

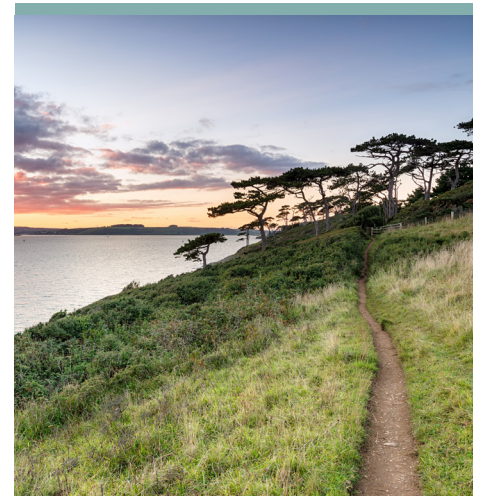


Walking Holidays in Britain's most Beautiful Landscapes

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## South West Coast Path: South and West Cornwall

The South West Coast path is England's longest waymarked long-distance footpath and National Trail. The area is full of interesting flora & fauna, you may even see dolphins and seals. The path follows in the footpaths used by coastguards and officers back in the 19th century who would have been on watch for smugglers. There are lots of historical points you pass along the route and museums which highlights Cornwall's hidden past.

Our south and west Cornwall holidays include stopover nights in the popular towns of St Ives, Penzance, Falmouth and Plymouth. The Cornwall Coast Path takes in tiny fishing villages, rocky headlands, lively resorts and golden surf-washed beaches. We offer three sections that cover the south and west of Cornwall along the South West Coast Path (SWCP) National Trail. These sections pass through a mixture of idyllic coastal villages with the most rewarding views over clifftops and beaches.



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## Summary

### Why do this walk?

- Walk along a section of Britain's most dramatic coastlines.
- Spectacular clifftop walking between idyllic sandy beaches.
- Unspoilt countryside and with abundant wildlife.
- Explore the history behind Cornwall
- Stay in delightful seaside towns and old fishing villages.

### Essential Info

|                              |                    |
|------------------------------|--------------------|
| <b>Length</b>                | 3 - 8 nights       |
| <b>Full Route Length</b>     | 175 miles / 282 km |
| <b>Shortest Break Length</b> | 39 miles/ 63 km    |

### Grade

#### Moderate to Challenging



This is not a technically difficult walk and should be easy to tackle for most reasonably fit people.

**Terrain** The paths are good, and there are no major route finding challenges.

**What's it like underfoot?** Generally good paths and tracks, although a few sections can get muddy after heavy rain.

**How Much Up & Down?** More than you'd think!

Although you never reach more than 400m above sea level (and most of the time not more than 200m) there are many short steep sections. Most days involve ascents of 200-400m metres, although no section is very steep for very long.

**Signposting:** Good - the path is well waymarked.

**Navigation:** Pretty straightforward – good signposting, and generally well defined tracks.

## Route

### St Ives to Zennor - Art galleries, Cornish cream teas and seal spotting

After spending your first night in St Ives, you can begin your 6 miles to Zennor with exploring the wonders of St Ives before you start your adventure. These first few miles can be quite tough, but you are rewarded with stunning views. As you come away from the hustle and bustle of St Ives you begin to feel the calmness of the coastline. The path now follows the coastline, sending you on endless ups and downs as it travels through fields and across rocky terrain. You will need to remember to keep an eye on your footing as some sections need to be taken with care. While the dramatic landscape is reward enough, after walking this section you will also notice the evidence of its ancient occupation.

### Zennor to Pendeen - History, Cliffs and Wildlife

The next 7 miles of the trail are rocky and an occasionally challenging stretch. The path cuts across the side of Gurnard's Head and winds across the boulder-strewn cliffs of Bosigran, a favourite spot for rock climbers. From here you then mainly follow the coastline with a few ascents and descents over the Coves. Once you reach the lighthouse at Pendeen Watch you'll follow a tarmac road which leading to the facilities at Pendeen village.

