

England: Cornwall & the South West Coast Path

Air Package Itinerary

From the rugged cliffs and charming fishing villages of the north, to the white sand beaches and aquamarine waters of Cornwall's serene south, we designed this unique walking vacation to explore all four corners of Cornwall's famous South West Coast Path. Your Cornish trip leaders bring you on a ferry ride across the Camel Estuary in Padstow, treat you to a classic English cream tea in St. Mawes, show you the legendary Trebah Gardens in Falmouth, and lead you through a traditional Cornish tin mine at Land's End. They will also regale you with tales of local traditions—including mischievous pixies, enchanted castles, Cornish sea shanties, and even that most beloved of local culinary delights—the Cornish pasty. A final stay on the stunning coast near St. Ives brings you the remarkable sunsets that have been capturing the imagination of artists for centuries.



Highlights

- Walk one of the most beloved and breathtaking walking trails in England: the South West Coast Path.
- Witness Cornwall's North and South Coast, a sweeping canvas of rocky headland, emerald-green grassland, sandy beaches, and flowing estuaries.
- Indulge in the enduring tradition of Afternoon Tea, nibbling on petite sandwiches and scones and sipping on England's finest beverages.
- Explore the tropical feel and lush flora of Trebah Gardens, strolling its footpaths to a private beach where D-day forces left English soil.
- Browse the galleries and quaint streets of seaside St. Ives, voted the Best UK Seaside Town and

an artists' haven.

- Wander among the Botallack Mines of Land's End, a UNESCO World Heritage site, where humans have dug for minerals since the Bronze Age.

On all Fully-Guided Adventures you can count on ...



Expert local guides to introduce you to the best of your destination.



Gracious accommodations that are a clean, comfortable home away from home.



Off-the-beaten-path places you'd never find on your own.



Experts to handle all the details.



A maximum of 18 fun-loving fellow travelers to share the journey.



Air Packages include plane tickets, airport car service, and pre- and post-tour accommodations.



Delicious, authentic multi-course meals—virtually all are included.

Activity Level

This tour is one of our Guided Walking Adventures, rated easy to moderate, with an average of 4 to 9 miles of walking each day. Daily walks include ascents and descents of up to 1,200 feet. The routes feature a mix of winding coastal footpaths, moderate rolling hills, beautiful sandy beaches, and some uneven terrain. Due to England's climate, coastal paths can occasionally be wet and muddy. Along the

way, you'll also encounter several stiles—typically steps or ladders that allow people, but not livestock, to cross over fences or walls.

Flight Day

Depart for Your Vacation

Your vacation is about to begin! Spend your first night aloft and arrive ready for an unforgettable trip.

Arrival Day

Arrive in London. Pre-Tour Hotel Night: London Paddington

Upon arrival at Heathrow Airport, make your way to your centrally located hotel, the Hilton London Paddington, conveniently located adjacent to London Paddington Station.

A Heathrow Express train ticket is included as part of your tour, providing a fast, direct, and convenient transportation from Heathrow Airport to central London. This efficient train service brings you from your arrival terminal directly to Paddington Station—just a short walk from your hotel. To expedite travel time and maintain our standards of value, efficiency, and convenience, we've selected this reliable option for your arrival. Detailed directions will be included in your final travel documents.

The rest of the day is yours to enjoy at your leisure—perhaps explore the city, relax at the hotel, or choose a local restaurant for lunch or dinner. We provide detailed city information to help you plan your day.

DAY 1

Train to Padstow. Your Country Walkers Vacation Begins

Padstow town walk; 1 mile, easy

After breakfast, meet your Country Walkers representative at 9:00 a.m. in the lobby of your hotel. You will be escorted to the train platform at the adjacent Paddington Station to begin your rail journey to Cornwall—an approximately four-hour trip.

Upon arrival at Bodmin Parkway Station, a Country Walkers representative will meet you for the final

30-minute car transportation to your hotel in Padstow. After settling in, meet your leaders in the lobby at 4:00 p.m. for an overview of the walks, hidden gems, and unique experiences that await on your adventure.

You've arrived in one of England's most breathtaking coastal locales, along a particularly scenic stretch of the country's famed South West Coast Path. If you wish, join a gentle warm-up walk through the village's winding streets and along the harbor, passing historic fishing boats and traditional Cornish cottages. The scent of sea air and views across the Camel Estuary set a perfectly tranquil mood as the evening light settles over the water.

Later, gather with fellow travelers for a welcome dinner—a chance to connect over fresh local flavors and build excitement for the spectacular walks ahead.

