

# NEARWATER – Cornish Walking Holidays

Nearwater

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## Detailed Itinerary Penzance to Falmouth

**Total distance:** 60 miles (103km)

**Duration:** 6 nights, 5 days walking

**Minimum/maximum daily distances:** 13 miles (21km)/10 miles (16km)

**Average daily distance:** 12 miles (19km)

**Waymarking:** Most of the route is clearly waymarked with South West Coast Path National Trail acorn waymarks and is very easy to follow.

**Season:** April to October, though with some variations all year is possible.

**Starting point of holiday:** Penzance

**End of holiday:** Falmouth

**Code:** SC3

Cost of Holiday: £475 (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, mention in your booking enquiry.

**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 Penzance. There are regular trains from London to Penzance travel time approx 5 hours. Return from Falmouth, there is a train to Truro and then from Truro it is the mainline to London (4.5 hours).

## Itinerary

**Day 1 :** *Travel to Penzance where your first nights accommodation has been booked. Penzance is an attractive coastal town. The Egyptian House and the Humphry Davy statue (the inventor of the miner's safety lamp) are two places worth visiting.*

**Day 2:** *Penzance to Porthleven. 13 miles (21km)*

*From Penzance the coast path follows the beach around Mount's Bay to the historic island castle of St. Michael's Mount. Approached by a granite causeway at low tide or by boat at high tide the little harbour, village and dramatic castle perched on top of this rocky island is a delight to explore. Returning to the mainland, cliff top paths lead around Cudden Point to Prussia Cove. The path then follows the lovely beach at Praa Sands before returning to the cliff top to inspect the beautifully restored engine house and chimney of the Wheal Prosper Mine. Continuing along the cliffs above the impressive ruins of Wheal Trewavas Mine, the path passes a poignant memorial to all the shipwreck victims who were buried on the cliff tops, rather than in consecrated ground, and then descends to the attractive fishing village of Porthleven.*

**Day 3:** Porthleven to Lizard. 13 miles (21km)

After passing the old coastguard station, the path follows the natural shingle bank of Loe Bar past the Loe, a large freshwater lake noted for its birdlife, the lake was formed 10,000 years ago at the end of the last ice age when shingle was dumped by rising sea levels at the mouth of the River Cober. Above the bar is a memorial to Henry Trengrouse who invented the rocket-fired lifeline after witnessing the loss HMS Anson that was beached in a storm in 1807, with the loss of 100 lives. The path continues along the cliff edge to Gunwalloe church, which has an unusual detached bell tower cut into the cliff-face, then drops down to Polurrian Cove, climbs up again and then drops back down to the delightful fishing village of Mullion Cove and then along the cliff tops to Kynance Cove. This cove has spectacular islands and rocks made from serpentine, a green translucent stone for which the lizard is famous and granite. Around the islands' bases and the cliffs bordering the cove are several exciting and interconnected caves and blowholes. The path then passes several old serpentine workings to reach Lizard Point, Britain's most southerly point.

**Day 4:** Lizard to Coverack. 11 miles (18km).

Lighthouse, Coastguard station and lifeboat station are passed in succession as the path turns around the headland and follows the cliff edge past the Devil's Frying-pan, a vast chasm caused by the collapse of a sea cave, to Cadgwith, another beautiful Cornish fishing village with thatched, whitewashed cottages and a small harbour. Continuing past the ruin of an old serpentine works, the path drops down to Kennack Sands, renowned for its multi-coloured pebbles of serpentine, granite, gabbro and gneiss, and then rises up to follow the cliff top path around Black Head Point to Coverack, whose name - hideaway- suggests that smuggling, rather than fishing provided its main source of income.

**Day 5:** Coverack to Helford. 13 miles (21km)

Cliff top paths lead around Lowland Point, which provides thrilling views over the Manacles, a notorious reef that has caused countless shipwrecks over the centuries, which were happily claimed by local wreckers. After visiting the former fishing villages of Porthoustock and Porthallow, the path continues around Nare Point, with glorious views over the Helford River, to Gillan Harbour. After crossing pretty Gillan Creek the path visits St Anthony Church, which is as beautiful as its surroundings, before continuing along the shores of the Helford River to the delightful village of Helford, an old Smuggler's haunt of snug thatched cottages with an ancient inn. Just upstream of the village is Frenchman's Creek, one of many creeks and inlets branching off the river that was the inspiration for Daphne Du Maurier's novel of the same name. Her description of it still holds true: "still and soundless, surrounded by trees, hidden from the eyes of men".

**Day 6:** Helford to Falmouth. 10 miles (16km)

After taking the ferry across the Helford river (there has been a ferry crossing here continually since the middle ages) proceed through the tiny hamlet of Durgan and onto Rosemullion Head, the views from here of The Helford river and south to the Manacles and north to the lighthouse at St Anthony are truly magnificent. The path then winds around Pennance Point and Pendennis Point to reach the busy port of Falmouth. There are many places of interest here, firstly Pendennis castle with its magnificent views and history of royalist resistance in the English civil war is a must. The National Maritime museum should not be missed either.

**Day 7:** Depart from Falmouth after breakfast.

**Extra nights/Rest days**

An extra day gives you the chance to relax and explore or take part in another activity. Coverack is a lovely Cornish village with a good beach. Helford is a magical place and a stop here would allow you to explore "Frenchman's Creek" made famous by Daphne du Maurier or any of the 3 great gardens located in this area. St Mawes is a beautiful village reached by ferry from Falmouth and would be a great place to extend your holiday, a days kayaking can be pre-booked.