

ENGLAND: THE CORNWALL COAST

Guest Handbook

A Self-Guided Walking Adventure



CW
COUNTRY WALKERS™



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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

If you have ever fancied walking to the ends of the earth, this Self-Guided Walking Tour to England's paradisiacal Land's End is sure to suit you. The beloved county of Cornwall is a walker's haven of coastal vistas. Rocky headlands flank secluded coves, dreamy pastures reach toward soaring seaside cliffs, and sloping woodlands spill into pretty harbors hugged by endlessly charming villages. With our detailed maps at your side, you will follow Cornwall's much-loved South West Coast Path into some of England's most spectacular designated Areas of Outstanding Natural Beauty and to cultural treasures protected by the National Trust—from the wooded creek of Pont Pill and the pristine Prussia Cove to the garden paradise of St. Just in Roseland and the dramatic St. Anthony's Head, where the wide mouth of the sweeping Fal Estuary yawns before you. Cornwall's unmistakable character is close at hand, too, during stays in the quaint seaside villages of Fowey, St. Mawes, and Marazion and visits to the cultural treasures of Falmouth, St. Ives, and St. Michael's Mount. And to fuel your walk in Land's End, you'll savor the famously simple Cornish cuisine sourced from local waters and farms and elevated by the region's most creative chefs.



Daily Itinerary

DAY 1

Arrival in Par, England; transfer to Fowey. Orientation meeting at 6:00 p.m.

Make your own way to the Railway Station at Par, a small town with a busy working port about halfway down the southern coast of Cornwall. Upon arrival, a taxi transfers you about 15 minutes to Fowey, an old fishing village on an estuary of the River Fowey. With its location at the end of the Saint's Way, a long-distance Cornwall walking path, the town is a gateway into the South Coast's designated Area of Outstanding Natural Beauty. Take time to explore the narrow streets of the Old Town, dripping with seaside ambiance and maritime history and lined with beautiful medieval and Georgian buildings. Visit the shops, galleries, and tea rooms and stroll the Town Quay, perhaps stopping to visit the Fowey Aquarium or stop at the Fowey Museum to view the collection of writer Daphne du Maurier, the town's most famous resident. Later, meet our local representative for an orientation meeting. Dinner is included tonight at the hotel, giving you a chance to sample the town's renowned Fowey River oysters, local scallops, West Country meats, and Cornish cheeses.

Overnight in Fowey

DAY 2

The National Trust Hall Walk; 5.2 miles, easy to moderate, 750-ft. elevation gain and loss

Wake up to a cooked-to-order Cornish breakfast this morning, then set out on a loop walk with the aid of two ferries.

There'll be ample opportunities to shop for refreshments and lunch on your own. From Fowey, embark a five-minute ferry at Caffa Mill and cross the harbor to Bodinnick. As you arrive, you have views of "Ferryside," the waterfront house where Daphne du Maurier wrote her first novel in 1928. Today, it is occupied by her son and his family. Up a steep, short hill, you see the sign for the National Trust Hall Walk. Follow the mostly level footpath into a lightly wooded area blanketed with heath, gorse, and wildflower, pausing to take in charming views of Fowey town and the River Fowey and its estuary. Later, Cornish writer Sir Arthur Quiller-Couch is memorialized at the "Q" Monument. The prolific novelist is mostly remembered for compiling the gigantic volume, *The Oxford Book of English Verse*, 1250-1900. Continue through more coastal woodland past hedges bright with primrose, perhaps catching the scent of wild garlic, passing a point where, in 1644, a musket shot narrowly missed King Charles I during the English Civil War. Later, arrive in the small harbor town of Pont, situated at the head of Pont Pill creek. Once a busy quay full of barges, the once fully navigable river silted up over time. This picturesque region, sometimes graced by the majestic grey heron, was inspiration to Kenneth Grahame, author of *The Wind in the Willows*. Your trail then leads to St. Wyllow's church, also known as Lanteglos church. Dedicated to a reclusive Irish-born saint who was beheaded by locals, it was (more happily!) the site of Daphne du Maurier's wedding in 1932. Your route continues into the fields adjacent to pretty Lantic Bay. The coastal path from here features a 390-foot climb to Blackbottle before you proceed on a mostly downhill track to Polruan. This attractive sheltered harbor town was once a tiny fishing village and later transformed into a boat-building center. You catch the ferry here back to Fowey. For centuries, the crossing was completed by rowboat; passengers could save on their fare if they worked the oars themselves!

