



The South West Coast Path: North Cornwall

Our North Cornwall holidays cover over 140 miles of coastline from Westward Ho! to St Ives, comprising tiny fishing villages with cobbled streets, ancient woodlands, rocky headlands, remote coastal landscapes and golden surf-washed beaches.

You'll enjoy overnight stays in the popular towns such as Tintagel, Port Isaac, Padstow and of course St Ives itself. There are a great many historical sites along this route as well as museums telling the story of North Cornwall's hidden past. Highlights along this stunning stretch of coast include Tintagel Castle, the mythical birthplace of the legendary King Arthur. There are a number of Iron Age forts which are of huge interest too. Also on display are abandoned engine houses, relics of a once prosperous tin mining industry.

The first half of the North Cornwall coast features some the wildest and remotest areas on the whole of the South West Coast Path. As a result, the walking can be challenging at times. Be prepared for numerous daily ascents and descents. The second half will see you pass by some of Cornwall's most popular surfer beaches.

This is a dramatic landscape with magnificent waterfalls crashing from the clifftops onto the rocky beaches beneath. You might be lucky enough to spot grey seals. There's a wealth of wildlife and wildflowers too. Birdwatchers should look out for stonechats, linnets and meadow pipits as well as peregrine falcons, buzzards and kestrels, while cornflowers, sea pinks and kidney vetch colour the countryside enhancing your experience of this awe-inspiring coastline.



Summary

Why do this walk?

- Walk along one of Britain's most dramatic coastlines.
- Explore the exquisite tastes behind Padstow's delightful seafood restaurants.
- Unspoilt countryside with abundant wildlife.
- Discover the history of Cornwall.
- Stay in delightful seaside towns and old fishing villages

Length	5 – 10 nights
Full Route Length	144 miles / 231 km

Essential Info

Grade



Moderate to Challenging

This is not a technically difficult walk and should be easy to tackle for most reasonably fit people.

Terrain: The paths are good, and there are no major route-finding challenges.

What's it like underfoot? Generally good paths and tracks, although a few sections can get muddy after heavy rain.

How much up & down? More than you'd think! Although you never reach more than 400m above sea level (and most of the time not more than 200m) there are many short steep sections. Most days involve ascents of 200-400m metres, although no section is very steep for very long.

Signposting: Good – the path is well waymarked.

Navigation: Pretty straightforward – good signposting, and generally well defined tracks.

Weather: You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry paths and tremendous views, but you must be prepared because the weather can change quickly. Good clothing and waterproofs are essential, but don't forget your sunhat, sunblock and shorts!

Route

Westward Ho! to Clovelly

Westward Ho! is the only English place name with an exclamation mark in its title and the name came from the novel of the

same name by Charles Kingsley. Upon leaving Westward Ho! you are treated with glorious views where, on a sunny day, you may spot Clovelly in the distance. After following a disused railway track that used to run inland to Bideford, the trail then heads south along the coastline where you trek upwards on to the clifftops passing Abbottsham and Green Cliff. From Peppercombe the trail changes quite suddenly as the terrain is set in a woodland environment. The trail then slopes through Sloo and Worthygate woods and then drops down into Buck's Mills and into cobble-streeted Clovelly.

Clovelly to Hartland Quay

Clovelly is one of the loveliest villages on the South West Coastal path with its four-hundred feet of cobbled streets and its narrow cleft in the coastline of North Devon. There aren't many cafés or places to stop on this section so it is best to stock up on supplies in Clovelly. Leaving the steep, cobbled streets of Clovelly behind the trail begins with a stroll through the woods of Gallantry Bower and onto Snaxland. If you're a keen bird watcher you're in for a treat when you reach Gallantry Bower, with a chance of seeing stonechats, linnets and meadow pipits. Once you leave the ancient woodland the landscape becomes less sheltered and you're more exposed to its elements.



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Following on the clifftops you reach the lighthouse which marks Hartland Point. From here the trail takes a sudden southerly turn where the trail takes you along the wildest and remotest part on the whole of the South West Coastal Path. The dramatic landscape here is an awe-inspiring experience with its waterfalls cracking into the rocky beaches of the Atlantic, the wildflowers and seabirds also contribute to this secluded and rough section on your way down into Hartland Quay.

