

## FAQ's Positively Fit Cornwall Walking Holiday

### **Q: What is included in the tour?**

**A:** Accommodations, breakfast, luggage transfers, 6 days guided walking, detailed packing list, walking-ready fitness plan, walking route planning (including daily weather check ins and review of the upcoming day sent to walkers before breakfast), dinner reservations, taxi transfers where indicated.

### **Q: What is the fitness level required for this trip?**

**A:** If you can walk 10 km comfortably in 3 hours – you are ready for this trip. Walkers “train” to be ready for this tour – it is part of the value-added experience of this trip: not only do you enjoy stunning scenery, but you get stronger doing so!

### **Q: What is the typical schedule of the day?**

**A:** Accommodations serve breakfast typically between 8am – 9am with the day's walk starting @ 10am. Once out on the trail with water and a packed lunch, we have the freedom to stop where and when we want, finishing up at next village in time for tea or a cold pint. Walkers then have time to rest, freshen up and explore the village before dinner. Dinner reservations are made for between 6:30 – 7:00.

### **Q: How long are the walking days?**

**A:** a leisurely 10km walk is approximately 3 hours. Add stops for photos, snacks, stretching and a picnic, and a comfortable day on the trail is about 4 hours. Walkers can choose to shorten their days and bus or taxi to the next village.

### **Q: What is not included?**

**A:** Flights, all transportation costs not otherwise indicated in itinerary, lunches, dinners and snacks.

### **Q: What is the cost per day for meals?**

**A:** average price of packed lunches is 15 BP, dinners (main course without beverages) average 20 BP

### **Q: What is the Cornwall weather like in September?**

**A:** Generally excellent with some rain, and wind.