This evening, stroll the inviting streets of Fowey, lined with lovely shops and restaurants. For dinner on your own, savor the fresh catch of Cornwall: mussels





caught just offshore, seafood hauled in that very day, or lobster or crab netted hours earlier. Complemented by the produce of the surrounding farms, your meal tonight—and those throughout your journey—will be ones to remember.

Overnight in Fowey

DAY 3

South West Coast Path: Portscatho to Place; ferry to St. Mawes; 6.5 miles, easy to moderate, 450-ft. elevation gain and 500-ft. elevation loss

After breakfast, you transfer via taxi about an hour to Portscatho, once renowned for its pilchard, or sardine, fishing. This seaside village is beautifully set on the Roseland Peninsula, one of the most stunning areas of the coast and part of Cornwall's Area of Outstanding Beauty. This seldom visited region is squared off by hedgerows and hushed lanes, dotted with tranquil villages and sandy bays, and blanketed with green and gentle terrain.

Today is a full day of walking the South West Coast Path along the breathtaking Roseland Peninsula. In Portscatho, fuel up with a pastry and tea and pick up ingredients for a picnic lunch that you can enjoy later at a scenic spot. Then begin your walk by tracing the cliff tops above a rocky shore to Towan Beach. Perhaps stop for a refreshment, then walk the headlands at Killigerran and Porthmellin through open fields and farmland to remote Porthbeor Beach. If it's low tide, you can have a soak in its refreshing tidal pools. Later, from the dense scrub of Zone Point, continue south, keeping watch for seals and their pups in the water. Porpoises and dolphins have also been seen in these waters. At St. Anthony's Head, the southernmost point of the peninsula and a National Trust site, take in sweeping views of the entrance to Falmouth Harbor, the deepest natural harbor in Western Europe. This is the Fal Estuary, the world's third largest natural harbor and home to a vast array of birdlife. You may detour to St. Anthony's Lighthouse if you'd like; the 1835 tower boasted the largest bell in Cornwall until it was replaced by a foghorn. And follow a trail to a World War II battery and camp, restored and managed by the National Trust. Avid birders may follow a path to a bird hide, from where you can watch for Goldeneye and

Red-breasted Merganser diving duck, colonies of fulmars, flocks of gannets, and shags and cormorants.

Continue along the Coast Path, summiting the headland at Amsterdam Point before descending to Cellars Beach. A woodland path then leads you to Place, a quaint seaside hamlet where you will find the Place House, a lovely country estate, and the adjacent ferry terminal for your ten-minute crossing to St. Mawes. Hugging the mouth of the Percuil River, this was an important port during medieval days and remains home to the best preserved of Henry VIII's fortresses. Enjoy the rest of the day to settle in and explore the pretty town's numerous galleries and shops. Dinner is included at the hotel.



Overnight in St. Mawes

DAY 4

Loop walk from St. Mawes to St. Just in Roseland; 6.2 miles, easy to moderate, 400-ft. elevation gain and loss. Or ferry and loop walk from Falmouth to Maenporth; 8.8 miles, easy to moderate, 700-ft. elevation gain and loss

The charms of St. Mawes are endless. Rows of whitewashed and pastel houses and cob cottages look out over the water from narrow hilly streets as colorful sailing vessels dot a sheltered bay. Its gloriously preserved, clover-leaf shaped castle was built in the mid-1600s, along with Pendennis Castle across the estuary, to defend England from possible invasion by France, Spain, and the Pope. The fortress retains much of its Tudor style and is a delight to explore. And you may do so at your own expense (approximately £6.00 per person) if you wish, regardless of the walk you choose today.

Your first option traces the Percuil River on a footpath through the bluebell woods of Bosloggas. A National Trust trail points you through the fields of Tregear Vean, grazing land marked by many stiles and gates. This pathway follows a high ridge from which you enjoy breathtaking vistas of the estuary and the sea. Take it all in at a relaxed pace, then arrive at St. Just in Roseland, called by many "the most beautiful churchyard on earth." Its setting is sublime, nestled among semi-tropical shrubs and trees along a tidal creek. You'll want to spend time strolling the winding walkways lined with bamboo trees and other tropical



plantings and admiring the colorful canvas of snowdrops, hydrangeas, marigolds, heather, and countless other flowers. The church, too, is a wonder, a 13th-century treasure. After a picnic lunch or cream tea here, you return to St. Mawes via the banks of the Fal River estuary, an area known as Carrick Roads to locals. You traverse more than a dozen fields kept by the National Trust,

glancing across the waters to Pendennis Castle and Falmouth, the latter with its busy shipyard. St. Mawes Castle welcomes you back to your home base.