### Pendeen to Sennen Cove - History, Mines and Sandy Beaches

There are a lot of interesting local sites to see from Pendeen to Sennen Cove. For example you will notice the scattered tin-mine ruins and beautiful views over cliff tops. When leaving Pendeen you come across the Geevor Tin Mine which is now a museum with lots of interesting facts about the history of the local area. The path then passes right behind the remains of the Levant mine and onto the eyrie cliff top location of Crown Mine near Botallack. Before you reach Sennen Cove you are rewarded with marvellous views over Whitesand Bay. Keep an eye open for gannets, fulmars, kittiwakes, shags, razorbills and even the cornish chough, once extinct in the county but now making a welcome return.



**Sennen Cove to Porthcurnob - Snake your way along the cliff tops**

On leaving Sennen Cove the route begins with a short but steep climb out of the village onto the SWCP trail. The trail then follows the cliff tops towards the Mayon Old Coastguard lookout. After a gentle walk along the cliffs you reach the most south-westerly point in the UK: Lands End. Don't forget to take a picture at the famous Lands End signpost. After leaving Lands End you have an easy stroll over the cliffs but bear in mind that in bad weather this section can become challenging as it is exposed with restricted areas to shelter in. In good weather you are treated to outstanding views towards the dramatic arched rock of Enys Dodnan Arch. The path then continues on over the coastline passing over the top of Nanjizal beach. Following the coastal path the trail ends at the iconic Minack Theatre – an open-air theatre carved into the granite cliff and not to be missed.

**Porthcurno to Penzance**

Upon leaving the coastal village of Porthcurno you pass over the top of some truly magnificent sandy beaches. After passing Porthcurno beach and Pedn Vounder Beach you come across the famous point of Logan Rock – a 70 tonne boulder that could once be rocked by pushing it gently. From Logan Rock you walk onwards to Cribba Head from where you descend onto Penberth, which is a delightful little fishing village. Round the corner from

Penberth is Porthguannan Cove where the path drops a couple of hundred feet to the bottom of the cove. You then climb straight out again for the steepest section on the trail. From there you follow the trail through a mixture of landscapes, from woodland sections to flat cliff tops with a few ups and downs in and out of different Coves. You pass through Lamorna Cove and then keep following the trail towards Mousehole (pronounced as Mauzole). From here the trail is along a tarmac road through the village of Newlyn. After a short while following the trail you reach your finishing point of Penzance.

**Penzance to Porthleven - Islands of wonder, beaches, history**

After spending your first night in Penzance you begin your walk along a tarmac path adjacent to Mounts Bay with views of St Michael's Mount. Once you reach the peaceful village of Marazion the trail takes you along the coastline where you wind your way along the trail on a fairly flat track. This section does require close attention in following the waymarker posts to avoid walking inland. The trail then picks up a bit once you reach Perran Sands where you walk in and out of the coves. Continuing along the trail you reach Prussia Cove which was an area known for smuggling exports. After climbing out of the Prussia Cove you have a good section of cliff-top walking and then passing to the side of the impressive beach of Praa Sands. The rest of this section is a mixture of winding your way

through the fields, heading more inland and then followed by some dramatic cliff-top walking where you eventually reach Porthleven.

**Porthleven to Lizard - Long sandy beaches, lighthouses and birdlife**

You begin your walk out of Porthleven by passing the iconic Porthleven clock tower. After walking along the coastal trail you next pass Loe bar which is a freshwater lagoon and a popular spot for keen birdwatchers. The trail then passes over the tiny beach at Gunwalloe where the church of St Winwaloe hides in the sand dunes. Beyond here the trail is along exposed cliff tops rewarding you with some of the best views over the treacherous rocks where many ships have been wrecked in bad weather. The trail continues along the coast down towards Lizard Point – the most southerly point in Great Britain. The village of Lizard is just less than a mile inland from here. Lizard can surprise many visitors with its coloured houses and shops which make for an interesting change from previous villages you pass.

