

ENGLAND

The Cornwall Coast

A Self-Guided Walking Adventure



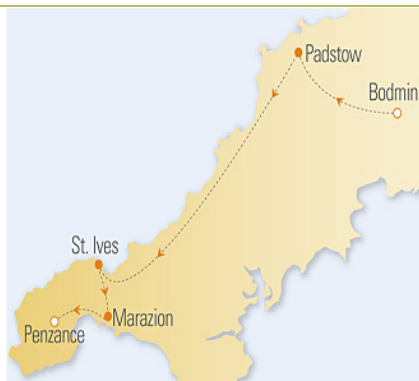


Table of Contents

Daily Itinerary	4
Itinerary Overview	12
Tour Facts at a Glance.....	14
Traveling To and From Your Tour	17
Information & Policies	19

Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive Route Notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that matter to you—no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.



Overview

Cornwall, England's most southwesterly region, contains some of the nation's most dramatic scenery and fascinating history, thus making it a walker's delight. A peninsula between the open Atlantic and the tamer English Channel, it has both spectacular cliffs over the ocean, with waves crashing on long sandy beaches, and waters tamed in picturesque harbors and inviting coves, in places with an aquamarine hue. The varied geography not only shelters sturdy stone cottages and surprisingly subtropical vegetation such as palm trees and acacias, but also results in a unique soft light, long attracting artists to paint Cornwall's glorious contrasts and flower bedecked towns. Sumptuous hotels in coastal towns are your base for walking, exploration of historic sites, and fine dining rooted in the bounty of lush grazing and surrounding seas.



Daily Itinerary

DAY 1

Arrival in Bodmin. Transfer to Padstow

The tour starts in Bodmin, on the main rail line from London to Cornwall, where you are picked up for a transfer (approximately 40 minutes) to the Cornish coastal town of Padstow. Once solely a traditional fishing port (which you can learn about at the small town museum), now Padstow's colorful piers, shops, and restaurants are also enjoyed by tourists and recreational sailors. For many in the UK, Padstow is associated with British celebrity chef Rick Stein, a seafood specialist, who owns several restaurants and a cooking school in town. Once settled into your centrally located hotel, you can explore on foot or borrow one of the property's complimentary bikes. With advance reservation and payable locally, you could also participate in a cooking class (not available every day; please visit rickstein.com/school for more information or to make reservations). You proceed to your first of the week's many fine dinners, tonight at the chef's flagship restaurant, with a truly rich array of seafood from fresh oysters to Dover sole, local hake, seafood curry, or lobster thermidor, or Cornish rib-eye steak, if you prefer a land option.

The Seafood Restaurant, Padstow

A restaurant and hotel share the same name, but confusion drops away upstairs in the stylish boutique hotel situated above the restaurant in the center of Padstow. Spacious modern rooms are inviting and soothing with neutral tones and natural wood, decorated by hotel owner and interior designer Jill Stein.



DAY 2

Padstow Circular Walk around Rock; 6 miles, easy, 250-ft elevation gain and loss

After a delicious breakfast at your hotel's restaurant—classic English, or with a specialty fish dish such as grilled kippers—you set off on an easy loop walk beginning with a short scenic ferry ride on the Padstow Rock Ferry across the Camel River estuary. Be sure to check with your hotel about the small ferry's departure point, which can be at one of two places depending on the tide. You watch the pleasure and working boats on the estuary, then, once on the other side, you walk along the water and the long sandy beach stretching from Rock to Daymer Bay, backed by wildflower- and grass-covered dunes. Along the dunes is the ancient St. Enodoc's church, a chapel dating to the 13th century that had to be dug out from the ever-shifting sands that began covering it in the 16th century. You may choose to stop for a hearty lunch at one of the pubs along the way. Further down the trail you pass Brea Hill, a Bronze Age burial mound, before reaching the bucolic village of Pityme and lastly Porthilly Beach. Once back in Padstow, you are free to continue your explorations of the town's many inviting shops and restaurants.

