



Unit 1 Commercial Centre, Victoria Offices, Station Approach,
Victoria, PL26 8LG
Tel: +44 (0) 1208 871066
Website: encounterwalkingholidays.com
Email: info@encounterwalkingholidays.com

Dear Mary

Quotation Reference ECW10/7336 %date%

Many thanks for your enquiry. As requested we are pleased to enclose our draft itinerary for your attention.

Throughout this quote please CLICK ON ANY UNDERLINED text to view links to see our suggested accommodation as well as to view further information on places and attractions.

Self Guided Walking Holiday - South West Coast Path : Padstow to St Ives - Mary Letson

Reviewing Walking Route Descriptions -

[Click Here](#) to review the Padstow to St Ives walking route description

Day 1	Sunday, 3rd September 2023
Activity	Arrive in Padstow by public transport
Arrival Notes	<p>Fast and direct trains run from London Paddington to Bodmin Parkway Station in around 4 hours. From here connecting buses run to Padstow taking around 1 hour OR if you prefer you can take a taxi (35 minutes) instead of the bus - around £45.</p> <p>For public transport information covering buses and trains use the useful Traveline South West website www.travelinesw.com which will give you up to date detail, times and directions. If you are already on the road you can call them on +44 (0) 871 200 2233.</p> <p>Full details on train times and ordering tickets can be got from www.thetrainline.com If you are already travelling call National Rail Enquiries on 08457 48 49 50.</p>
Overnight at	The Old Ship Hotel <p>Small Hotel in an excellent location right behind the main harbour and a few hundred metres off the coast path in Padstow. Own restaurant and bar with plenty of other choices within two minutes walk.</p>
Website	www.oldshiphotel-padstow.co.uk
Room Type	2 x single en-suite rooms, for 3 nights 2 x twin en-suite rooms, for 3 nights
Breakfast	Full cooked - 8.30-9.30 but can come to dining room from 8.00. For guests wanting an early start by prior arrangement guests can have a continental breakfast in their room. (Winter breakfast is served from 9.00-9.30 Nov-Feb)
Day 2	Monday, 4th September 2023
Activity	Rest Day in Padstow

Notes	Today you will explore nearby Hawkers Cove and those who want longer walking can continue 5 miles to Trevone and get the bus back to Padstow
Rest Day Notes	<p>One of the best options is to spend the rest day cycling the Camel trail see www.sustrans.org.uk/ncn/map/route/camel-trail - the best traffic free cycle route in the South West which is stunning along an off road 18 mile route to Bodmin Moor. There are several cycle hire places in Padstow and the trail heads off from the furthest end of the main car park. See www.padstowcyclehire.com - or call them on +44 (0) 1841 533533. Alternatively, call Trail Bike Hire on +44 (0) 1841 532594 or visit www.trailbikehire.co.uk - both websites have maps of the route and lots of information.</p> <p>Book bikes in advance by web or phone at peak times or get to the bike hire shops early. The trail runs on an old railway line and is therefore very flat and traffic free and whoever you hire from will be able to help you with a map. Wadebridge and Bodmin are easy day pedals. You can reach historic Bodmin Jail www.bodminjail.org stop for a tour of Camel Valley Vineyard www.camelvalley.com rest up at a woodland tea garden as well as push on to Bodmin Moor and at the end of the trail the excellent Snails Pace Cafe www.snailspacecafe.co.uk or The Blisland Inn (an award winning real ale pub)01208 850739 www.bodminmoor.co.uk/blislandinn</p> <p>Other things in Padstow include taking the Ferry to Rock on the other side of the estuary (if you did not arrive this way) there are some good beaches here for the day and for those who want to swim. The National Lobster Hatchery 01841 533877 www.nationallobsterhatchery.co.uk is unique and well worth a visit. You also have Prideaux Place http://prideauxplace.co.uk/ 01841 532 411 - a stunning Elizabethan Stately home that features in the Rosamunde Pilcher and Poldark films with its deer park and gardens above the town. Padstow has many shops and galleries in the harbour area to explore where you can also arrange or join boat trips.</p> <p>For more ideas head to the Tourist Information Centre in the red brick building on the north side of the harbour Quay. Open every day April to September - contact number +44 (0) 1841 533 449.</p> <p>For walking options, if you are not continuing your walking holiday beyond Padstow you could spend the rest day walking the coast path West to Trevone where there is a superb beach with its famous "round holes" and a good lunch time cafe to use before returning to Padstow inland via Trethillick. Total distance 7 miles and you can pick up walking notes if needed from the Tourist Information Centre. For a longer walking day you can take the Newquay bus to Porthcothan (25 mins) and walk the full 13 mile section of the South West Coast Path back to Padstow passing a number of superb beaches on the way - Harlyn is around 8 miles if you don't want such a long coast walk but the bus also stops there on the way to Porthcothan.</p>
Overnight at	The Old Ship Hotel Small Hotel in an excellent location right behind the main harbour and a few hundred metres off the coast path in Padstow. Own restaurant and bar with plenty of other choices within two minutes walk.
Website	www.oldshiphotel-padstow.co.uk
Room Type	2nd night
Day 3	Tuesday, 5th September 2023
Activity	Rest Day in Padstow
Notes	Today you will catch the ferry over to Rock to explore Pentire Headland/Polzeath - 6 mile circular walk from Rock to Polzeath as one option.

