

Hiking in Cornwall

HIDDEN COVES, FISHING VILLAGES, AND HIKING THE CORNISH COAST



TRIP DATES

2024

May 6-16, 2024

June 2-12, 2024

August 11-21, 2024

September 1-11, 2024



Wilderness Travel

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Set on the western edge of Great Britain, Cornwall is a legendary cultural haven surrounded by the sea and imbued with tales of mermaids, pixies, and ghostly galleons. We'll hike the most spectacular sections of the Cornish Coastal Path on this adventure, with overnights in three of Cornwall's atmospheric coastal villages: the fishing port of Padstow, the market town of Penzance, and Fowey, with its smugglers' pubs. We'll ramble along towering cliffs and sandy beaches, explore fascinating sites including Tintagel, mythical home of King Arthur and his knights, and soak up local lore. Our adventure also takes full advantage of the flourishing dining scene, including a meal at Rick Stein's acclaimed The Seafood Restaurant—expect delightful fresh seafood with a Cornish twist.



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Itinerary

DAY 1

PADSTOW / NORTH CORNISH COAST

We meet our Trip Leader in the early afternoon at Bodmin Parkway Railway Station, on the Cornish Main Line. (Traveling from London, it's a four-hour direct train journey from London's Paddington station.) We head to Padstow, a charming working fishing port that sits on the estuary of the Camel River on the north Cornish Coast. This lovely town is the base of the critically acclaimed chef and restaurateur Rick Stein. Our accommodation is in the historic port buildings owned by the Steins, either at the St. Petroc's Hotel, the fifth oldest building in Padstow, or the rooms above Rick Stein's Seafood Restaurant.

After settling into our hotel, we'll make our first exploration of Padstow on foot, then gather for our Welcome Dinner and trip orientation at St. Petroc's Bistro, whose menu features some of chef Stein's favorite dishes from his travels around the Mediterranean. Overnight in Padstow...D

DAY 2

BOSCASTLE / TINTAGEL / PORT ISAAC

Boscastle is one of the prettiest harbor villages in all Cornwall, and is designated an "Area of Outstanding Beauty" by Natural England. Our first hike brings us from its beautiful medieval harbor onto the cliffs. Enjoying views of secluded coves and beaches, we descend into delightful Rocky Valley, a small gorge formed by water running along a fault line. More than 160 different species of moss have been identified here in this intriguing microclimate. Our hike leads to the remains of the legendary birthplace of King Arthur, Tintagel Castle. Spectacularly sited, the ruins of the medieval fortification sit on a rocky promontory accessed by bridges and steps. After enjoying a packed lunch on the clifftops overlooking the castle, we make a guided visit to the castle. It was built in the 13th century for Richard Earl of Cornwall, but Roman artifacts have been uncovered here, and there is evidence of trade links with the Mediterranean during the late Roman period in the area (though no Roman structures remain).

A short climb brings us to the quaint village of Tintagel, where we hop in our van for the quick ride to Port Isaac. This lovely fishing village dates back to the early 14th century and is the fictional Port Wenn of the hugely popular Doc Martin BBC TV series. Its narrow, winding streets are lined with whitewashed cottages, set "higgledy-piggledy" on the hillside, and traditional granite, slate-fronted Cornish houses, many of which have been recognized for their architectural and historical heritage. From the Middle Ages until the middle of the 19th century, Port Isaac was a bustling port handling imports and exports, including coal, timber, and pottery. In fact, the name Port Isaac is derived from the Cornish Porth Izzick, meaning the "corn port."



TRIP DETAILS AT-A-GLANCE

Length:	11 days
Arrive:	Bodmin, England
Depart:	Bodmin, England
Lodging:	10 nights seaside hotels
Meals:	All meals included except 2 lunches and 4 dinners (B=Breakfast, L=Lunch, D=Dinner)
Activity:	Cultural Adventures, Hiking / Trekking
Trip Level:	1 2 3+ 4 5 6 9 hiking days on moderate trails with some short steep sections, 4-6 hours a day, van support

HIGHLIGHTS

- Hike the most spectacular coasts of Cornwall, including the renowned headlands of Land's End
- Explore fishing villages, including Port Isaac, where BBC's popular Doc Martin was filmed
- Dine at the restaurant of celebrated chef Rick Stein
- Learn about Cornwall's Celtic heritage and legends of King Arthur
- Three- or four-night stay at each hotel—less packing and unpacking!