The Seafood Restaurant, Padstow



DAY 3

South West Coast Path to Constantine Bay; 12 miles (7-mile option available), easy to moderate, 300-ft elevation gain and loss

Your walk today is along the South West Coast Path—the longest, and arguably the most scenic, of England’s many long distance National Trails. With a total

length of 630 miles, as its name indicates, the path follows the coastline of England’s southwest coast, encompassing the entire coastline of Cornwall, including Land’s End. Following historic trails used by coastguards and locals, you pick up the path by leaving your hotel on foot. The Cornwall portion of the Coast Path is characterized by grassy high cliffs overlooking the open ocean and rocky coves and beaches below, as well as charming villages offering options for pub or café lunches. The end of the walk, and your pickup point, is at Constantine Bay—the long sandy beach preferred by surfers, protected for its biological and geological features, and designated a “Cornwall Area of Outstanding Natural Beauty.” You are transferred just over an hour to the lovely seaside town of St. Ives—especially known in Britain for the man in the nursery rhyme with seven wives, sacks, cats, and kittens!* Your home for two nights is a lovely boutique hotel, with views over the Caribbean-like aquamarine waters of the region.

** As I was going to St. Ives
I met a man with seven wives
Every wife had seven sacks
Every sack had seven cats
Every cat had seven kits
Kits, cats, sacks, wives.
How many were going to St. Ives?*

Boskerris Hotel, St. Ives

Overlooking the sandy beach at Carbis Bay, this contemporary boutique hotel has sensational views across St. Ives Bay to Godrevy Point. The décor throughout is light, fresh, and Mediterranean, with lots of glass and a fabulous deck. The fifteen individually designed guest rooms are spacious and airy, with padded headboards, seaside colors, and crisp linens. An on-site restaurant serves an exceptional and extensive menu for breakfast and local produce with

Mediterranean flair for dinner—typical dishes include deliciously crisp battered haddock and chips, as well as lamb tagine. In the afternoon, relax and enjoy Cornish cream tea in the lounge, bar, or on the terrace.

DAY 4

Carbis Bay to St. Ives; 8 miles (6.5- and 4-mile options available), easy to moderate, 400-ft elevation gain and loss. St. Ives exploration and/or optional excursion to Zennor



After basking in the stunning views at breakfast, today's walk takes you from your hotel along and above the coastline, accompanied by sea views, to the charming town of St. Ives. You can return on foot or catch a train back to your hotel, thus allowing ample time for exploration of the town or relaxing on the beach. Along the walk, there are relics of Stone Age habitation as well as a medieval chapel and a fisherman's lookout hut. A quaint English seaside resort, St. Ives is an art center with its many craft shops, galleries, and museums (including the Tate Gallery and the Hepworth Collection) lining narrow lanes. You may choose to stay in St. Ives for the evening, or return there by the five-minute train ride to explore its restaurants and cafés, or again enjoy your hotel's fine dining. An additional option today is to take a local bus to the tiny village of Zennor, which is noted for a 15th-century church with its legendary mermaid carving, as well as the Zennor Quoit, said to be Britain's largest Neolithic portal tomb. The English author D.H. Lawrence lived and wrote *Women in Love* here, calling Zennor "the most beautiful place, lovelier even than the Mediterranean."

Boskerris Hotel, St. Ives

DAY 5

St. Michael's Way; 10 miles, easy to moderate, 600-ft elevation gain and loss

You leave your hotel on foot, fittingly to walk a portion of the ancient pilgrimage route of St. Michael's Way, one of Europe's many medieval pilgrimage routes trail-marked with the scallop shell of Saint James, the patron saint of pilgrims, and leading to Santiago de Compostela in Spain. The Way leads from Carbis Bay on the western side of the peninsula, up and over land to the southern shore and



emerges near St. Michael's Mount, the tiny tidal island with a castle and chapel, connected to the mainland by a manmade stone causeway that can be crossed at low tide. The trail rises behind Carbis Bay, traversing sand dunes, to far-reaching views at Trencrom Hill. It is thought that medieval pilgrims, missionaries, and travelers, en route to or from Ireland and Wales, chose this route

to avoid the treacherous waters around Land's End. Before reaching your destination, the trail gently descends to sea level, passing through marshes and wetlands rich with birdlife, and you can walk all the way to your hotel in the town of Marazion, with its stunning views of the Mount. You settle in to a well-earned rest and dinner on site.

Godolphin Arms, Marazion

Stunningly located overlooking historic St. Michael's Mount, this warm boutique hotel offers ten light-bathed guest rooms, featuring pretty coastal interiors and comfortable beds with crisp, white linen. Relaxed, mellow common spaces are complemented by a stunning centerpiece—a two-story airy glass and zinc dining area opening out onto a balcony upstairs and a terrace downstairs just steps from the beach.