**Lizard to Coverack - Wild to Mild**

You begin this section by setting off from the most Southerly point of Great Britain at Lizard lighthouse. The trail then continues on passing by Lions Den which is a spectacular natural hole caused by the collapse of a former cave. As you traverse around the coastal path you pass Housel Bay with its



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hidden cove. From here the trail is fairly flat with some short steep sections and once you reach the small fishing village of Cadgwith you'll have to climb down and out of the quaint fishing village. Cadgwith is a wonderful seaside village with lots of surprising thatched houses. After leaving Cadgwith the path traverses round through thick blackthorn, gorse and bracken. You shall encounter some extraordinary geology along this section including Old Serpentine Works which was a thriving Victorian rock factory steeped in history. After crossing the sandy beach of Kinnack sands the path is fairly flat but with a few steep climbs as you cross over the cliff-tops toward the seaside village of Coverack.

#### **Coverack to Mawnan Smith - Fishing Villages, Cliff-tops and Creeks**

This is the longest section on this holiday which begins with some easy cliff-top walking mixed with some splendid coastal views. The path then changes as you pass to the side of Dean Quarry where you have to stick closely to the path. After passing Dean Point you then come away from the cliff tops and follow the route inland when you reach Godrevy Cove. Following the trail through fields passing the small village of Porthoustock and then onto Porthallow. Porthallow marks the half way point on the full South West Coastal path for anyone fit enough to partake in the full 630 miles of the coastal path. The trail then re-joins the cliff tops once again following a flat stretch around the coastline to Gillian Creek. Here you need to cross

the creek and have a few options on how to safely make the crossing. Depending on tide levels you can cross the creek but only one hour either side of low tide. The best option is to take the path around the estuary which takes between 40-45mins. The trail then snakes around the flat coastline passing by Bosahan Cove through woodlands. Upon reaching Helford the easiest way to cross the river is by Helford Ferry, which runs daily from 9.30am-9.30pm during high season (April - June) and then from 9.30am-5.30pm in low season (September - October.) The trail then bends round the side of the coast on a fairly flat path all the way up to Mawnan Smith.

#### **Mawnan Smith to Falmouth**

This is the shortest section of this route giving you plenty of time to go and explore the wonders of your ultimate finishing point of Falmouth. This section of walking is mainly flat with no real climbs. You pass through a series of little beaches along Gatamala Cove and Bream Cove. There are only a few small villages you pass on this section which include Maenporth and Swanpool. Upon reaching Falmouth you walk along its promenade towards Pendennis Castle which marks the finish point on this delightful route.

#### **Falmouth to Portloe - Fishing docks, 13th Century church and ferries**

After spending your first night in Falmouth, your first walking day begins with two short local ferry

crossings. You catch the ferry from the Prince of Wales pier to St Mawes which takes 20 minutes to cross and runs twice every hour throughout the year. St Mawes was named after the 5th century Celtic saint Maudez. St Mawes is an idyllic village which has a very interesting history. If you have the time you must stop and visit the 13th century church and St Mawes castle which dates back to Henry VIII. You then take a second local ferry which takes 10 minutes to cross over to Place and runs every half an hour. There are magnificent views back to Falmouth and the River Fal from the windswept stretches around Carricknath Point and St Anthony Head. The path offers fairly easy walking until the approach to Nare Head and Portloe beyond, where you will find several steep ascents and descents and walking becomes a lot more strenuous. The path twists and plunges in places through wooded areas and across high open fields until the welcome descent into Portloe.

#### **Portloe to Mevagissey - Cornish coasts, wildflowers and cliff-tops**

From Portloe the route begins with a few fairly easy climbs. This section is known as one of the prettiest parts of the coast path with beautiful wildflowers. You will then reach the twin hamlet of West and East Portholland which are wonderful stopping points for a cup of tea or a sweet treat before your climb towards Dodman Point. The climb up to Dodman Point is the highest climb on this section reaching a total of 340 feet. Towering above the



sea, Dodman Point offers dramatic panoramic views and is embellished by a large stone cross which was erected in 1896 as a navigational point for sailors. The point was actually once the location of an Iron Age fort, the biggest in the south west. Dodman Point was the ideal spot to build on as on a clear day you can see all the way to Lizard Point and in the other direction you can see towards Berry Head in Devon. After Dodman Point the trail leads downwards towards Gorran Haven. Sheltered from the wind by Dodman Point, Gorran Haven is a popular spot for holidaymakers. The landscape of the path varies with a mixture of wild scrub and pastures with some road walking around Gorran Haven. The path then opens up on the approach to Chapel Point with rewarding views in all directions on your walk downwards towards Mevagissey. Mevagissey is known for its busy fishing port with its double walled harbour and is a splendid spot to gaze at the boats arriving into the harbour. Named after two saints, Meva and Issey, the busy working harbour of Mevagissey is one of the highlights of the Cornish coast. Mevagissey offers a great range in restaurants after a day walking along the coastline.