Itinerary (cont'd)

A short transfer from Port Isaac brings us to Rock, where the ferry brings us across the estuary to Padstow and our hotel, completing a wonderful circle. Tonight we dine at Rick Stein's famous The Seafood Restaurant. Perhaps no one knows more about seafood than Rick Stein—his seafood cookbook is an absolute classic. The restaurant specializes in dishes using fresh local fish and shellfish in original dishes with delightful complementary sauces. Overnight in Padstow...BLD
Hiking Details: 6 miles, 4 hours
Driving Time: 1.5 hours



DAY 3 CONSTANTINE BAY / STEPPER POINT

Today's striking walk starts from the golden sands of Constantine Bay, and we enjoy magnificent views as we head past the isolated lighthouse at Trevoze Head and Mother Ivey's Bay. We carry a sandwich lunch with us again today, and use some perfectly placed cliffside benches to enjoy a panoramic view of the coastline with views over the Celtic Sea. Hiking to Stepper Point, the headland at the head of the Camel River estuary, we'll have wonderful views across the estuary then descend back into Padstow. Note: This hike can be shortened to a half-day walk. Dinner is on your own this evening to sample Padstow's many possibilities, from the simplest fish and chips shop to seafood favorites. Our Trip Leader, Richard Bell, lives in Cornwall and will be happy to recommend his current favorites. Overnight in Padstow...BL
Hiking Details: 10.5 miles, 6.5 hours. Half-day hike: 5 miles, 4 hours

DAY 4 PORTHCOTHAN BAY / BEDRUTHAN STEPS / PENZANCE

At the lovely horseshoe-shaped bay of Porthcothan, we begin our walk on high sea cliffs to the spectacular Bedruthan Steps. The cliffs at Bedruthan have eroded over the years, leaving impressive volcanic rock stacks that rise majestically from Bedruthan Beach, forming a series of columns that stretch across the bay. We enjoy lunch at The Beach Hut, which overlooks the beach at Watergate Bay. Afterward, we head to the old smugglers' town of Penzance, set on the south-facing shore of Mounts Bay overlooking the famous tidal island of St. Michael's Mount. Overnight at Artist Residence Penzance, a boutique hotel located just a quick walk from the seafront and town center, perfect for exploring the many shops, pubs, and restaurants during your free time...BLD
Hiking Details: 7 miles, 4 hours

DAY 5 PENZANCE / ST. IVES / ST. MICHAEL'S MOUNT

After yesterday's busy day, we will take a little time out to explore St. Ives and the local area. Pretty St. Ives was founded in the 5th century by the Irish princess Saint Ia and has long been involved with fishing and mining. This quaint seaside town that's been a haunt of artists for hundreds of years due to the exceptional quality of its light and wealth of fabulous subject matter.

This small and bustling town is packed with studios, galleries, and shops selling local crafts. There is a branch of The Tate gallery, the renowned Leach pottery, and the home, garden and studio of the sculptor Barbara Hepworth. We take a walking tour of the town, a maze of 18th and 19th century cobbled alleys known simply as “Downalong,” and learn a little of its rich history. Lunch on your own. Later, we’ll journey to Marazion on the south coast to visit St. Michael’s Mount. Similar to Mont Saint Michel in France, this is an atmospheric castle set on a small island just offshore. Unlike its French cousin, this causeway does flood twice a day, when a small boat ferries visitors. We’ll visit the island and take a self-guided tour of the castle. Due to the tidal restrictions at St. Michael’s Mount, the actual timing and order of today’s events will be determined by the Trip Leaders. We return to Penzance for dinner on your own in town and overnight. Penzance has more than 30 pubs and 15 restaurants to choose from, and our Trip Leader will gladly offer recommendations depending on how local or fancy you wish to go...B