If you prefer, embark the ferry to Falmouth rich in nautical history. News of Admiral Nelson's death at Trafalgar first landed on England's shores here in 1805, and Charles Darwin disembarked the HMS Beagle at this port in 1836. Upon arrival, you have the chance to absorb the maritime ambiance of the city as you follow streets inland, perhaps stopping to browse the works at an art gallery or perusing the fascinating exhibits at the National Maritime Museum. Leave city streets behind for the fertile Cornish farmland and cross open fields as you make your way to Maenporth. Pause here to relax on its wide sandy cove before following the South West Coast Path, a gentle hike across flat seafront that affords access to beaches at Swanpool and Gyllyngvase, each separated by a small headland. An uphill path delivers you to Pendennis Point and its historic castle, brother to St. Mawes Castle across the estuary. After exploring this impressive citadel (at your own expense; approximately £10.50 per person), return to the ferry terminal for your return trip to St. Mawes.

You may instead follow your own whims today free of an agenda. Explore St. Mawes Castle, or ferry over to Falmouth to explore its cultural and historic riches. Visit Pendennis Castle and find the ideal spot for lunch, whether a traditional deli or pub, a waterside café or the famous Rick Stein's Fish & Chips, owned by the BBC food series personality.

Overnight in St. Mawes

DAY 5

South West Coast Path: Praa Sands to Marazion; St. Michael's Mount; 5.3 miles, easy to moderate, 500-ft. elevation gain and 400-ft. elevation loss

Transfer to the surfing village of Praa Sands this morning. Part of your 40-minute journey requires a crossing on the King Harry Ferry, one of only five chain ferries still operating in England and an icon of Cornwall's heritage. At a beachside pub, you set out into another of the county's Areas of Outstanding Natural Beauty of sandy beaches, tiny coves, and dramatic cliffs.



Follow the South West Coast Path uphill to round Hoe Point, where it undulates along clifftops along a patchwork of fields. At the rugged inlet of Pesreath Cove, admire the tiny beach below and traverse a scrub-lined trail to the larger Kenneggy Sands beach and the historic Prussia Cove, home to the notorious 18th-century ship wrecker and smuggler John Carter, nicknamed the King of Prussia. Notice the cave entrances covered in bricks as you walk; the grottoes were reportedly once used to store contraband. In 1947, the HMS Warspite (called "the ship that refused to die") ran aground here as she was being towed in to land at the end of her career. Today, Prussia Cove (which actually comprises four coves: Coule's, King's, Bessy's and Piskies) is a peaceful and breathtaking stretch of coast. It also serves as inspiration to students of the International Musicians Seminar, which occupies a scenically perched Art Nouveau building.

Take your time today and enjoy the secluded beauty of this stunning series of coves. Take the steep steps down to the tiny pebble beach of Bessy's Cove. Skirt around to Piskies Cove and admire the sandy shore and the varied blue shades of its water. Climb to the narrow headland of Cudden Point, where you might spot a seal colony. At this impressive height, you get your first spectacular views of St. Michael's Mount, rising offshore like a wedding cake.

Stackhouse and Trevean coves follow as you continue along the rugged coast dotted with gorse and scrub, tracing walking trails and vehicle tracks. Pause at Perran Sands to renew and refresh in the water and perhaps have lunch. Before getting underway again, explore the quaint village of Perranuthnoe, home to a



small, Norman-style church dedicated to the patron saint of Cornwall, St. Piran. And pass what could be the oldest recorded inn of Cornwall, a now-Victorian building with roots dating to the 12th century.

Return to the flat fields squared by Cornish hedges, native tamarisk, and boulders. The sheltered parcels, mild

climate, and fertile soil are ideal for flower farming. Head around Basore Point and rocky Ternow Cove before turning inland to the ancient market town of Marazion. An active artist community of painters and potters, it claims to be England's oldest settlement. You settle in to your hotel here, with stunning views of St. Michael's Mount.