Included Meals: Breakfast, Dinner

DAY 2

Walk from Rock to Polzeath on the North Coast

Rock to Polzeath return; 6 miles, easy to moderate. Optional walk to The Rumps; 3 miles, easy to moderate

A short ferry ride across the Camel Estuary delivers you to Rock, a beautiful waterside village and the starting point for our first coastal walk. From here, you follow a well-trodden path through rolling dunes and grassy headlands, where the salty breeze and the sounds of seabirds accompany your every sea-kissed moment. Meander past St. Enodoc Church, a picturesque chapel constructed among the sand dunes as early as the 12th century. Linger here before continuing to Daymer Bay, a peaceful cove where gentle waves lap at the sand dunes and grassland.

Your walk traces more of the coast to Polzeath, a renowned surf village where the rhythm of the waves and a laid-back atmosphere invite you in. Pause here for a seaside lunch of your choice—settle into a local café for homemade treats or bring a takeaway from a nearby eatery for a relaxed picnic on the beach as surfers catch the waves.

Avid walkers can opt to head out to The Rumps, a striking twin headland offering breathtaking views of the

Atlantic. Along the way, keep an eye out for seabirds nesting in the cliffs and the remnants of an Iron Age fort that once stood watch over these rugged shores.

Later, as the afternoon sun casts a golden glow over the coastline, retrace your scenic route back to Rock. A ferry returns you to Padstow in time to unwind, enjoy dinner at your leisure, and perhaps take an evening stroll around the harbor.

Included Meals: Breakfast

DAY 3

Walk from Stepper Point to Trevone / Travel to Falmouth on the South Coast

Padstow to Trevone; 5 miles, easy to moderate. St Mawes village walk; 1.5 miles, easy

Wake to the fresh sea air of Padstow and step out onto the South West Coast Path. Today's walk begins with a magnificent meander along Cornwall's northern shores. Leaving the harbor behind, you follow the path toward Stepper Point, home to the 40-foot stone Daymark Tower, affectionately known as "The Pepper Pot." This historic navigational beacon stands atop the headland, offering sweeping views across the Camel Estuary and beyond. Here, the coastline reveals its rugged splendor, with dramatic cliffs plunging into the sea.

Continue along Trevone Bay, where golden sands meet rocky outcrops. Later, arrive at Harlyn Bay, a sheltered cove known for its crystal-clear waters and rolling surf. There will be time for lunch here—perhaps a fresh, locally sourced al fresco meal at The Harlyn Shack, or a cozy sit-down in one of Trevone's welcoming eateries.

After lunch, travel across the Roseland Peninsula to Cornwall's southern coast. Nestled within a designated Area of Outstanding Natural Beauty, you arrive in the postcard-perfect harbor town of St. Mawes. Begin your next walk at the historic St. Mawes Castle, one of Henry VIII's finest coastal fortresses. A gentle downhill path leads past the elegant Hotel Tresanton, then descends further to the waterfront, where you indulge in the timeless British tradition of Afternoon Tea. Savor delicate pastries, homemade scones, and locally blended teas—all accompanied by uninterrupted sea views.

As the light softens over the harbor, ferry across to Falmouth, where Cornwall's maritime heritage unfolds. A short walk from the pier leads to your next hotel. End your day with a dinner of fresh flavors, warm hospitality, and serene coastal views.

Included Meals: Breakfast, Lunch, Dinner

DAY 4

Walk from Maenporth Beach to Trebah. Independent Exploration of Falmouth

Maenporth Beach to Trebah; 4 miles, easy. Trebah Gardens Walk; 2 miles, easy

After breakfast, travel to Maenporth Beach to begin the day's walk. You might spot grey herons or little egrets taking wing from the nearby wetlands. From the sandy cove of the beach, rejoin the coastal path as it winds along scenic cliffs, through ancient wooded valleys, and past hidden coves. The scents of the sea and wildflowers linger in the air here.

The path descends into Durgan, a quiet hamlet on the banks of the Helford River. This tiny village, with its narrow warrens, old stone cottages, and boats moored offshore, feels untouched by time. Pause to take in the stillness before continuing to Trebah Gardens, one of Cornwall's most remarkable garden jewels.

Lunch today is at your leisure at the spacious Trebah Café, which offers a variety of hearty and seasonal fare. You may choose to eat before or after exploring the gardens.

After lunch or your visit, learn more about the history and horticultural wonders of this subtropical valley. A serene footpath leads you past giant ferns, through bamboo groves, and along towering rhododendrons to Trebah's private beach. During World War II, these shores served as a departure point for American soldiers heading to Normandy on D-day. After some time here, you may enjoy a refreshing drink by the sea at The Ferry Boat Inn, a typical Cornish pub where patrons are often prone to singing sea shanties.

Travel back to Falmouth, passing the imposing Pendennis Castle, which has guarded the mouth of the Fal River for over 450 years. This evening, enjoy dinner at your own pace. Your leaders are on hand with recommendations—whether you're looking for waterfront seafood restaurants or cozy local pubs tucked away in town.