Overnight at	The Old Ship Hotel Small Hotel in an excellent location right behind the main harbour and a few hundred metres off the coast path in Padstow. Own restaurant and bar with plenty of other choices within two minutes walk.
Website	www.oldshiphotel-padstow.co.uk
Room Type	3rd night
Breakfast	Full cooked - 8.30-9.30 but can come to dining room from 8.00. For guests wanting an early start by prior arrangement guests can have a continental breakfast in their room. (Winter breakfast is served from 9.00-9.30 Nov-Feb)

Day 4	Wednesday, 6th September 2023
Activity	South West Coast Path - Porthcothan to Mawgan Porth
Notes	<p>This morning after breakfast you will be transferred to Porthcothan to begin your walk, the cost of this is included in your quote.</p> <p>At the end of todays walk you will organise your own transfer to Newquay from Mawgan Porth and we can advise with local taxi numbers in your itinerary.</p>
Grade	Around 5 miles (8 km) - Moderate Grade - Around 2.5 hours not including breaks
Overnight at	Fistral Beach Hotel and Spa Upgraded hotel accommodation with spa facilities overlooking the beach at Fistral and right on the coast path.
Website	www.fistralbeachhotel.co.uk
Room Type	2 x economy double en-suite rooms for single occupancy, for 2 nights 2 x standard twin en-suite rooms, for 2 nights

Day 5	Thursday, 7th September 2023
Activity	Rest day - Newquay
Rest Day Notes	<p>Newquay is a large place with lots to do. For the active minded surfing, kayaking, climbing, coasteering and much more are available locally at Lusty Glaze Beach Adventure Centre 01637 872 444 - www.lustyglaze.co.uk - there are also options based at the Harbour and Fistral Beach is the Spiritual Home for Cornwall's surfers.</p> <p>You can catch a bus (or take a taxi) to visit The Eden Project from here www.edenproject.com, take boat trips offshore to see wildlife (or fish for it !), rent kayaks, surfboards or just explore the towns harbour and its seven beaches there is also an excellent marine aquarium 01637 878134 www.blureefaquarium.co.uk/newquay/</p> <p>Best thing to do for ideas is visit the Tourist Information Center for help and ideas - the centre is in the middle of Newquay at Marcus Hill, Newquay, TR7 1BD. Tel: 01637 838516 open 7 days a week in season www.visitnewquay.org. Ask your accommodation for directions and also marked on Map 30 (Newquay) of your Trailblazer Coast Path Guidebook.</p>
Overnight at	Fistral Beach Hotel and Spa Upgraded hotel accommodation with spa facilities overlooking the beach at Fistral and right on the coast path.