DAY 6

CAPE CORNWALL / LAND’S END

Our last day of exploring along the north coast path is quite a spectacular one, with views of dramatic cliffs and coves of exposed granite. Our hike starts from Cape Cornwall, thought for a long time to be the most westerly point in England. This exciting section of the coast path winds its way through the village of Sennen, and then on to Land’s End (in Cornish it’s “Pedn an Wlas,” meaning the end of the earth)—the true most westerly point in all England. Surrounded by submerged and exposed reefs, the offshore Longships lighthouse warns sailors of the dangers of these seas. Thousands of shipwrecks have occurred (and occasionally still do) in these treacherous waters. At the tiny First and Last House at the very tip of England, we should be able to enjoy a celebratory Cornish ice cream, made with local “clotted” cream. Tin and copper mining have been a huge part of Cornwall’s history since before the Bronze Age, and on our way back to Penzance we will visit the spectacular UNESCO World Heritage Site Botallack Mine.

This submarine mine and two preserved engine houses sit right on the very edge next to the sea and served the tunnels stretching half a mile out into the ocean. We’ll stroll through the old mine workings and learn about the mining that made Cornwall the wealthiest part of England in the 1800s. The BBC TV series Poldark (a period piece about a Cornish tin mine Captain) was filmed here. We return to Penzance for dinner on your own and overnight...BL

Hiking Details: 5.5 miles, 4.5 hours



Itinerary (cont'd)



