

NEARWATER – Cornish Walking Holidays

Nearwater
Polvarth Road
St Mawes Cornwall
TR2 5AY
Tel 01326 279278 Email: info@nearwaterwalkingholidays.co.uk

Detailed Itinerary Padstow to Fowey

Total distance: 30 miles (50km)

Duration: 3 nights, 2 days walking

Minimum/maximum daily distances: 15 miles (21km)/15 miles (21km)

Average daily distance: 15 miles (21km)

Navigating: You will be provided with detail maps covering all sections of the walk, some map reading skills and a compass would be useful.

Season: All year round.

Starting point of holiday: Padstow

End of holiday: Fowey

Code: IW2

Cost of Holiday: £250 (assuming two people sharing a room)

General Information

Accommodation: this will generally be in bed and breakfasts (small family run establishments) or sometimes small pubs or hotels. There is an option to upgrade your accommodation see prices.

Breakfast: this will generally consist of a cooked breakfast (sausage, egg and bacon) as well as cereals, orange juice and toast. If you have any special dietary requirements please tell us when you book the walk.

Baths: will not normally be available (hot showers will) unless you book the top rated accommodation.

Luggage: will be transferred ahead of you while you walk. It will arrive before 4pm at your accommodation. Luggage is restricted to one item per person and a max weight of 20kg. Additional items will be charged at £10 for each day walking.

Travel to and from: We recommend train to Bodmin or Flight to Newquay. There are regular trains from London to Bodmin. It is a short taxi ride Bodmin to Padstow. Fowey is only a short taxi ride from Par station, which is on the mainline from London. Travel time from London to Bodmin is 4.5 hours. Long term parking is available in Padstow details can be supplied if requested.

Day 1 : Travel to Padstow where your first night's accommodation has been booked. Padstow is a wonderful bustling fishing port with a deserved reputation as the top food destination in Cornwall. Treat yourself to a meal in one of its many restaurants and enjoy the views out of the Camel Estuary.

Day 2: Padstow to Lanivet. 15 miles (24km). Beginning at Lych gate of St Petroc's church in Padstow. Proceed alongside the beautiful Camel Estuary before heading further inland at Mellinney. The path follows quiet country lanes farm tracks and footpaths then the countryside changes and becomes more open as the path climbs to the beacon on St. Breock Downs. Continue on past towering turbines of a wind farm and then to the church at Withiel and then through Tremore to Lanivet for your overnight stop.

Day 3: Lanivet to Fowey. 15 miles (24km). From Lanivet the path goes uphill to Helman Tor, where the views across the country can be outstanding. From here to Lanlivery the path follows an ancient route known as The Ridgeway which may have been used as far back as

4000BC as a trade route between the coasts. Lanlivery has a 15th Century church and an Inn built originally circa 1130. Continue on towards Loswithiel and to Milltown. Now the path is roughly parallel with the River Fowey and continues down through Golant and onto Fowey.

Day 4: Depart from Fowey after breakfast.

Extra nights/Rest days

Spend an extra day on the walk and include a detour to the Eden Project. We recommend that you arrive in good time on the first evening and enjoy a meal at one of the many excellent restaurants for which Padstow is famous.