**Mevagissey to Fowey - Rocky coves, Cornish Alps, Eden Project**

After leaving the fishing town of Mevagissey the trail begins to climb up and over the cliffs tops. The trail passes by rocky coves between Pentewan and

Black Head. The biggest climb on this section is no more than 280 feet just after you pass Black head. There are many steps to ascend along this stretch as the trail continues to rise and fall past Phoebe's Point and Silvermine Point. On the approach towards Charlestown you will begin to notice the inland China Clay works around St Austell. The Clay industry boomed in the 19th Century, which resulted in the formation known as the 'Cornish Alps' and still continues on today in Charlestown. Much of Charlestown's Georgian architecture is still very noticeable leading into the village. From here the trail continues along towards Par where the trail diverts past the fishing docks and Par Sand. A short distance away from Par is the world famous Eden Project (an environmental centre with diverse plant life). You then climb away over the sand dunes from Par Sands towards Polkerris. From here the path is fairly straightforward and easy going. You'll notice the red and white beacon tower marking Gribbin Head with views back towards Black Head. This tower was built in 1832 as a navigational aid for sailors. From here the gradient gets a little bit more severe to Polridmouth cove. The trail continues on passing St Catherine's Castle into the quaint town of Fowey (pronounced 'Foy').

**Fowey to Portwrinkle - Ferry crossing, Bodigga Cliffs and seals**

You begin this section with a short ferry crossing

from Fowey harbour to Polruan. The trail begins with easy walking through beautiful Polruan followed by a steep climb up to Pencarrow Head. This is quite a tough section and you will need to take your time going up and down. Although this section is a little strenuous you are rewarded with delightful views, and when you reach Lantivet Bay on a good day you can even see as far as Lizard Point (most southerly point in the UK). The trail then continues on towards Polperro which is a great place to stop for lunch. The next 5 miles are much gentler, passing by Talland Bay and Hore Shore. One of the highlights on this section is the view over to St George's Island, (also known as Looe Island) which can be spotted from Downend Point. The trail then descends through several fields, passing through Hannafore into the village of Looe. On your way through the quaint fishing village you can spot the statue of Nelson the one-eyed seal along the shore. On passing Looe you first come to the hamlet of Millendreath which was once a thriving holiday spot. The trail then follows up onto Bodigga Cliffs and on through a labyrinth of charming woodlands. Continuing on with splendid views over Keveral beach and Seaton beach the trail begins to climb. From Seaton to Downderry you climb up to 400ft over the clifftops. This section is quite tough going but you are rewarded with an impressive descent into the picturesque fishing village of Portwrinkle. Portwrinkle is known for its history of smuggling and the locals can tell you the



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tale of the Finnygook ghost.

### Portwrinkle to Plymouth

Portwrinkle (Cornish name Porthwykkel) is known to be one of the most wonderful spots to visit on this section of the coastal path; especially for keen birders where you may spot a peregrine, buzzard, kestrel and even the rare Dartford warbler. The village is full of history dating back to 17th century when smuggling goods was at a high in the area. Walking along this final stretch of the coast path is fairly easy, although there are some short steep ascents and descents at times. The path passes a military firing range at Tregantle Fort, if the red flag is up this means that the firing range is in use and you will need to take the alternative route, which re-joins the trail at Sharrow Point. However, if the red flag isn't flying you are in for a delightful walk along the clifftops and even pass a Napoleonic Fort on this section. The three miles along the top of Whitsands Bay beach, which offers a stunning view all the way to Portwrinkle to Rame Head, is considered one of Cornwall's hidden gems. The trail then passes the small village of Freathy and Tregonhawke. The urban landscapes of Plymouth are not far away but as you set off from Penlee Point the path becomes surprisingly wilder. This is quite a contrast to your arrival in the thriving city of Plymouth. The finishing point for this section is located at the Mayflower Steps, an iconic spot to complete your holiday. The Mayflower Steps are bordered with the British and American flags and mark the final English departure point of the 102 passengers who set sail on the Mayflower in 1620.