Website	www.fistralbeachhotel.co.uk
Room Type	2nd night

Day 6	Friday, 8th September 2023
Activity	South West Coast Path - Newquay (Fistral Beach area) to Perranporth
Grade	Around 9 miles (14.5 km) Moderate grade 4 hours average walking time without breaks. Note that if you are able to use the Fern Pit Ferry you will save around 2 miles (3.2 km) on this distance
Overnight at	Bolenna <p>An award-winning boutique hotel featuring five luxury hotel suites and two charming self-catering cottages close to the golden sands of Perranporth beach.</p> <p>Just five minutes walk from the expansive and unspoilt golden sands of Perranporth beach and nestled at the mouth of the coombe where Winston Graham lived and set his famous Poldark novels, is one of Cornwall's hidden gems of small hotels.</p> <p>The Bolenna rises from its specially created wildflower meadow to gaze across lawn tennis courts and parkland to views of Perranporth's huge sand dunes. Built in 1925 the villa style looks intimate and compact from the front but this conceals five exquisite suites and rooms and one of the best stocked bars and restaurants in Cornwall.</p>
Website	https://www.bolenna.com/
Room Type	2 x 'Garden Suite' twin en-suite rooms 1 x superking en-suite room for single occupancy(Butterfly Garden View) 1 x kingsize en-suite room for single occupancy(Park View)
Breakfast	Full breakfast available.

Day 7	Saturday, 9th September 2023
Activity	South West Coast Path - St Agnes (Trevaunance Cove) to Portreath
Notes	This morning after breakfast you will be transferred to St Agnes to begin today's walk, the cost of this is included in your quote
Grade	Around 8 miles (12.9 km) - 4 miles (6.4 km) Moderate and 4 miles (6.4 km) Strenuous grade. 4 hours average walking time without breaks.
Overnight at	The Portreath Arms Pub Hotel <p>Walker Friendly Inn accommodation right on the coast path in the centre of Portreath with easy access to the beach, harbour and a handful of shops and restaurants. Bar and restaurant on site. Basic accommodation option but good value for a walking overnight stay.</p>
Website	www.theportreatharms.co.uk
Room Type	2 x twin en-suite rooms 2 x double en-suite rooms for single occupancy
Breakfast	Full cooked or continental

Day 8	Sunday, 10th September 2023
Activity	South West Coast Path - Gwithian to St Ives
Notes	This morning after breakfast you will be transferred to Gwithian to begin your walk, the cost of this is included in your quote
Grade	Around 10.5 miles (16.9 km) - Moderate grade. 4.5 hours average walking time without breaks.
Overnight at	Pedn-Olva Hotel 3* rated Hotel where location is the big draw here for walkers. Ped n Olva means Lookout on the Headland and it sits right on the rocks overlooking St Ives Harbour, literally on the coast path and 2 minutes from the station for those arriving or using the long stay parking. Outdoor swimming pool and terraces with the best views in St Ives. Restaurant and Bar on site. Standard rooms are on the small side so be prepared to spend time on the terraces taking in the views or upgrade to book a balcony room.
Website	www.pednolva.co.uk
Room Type	2 x single en-suite rooms 2 x cosy twin en-suite rooms
Breakfast	Full cooked and continental options, also Vegan/Vegetarian & Gluten free options

Day 9	Monday, 11th September 2023
Activity	Depart St Ives by Public Transport
Departure Notes	If returning to London fast and direct trains run from Penzance to London Paddington and you connect with these from St Ives Station by a short 10 minute branch line journey to join the main line at St Erth. Total travel time around 5.5 hours. Full details on train times and ordering tickets can be got from www.thetrainline.com If you are already travelling call National Rail Enquiries on 08457 48 49 50. For public transport information covering buses and trains use the useful Traveline South West website www.travelinesw.com which will give you up to date detail, times and directions. If you are already on the road you can call them on +44 (0) 8712 002 233.

Provisional Prices Per Person

To Include

8 nights B&B (Bed and Breakfast) accommodation in rooms as described above
4 days walking on the South West Coast Path
3 rest days in Padstow and Newquay
Daily luggage transfers between accommodations - allowance of 1 item per walker up to 20kg
Single occupancy room supplements where charged by the accommodation
Taxi transfers from Padstow to Porthcothan, Perranporth to St Agnes and Gwithian to St Ives
Detailed Accommodation and Route Itinerary
Support with planning and delivery of your holiday from enquiry to completion.