DAY 6

St. Michael's Mount exploration. Optional coastal walk; 4 miles, easy, 200-ft elevation gain and loss

Based in a perfect place for relaxation and sightseeing, today you can explore the fascinating scenery and history of St. Michael's Mount, walking out to the tidal island at low tide, or crossing by boat. Originally, the Mount had historic Benedictine connections to Mont Saint Michel in Brittany; its monastic buildings date to the 12th century. Clues also suggest the island was a tin port in prehistoric times, and it may even have been mentioned by the Romans and Greeks. By 1424, the connection with the French island monastery was ended, and it passed through the hands of various aristocratic landowners over the centuries, with a small fishing community at its base. Now, the Mount is managed by Britain's National Trust, with a 999-year lease held by the St. Aubyn family. After strolling through the Mount's narrow alleys and ancient stone ways,

you may choose to walk along a portion of the South West Coast Path, turning onto an inland trail before looping back to the coast and your hotel. You may also choose to hop a short bus to Penzance, the picturesque town with its pirate background, or to the dramatic scenery of Land's End, England's most westerly point.

Godolphin Arms, Marazion

DAY 7

Departure from Penzance

After a final view of the Mount over breakfast, before noon a 10-minute private transfer takes you from your hotel to the Penzance train station for onward travels.

ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here are a couple of examples that highlight our sustainable practices:

For years, the **South West Coast Path Association** has been instrumental in funding and advocating for improvements to the iconic waymarked trail system that bears its name. This nonprofit organization is heavily involved in trail maintenance and restoration of areas damaged by storms or erosion as well. Country Walkers is proud to partner with this important institution.

Preserving Cornwall's Marine Life

Cornwall's Atlantic Coast is home to an astonishing array of aquatic species, from vivid coral reefs to sea turtles. However, this bounty is under constant threat from invasive species, fishermen's nets, and an epidemic of dolphin stranding. The Cornwall Wildlife Trust seeks to protect the region's valuable coast through their "Living Seas Program," which collects data about local marine life, raises awareness about threats, and campaigns for better protection of species and habitats. Among many other initiatives, they gather data on seabeds through diving surveys, collect sightings of larger animals through their Sequest Southeast Project, and work to map intertidal habitats of the entire coastline from Bude to Land's End. Country Walkers is proud to support this organization's efforts on behalf of every Cornwall guest. We encourage all visitors to help them with their efforts by reporting all marine animals spotted

while out on the trail to their website using the following URL:
countrywalkers.com/responsible-travel/travelers-fund

Itinerary Overview

PLEASE NOTE: your detailed Route Notes will be mailed to you approximately one month prior to your departure. While these Route Notes may list a number of accommodation options, **your specific accommodations are listed below**. Please make sure to bring this Itinerary Overview with you.

STARTING POINT

Bodmin Parkway train station, Bodmin, England

Based upon individual arrival times

NIGHTS 1 & 2

The Seafood Restaurant

Riverside

Padstow, Cornwall, PL28 8BY

England

Tel 011 44 (0)1841 532 700

Email reservations@rickstein.com

rickstein.com/stay/the-seafood-restaurant/

Wireless Internet, hair dryers, and laundry service available.

NIGHTS 3 & 4

Boskerris Hotel

Boskerris Road, Carbis Bay

St Ives, Cornwall, TR26 2NQ

England

Tel 011 44 (0)1736 795295

Email reservations@boskerrishotel.co.uk

boskerrishotel.co.uk

Wireless Internet and hair dryers. Laundry service unavailable.

NIGHTS 5 & 6

Godolphin Arms

West End

Marazion, Cornwall, TR17 0EN

England

Tel 011 44 (0)1736 888510

Email enquiries@godolphinarms.co.uk

godolphinarms.co.uk

Wireless Internet and hair dryers. Laundry service unavailable.

ENDING POINT

Penzance Train Station, Penzance, England
Based upon individual departure times

Tour Facts at a Glance

TOUR LENGTH

7 days, 6 nights

DEPARTURES

This tour is available daily, on request, from April 1 through October 31, 2017. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table. Please also note that the tour price includes one arrival transfer from Bodmin to Padstow on Day 1 of the tour and one departure transfer from Marazion to Penzance on Day 7 of the tour. If traveling in a group of two or more with separate arrival and/or departure times, additional charges will apply for multiple transfers.