This afternoon you can explore the fascinating scenery and history of "The Mount," viewing it from the shore, walking out to the tidal island at low tide, or crossing by boat. Originally, it 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 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. Dinner tonight is included at the hotel.

Overnight in Marazion

DAY 6

South West Coast Path: Zennor to St. Ives; 6.1 miles, moderate, 600-ft. elevation gain and 900-ft. elevation loss

Begin today in the little village of Zennor, set above high, rocky cliffs amid boulder-strewn hills and moors. The granite here was quarried to build parts of St. Ives and the walls of Falmouth Harbor. You set out into this romantic, brooding landscape at the Tinnars Arms, the town's only pub. Zennor's 1150 Norman church is notable for its medieval carvings of the Mermaid of Zennor, who is said to have lured a local parish singer into the sea, never to be seen

again. During World War I, this was also home to D.H. Lawrence, who praised Zennor's setting as "lovelier than the Mediterranean."

Your footfalls first lead you along the South West Coast Path around Zennor Head. Though its granite cliffs soar 200 feet from the sea, the head's highest point lies at 314. The head was mined for copper in the Victorian Age. Cornwall still boasts about 30,000 miles of stone-based hedges, most of them established in ancient times. Some of them are here on Zennor Head and they reveal much about the area's 6,000-year-old Bronze Age farming system. Lands here are still farmed sensitively to preserve wildlife and Neolithic historic features.

Continue along a fairly rigorous footpath, plunging down towering cliffs to splendid coves and then climbing to the next head. Expect to do some boulder scrambling during this segment. At Mussel Point, your halfway mark, take in the magnificent views of rugged cliffs and perhaps pause for a picnic. Off shore, admire the rocky islands known as The Carracks and Little Carracks, the Cornish word for "rocks." You might spot grey seals on the largest of them. Your route from here levels out a bit, following grazed cliffs, grassland, and heathland to Porthmeor Beach, the premier beach of St. Ives and one of Cornwall's finest. Its long golden sands, overseen by artists' studios, take the full force of the Atlantic surf, flanked as it is by rugged headlands. There'll be time to explore St. Ives, a quaint seaside resort, with its many craft shops and galleries. If you wish, wander into the narrow lanes to visit the satellite Tate Gallery here, or the Hepworth Collection.

Overnight in Marazion

DAY 7

Departure from Penzance

After a sumptuous breakfast, you transfer about 10 minutes to the Penzance train station, where your tour concludes.



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:

Leaving No Trace on the South West Coast Path

The South West Coast Path Association is an organization that advocates for improvements to the iconic waymarked trail system that bears its name. Responsible for trail maintenance, restoration of damaged areas, and properly signing trails for hikers, the nonprofit protects more than 630 miles between Somerset's Minehead around to the shores of Poole Harbour in Dorset. Maintaining these areas can be expensive and Country Walkers is happy to donate on behalf of all guests as these paths are heavily utilized in our itinerary.

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 regions 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 Seaquest 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.

Tour Facts at a Glance

TOUR LENGTH

7 days, 6 nights

DEPARTURES

This tour is available daily, on request, from May 1 through October 31, 2019. 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 Par to Fowey 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. All prices are per person, based on double occupancy.

TOUR PRICE

2019 departures	Per person 2–5 guests	Per person 6+ guests	Single +	Solo Surcharge
May 1–Oct 31	\$3,198	\$3,098	\$1,385	\$385

STARTING POINT

Par Railway Station, Par, England
Based upon individual arrival times

ENDING POINT

Penzance Railway 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 9 miles per day and limited options; while walks typically are not able to be shortened, it is possible to transfer with your luggage to your next accommodation on any given day (included in the price of the tour). These mainly exposed 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 900 feet. 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. As many walks bring you through open pastures, it's important to be comfortable around livestock (sheep, cows, horses) and to be prepared for muddy conditions in wet weather. 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. **Remember: preparation is the key to ensuring your tour readiness; the more you walk or participate in aerobic exercise prior to your trip, the more you will enjoy your experience!**