### Additional Days

#### Falmouth

Falmouth is a thriving harbour town and is famous for its creative exhibitions, independent shops and art galleries. The town has an abundance of seafood restaurants with freshly caught produce and beachside restaurants. Falmouth is known for its beautiful gardens, like the Trebah Gardens and the Gyllyngdune Gardens which are both wonderful places to explore and to relax in. You can also

explore the National Maritime Museum of Cornwall which houses a large collection of boats and listen to stories of past explorers.

#### St Ives

A rest day at the beginning of your holiday is a must in St Ives! Add an extra day to explore the picturesque fishing town with its narrow cobbled streets and quaint shops & restaurants. St Ives is known for its local artists and offers a wide range of galleries to visit.

#### Penzance

Penzance has a strong history and was known as the commercial centre for the tin-mining industry back in the 19th century. Penzance is the ideal spot for a rest day as there is so much to explore in the surrounding area. For example, St Michael's Mount is a short distance away from Penzance and a true holiday highlight to explore the history behind the castle and gardens.

#### Getting There and Away

Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps.

#### Getting There:

**By Air:** The closest airport to St Ives is Newquay Airport which is about a 50 minute drive from St Ives. Newquay Airport is mainly used for domestic flights. If travelling from overseas the main airport to fly to is London Heathrow. From London Heathrow you can travel by train from Paddington Station to St Ives via St Erth train station.

**By Public Transport:** St Ives is easily accessible by train from London but please note the train can take up to 6 hours from London. To get to St Ives from London the best train station to travel from is Paddington station where you would usually have to change trains at St Erth to get to St Ives.

**By Road:** We would advise to use public transport where possible on all of our South West Coastal path holidays. As car parking can be very difficult

in most areas and is usually an expensive option. The easiest way to drive to Cornwall is to join the M5 to Exeter and then take the A30 via Bodmin all the way to St Ives. From Exeter it takes about two hours when driving to St Ives.

#### Returning from Plymouth:

**By Public Transport:** Plymouth has regular direct trains to London (Paddington station). The journey takes just under 4 hours and you are able to connect to any onward places from London.

### How our holidays work

We specialise in self guided walks because we think it's the best way to really experience local landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks, and all the details you need for a successful holiday. You just turn up and walk!

#### Inbuilt flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please!

You can start on any day you like. We can arrange extra nights at any of the overnight stops, allowing for rest days or giving you more time to explore the locality. Or you can book part of a walk if you don't have the time to complete the entire distance.

#### How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure and either post or fax it to us. We will get in touch with you shortly afterwards to confirm your holiday details.



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Alternatively you can book on our website – [www.mickledore.co.uk](http://www.mickledore.co.uk), or telephone us in office hours.

### Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation.

As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight in to the day-to-day operation, and lets us spot any potential issues before they become a problem. We have three former Keswick guest house owners on the staff – so we know the industry well.

### Single Rooms

We are happy to book single rooms on this walk at a supplement, but can't normally book more than 2 single rooms for any 1 group.

### What We Provide

#### All Holidays

**Accommodation** Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs. Full English or Continental breakfast.

**Guidebook** A guidebook with route information, maps, photos and background information.

#### Information of Services Along the Route

A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

**Maps** 2 waterproof 1:40000 maps from Harvey Maps covering the whole route.

**Personal Itinerary** A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

**Emergency Telephone Support** If you get in

to difficulties during your holiday, we are always available to help, even out of office hours.

**15% discount at Cotswold Outdoors** We will issue you with a 15% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

#### Options

**Luggage Transport** We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

**Packed Lunches** Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

**Off Road Parking** If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

**Arrangement of return transport** We can also arrange your transfer back to your car, (or advise you when public transport is a better option)!

