

# 7 Night South East Cornwall Guided Walking

**Trip style:** Guided Walking Holidays

**Destination:** 📍 Cornwall

**Trip code:** SCF07-BTB11

**Grades:** 1, 2 & 3



## HOLIDAY OVERVIEW

Explore the best of Cornwall's coastline and some of its lesser-trodden inland trails during this week of show-stopping walking. Setting off from our base in the charming harbour town of Looe, our routes take us through the cobbled streets of Kingsand and Cawsand, to the historic smugglers' haunt of Polperro, and soak up the views over Talland Bay. We'll stride out along some of the finest sections of the South West Coast Path and enjoy plenty of time to discover the sights and scenery Cornwall is famous for.

## WHAT YOU'LL LOVE

- Exploring quintessential Cornish fishing villages
- Discovering some of the finest coastal walks in Cornwall
- Soaking up the rugged coastline and wild beauty of Bodmin Moor
- Learning the stories and histories of Mount Edgcumbe, Polperro, and Fowey
- Travelling by boat over Fowey Estuary, a National Landscape
- Having the choice of two walks a day – one easier and one more challenging

## WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary

## TRIP SUITABILITY

### Your fitness

Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking - whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance
- Time training will help ensure you enjoy your holiday to the max.

## ITINERARY

### **Day 1:** Arrival Day

You can check in at the hotel from 4pm. Your leaders will then be at reception at 6:00pm to meet the group and to give you a quick introduction to the holiday before dinner.

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### **Day 2:** Looe

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### **Day 3:** Mount Edgcumbe and Rame Head

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### **Day 4:** Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest.

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### **Day 5:** Fowey Estuary

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### **Day 6:** Bodmin Moor

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### **Day 7:** Polruan to Polperro

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### **Day 8:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## **Portbyhan Hotel**

The Portbyhan Hotel has an unrivalled position right in the heart of Looe. From the sun terrace, you can gaze out over the vibrant harbour, and when you fancy a stroll into town, it's just a five-minute walk. Rooms are all comfortable en-suites, equipped with toiletries, tea and coffee making facilities, TV, hairdryer, and Wi-Fi. Extra pillows and ironing facilities are available on request, should you need.