

North Cornwall Coast Path Guided Trail

Trip style: Guided trails

Destination:  Cornwall

Trip code: STV07-LNC01

Grades: 1, 2, 3

Carbon Footprint:  168kg CO2



HOLIDAY OVERVIEW

Discover some stunning sections of the South West Coast Path National Trail as you traverse the rugged cliffs of the Penwith Peninsula from Treyarnon Bay to Cape Cornwall. Explore miles of stunning sea views and visit places awash with centuries-old stories of smugglers, piracy, and plunder as you walk the best of the North Cornwall Coast Path. You'll cross the heather-clad uplands of St Agnes Head, learn about the region's tin mining past at Geevor and Botallack, and discover the remains of WWII defences.

WHAT YOU'LL LOVE

- Walking coastal paths from Treyarnon Bay to Cape Cornwall
- Soaking up views of imposing cliffs, headlands, and sandy coves
- Learning more about the region's tin mining heritage
- Passing the Levant Mine buildings, now owned by the National Trust
- Soaking up panoramic views both inland and out to sea
- Staying at Chy Morvah, our charming country house in St Ives
- A more personalised experience thanks to small group sizes (maximum 15 people)

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

TRIP SUITABILITY

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 as you will be walking every day. Expect to leave Chy Morvah at 9:00 each morning and not return until 18:00. 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

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: Treyarnon Bay to Porth

Starting at the sandy beach of Treyarnon Bay on the North Cornwall coast, we walk through Porthcothan and around Park Head to the spectacular Bedruthan Steps where the beach is studded with highly individual rocky stacks. Then on to Mawgan Porth and Watergate Bay, to finish the day at Porth on the eastern outskirts of Newquay. 11 miles (18 km), with 2,250 feet (680m) of ascent – mostly fairly easy but the path may be steep and narrow at times.

Day 3: Newquay to Perranporth

We cross the River Gannel at Newquay, the choice of route (tidal footbridge, ferry or road detour) depending entirely on the tide. The path winds around the National Trust cliffs of Pentire Point West and Kelsey Head, before dropping to Holywell Bay en route to Penhale and Ligger Points. The last couple of miles into the seaside town of Perranporth are along Perran Sands. 11½ - 14½ miles (18.5 - 23.5km), with up to 1,600 feet (480m) of ascent – a comparatively easy day of headlands and sandy beaches, complicated initially by a tidal inlet.

Day 4: Perranporth to Portreath

We leave Perranporth around Cligga Head with spectacular views, aiming for Trevellas Porth and Trevaunance Cove, along a cliff top path with terrain like the surface of the moon at times because of old mine workings – Trevaunance was once a harbour, shipping ore from the mines of nearby St Agnes. After the superb high level route around St Agnes Head, the route passes the restored Towanroath Engine House, part of the old Wheal Coates mine, before dropping into Chapel Porth, a secluded cove managed by the National Trust. After that, it's along the cliffs (with two sharp steep descents and ascents) to finish the day at the one-time industrial harbour of Portreath. 12 miles (19.5km), with 2,800 feet (850m) of ascent – rugged cliffs often featuring narrow stony paths with some short steep ascents and descents.

Day 5: Portreath to St Ives

Leaving Portreath, the route lies along Caravannel and Reskajeage Downs to the spectacular setting of Hell's Mouth. We track around Godrevy Head with views of Godrevy Island and lighthouse (a good place for seal spotting), and the panorama of St Ives Bay. A short coach transfer from the Red River at Gwithian to Lelant Church avoids the built-up areas around the Hayle Estuary. The route back leads past Porth Kidney Sands, over Carrack Gladden and around Carbis Bay. 10½ miles (17km), with 2,150 feet (650m) of ascent – easy cliff and headland walking with a couple of steep sided little valleys.

Day 6: St Ives to Gurnard's Head

From St Ives we go around Clodgy Point ("clodgy" is Cornish for leper). Then it's undulating cliff walking all the way

to the distinctive Gurnard's Head, passing River Cove (good for seal spotting both in the cove and on the Carracks, two rocky islands a short distance from the shore), Mussel Point and Zennor Head along the way. 9½ miles (15.5 km), with 2400 feet (740m) of ascent – rough and remote with short, steep ascents and descents, one of the more difficult stretches.

Day 7: Gurnard's Head to Cape Cornwall

From Gurnard's Head, the coast path leads past the Iron Age cliff castle at Bosigran and on to Pendeen Watch lighthouse before re-entering tin mine country. We pass the Levant Mine buildings – now owned by the National Trust and with a restored beam engine (one of only two working beam engines in the county and the sole steam-driven example) – and then Geevor with its arsenic condenser and the spectacular Crown Mines buildings at Botallack low down on the cliff just above the sea. The whole Geevor site is a Scheduled Monument. The Kenidjack Valley with more scenes of tin mining dereliction soon follows, before the week finishes at Cape Cornwall, once thought to be the most westerly point in England and the original "Land's End". 9 miles (14.5 km), with 1,800 feet (540m) of ascent – rough and remote with short, steep ascents and descents, another of the more difficult stretches.

Day 8: 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 Porthgidden - 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.