

## **Itinerary**

This walk involves a 2 night stay in Padstow at a Five Star Bed & Breakfast, a night at the Scarlet Hotel in Morgan Porth, a night at the Watergate Bay Hotel and a final night at a Five Star Bed and Breakfast in St Ives. In order to make the walking work there are some journeys in taxis, these are included in the price.

### **Day 1:**

Travel to Padstow where your first nights accommodation has been booked.

### **Day 2:** Taxi from Padstow to Port Issac then walk from Port Issac to Padstow. 12 miles

Headland follows cove to the well-protected natural harbour at Port Quin. Port Quin relied greatly on its fishing industry, as can be seen by the size of its old fish cellars that were used for weighting and compressing pilchards during the salting process. The path continues around the Rumps past an impressive Iron Age Fort to Pentire Point that provides glorious views across the Camel Estuary. After descending through Polzeath to the golden sands of Daymer Bay and St Enodoc's Church, the path meanders through the sand dunes that once buried this delightful little church, before returning to the beach to catch the ferry to the historic port of Padstow. Padstow, with its fleet of trawlers, netters and crabbers has been made famous by Rick Stein and his many restaurants. These have also attracted other great restaurants and Padstow richly deserves its reputation as the "Food Capital of Cornwall".

### **Day 3:** Padstow to Porthcothan. 13 miles

From Padstow harbour, the path follows the shores of the Camel Estuary to Stepper Point, marked by the Daymark Tower. The path continues along the coast, with distant views of the Merope Rocks to Trevone Bay and then follows the coast around to Harlyn Bay, whatever time of year it is you can almost guarantee to see surfers in these two bays. At Trevoze Head, which provides exceptional views stretching along the coast to St Ives, the path turns south and crosses the sands of Constantine Bay to the hamlet of Treyarnon. From Treyarnon the path takes you past spectacular cliffs and coves onto which the sea pounds, you will become used to the sound of the ocean roar as the waves crash into the rocks below.

Taxi from Porthcothan to Morgan Porth.

### **Day 3:** Taxi from Morgan Porth to Porthcothan then walk Porthcothan to Watergate Bay. 10 miles

From Porthcothan Bay the path climbs up to Park head, which provides wonderful views of Bedruthan Steps, a series of rock stacks. The path then follows the cliff line above Watergate Bay and its magnificent sweep of golden sand before dropping down into Watergate Bay itself.

### **Day 4:** Taxi from Morgan Porth to Godrevy Point. Walk from Godrevy Point to St Ives 11 miles

The lighthouse at Godrevy Point marks the landward end of a treacherous line of reefs, The Stones, which have claimed many wrecks. After descending to the little village of Gwithian with its pretty thatched cottages and interesting old churchyard packed with the graves of shipwreck victims, the path meanders through the sand dunes (or at low tide you can walk across the beach) to the little port of Hayle.

Skirting Hayle Estuary, which is noted for its seabirds and waders, the path passes along the dunes and then around Carbis Bay to reach the beautiful town of St Ives.