



POSITIVELY FIT

8 Night Cornwall Trek: Marazion to Falmouth 2024
Arrive Marazion Sept 8st, Depart Falmouth Sept 16th 2024
Travel arrangements by Barb Mitchell @ Personal Travel
Management
Guided by Mary Letson

Day 1

Activity: Arrive Marazion

Arrival Notes - 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. Fast and Direct Trains run from London Paddington to Penzance taking around 5.5 hours. Full details on train times and ordering tickets www.thetrainline.com If you are already travelling call National Rail Enquiries on 08457 48 49 50.

Getting from Penzance to Marazion: Taxi - as it's a short journey, a taxi is the easiest way onto Marazion. Taxis can be found just outside Penzance Rail Station at the Taxi Rank or see below for local taxi firms if you want to prebook. It's a 10 minute ride to Marazion. If you arrive during the day it's also easy to take the bus as the bus station is next to railway station. Service U4, 515 and "First Kernow Lands End" buses are the main services but several other bus routes also pass through Marazion so just ask. Services run at least twice an hour seven days a week. Journey time is around 25 minutes. Full times and information available on the TravelineSW website / phone line see above.

Overnight at Godolphin Arms

AA 4* Accommodation on the coast path just above the beach and overlooking the causeway to St Michaels Mount.

Website www.godolphinarms.co.uk

Day 2

Activity: Rest Day - Marazion

Rest Day Notes - St Michaels Mount is the main attraction to visit whilst you are staying here. Ask at your accommodation for information on getting to the Mount. Depending on the tides you will either walk across the causeway or take a short boat ride. Note the Mount is closed on Saturdays. For more details on prices, opening times, whether you will arrive by boat or causeway and what you can expect to see visit the website at www.stmichaelsmount.co.uk or call 01736 710265

Marazion has a very pleasant beach and if the tide is out you can wander around the island. If you want more active pursuits get in touch with Ocean High 07801 438320 who operate kayaking trips and hire, windsurfing, stand up paddleboarding and more from their centre just outside Marazion on the seafront book in advance and for more info see www.oceanhigh.co.uk. You can hire bikes and cycle from Lands End Cycle Hire 0788 545 2997 which is just back along the coast path a short distance at Long Rock book in advance and for more info see www.landsendcyclehire.com. The town of Penzance is also only 3 miles away an easy walk along the shoreline or there are lots of regular buses from the centre of Marazion. Penzance which is one of Cornwall's larger towns is particularly well known for its art galleries - The Penlee House Gallery www.penleehouse.org.uk being the most famous. The main town has its market areas, and is very old and an interesting wander. If the weather is right, try a refreshing swim at the Jubilee Pool, www.jubileepool.co.uk - a superb art deco swimming pool right on the seafront just West of the Harbour. The style and views are unique, or if you prefer there is always the beach between Penzance and Marazion.

Overnight at Godolphin Arms

Day 3

Activity: South West Coast Path - Praa Sands to Porthleven

Note* This morning after breakfast we will catch a bus to Praa Sands and walk to Porthleven for our night's accommodation.

Grade Around 4.5 miles (7.2km) - Strenuous. 2.5 hours not including breaks

Overnight at Harbour Inn

www.harbourinnporthleven.co.uk

Visit Britain 4* Inn Accommodation right on the coast path in the centre of Porthleven overlooking the scenic harbour. Evening meals available on site or in nearby restaurants. Please note that there can be live music on a Saturday night which finishes at 11.30pm

Day 4

Activity South West Coast Path - Porthleven to Mullion Cove (Harbour)

Grade Around 7 miles (11.3 km) - Moderate. Around 3.5 hours average walking time without breaks.

Shorter Options: start walk with everyone, then taxi to accom from either
1) Gunnwalloe 5km (The Hazephon) or
2) Poldhu Beach, 7.8km

Overnight at Mullion Cove Hotel

www.mullion-cove.co.uk

A traditional 3*AA rated hotel just off the coast path overlooking Mullion harbour with fabulous sea views. Well reviewed, it makes a good upgrade for a special occasion. Solar heated swimming pool, sun terraces and lounges along with a bistro and more formal restaurant.

Day 5

Activity: South West Coast Path - Mullion Cove to The Lizard (Lighthouse)

Grade Around 7 miles (11.3 km) - Moderate Grade. Around 3.5 hours average walking time without breaks.