#### What's not Included

**Evening Meals** Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £20.00 per night.

#### Transport to the Start & Away from the Finish

Taxi or Bus transport if you need to miss a stage (but we'll help you organise it if you need help)

**Travel Insurance** Even if you are based in the UK travel insurance is worth having.

### Prices

Detailed prices for all our holidays are available on the website [www.mickledore.co.uk](http://www.mickledore.co.uk).

### About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.



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**Book With Confidence**

**Financial Protection**

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

**AITO Quality Statement**

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which

can be viewed at [www.aito.com](http://www.aito.com). Visit the website to find out more about the Association or call 020 8744 9280.

*Our Itineraries*

**Land's End Coast Path: St Ives to Penzance**

Passing bays and beaches, along beautiful cliff tops, to the most strenuous section of the entire path taking in steep cliffs and spectacular rock formations.

**St Ives to Penzance 39 miles/63 km**

|       | St Ives to Penzance in 3 days<br>walking Code: CSW4   |       |    | St Ives to Penzance in 4 days<br>walking Code: CSW5   |       |    | St Ives to Penzance in 5 days<br>walking Code: CSW6   |       |    |
|-------|---|-------|----|---|-------|----|---|-------|----|
|       |   | Miles | km |   | Miles | km |   | Miles | km |
| Day 1 | Travel to St Ives for your first nights accommodation |       |    | Travel to St Ives for your first nights accommodation |       |    | Travel to St Ives for your first nights accommodation |       |    |
| Day 2 | St Ives to Pendeen                                    | 13    | 21 | St Ives to Zennor                                     | 6     | 10 | St Ives to Zennor                                     | 6     | 10 |
| Day 3 | Pendeen to Porthcurno                                 | 15    | 24 | Zennor to St Just                                     | 11    | 18 | Zennor to Pendeen                                     | 7     | 11 |
| Day 4 | Porthcurno to Penzance                                | 11    | 18 | St Just to Porthcurno                                 | 11    | 18 | Pendeen to Sennen Cove                                | 9     | 14 |
| Day 5 | Depart from Penzance after breakfast                  |       |    | Porthcurno to Penzance                                | 11    | 18 | Sennen Cove to Porthcurno                             | 6     | 10 |
| Day 6 |   |       |    | Depart from Penzance after breakfast                  |       |    | Porthcurno to Penzance                                | 11    | 18 |
| Day 7 |   |       |    |   |       |    | Depart from Penzance after breakfast                  |       |    |



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### The Lizard: Penzance to Falmouth

This is a great route in its own right allowing you to explore the most southerly point of Great Britain (Lizard Point), walking along the rugged coastline with hidden coves steeped in history.

#### St Ives to Penzance 39 miles/63 km

|       | Penzance to Falmouth in 4 walking days Code: CSL5      |       |    | Penzance to Falmouth in 5 walking days Code: CSL6      |       |    |
|-------|--|-------|----|--|-------|----|
|       |  | Miles | km |  | Miles | km |
| Day 1 | Travel to Penzance for your first nights accommodation |       |    | Travel to Penzance for your first nights accommodation |       |    |
| Day 2 | Penzance to Porthleven                                 | 13    | 21 | Penzance to Porthleven                                 | 13    | 21 |
| Day 3 | Porthleven to Lizard                                   | 13    | 21 | Porthleven to Lizard                                   | 13    | 21 |
| Day 4 | Lizard to Porthallow                                   | 17    | 27 | Lizard to Coverack                                     | 11    | 18 |
| Day 5 | Porthallow to Falmouth                                 | 17    | 27 | Coverack to Mawnan Smith                               | 15    | 24 |
| Day 6 | Depart from Falmouth after breakfast                   |       |    | Mawnan Smith to Falmouth                               | 4     | 6  |
| Day 7 |  |       |    | Depart from Falmouth after breakfast                   |       |    |

### South Cornwall Coast Path: Falmouth to Plymouth

This section follows the South West Coastal Path through rugged coastline. Each overnight location is filled with character and highlights the Cornish charm.

