



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

England- Walking Cornwall's Coastal Path (2024)

8 Days / 7 Nights

Individual Self-Guided



Contrasts collide in Cornwall, England's most south-westerly county. In the north-west of the region, the coast is wild and rocky, with narrow paths leading over the cliffs and rugged headlands dominating the scenery. As soon as you pass Land's End, though, the landscape changes.

Golden beaches, expanses of heather and gorse and deep turquoise waters then await you as you press on to the lively harbour town of Penzance. What's more, the Cornish climate is generally quite mild, ensuring pleasant weather conditions here almost all year round. Opposites attract in the south-west of England, making for a wonderful week packed with diverse experiences hiking along the South West Coast Path.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Day by Day

DAY 1 Arrival in the vibrant, bustling coastal town of St Ives.

The local galleries and museums are well worth a visit, and the pubs and restaurants consistently serve delicious local fare. Enjoy a walk along the sandy beach and take in stunning views of the Atlantic Ocean.

DAY 2 North Cliffs – St. Ives

Transfer to the North Cliffs. Today's stage takes you over a steep cliff and around the Godrevy headland. If you're lucky enough, you might see some seals and local birdlife below you. Following the dune paths then leads you on to Hayle harbour.

After a short break, a hike through a magnificent nature reserve is next on the agenda. After a visit to the beautiful St Uny's Church in Lelant, you'll continue along the "St Michael's Way" pilgrimage trail to Carbis Bay and on past houses with well-tended front gardens, some boasting palm trees and stunning flower beds, to Porthminster Beach in St Ives. *approx. 6.5 h approx. 19 – 23.5 km +350 m, -350 m*



DAY 3 St. Ives – Zennor

Today has you circle a peninsula the locals call "The Island", even though it isn't an island at all! A quaint little chapel here provides the perfect photo opportunity.

Then, once you pass the Man's Head and Clodgy Point headlands, you'll follow the Coastal Path westwards. Today's stage features constant rises and descents high above the sea, with some steep,

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rocky sections. Your efforts will be rewarded, though, with stunning views of the plateaus and the ocean. The stage concludes when you reach the small village of Zennor, where the church and local pub are well worth a visit. From here, the double-decker panoramic bus takes you back to St Ives. *approx. 4 - 4.5 h, approx. 13 km, +350 m, -350 m*

DAY 4 Zennor – St Just

This morning, you return to Zennor, where you'll continue your hike along the coastal path. Rocky cliffs and the many rises and descents make for yet another challenging hike in places. Blossoming gorse and orchids colourfully carpet the meadows, contrasting perfectly with the sea below, shimmering in the deepest blue.

In the afternoon, why not make a stop at the historic Geevor tin mine? This UNESCO World Heritage site is definitely worth a visit! You'll then continue along what's known as west Cornwall's Tin Coast before soon turning inland and heading down country lanes and farm tracks towards the tranquil village of St Just. *approx. 6 h, approx. 18 km, +400 , - 400 m*



DAY 5 St Just – Land's End - Porthcurno

Today, you descend through the forest and along the river back to the coast, the distant views of rugged islands, lighthouses and shipwrecks are sure to captivate you. With the Isles of Scilly on the horizon, it's safe to say that this part of the Cornish coast is particularly impressive. Once you reach Land's End, Great Britain's most westerly point, you'll be greeted by a friendly, local pub – what else would you expect in England, after all?



The rest of the route to Porthcurno is varied. A mixture of cliffs, bays and flowering plains awaits you. From the coastal surveillance station, standing tall on the plateau, you can learn fascinating facts about shallow waters, storms, landmark orientation and the local wildlife. When you finally arrive in Porthcurno Bay and views of the beautiful, sandy white beach and turquoise-green water unfurl before you, you'd be forgiven for thinking you've been suddenly transported to the Caribbean. Today's hike ends here – a bus will take you back to St Just. *approx. 6 h, approx. 18 km, + 400 m, - 400 m*

DAY 6 Porthcurno – Mousehole - Penzance

You begin in Porthcurno today and hike across the highlands of England's south-west coast, accompanied by fragrant flora and shady forests, with magnificent views of picturesque bays unfolding before you as you approach the tiny fishing village of Penberth Cove. In Lamorna Bay, typical Cornish hospitality awaits you as you make a pitstop in a charming ice cream shop.

You'll then follow the coastal path through the forest section of the enchanting Kemyel nature reserve before arriving in the village of Mousehole in the afternoon. As if lifted straight from a picture book, the colourful fishing boats moored in the harbour are a sight to behold. After a refreshment break in a cosy café or welcoming pub, you can take the shuttle bus (if you like) on to Penzance. *approx. 4.5 – 5 h, approx. 13 km, +500 m, -500 m*

DAY 7 Penzance circular hike – St Michael's Way pilgrimage trail or St Michael's Mount

On your last day of hiking, there are plenty of options to choose from – you can take a leisurely stroll along the promenade over to Marazion, from where you can either walk or take a water taxi across to St Michael's Mount and its truly fascinating Norman castle. Depending on the water level, this famous landmark is either cut off from the mainland or only accessible via a narrow causeway, leaving you somewhat at the mercy of the tides!

Alternatively, if you like a challenge, you can take the St Michael's pilgrimage trail, which leads from Cornwall's south coast all the way up to its northern coast. This trail through the inland provides an exciting contrast to the coastal path, as you cross fields, meadows, small roads and paddocks filled with horses and cows, before ascending to the viewing point at the "Steeple", a huge stone pillar that can be seen for miles around. Eventually, you'll descend towards the railway station, from where Penzance is just a short train journey away. *approx. 4.5 - 5 h, approx. 17 km, +350 m, -350 m*

DAY 8 Departure or Extension

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Route



This route involves walking on a range of paths and trails through meadows and bushes, as well as across dunes. However, the most of the stages are rocky coastal paths along the sea. The programme includes some challenging hikes over rocky cliffs, alternating with easy sections on well-maintained paths. Short but steep rises and descents require a good level of fitness, however you'll need to be sure-footed for the rocky sections.

Travel Season: March 16- October 13 – departures daily.

Season 1 March 16-29, April 6-26 and September 28-October 13

Season 2 March 30- April 4 and April 27-September 27

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Price -per person, double occupancy in Euros -all prices are subject to confirmation on booking

	Season 1	Season 2
Base price double Occupancy	€1315	€1560
Single room Surcharge	€800	€800
Packed lunch x3 with Cornish Pastry	€70	€70
Additional nights, St Ives and Penzance	On request	On request

Included

- 7 overnight stays incl. breakfast
- Luggage transfer
- Carefully elaborated route description
- Detailed travel documents (1x per room)
- Transfers and coach journeys according to the schedule
- Navigation app and GPS data available
- Service hotline

Not Included

- Tourist tax, if due, is not included in the price

This is a partner tour

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