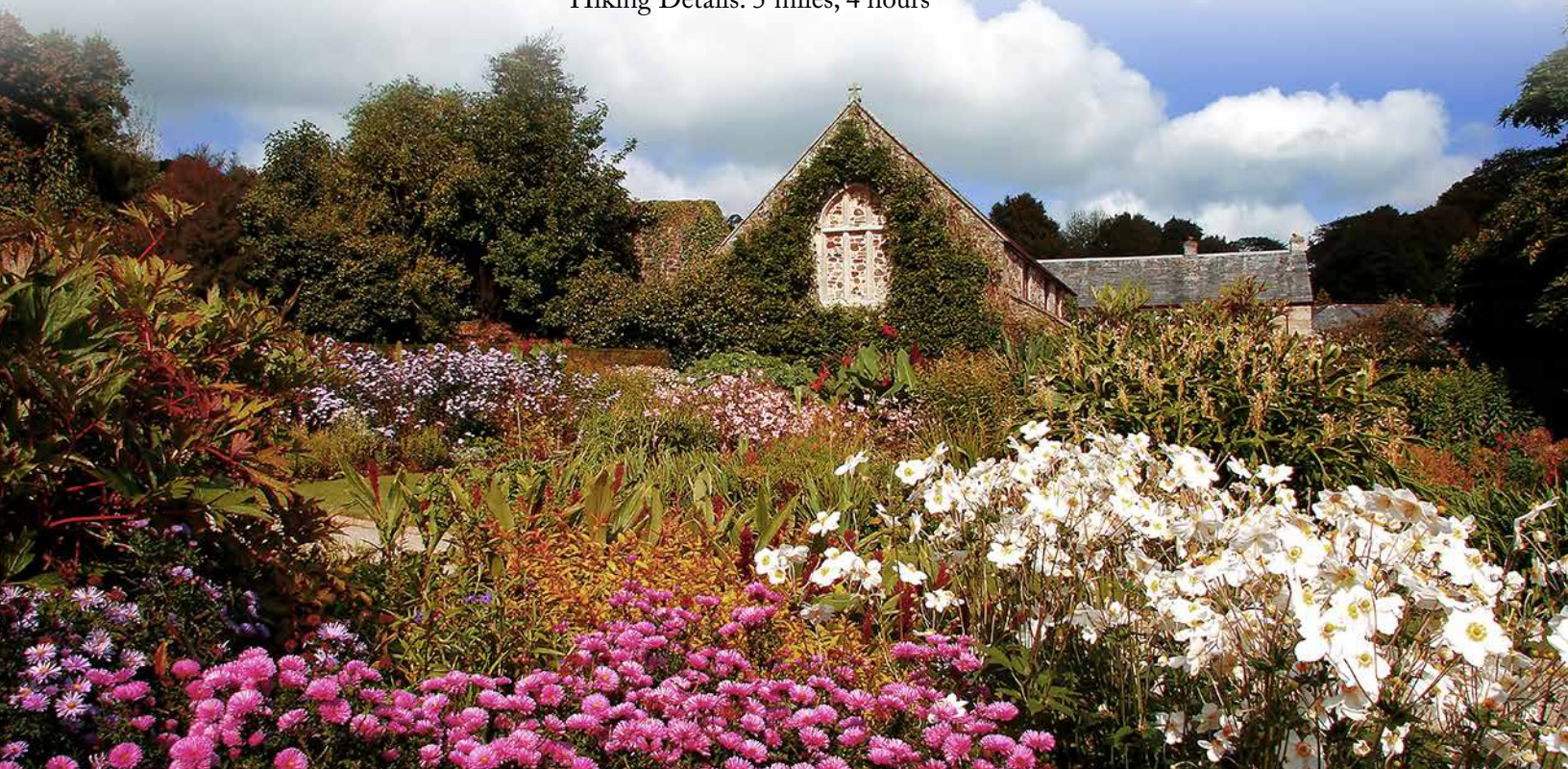
DAY 7

SOUTH CORNISH COAST / LAND'S END / PORTHCURNO

Despite the fact that the two coasts are just six miles apart in places, the difference between them is simply astonishing. The South Coast is more sheltered, warmed by the Gulf Stream, and seems like a different world. We will see subtropical gardens and exotic plants growing freely in the lush, verdant valleys. Cornwall has some of the finest cliff walking in Europe and today's walk showcases some of the best. Giant granite stacks weathered by the wind and sea abound, framing hidden coves, beaches, sea caves, and azure sea. We return to Land's End but now turn onto Cornwall's South coast to marvel at the spectacular sculpted formations that make up the coast here. The coast can be treacherous with its submerged reefs, many protected by lighthouses and lightships. Six thousand wrecks have been recorded around the coast. Our spectacular walk continues to the tiny fishing cove of Porthgwarra. Here miners cut a tunnel through the granite so that farmers could gather seaweed to fertilize the fields. We descend through the tunnel and enjoy our picnic lunch at the beach. Finally arriving at the cliffs above Porthcurno, our reward is a stunning overview of the white-sand beach and turquoise sea reminiscent of the Mediterranean. Porthcurno Valley was the hub of international cable communications from 1870-1970 and the place where the first submarine cables were laid, first to India and then the rest of the world. In World War II, Cornish miners blasted secret tunnels to house the telegraph operations. The bomb- and gas-proof tunnels were a critical aid in the war effort for the UK and its Allies. We will visit the telegraph museum and the wander through the fascinating displays in the old tunnels. We return to Penzance for dinner and overnight...

BLD

Hiking Details: 5 miles, 4 hours



Special note: During one of the nights we spend in Penzance, it may be possible to attend an evening performance at the remarkable open-air Minack Theatre. Perched on the terraced cliff face at Porthcurno with the ocean as its backdrop, the theater was built in the 1930s. It is fully open-air with a history of performing in all but the worst of conditions. It can be quite cold, so pack gloves and a warm hat to complement your other cold-weather gear.

DAY 8

LOST GARDENS OF HELIGAN / FOWEY

This morning we drive to Fowey via Truro, the capital city of Cornwall, where we enjoy a panoramic view of the city and its 19th century Victorian-Gothic Cathedral. Our destination is the Lost Gardens of Heligan, a vast ancient estate with extensive collections from the Victorian plant hunters—even pineapples are grown here! We enjoy a guided talk, then visit part of the gardens, with time for independent exploration. Later we walk down to Mevagissey and take a late-afternoon ferry across St. Austell Bay to the riverside port of Fowey, where our lodging, the Fowey Hotel, is just a few steps from the ferry landing. Overnight in Fowey...BD

