

THE SOUTH WEST COAST PATH

WITH 500 KILOMETRES OF COASTLINE TO CHOOSE FROM IT CAN BE HARD TO KNOW WHERE TO START.

WE WILL TAKE YOU ON SOME OF THE MOST BEAUTIFUL WALKS IN THE WORLD...



SPECTACULAR WALKS

Shaped by the Atlantic Ocean, there are jaw-dropping views around almost every corner.



CHAT & CONVERSATION

Strolling outdoors in the fresh air is the perfect opportunity for contemplation and interesting conversations.



GET OFF THE BEATEN TRACK

Some walks are all about timing and that little bit of local knowledge.



The South West Coast Path

Sample programme based on 8 nights

Day	9.30am – 12.45pm (inc. 15 min break)	Break	Afternoon / Evening excursions
Saturday	Arrival in the UK, transfer to Truro. Orientation tour of Truro		
Sunday	Lizard Point to Kynance Cove + Coverack Sculpture Garden & dinner in Hotel Paris		
Monday	English classes		Chapel Porth to Perranporth including Wheal Coates
Tuesday	English classes		Fistral Beach to Polly Joke
Wednesday	English classes		Land's End to Nanjizal
Thursday	English classes		River Cruise to Trelissick Gardens & the Roundwood loop
Friday	English classes		Fowey to Lantic Bay with ferry crossing
Saturday	Zennor to St Ives with seal watching and lunch in St Ives		
Sunday	Farewell breakfast & Return home		

Programme Overview:

- English classes** Each morning starts with our engaging and interesting English language classes.

During these lessons you will get to practice and develop your English language skills in a small group with students of a similar level to you.

Our qualified and enthusiastic teachers provide lessons focused on practising all four skills: reading, writing, speaking & listening. The main focus will be on speaking and natural English. Through the classes, you will learn lots about the history and culture of the UK and in particular, Cornwall.



- Lizard Point to Kynance Cove** Probably the most spectacular beach in Cornwall and a great place to start our week on the South West Coast Path.

We will start our first walk at Lizard Point, the most southerly point in the UK. With its dramatic cliffs and amazing views around each corner, you will immediately appreciate the magic of the coast path.

Our first walk is a fairly easy stroll along the coast until we reach Kynance Cove for our first pitstop in the beach café and some time to enjoy this stunning beach. From here, we will then move on to Coverack to see the wonderfully understated sculpture gardens and enjoy a tasty pub supper to finish off your first full day in Cornwall.





3. Chapel Porth to Perranporth For our second day, we will move from the south coast to the dramatic north coast facing the Atlantic Ocean.

The walk from St Agnes is also the first chance to appreciate the mining heritage that is such a key part of Cornwall's history.

At the start of the walk, you will get to see Wheal Coates mine standing tall on the cliff edge near St Agnes. It is a striking example of the architecture of the Cornish tin mines set against the Atlantic coastline.

Then, the walk from St Agnes to Perranporth is a typical example of the coast path as it rises and falls around each cove along the coast. When we arrive at Perranporth, you will be ready to enjoy a drink in the UK's only pub in the middle of a beach.



4. Fistral Beach to Polly Joke Just up the coast from Perranporth is Fistral Beach. This area is the home of British surfing and all along this coast, you will see great beaches and rolling waves.

From Fistral, we will head towards the Gannel Estuary on the other side of the headland. To cross the estuary we will take a fun little ferry across the river so we can continue our journey to Polly Joke.

This whole area is wonderfully beautiful and the icing on the cake is just before we descend to Polly Joke when we reach the fields of poppies swaying in the

breeze. This is such a special finale to this journey on the coast path.



5. Land's End to Nanjizal At Land's End, the cliffs tower up over 100 metres above the sea, providing dramatic views out to sea. As the signpost tells you, from here it is all ocean all the way to America with New York over 3000 miles away.

From this wonderful, dramatic headland, we will walk to Nanjizal and the Song of the Sea. This is the name for the wonderful crack in the rock and the sea pool beneath it. It's the perfect place to take a dip in the ocean and soak up the wonderful atmosphere of this special location.





enjoy the peacefulness of this wonderful place.

6. Trellisick Gardens & The Roundwood Loop While our other coast walks so far have been along the ocean, this coast walk is slightly different as we follow the path along the Fal Estuary.

However, it is no less dramatic. Rather than expansive views out to sea, on this walk you will get to enjoy walking through ancient woodland following the river estuary.

We will also take the chance to visit Trellisick House and its wonderful gardens that run alongside the coast path – a great place to stop and have a picnic and

7. Fowey to Lantic Bay Fowey is a beautiful fishing village loved by famous writers such as Daphne du Maurier and Kenneth Grahame who made it their home and based their stories on the surrounding area.

On our walk, we will take a journey into this literary paradise, first taking a short ferry ride across the river to Polruan and then following the coast path round to Lantic Bay.

We will follow a circular route through the countryside back along the river to Polruan. You will experience the joy of ‘mucking round on boats’ on the river and we will see if you can guess which was Daphne du Maurier’s house when she lived in the area.



8. Zennor to St Ives For our final walk on our South West Coast Path itinerary, we will follow the coast path from Zennor to St Ives.

Before starting our walk, we will take a little look in the chapel in Zennor where you can see a carving of the mermaid of Zennor that dates back to 1400. There are many legends of mermaids in Cornwall but this one is the most famous.

Then starts the walk along the coast, all the time with one eye on the sea to look out for seal, dolphins, whales (and mermaids) which can all be seen along this coastline if we are lucky.

The coast path from Zennor to St Ives is often voted the best stretch of the whole coast path with its dramatic coastline. It is also the most tricky as the path goes up and down various steep valleys on the way to St Ives.

The journey is worth it though to arrive in St Ives at the end of the walk for fish’n’chips on the beach and the chance to walk around this beautiful fishing village that also has a thriving international art scene.



South West Coast Path options:

The sample programme includes just a few of the many amazing coast walks that can be done along the 600 kilometres of coast path. It is a truly incredible path and there are so many options to choose from depending on the types of walks you are interested in.

A full list of suggested routes is available on the South West Coast Path website:

<https://www.southwestcoastpath.org.uk>

For those particularly interested in the coast path, you may be interested to read **The Salt Path** by Raynor Winn. It is an uplifting true story about a couple who went on a life changing adventure on the South West Coast Path.

