

South Cornwall Coast Path Guided Trail

Trip style: Guided trails

Destination:  Cornwall

Trip code: STV07-LSC01

Grades: 1, 3

Carbon Footprint:  167kg CO2



HOLIDAY OVERVIEW

Follow part of the South West Coast Path National Trail and explore miles of spectacular Cornish coastline awash with stories of smugglers, piracy, and plunder. Journey from Cape Cornwall to Helford and tick off a host of highlights along the way. You'll round the granite cliffs of Land's End, drop into storied smuggling haunts like Mousehole, marvel at the remarkable Minack Theatre, and visit Lizard Point – mainland Britain's most southerly spot. Add in a selection of sparkling beaches, secret coves, and fishing villages and it's no surprise that this is one of our most popular trails.

WHAT YOU'LL LOVE

- Walking coastal paths from Cape Cornwall to Helford
- Admiring a landscape of rugged headlands and sandy coves
- Gazing out to sea from the dramatic cliffs at Land's End
- Passing through the picturesque fishing village of Mousehole
- Visiting Lizard Point, the most southerly reach of mainland Britain
- Staying at Chy Morvah, our 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. Please be prepared for long days. Expect to leave Chy Morvah at 9:00 each morning and not return until around 18.15. 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: Cape Cornwall to Porthcurno

Starting at Cape Cornwall, we walk past Ballowall Barrow towards Porth Nanven and then along easy paths to Whitesand Bay and Sennen Cove. We traverse granite cliffs to Land's End and continue over some of the most spectacular stretches of Britain's coastline. Granite cliffs take us on past Mill Bay, over Gwennap Head and down to Porthgwarra, a delightful cove with unusual tunnels through the cliffs, and finally to the Minack Theatre, a unique open-air theatre created in the cliffs with the Atlantic as a backdrop. We descend to Porthcurno and finish the first day's walk in an area that has seen many advances in telegraphy by the former Cable and Wireless Company. 11 miles (18km), with 2400 feet (740m) of ascent; terrain varied – sometimes rough and narrow with numerous short ascents and descents, at other times easy beach walking.

Day 3: Porthcurno to Mousehole

Leaving Porthcurno we ascend to Treryn Dinas, home of the Logan Rock, before we drop down to Penberth Cove (National Trust), completely unspoilt by commercialism. Further ascents and descents bring us to sheltered St Loy and its boulder-strewn beach. We have a short section through lush vegetation before returning to rougher sections as we approach Lamorna Cove and continue, with views of St Michael's Mount, to Mousehole. There should hopefully be time to explore this delightful harbour, as the built-up section from here through Penzance will be omitted from the walk. 8 miles (13 km) with 1,850 feet (580m) of ascent; rugged with several short ascents and descents becoming easier towards Mousehole.

Day 4: Marazion to Porthleven

Starting at Marazion we walk along low sandstone cliffs towards Perranuthnoe, and then pass Cudden Point and Prussia Cove to reach the long sandy beach of Praa Sands. Dramatically sited at Rinsey Head, and Trewavas Head, we see partly restored mine buildings before continuing between fields and crumbling cliff edges to the fishing harbour of Porthleven to meet our coach. 10 miles (16km), with 1,800 feet (550m) of ascent; easy tracks becoming more rugged and difficult, ending with a series of ascents and descents on narrow cliff paths.

Day 5: Porthleven to Lizard Green

Returning to Porthleven harbour we follow the remains of a coast road to Loe Bar, the sand bank between Loe Pool, Cornwall's largest freshwater lake, and the sea. We continue along the coast path to the fishing cove of Gunwalloe and then to Church Cove and the church of St Winwaloe, nestling down on the beach behind protective rock. The path continues to Poldhu Cove and the cliffs where the first radio signals were sent across the Atlantic by Marconi in 1901. A magnificent stretch of cliff scenery brings us to Mullion Cove and then to the scenic Kynance Cove. When we reach Lizard Point, the most southerly point in England we head inland to Lizard Green and our return coach. 14 miles (22.5km), with 2500 feet (760m) of ascent; easy paths giving way to narrower and more difficult terrain; apart from a

few little steep valleys, much of the walking is over level ground high above the cliffs.

Day 6: Lizard Green to Coverack

From Lizard Green, we walk back down towards Lizard Head and Polpeor Cove (the most southerly point in England) and past the Lizard Lighthouse. We continue towards a second Church Cove and past a collapsed cave known as the Devil's Frying Pan, to Cadgwith. The path continues past the disused serpentine works at Poltesco across Kennack Sands, on to Black Head and down to Coverack village. 11 miles (18 km), with 2,250 feet (680m) of ascent; short steep ascents and descents, then easier walking around Black Head.

Day 7: Coverack to Helford

We start the day at Coverack beside a shingle beach and on to the raised beach of Lowland Point. Soon quarries, active and derelict, force the path away from the coast towards St Keverne. We rejoin the coast at Porthallow and continue to Nare Point where we get a view of the wooded Helford River estuary. We continue to the houses on the Gillan Creek, and reach the hamlet of St Anthony. The coastal path then goes towards Dennis Head before descending through the woods of the Bosahan Estate to Helford Village. 12½ miles (20km), with 1,650 feet (500m) of ascent; a short ascent then good coast paths before turning inland on minor roads to ford (or walk around) Gillan Creek – then wooded (often muddy) riverside walking into Helford.

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.