Driving Time: 2 hours

DAY 9

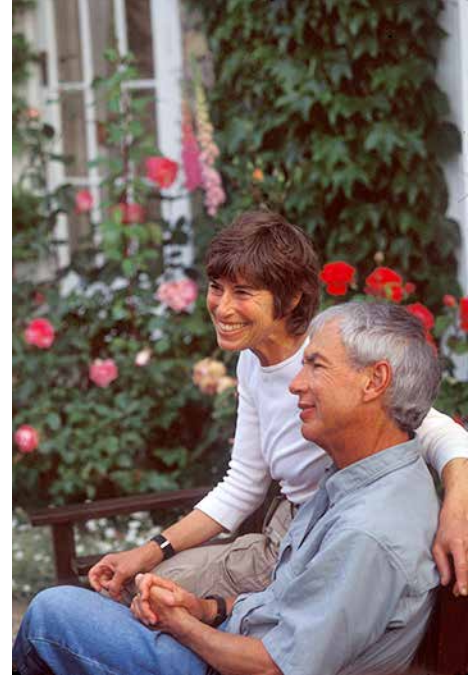
POLPERRO / POLRUAN

A short transfer by bus and then a ferry ride brings us to the unbelievably picturesque fishing village of Polperro, with its tiny streets, ancient cottages, and fishermen's lofts—a place where time seems to have stood still. On today's hike, our path is never far from the sea as we wind our way past sandy coves and dramatic rocky coastline. Arriving at Polruan, we'll be rewarded with a panoramic view across the Fowey River to our village and hotel. Boats on their moorings rock gently and the sheltered bay is always alive with activity. A small passenger ferry conveys us across the river and back to our hotel. An alternate shorter walk is also available today, walking directly from our hotel to explore the creeks around Fowey, visit the setting for Kenneth Grahame's *The Wind in the Willows*, which was written here, the tiny church of St. Wyllow at Lanteglos, where Daphne du Maurier was married, and finally a short stretch of coast. Either route will lead us back to Polruan, where we can hop into *The Lugger* for a pint of local ale before heading back to our hotel. Dinner is on your own this evening so you can explore and enjoy Fowey...BL

Hiking Details: (Option 1) 4 miles, 4 hours

(Option 2) 7 miles, 5 hours

Driving Time (Option 2): 1 hour



“The trip was outstanding. We had a LOT of hiking combined with cultural experiences to really give us a good appreciation of Cornwall today and its history. The parts of the South West Coast Path that we hiked were stunning. We LOVED the guided tours of Tintagel, the Levant tin mine, and the Lost Gardens of Heligan. We particularly liked staying in one hotel for three nights before moving on.”
Nancy P., Newton Upper Falls, MA

DAY 10 MENABILLY

Menabilly, which she reimagined as Manderley in her haunting novel *Rebecca*. Although the estate is not open to the public, our walk circles the estate, starting at Ready Money Cove, whose coach house was one of the places du Maurier lived before finally moving into Menabilly. We pass the ruins of St. Catherine's Castle, one of a pair of small artillery forts on opposite headlands that was built by Henry VIII in the 1530s to defend strategic Fowey Harbour. On our horizon we see the Gribbin Daymark, an 84-foot-high tower painted in red and white stripes that was erected in 1832 to ease navigation into Fowey and St. Austell bays. Dropping down into the lovely sheltered harbor of Polkerris, we enjoy lunch at Sam's, a bistro right on the beach. Heading back to Fowey, we take an inland path on the Saints Way, a trail signed with Celtic cross markers that follows the route of early Christian travelers making their way from Ireland and Wales to Brittany and the European mainland all the way to Santiago de Compostela. In the evening we gather for a festive Farewell Dinner. Overnight in Fowey...BLD
Hiking Details: 6 miles, 4 hours

DAY 11 DEPART

Transfer to Bodmin Parkway Rail Station for departure to London or other points in the British Isles...B

Trip Cost, Payment & Insurance

TRIP COST

Prices are per person, valid through 2024

\$6795 (11-14 members)

\$7395 (4-10 members)