Shorter Option: taxi from Kynance Cove, 7km.

Overnight at Housel Bay Hotel

www.houselbay.com

3* Hotel built for the Victorians in the most stunning location right above the Lizard Point cliffs. Superb Views from the terraces, restaurant, sea view

rooms and extensive gardens which lead down to coast path itself. This is the UK's most Southerly point and feels like the end of the world.

Day 6 Friday

Activity: Rest Day - Lizard Town

Rest Day Notes - Lizard Town is a small settlement on the headland but with plenty of places to worth visiting in the area on a rest day. There is a good range of facilities in the town itself along with several craft shops where you can watch the Craftsmen at work who specialise in making sculptures and ornaments from the rare Serpentine Rock that is found here. For swimming everyone's favourite Cornish Beach (and with a Tea shop serving lunches) is at Kynance Cove with its caves, tunnels and stunning scenery. You can walk here inland in around 20 minutes over the moorland or more like 1 hour if you take the coast path. Closer is Housel Cove just a short walk from the village and this is a wild swimming beach only with no facilities and a bit of a scramble to reach it - it's beautiful but only to be used from mid to low tide - ask locally to check times.

Lizard Adventures - www.lizardadventure.co.uk 07845 204040 - Operate daily with coasteering, climbing, Sea Kayaking and Stand up Paddleboarding in the Lizard area – work in partnership with the National Trust so well worth contacting but book in advance. The Lizard Point itself is a short walk from the town and is a good place to look for passing sea life on the currents that sweep through here, there is a small cliff side cafe and you can visit the Lighthouse and Heritage centre see www.trinityhouse.co.uk/lighthouse-visitor-centres/lizard-lighthouse-visitor-centre Open Saturday to Thursday in season – entrance charge applies. It's a short walk to visit pretty St Winwallow Church just outside the village on the way to Church Cove and you can sometimes visit the Lizard Wireless Station at Bass Point. Finally if you want to go further afield Lizard town is served by buses and a bus to Helston the main market town of the area takes around 45 minutes.

Overnight at Housel Bay Hotel

Day 7 Saturday

Activity: South West Coast Path - The Lizard to Coverack

Note* After breakfast we will take a taxi to Kennack Sands and walk on to Coverack for our night's accommodation (the cost of this is included in your tour)

Grade 5.1 miles (8.5km) - Moderate but Strenuous in parts. 2 hours average walking time without breaks.

Overnight at The Bay Hotel – Coverack

Website www.thebayhotel.co.uk

Michelin Guide-featured hotel and restaurant set in an unspoilt coastal location on the Lizard Peninsula. The restaurant offers a varied, locally produced menu and a range of local beers.

Day 8 Sunday

Activity South West Coast Path - Porthallow to Mawnan Smith (Helford Ferry)

Note* After breakfast we take a taxi transfer to Porthallow (included in your tour fee) and walk on to Helford/Mawnan Smith. From here we will take another taxi transfer on to Falmouth for our nights' accommodation (not included)

Grade Around 8 miles (10 km) - Moderate walking. Around 4 hours average walking time without breaks (fording Gillan Creek)

Overnight at Lerryn Hotel

www.thelerrynhotel.co.uk

Around 2 minutes from the coast path as it reaches Falmouth. The Lerryn Hotel has an ideal situation set just off Falmouth's best beaches on one side whilst on the other around 10 minutes to the station, and another 5 minutes onto the town centre shops and restaurants. Comfortable en-suite rooms some with sea view balconies, flat screen TV's and free wi-fi as well as a resident's lounge and bar on site.

Day 9

Depart Falmouth by train

Pricing

Twin Room (2 walkers sharing a room): \$4250 CD per person

Single Room: \$4700 CD

Payment: 50% non-refundable deposit due Dec 11th 2023

Balance due April 15th 2024

**Trip cancellation and medical insurance mandatory upon booking your tour.*

Flights and insurance may be booked through Barb Mitchell @ Personal Travel Management. These fees are not included in the tour price.

Includes:

- 8 nights B&B (Bed and Breakfast) accommodation in twin/single rooms
- 6 days guided walking on the South West Coast Path
- Daily luggage transfers between accommodations - allowance of 1 item per walker up to 20kg
- Detailed packing list
- walking preparation workout plan
- Taxi Transfers where indicated are included
- Detailed Accommodation and Route Itinerary
- Dinner reservations for the group