There's free time this afternoon, and depending on your preference, you may choose to relax on the beach, visit PK Porthcurno or explore the grounds of the Minack Theatre (any attractions visited are payable locally). We then transfer to the pretty harbour of Mousehole to end the day.

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### **Day 4:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Chy Morvah

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.

### 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.

### Walking safety - SHARED WITH ALL

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass. Please note: If you choose to leave the group your leader is no longer responsible for you. If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

## Packing list - UK Guided Walking

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 (hydrostatic 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 Sit mat Waterproof pouch for valuables Rubbish bag (remember to always leave no trace) Wallet/purse Camera Walking poles

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