

4 Night Cornwall Family Walking Adventure

Trip style: Family walking holidays

Destination: 📍 Cornwall

Trip code: STV04-FAM01

Grades: .il 1, 2 & 3



HOLIDAY OVERVIEW

Cornwall is renowned for its stunning coast and beautiful beaches. Our spectacular, family friendly walks reveal some of the county's most rugged, dramatic and picturesque scenery. Remember to keep a lookout for seals as you adventure down by the seashore. Take time to collect shells and see what can be discovered rock pooling. From sandy beaches and hidden coves to cliff top trails and expansive views, the region has so much offer.

WHAT YOU'LL LOVE

- Swimming in our heated outdoor pool
- Meeting other families
- Optional guided walks with an experienced HF Holidays Leader
- Exploring the beaches and coves on Cornwall's coastline
- All meals and activities taken care of

WHAT'S INCLUDED

- Family rooms available subject to availability
- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals tailored towards families, plus tea & coffee
- Guided walking with experienced HF Holidays Leaders
- Choice of up to four guided walks (on walking days)
- All transport to and from walks where necessary
- Easy-to-follow routes, maps, and information in our Discovery Point if you want to explore independently

TRIP SUITABILITY

This holiday is ideal for families with children 4+yrs. Please check you can manage the daily walks distance and ascents, detailed in your itinerary. The walking day is normally 6 to 8 hours.

There are four different length guided walks to choose from each walking day.

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.

Day 2: Mining, Shipwrecks and Smuggling in Mount's Bay

Day 3: Extreme South of England: The Lizard

Day 4: Rugged Cliffs West of St Ives

Day 5: Departure Day

Enjoy a leisurely breakfast before making your way home.

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 Porthgwithden - 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.

Safety information - (SV Family walking)

Who's the boss? Please note that parents are responsible for their children at all times; our leaders are not permitted to run activities without other adults present. All leaders undergo a thorough assessment so you can relax and enjoy your holiday knowing that you are in safe hands. On the first evening of your holiday, your leaders give a short talk about safety on walks which we would like you to attend. Walks may be changed for safety reasons and are subject to a maximum and a 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 while 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. Kids on their own: Any teenager aged 14 years or over can leave you at the starting line and join a walk unaccompanied on the basis they can look after themselves. Children under 14 will need to be accompanied by an adult on walks; however, this does not need to be a parent or legal guardian. Please note, coaches used on this holiday all comply with UK law, and may not have seat belts suitable for children. Where children are under 3yrs of age, they must not travel in the front seat on coaches, nor the back seat of coaches. Parents should bring car seats/carriers for under 3s, these items can be left on the coach whilst walking. For more information, please visit <https://www.gov.uk/child-car-seats-the-rules/when-a-child-can-travel-without-a-car-seat>

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