INCLUSIONS

- » Breakfast daily and three dinners (days 1, 3, and 5); beverages not included
- » All accommodations while on tour
- » Local taxi transfers as noted in the itinerary. Please note that the following ferry crossings are unable to be pre-paid by CW and will therefore be at your own expense:
 - Day 2: Ferry from Fowey to Bodinnick (approximately £5 per person)
 - Day 2: Ferry from Polruan to Fowey (approximately £ 2.20 per person)
 - Day 3: Ferry from Place to St. Mawes (approximately £6 per person)
 - Day 4: Optional ferry from St. Mawes to Falmouth & return (approximately £10 per person return)
- » Orientation meeting with a Country Walkers representative

- » Luggage transfers between the hotels (Please note: It is possible to transfer with your luggage from one accommodation to the next at no additional charge)
- » Detailed water- and tear-resistant Route Notes and maps
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour travel-related support provided by 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 receive:

Within 24 hours of reservation confirmation:

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).
- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

One day following reservation confirmation:

An Online Participation Agreement Form to sign and submit (emailed).

Within one week of reservation confirmation:

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

Approximately one month prior to departure:

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions and maps; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics; restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).
- b. Printed Travel Documents (your specific dated Hotel Itinerary, Daily Itinerary Overview, and—if included—Arrival & Departure Transfers Overview).
- c. Luggage tags.

At your orientation meeting:

- a. Maps.

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 welcomed, especially by your driver(s). 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

Par Railway Station, Par, England **Based upon individual arrival times**

A taxi driver will meet you at Par Railway Station and transfer you 15 minutes to the first hotel in Fowey (please look for your taxi driver in the station parking lot).

In order to arrange your arrival transfer, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

Please note that the tour price includes one arrival transfer from Par to Fowey 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 AIRPORTS

London Heathrow (LHR), London, England
heathrowairport.com

Cornwall Airport Newquay
cornwallairportnewquay.com

GETTING TO THE STARTING POINT

From London Heathrow Airport:

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. For further information, including schedules, please visit the airport website listed above or heathrowexpress.com.

There is direct train service to Par from London's Paddington train station. The journey takes approximately 4½–5 hours.

We recommend making train reservations in advance for major train routes. The earlier you buy, the cheaper the ticket. Train companies release their cheapest fixed-time Advance tickets, which are limited in number, around 12 weeks before departure. See National Rail's chart (nationalrail.co.uk) for exactly how far in advance you can book with each company. For further rail information, including reservations, up-to-date schedules, and fares, please visit one of the following websites:

National Rail: nationalrail.co.uk. Since 1995, Britain's rail network has been run by over 20 private train companies. But they work together as National Rail, with coordinated fares, ticketing, and information. You can find train times and fares for all train operators on National Rail's website. This website doesn't sell tickets itself, but after answering your enquiry it will offer you a choice of all the ticket selling websites, including the train companies' own sites, and the operator most relevant to your journey will be offered at the top of the list.

Trainline: thetrainline.com. This sharply designed independent online rail ticket retailer is a staff favorite for buying train tickets in Europe—and you get practically the same prices as when booking directly from private train companies. Trainline is super easy to use: The site is in English, it accepts foreign credit cards, is smooth and functional, and offers quality customer support, easy cancellations on refundable or changeable tickets, and preference of seats and class for long-distance trains. Depending upon train type, tickets are either emailed immediately upon purchase or they must be printed out upon arrival at the train station.

RailEurope: raileurope.com. This U.S.-based retailer with award-winning localized customer care also offers an easy, user-friendly way for North Americans to purchase tickets for train travel in Europe. With RailEurope, you can have physical tickets mailed to you before your trip but you also have the option (in some, *but not all* cases) to print your own tickets, print an e-ticket at the self-service kiosk in the train station, or have an e-ticket sent to your phone. Please note; however, that RailEurope charges steep fees and doesn't always list all the available rail journeys.

From Cornwall Airport Newquay:

While Cornwall Airport Newquay is located only approximately 45 minutes from the first hotel in Fowey, there are no direct flights to Cornwall Airport Newquay from the U.S. You may fly to Cornwall Airport Newquay on direct services from

around the UK, Ireland, Germany, Portugal, and Spain and on indirect services from around the world. Should you choose to fly into Cornwall Airport Newquay rather than training down from London, CW would be happy to arrange a private transfer from Cornwall Airport Newquay directly to the first hotel in Fowey at an additional cost of \$100 USD per car (1–4 passengers). Please contact us to arrange this service.