Included Meals: Breakfast

DAY 5

Walk from Hayle Estuary to St. Ives

Lelant to St Ives; 4 miles, easy. Optional St Ives to Carbis Bay; 2 miles, easy

Leaving the south coast behind, you head to Lelant this morning, a peaceful village on the edge of the Hayle Estuary. From here, set out along the coast path, following a spectacular route with breathtaking views of golden beaches, turquoise waters, and rugged headlands. The path passes Porthkidney Sands, a vast, open beach often quiet except for the sound of the sea.

Soon, your views open over Carbis Bay, where clear waters and white sands evoke a scene more often associated with the Caribbean. From here, trace the coastline into St. Ives, often voted one of the best seaside towns in the UK. Today, its narrow lanes are a haven for artists, blessed with the kind of light that has inspired generations of painters. Upon arrival, your leaders will recommend spots to enjoy lunch on your own.

The afternoon is yours to explore this iconic fishing town, often called the “Jewel in Cornwall’s Crown.” Wander the art-lined corridors of the Tate St. Ives, visit the Barbara Hepworth Museum & Sculpture Garden, or simply browse the town’s galleries and boutiques. The harborside is perfect for a relaxed stroll past fishing boats bobbing on the tide.

Later, board a scenic local train for a short but memorable ride along the coast. Often described as one of the most beautiful stretches of rail in the UK, this 10-minute journey offers sweeping views over Carbis Bay and the open sea. Upon arrival, it’s a short walk to your boutique hotel overlooking the bay—a peaceful retreat perfectly situated for your final nights in Cornwall. Dinner is at your leisure this evening.

Included Meals: Breakfast

DAY 6

Explore Tin Mine Country and Land’s End by Foot

Botallack Mine Exploration; 1 mile, easy. Land's End to Porthcurno; 5 miles, moderate

After breakfast, travel to the remarkable historic site of the Botallack Mines, a UNESCO World Heritage site. Here, the dramatic cliffs of the Tin Coast tell stories of Cornwall's submarine mines—tunnels dug beneath the seabed. Some evidence suggests that these coastal cliffs were mined as far back as the Bronze Age. A local guide leads you to the 19th-century engine houses and pump rooms perched precariously above the sea. With waves crashing below and seabirds soaring overhead, it's a striking blend of history and nature.

Continue to Land's End, the most westerly point of mainland England. This legendary headland offers stunning sea views that stretch endlessly to the horizon. Take a moment to soak in the wild beauty.

Then, pick up the South West Coast Path, this time heading toward Porthgwarra, a tiny fishing cove with turquoise waters. Once a smugglers' hideout, the cove now offers a peaceful haven for hikers. There will be time here for lunch and a bit of exploration.

Your walk continues toward Porthcurno, a magnificent bay of golden sand framed by towering granite cliffs. Take time to stroll along the shore and dip your toes in the clear waters. Just above the cove, you may also visit the breathtaking Minack Theatre, an open-air amphitheater carved into the cliffside in the early 1930s by local legend Rowena Cade. This incredible performance space is a tribute to Cornwall's creativity and deep connection to the sea.

As the afternoon draws to a close, return to your seaside hotel for a celebratory farewell dinner, and toast your time along the South West Coast Path.

Included Meals: Breakfast, Lunch, Dinner

DAY 7

Your Country Walkers Vacation Ends. Shuttle to St. Erth Train Station. Post-Tour Hotel Night: London Paddington

Enjoy a leisurely breakfast this morning, savoring one last taste of Cornwall's fresh flavors while gazing out to sea. Then travel to St. Erth train station to begin your return journey to London Paddington and to your hotel, just steps from the station.

Included Meals: Breakfast

Departure Day

Departure

After an included breakfast this morning, walk the short distance from your hotel to Paddington Station and board the Heathrow Express train to London Heathrow Airport for your departing flight.

A Heathrow Express train ticket is included as part of your tour, offering a fast, direct, and convenient connection from Paddington Station to your departure terminal at Heathrow. To expedite travel time and remain consistent with our standards of value, efficiency, and convenience, we recommend this reliable and straightforward service.

Included Meals: Breakfast

What's Included

	Tour Only	Air Package
Exceptional boutique accommodations	✓	✓
11 on-tour meals: 6 breakfasts, 2 lunches, 3 dinners	✓	✓
Local leaders with you throughout tour	✓	✓
Local wine and/or beer with dinner	✓	✓
Entrance fees and special events as noted in the itinerary	✓	✓
Telescopic walking sticks provided on tour	✓	✓
Roundtrip airfare		✓
Two extra nights in London Paddington		✓
Rail service for arrival and departure		✓
Pre- and post-trip breakfasts		✓
Business-class upgrades available		✓