Single supplement: \$1995

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

CURRENCY EXCHANGE RATE

Due to the volatility of currency markets, we can only offer the most competitive pricing on our trips in Britain by partially tying the trip cost directly to the value of the British Pound. In the late spring of 2023, when we set the rates for our 2024 program, the US Dollar equaled 1.0 British Pounds. While in most years, no price changes are ever necessary, if there were to be a significant change in exchange rates, we may be forced to raise or able to lower our trip cost; if so, your final invoice, sent two weeks before your final payment is due, will reflect the difference. Please note that the calculation will not be a straight proration. While most of the trip cost is paid in Pounds, the remainder of our expenses are paid in US Dollars. The overall effect is to moderate any change; thus, if the Pound were to rise in value, the land price would rise less than might be expected, and if the Pound were to fall, the drop in trip cost would also be less than might be expected.

TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader
- Accommodations in hotels
- All meals included except 2 lunches and 4 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- A glass of wine or beer with dinner
- Land transportation and van support
- Entrance fees to museums, castles, and historic sites as per the itinerary

TRIP COST DOES NOT INCLUDE

International airfare, transportation to Bodmin and return, any meals not specified after each itinerary day, airport departure taxes, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessitated by airline schedule changes or other factors, travel insurance, and other expenses of a personal nature (alcoholic beverages, laundry, telephone calls).

PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: www.wildernesstravel.com/insurance

Arrival & Departure

Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

ARRIVAL & MEETING PLACE

Bodmin, England

Suggested Airport: London Heathrow Airport (LHR) or London Gatwick Airport (LGW)

Suggested Date & Time: Anytime prior to Day 1

Meeting Place: You will meet your Trip Leader at Bodmin Parkway Railway Station in Bodmin at 2:00 pm on Day 1.

Note: This pick up time may be adjusted based on 2023 train schedules when they become available. Please check with Wilderness Travel before booking your train tickets.

Trains to Bodmin leave from London's Paddington Station almost hourly beginning in the early morning. The train takes approximately 4 hours, usually with no connections.

Train tickets can be booked online. There are a number of rail ticket booking sites in the UK: www.raileasy.co.uk, www.redspottedhanky.com, www.mytrainticket.co.uk, and www.thetrainline.com. If you register with The Trainline, it's possible to set up a ticket alert (under "Tools and Tips"), and they will email you when the advance purchase, extremely good value tickets come up for sale. This is usually 90 days before travel. These tickets are exactly the same as any other, but substantially cheaper than the lead in prices by as much as 80%. The tickets can be posted internationally for an extra fee, but can also be collected from the ticket machines at Paddington Station. It may also be possible to "Print your own Tickets" which also includes free seat reservations that are essential for this service.

DEPARTURE

Bodmin, England

Suggested Airport: London Heathrow Airport (LHR)

Suggested Date & Time: Day 11, after 6:30 pm

Trip members will be dropped off at approximately 9:30 am at the Bodmin Parkway Rail Station for trains back to London Paddington.

INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from England.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at www.exitotravel.com.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

Please do not purchase your tickets until you are confirmed on the trip. Once your tickets have been purchased, please send us a copy of your airline schedule. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

LONDON HOTEL RECOMMENDATION

We recommend the Hilton London Paddington, one of London's finest Victorian Art Deco hotels and the world's first palatial terminus hotel. You can easily make reservations online at hilton.co.uk/paddington. The Heathrow Express runs directly to London's Paddington Station and the hotel is just a few steps away. Directions are on the hotel website.

Lodging



HOTELS IN PADSTOW

Padstow, England, Days 1 to 3 (3 nights)

In Padstow, we stay at one of the following properties:

ST. PETROC'S HOTEL

With its winding stairs and cozy fireplaces, this chic country-style hotel is in the heart of Padstow, just a short walk from the bustling harbor. There are 10 guest rooms, a relaxing sitting room, reading room, and a garden for your enjoyment. It is lovely to dine outside in the shady courtyard. The main facility at the hotel is the marvellous Rick Stein cooking school.