PRE- AND POST-TOUR ACCOMMODATIONS

Should you wish to spend a pre-tour night in Fowey and/or a post-tour night in Marazion, you may wish to stay at our standard properties for the first and last nights of the tour. Country Walkers would be happy to make a reservation on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost (on-request), including tax and breakfast, is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies.

These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the night on tour (room types vary on this tour based on availability).

ENDING POINT

Penzance Railway 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.

In order to arrange your departure transfer, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

Should you wish to spend some time exploring Penzance prior to your train departure, you may store your luggage at the Longboat Inn & Pub, located directly across from the train station, for a charge of £3.00–£4.00 per bag (at your own expense; payable locally; longboatinn.co.uk).

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. Please refer to the “Getting to the Starting Point” section for more details.

Should you choose to fly out of Cornwall Airport Newquay rather than training to London, CW would be happy to arrange a 1¼-hour private transfer to Cornwall Airport Newquay from the final hotel in Marazion at an additional cost of \$135 USD per car (1–4 passengers). Please contact us to arrange this service.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which gives peace of mind for every guest. From the moment your reservation is confirmed, 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 early.

**except in cases of force majeure*

RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability

at the time of your request. If possible, we recommend you provide a range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

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. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

CHANGES IN PLANS

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

CANCELLATIONS AND REFUNDS

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. 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.

Self-Guided Adventures

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price

- » Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price

TRAVEL PROTECTION PLAN

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

SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com).

England & Wales at a Glance

ENTRY REQUIREMENTS



U.S. citizens: Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. Visas are not required for stays of up to 90 days. For more information, see travel.state.gov.

Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some pounds in small denominations.

CURRENCY

The United Kingdom uses the pound (GBP). For current exchange rates, see oanda.com.

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card

company for details on fees and card use when traveling.

TIME ZONE

The United Kingdom is in the Greenwich Mean Time Zone, Eastern Standard Time plus five hours. For more information on worldwide time zones, see worldtimezone.com.

PHONE & INTERNET

The United Kingdom country code: +44

Cell phone coverage throughout England & Wales is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas.

For more information regarding international phone use, please refer to countrywalkers.com/phones.

Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Itinerary Overview.



ELECTRICITY

Alternating current of 230V and 50Hz is used in the United Kingdom. Plugs have three flat blades arranged in a triangular formation. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

WEATHER

The British Isles, lying between the Atlantic Ocean and the North Sea, have an oceanic climate with cool summers and mild winters. Average daytime temperatures, May through October, range from the upper 50s to mid-70s. In summer, the prevailing westerly and northwesterly winds have a cooling effect. Although the United Kingdom is known for its rainy weather, most of the rain falls between late October and January. During the drier months, England & Wales often enjoy fine weather. The pleasant summer days are long, with daylight lasting until 10:00 p.m.

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

FOOD & DRINK



High-quality local cuisine is something many restaurants and pubs in Great Britain pride themselves on. Many towns hold farmers' markets on specific days, and many restaurants use excellent local ingredients. Cuisine ranges from international, to local specialties, to basic pub fare.

Dinner menus feature seafood, chicken, beef or lamb, and even venison or duck. Desserts can be lavish and imaginative, and often feature local clotted cream (a very dense cream with the consistency of whipped butter). Typical pub lunches are fish and chips, a wide selection of sandwiches (many vegetarian), and of course, a plethora of tasty brews. From local bakeries, you may enjoy baked products such as sausage rolls, pork pies, or Cornish pasties, plus a range of delicious cakes and scones. England has experienced growth in its domestic wine industry, such as on the Isle of Anglesey.

Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

Travel Tip

The English Pub

The much-written-about English pub or “public house,” described in the past as the heart of England, is apparently experiencing a decline in numbers. That being said, much of English social life still revolves around the pub, especially one’s “local.” Like so many things in travel, there are many unwritten rules governing pub etiquette. Catching the bar tender’s eye without wild gesticulation, respecting the invisible line (queue!), and paying immediately in cash for your drinks are just a few. A range of alcoholic and nonalcoholic drinks are available at a pub. When ordering beer, the key information for the bar tender is whether you want a pint or a half-pint, and a lager, bitter, or another type of beer (for example a bottle, usually displayed on the shelves behind the bar). If the bar tender is not too busy, he or she may have time to provide some explanation about local or regional brews.