TOUR PRICE

2017 departures	Per person 2–3 guests	Per person 4+ guests	Single +	Solo Surcharge
April 1–30	\$2,798	\$2,698	\$865	\$120
May 1–September 30	\$2,898	\$2,798	\$865	\$120
October 1–31	\$2,798	\$2,698	\$865	\$120

STARTING POINT

Bodmin Parkway train station, Bodmin, England

Based upon individual arrival times

ENDING POINT

Penzance train station, Penzance, England

Based upon individual departure times

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 6 to 10 miles per day and limited options. The easy walks are level with no significant elevation gain or loss, and coastal walks go from the shore level to the top of headlands and back down to the coast, with elevation gains and losses up to 600 feet. Walks are along both coastal and inland paths. The terrain includes trails that are sandy, rocky, or packed earth with some loose stones or gravel as well as farming and dirt roads, and occasionally a paved country road. Cornwall's appealing scenery ranges from far-reaching Atlantic vistas from cliff tops which plunge to tiny coves, to long sandy beaches with crashing waves and sand dunes backed by low hills with prehistoric remains of habitation and mining and medieval chapels. A favorite British seaside destination, Cornwall's picturesque fishing villages and port towns have a long tradition as communities for artists who've been attracted here by the unique light, the land- and seascapes, and the surprisingly lush and subtropical vegetation.

INCLUSIONS

- » Breakfast daily, one lunch (day 5), and two dinners (days 1 and 5); beverages not included
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Orientation with a Country Walkers representative
- » Luggage transfers between the hotels
- » Detailed Route Notes and maps (mailed to you approximately one month prior to your departure)
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour One Call International Emergency Hotline and Travel Assistance

» The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will be asked to sign a Participation Agreement and you will receive:

- » A Guest Information Form to complete and return at least 45 days prior to your tour
- » Luggage tags
- » Route Notes and maps
- » Your trip invoice

GRATUITIES

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however additional tips are always welcome. Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency is preferred.

Traveling To and From Your Tour

STARTING POINT

Bodmin Parkway train station, Bodmin, England

Based upon individual arrival times

A taxi driver will meet you at the station (holding a sign with Country Walkers and/or your name on it) and transfer you 40 minutes to the first hotel in Padstow.

Please provide us with your arrival and departure details to arrange this service by returning your Guest Information Form at least 45 days prior to the departure.

Please note that the tour price includes one arrival transfer from Bodmin to Padstow on Day 1 of the tour. If traveling in a group of two or more with separate arrival times, additional charges will apply for multiple transfers.

A tour representative will then meet you in the lobby of the hotel at 6:00 p.m. on the first day of the tour (unless other arrangements have been made with our office) to provide an orientation meeting, ensure you are comfortably settled, and answer any questions you may have.

MOST CONVENIENT AIRPORT

London Heathrow (LHR), London, England

heathrowairport.com

GETTING TO THE STARTING POINT

Upon arrival at Heathrow Airport, follow the signs to the train station or Heathrow Express, the fastest non-stop service between the airport and central London. The Heathrow Express departs for London's Paddington train station every 15 minutes, and the journey takes 15 minutes. The standard single fare costs approximately 22 GBP. For further information, including schedules, please visit the airport website listed above or **heathrowexpress.com**.

There is direct train service to Bodmin from London's Paddington train station. The journey takes approximately 4 hours and standard class fares start at approximately 60 GBP. For further rail information, including reservations, schedules, and up-to-date fares, please call Rail Europe at 877.257.2887 or consult their website: **raileurope.com**. Or you may consult one of the British

rail websites: nationalrail.co.uk or britrail.com. We recommend making train reservations in advance for major train routes.

PRE- AND POST-TOUR ACCOMMODATIONS

We recommend spending at least one day prior to and/or following the tour to explore the city of London. For hotel and restaurant suggestions, please visit the following website: visitlondon.com.

ENDING POINT

Penzance Train Station, Penzance, England Based upon individual departure times

There are no walks scheduled for the last day of the tour. A 10-minute transfer will be provided from the final hotel in Marazion to the Penzance train station, from where connections can be made to London, or to your next destination.

Please provide us with your arrival and departure details to arrange this service by returning your Guest Information Form at least 45 days prior to the departure.

Please note that the tour price includes one departure transfer from Marazion to Penzance on Day 7 of the tour. If traveling in a group of two or more with separate departure times, additional charges will apply for multiple transfers.

Please check train and airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements and allow plenty of time (several hours at least) between your rail and flight connections.

LEAVING THE TOUR

Direct trains to London Paddington train station leave Penzance several times per day. The journey takes 5–6 hours and standard class fares start at approximately 60 GBP. Please refer to the “Getting to the Starting Point” section for more details.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, self-guided experience. For best availability, reserve your trip today!

**except in cases of force majeure*

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. A \$350 per person deposit is required at the time of the reservation request. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost*. Please notify us in writing. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

**One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

TRAVEL ARRANGEMENTS

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com), for any additional air, hotel, rail, or transfer arrangements you may need.