#### Falmouth to Plymouth 79 miles/127 km

|       | Falmouth to Plymouth in 5 walking days Code: CSE6      |       |    | Falmouth to Plymouth in 6 walking days Code: CSE7      |       |    | Falmouth to Plymouth in 7 walking days Code: CSE8      |       |    |
|-------|--|-------|----|--|-------|----|--|-------|----|
|       |  | Miles | km |  | Miles | km |  | Miles | km |
| Day 1 | Travel to Falmouth for your first nights accommodation |       |    | Travel to Falmouth for your first nights accommodation |       |    | Travel to Falmouth for your first nights accommodation |       |    |
| Day 2 | Falmouth to Portloe                                    | 14    | 22 | Falmouth to Portloe                                    | 14    | 22 | Falmouth to Portloe                                    | 14    | 22 |
| Day 3 | Portloe to Mevagissey                                  | 12    | 20 | Portloe to Mevagissey                                  | 12    | 20 | Portloe to Mevagissey                                  | 12    | 20 |
| Day 4 | Mevagissey to Fowey                                    | 18    | 28 | Mevagissey to Fowey                                    | 18    | 28 | Mevagissey to Charlestown                              | 7     | 11 |
| Day 5 | Fowey to Portwrinkle                                   | 20    | 32 | Fowey to Looe  | 10    | 16 | Charlestown to Fowey                                   | 10    | 16 |
| Day 6 | Portwrinkle to Plymouth                                | 16    | 25 | Looe to Portwrinkle                                    | 10    | 16 | Fowey to Looe  | 10    | 16 |
| Day 7 | Depart from Plymouth after breakfast                   |       |    | Portwrinkle to Plymouth                                | 16    | 25 | Looe to Portwrinkle                                    | 10    | 16 |
| Day 8 |  |       |    | Depart from Plymouth after breakfast                   |       |    | Portwrinkle to Plymouth                                | 16    | 25 |
| Day 9 |  |       |    |  |       |    | Depart from Plymouth after breakfast                   |       |    |



Walking Holidays in Britain's most Beautiful Landscapes

t: 017687 72335

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## Booking Form

### Contact Details

Address: .....

Telephone: ..... Mobile / Alternative Tel: .....

Email: ..... Emergency Contact No: .....

### Your Holiday

Holiday Name: ..... Holiday Code: ..... *(Hadrian's Wall: Add an "R" if starting in the West)*

Date of First Night: ..... Date of Last Night: .....

### Party Members

| Title | First Name | Last Name | Date of Birth |
|-------|------------|-----------|---------------|
|       |            |           |               |
|       |            |           |               |
|       |            |           |               |
|       |            |           |               |
|       |            |           |               |

| Options   | Rooms Required:   | Rest Days (give date & location) |
|---|---|----------------------------------|
| Luggage Transport <input type="text"/>  | No. Double Rooms <input type="text"/>                   |                                  |
| Packed Lunches <input type="text"/>   | No. Twin rooms <input type="text"/>                     |                                  |
| Off Street Parking (there is normally a charge for this) <input type="text"/> | No. Single Rooms <input type="text"/>                   |                                  |
| Transfer required (additional charge) <input type="text"/>                    | No. Triple Rooms (Double & Single) <input type="text"/> |                                  |

Comments (special diets, other requirements, etc): .....

### Payment

|   |   |
|---|---|
| Holiday cost per person <input type="text"/>                | I enclose a cheque for the deposit value (GBP only, made payable to Mickledore Travel) <input type="checkbox"/>   |
| Rest Days <input type="text"/>                              | I would like to pay by card (we will contact you to arrange this). <input type="checkbox"/>   |
| Total cost per person <input type="text"/>                  | I would like to pay by bank transfer (we will contact you to arrange this). <input type="checkbox"/>  |
| Number in group <input type="text"/>                        | I confirm that the above details are correct and that I have read the terms and conditions available on the website.<br>Signed _____ Date _____<br>Name _____ |
| Total group cost <input type="text"/>                       |   |
| Deposit (20% of Total Cost) <input type="text"/>            |   |
| Single and solo supplements will be added where applicable. |   |

How did you hear about Mickledore Travel: .....