Pub hours

Monday-Saturday: 11:00 a.m.–11:00 p.m.*

Sunday: 11:00 a.m.–10:30 p.m.*

*Some pubs may have a 24-hour drinking license and be open after 11:00 p.m.!

LIFE IN ENGLAND & WALES

Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:30 a.m. and 5:30 p.m. and on Sundays from 11:00 a.m. to 5:00 p.m. Most department stores and some supermarkets are open all day, every day of the week, from 9:30 a.m. to 10:00 p.m.



Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday (with some branches open on Saturday mornings).

Meal times

Breakfast (“brekkie”) is served at hotels from 7:30 a.m. to 10:00 a.m. In restaurants and pubs, lunch is served from noon to 2:00 p.m. and dinner is usually served from 6:00 a.m. to 10:30 p.m. (but verify locally). “Elevenes” is a late-morning coffee or tea break, and Afternoon Tea is usually taken around 4:00 p.m.

TIPPING

In restaurants and pubs, if service is not included (check your bill), it is customary to leave 10 to 20 percent of the total. Taxi drivers receive 10 to 15

percent of the fare. For luggage assistance, a small tip is appropriate, at your discretion.

TRAVEL RESOURCES

National tourist board official sites

visitbritain.com and visitengland.com

Public holidays

To assist in travel planning, it may be helpful to be aware of public holidays, festivals, or calendars of events. Visit the tourist board's website, visitbritain.com, and click on "Travel tips," then "Traveler tips" for a list of public holidays. A list of festivals and an event finder by region is available at visitbritain.com/en/Festivals.



TRAVEL IN ENGLAND & WALES

A wealth of travel information is available at visitbritain.com.

Airports

The majority of international flights arrive at London's Heathrow Airport (heathrowairport.com) or Gatwick Airport (gatwickairport.com). Information on domestic flights is also available through these sites.

Trains

BritRail: britrail.net, the national railway company site with schedules, fares, and pass options. Another resource is nationalrail.co.uk.

Raileurope: raileurope.com or 800.622.8600: a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel).

Travel Tip

If you rent a car in the United Kingdom, remember to drive on the left side of the road and to pass on the outside right lane—also important to keep in mind when crossing busy city streets! Here are the official rules of the road:

direct.gov.uk/en/TravelAndTransport/Highwaycode/index.htm.

Travel Tip

London's famous black taxis still exist, although they now come in a variety of colors. Black cabs can also be found in most towns and cities throughout Britain.

OTHER LOCAL TRANSPORTATION

In addition to rail and airlines, the United Kingdom also has an extensive bus (or “coach”) network that, for some towns and cities, may be more convenient and affordable than the train, see

nationalexpress.com. Most major car rental agencies are available at airports and train stations.

Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance). For more information go to visitbritain.com, and then to the “Transport” tab.

Packing List

PACKING TIPS

Pack light! Keep in mind most hotels are small and family-run and may not provide luggage assistance from the reception area to the room so there will be times you may have to carry your own luggage short distances. **Due to space constraints on pre-arranged transfers, we require you to limit your luggage to one backpack (that you carry with you on the trail) and one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) not exceeding 44 lbs (20 kg) per person. Additional charges may apply should you exceed this limit; please contact Country Walkers in advance if this is necessary so that we may reserve an appropriate-sized vehicle.**

Please also note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 44 pounds (20 kg). We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. Make a copy of your passport (and any other important documents) and keep it in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » **WATERPROOF** hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 6–9 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)

- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual
- » Light jacket or sweater for evening strolls

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

EQUIPMENT

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Travel adapter/s (connectors that change the plug shape to match the electrical outlet, thereby allowing a dual-voltage appliance or a converter from one country to be plugged into the wall outlet of another country) and converter/s (only if bringing electric appliances, such as a hair dryer, iron, or any appliance that has a mechanical motor. If the appliance is electronic, which contains a computer chip, a converter is usually not required.)
- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm

- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

OPTIONAL

- » Telescopic walking sticks. (Please note that while telescopic walking sticks ***are recommended*** for this tour, they are not provided by Country Walkers. Therefore please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit for optional swimming in the sea and hotel pools
- » Flip flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » Bandana
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus, car or boat rides
- » Alarm clock

ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest. Visit the CW Travel Shop at cw.newheadings.com.