THE SEAFOOD RESTAURANT

This accommodation atop the Seafood Restaurant offers picturesque views over the harbor and estuary and has 16 guest rooms with modern decor, some with rooftop terraces. At the famed restaurant below the hotel, you can watch chefs put together plates of fresh oysters and perhaps try Oysters Charentaise, a combination of oysters and sausages.



ARTIST RESIDENCE PENZANCE

Penzance, England, Days 4 to 7 (4 nights)

Set in the historic seaside town of Penzance, this 22-room boutique hotel, a former Georgian manor house, is just a 10-minute walk from the seafront. Guest rooms are cozy, bright, and airy, with comfy beds and cheerful art prints. Relax in the garden or in the lounge in front of the fireplace. Its restaurant is a bustling neighborhood hangout with a warm and friendly ambiance.



THE FOWEY HOTEL

Fowey, England, Days 8 to 10 (3 nights)

Surrounded by gardens and overlooking the historic town of Fowey, this is an excellent place to relax at the end of our active hiking days. First opened in 1882, the Fowey offers beautiful views over the river and the sea. And from casual snacks in the hotel's Lookout Bar to fancier meals in Spinnakers Restaurant, the cuisine is focused on Cornish tradition and regional produce.

Trip Leaders

Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. The Trip Leader for each departure is listed on the “Dates & Prices” tab on our *Hiking in Cornwall* webpage: www.wildernesstravel.com/trip/england/cornwall-culinary-hiking-history-adventure



KAREN BELL

Karen Bell, born in the northwest of England, is a specialist of all things English and a lover of the country and its varied landscapes. The wife of veteran Trip Leader Richard Bell, she is a medical scientist, world traveler, and keen naturalist who has an uncanny ability to identify just about every plant and flower we'll see along our hiking trails. Karen is a delightful traveling companion who brings enthusiasm and good energy to every trip.



RICHARD BELL

For a man who has traveled to more than 100 countries, been a trip leader for Wilderness Travel for more than 20 years, and has an ever expanding palate to cook exquisite dishes with global infusion (ask him about his infamous slow-cooked lamb with pomegranates), Richard Bell still takes as much pride in each trip he leads as he did when he first started traveling around his hometown in Yorkshire, on the northeast coast of the UK. “My experience of being a guide for over 20 years has allowed me to create trips that I know will appeal to our clients,” he says. “I combine a unique hiking experience with cultural interactions in whatever country I may be in. Anyone who has hiked with me before, will already know that my trips are quirky, individual, interesting, and full of humor and good times.” Now in his 60s, Richard says he has graduated with honors from the University of Life, and is delighted to be able to share his experiences with our travelers. When he is not leading hikes, he tends to his fruit and vegetable garden at his home in Cornwall in southwest England, and of course, loves to cook (seriously, get that slow-cooked lamb recipe).



TIM BURFORD

Tim Burford's goal to explore the world led him to write nine hiking guidebooks for destinations from Latin America to central Europe, including the definitive Travel Guide to Georgia (the former Soviet Union). With hiking poles in hand, he has been leading Wilderness Travel trips all across Europe for over 20 years. Tim studied French language and literature at Oxford University, lives in Cambridge, England, and when not writing or leading our hiking adventures, enjoys sailing and cycling.

Trip Details

WHAT THE TRIP IS LIKE

This trip is rated a Level 3+ (Moderate to Strenuous) according to our trip grading system. You will need to be comfortable hiking 10 miles a day and being on your feet for up to 6 hours a day. With the exception of one day, you will need to be able to keep up with the moderate but steady pace of the group as there are no alternative hiking options available. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

Average Hiking Day

- 6-7 miles
- 4-5 hours
- 700 feet gain/loss

Challenge Days

- Day 3: 10.5 miles, 6.5 hours, and 700 feet gain/loss

TERRAIN

The trails range from easy cliff-top paths that are flat and grassy to narrow, uneven, and rocky tracks with short, steep sections that often include steps. On one hike, there is a brief section where you will need to use your hands to scramble over rocks and boulders. Some of the coastal paths can be slippery, sandy, and uneven, especially if it rains. We do not see significant elevation gain and loss on most hikes (usually a maximum of 700 feet gain/loss).

GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness. The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercises. Stair-climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in.

WEATHER

Due to the Gulf Stream and its westerly location, Cornwall typically has a very moderate climate. However, conditions can quickly shift from idyllic to windy and stormy. Since there is not much shelter on coastal paths, warm raingear is necessary to carry with you on every hike.

ACCOMMODATIONS

We spend multiple nights at a few different properties, including a chic country-style inn and seaside hotels with English charm and comfortable rooms. Since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Please note that most accommodations in Cornwall do not have elevators. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
1				45 mins
2	4 hours	6 miles		1.5 hours
3	a) 6.5 hours b) 4 hours	10.5 miles 5 miles		20 mins
4	4 hours	7 miles		30 mins
5	Town Visit	minimal		40 mins
6	4.5 hours	5.5 miles		
7	4 hours	5 miles		
8	Garden Visit			2 hours
9	a) 4 hours b) 5 hours	a) 4 miles b) 7 miles		a) none b) 1 hour
10	4 hours	6 miles		
11				30 mins

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Padstow	49/40	49/40	51/41	54/43	60/48	63/52	66/56	67/56	64/53	58/49	53/44	49/40
Fowey	47/38	47/38	50/39	53/41	60/46	63/49	66/54	67/54	63/51	57/47	51/42	47/38
Penzance	49/38	49.38	50/39	53/40	58/44	62/46	65/51	67/51	63/49	58/45	53/41	49/38
RAINFALL - INCHES												
Padstow	4.1	3.3	2.6	2.8	2.6	2.5	2.6	2.7	2.9	4.2	4.5	4.3
Fowey	5.2	4.3	3.2	3.3	3.1	2.5	3.0	3.5	3.5	5.7	5.9	6.1
Penzance	4.3	3.6	2.7	2.8	2.4	2.1	2.5	2.7	2.7	4.2	4.5	4.6

CUISINE

Lunches are most often taken picnic-style during one of our hikes, with a couple of meals taken at local pubs and restaurants. Dinners are at local restaurants with a few evenings of fine dining. The menus are varied, and there is an emphasis on locally caught fish. We visit a couple of restaurants that are owned by the internationally respected chef Rick Stein.

TRANSPORTATION

Our van will transport the group's luggage, so you only need to carry a daypack for items you need for the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or spend the day in town).

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Europe Manager or email us at europa@wildernesstravel.com.

REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

VISIT OUR WEBSITE

At www.wildernesstravel.com, you can find out about added departures, last-minute deals, and special WT Expeditions that aren't listed in our catalog. You can also access a complete library of our detailed itineraries and browse the customized reading guides for each of our adventures.

HELPFUL LINKS

Wilderness Travel has compiled a list of useful websites for travelers. Find the Client Forms & Helpful Links page of our website: www.wildernesstravel.com/toucan/links.

Toucan Club Rewards & Discounts

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at www.wildernesstravel.com/toucan.

Here's how it works:

YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

YOUR SECOND TRIP

A top quality Wilderness Travel insulated stainless steel water bottle by CamelBak and a cozy Wilderness Travel fleece vest by Patagonia (\$130 value).

YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$140 value).

YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.

TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.



MEN'S T-SHIRT



WOMEN'S T-SHIRT



PATAGONIA SYNCHILLA FLEECE VEST
PLUS INSULATED CAMELBAK WATER BOTTLE



PATAGONIA R1 PULLOVER



WILDERNESS TRAVEL HAS BEEN AWARDED:

- World's Best Tour Operators:** *Travel + Leisure*, 2022, 11-time winner
- Best Travel Specialists in the World:** *Conde Nast Traveller*, 2022, 3 years in a row
- Best Wildlife, Hiking & Walking Trips:** *AFAR Magazine*, 3 years in a row
- Best Adventure Travel Companies:** *USA Today*
- Trip of the Year:** *Outside Magazine*, 9-time winner
- 50 Tours of a Lifetime:** *National Geographic Traveler*, 9 years in a row
- Best Adventure Travel Companies:** *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.