Hartland Quay to Bude

This section starts easier than the previous day, as it eases you back along the coastline. But don't take too much time to begin today's walk as this part of the trail is arguably one of the hardest with its long ascents. There are roughly ten ascents and descents on this section, which can be tough at times, so remember to stock up on supplies to get you through as there aren't many places to stop. The trail passes the outstanding waterfalls at St Catherine's Tor and Speke's Mill Mouth which cannot be missed. With a slow climb up towards Sandhoe Cliff you are rewarded with terrific views of this secluded area. The trail then descends the steps to the floor of the valley and you cross the border into Cornwall, the exact

boundary marked by a bridge and a signpost welcoming you into 'Kernow'. You must stop at the smallest property owned by the National Trust in the UK, which is known as Hawk's Hut. This next section gives you a real sense of isolation here and the views are beautiful – in particular the views from Higher Sharpnose Point and Steep Point. The next section is less strenuous leading you into the surfer's paradise of Bude.

Bude to Crackington Haven

After your night in Bude your day's walk begins along an easy grassy cliff path from the beaches of Bude. You might be lucky enough to spot grey seals from the glorious cliffs at Phillip's Point Nature Reserve. This section provides you with wide and open views of the Atlantic from high clifftop paths. The trail then takes you over the top of Widemouth Bay (pronounced 'Widmouth'). The path then changes and can be rough in places with a punishing ascent onto Penhalt Cliff between Foxhill Point and Dizzard Point. The path eventually winds downhill with some steep descents into Crackington Haven.

Crackington Haven to Tintagel

From the sheltered village of Crackington Haven you begin this section with some

steep climbs, including the aptly named High Cliff (731ft) at the highest point and the cliff of Buckator towering over Gull Rock. After a long descent from the clifftops you arrive at the famous Pentargon high waterfall, made famous by the English author Thomas Hardy who wrote a poem from his time here called 'Under the Waterfall'. You can usually spot some impressive birdlife on this part of the trail so look out for peregrine falcons, buzzards and kestrels. There are some beautiful rugged coves and clefts on your approach to Boscastle – a stunning fishing village filled with Cornish charm and great place to stop for a cup of tea and a Cornish scone! Over the next 5 miles you'll leave the high cliffs behind as you are eased back along the trail, passing by the Willapark Iron Age fort which is now a National Coastwatch tower. The walking from here is not too taxing and there are plenty of places for a break, not least the sheltered Rocky Valley just before Bossiney, which has a narrow gorge for some much needed sheltered on a sunny or windy day. You then reach the end of this section in the legendary village of Tintagel. Look out for the ruins of Tintagel castle – famous for being the mythical birthplace for King Arthur.



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Tintagel to Padstow

Upon leaving the fascinating village of Tintagel the path begins with an easy stroll past an old slate quarry and tin mine workings. Once you pass the attractive hamlet of Trebarwith Strand the path becomes more challenging with several ascents and descents along the coastline. After reaching the idyllic village of Port Gavern and its neighbouring village of Port Isaac the path becomes a lot less demanding. Port Isaac has sprung to fame in recent years as a filming location for the English television drama 'Doc Martin'. From here the next 3 miles take you on a winding trail up and down the clifftops with views of Padstow in sight. Once you reach the holiday town of Polzeath you leave the clifftops behind and follow an easy footpath to Trebetherick and then onto the village of Rock. From Rock you can take the passenger ferry across to Padstow which runs very regularly. Padstow has a lot to offer the hungry walker and you're spoilt for choice for eateries. You're in for a treat after completing this wild and rugged part of the South West Coast Path!

Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. We recommend Bude and Padstow.

Bude

Bude is a compact seaside town with plenty of character and a fine beach. There's a small castle and heritage centre and enough local places of interest to keep you busy.

Padstow

Padstow is famous for its scrumptious seafood restaurants and its bustling harbour. One of Padstow's highlights is the great variety of dining options which include a selection of the famous TV chef Rick Stein's Seafood restaurants. Padstow has a lot to offer so it is best to book an extra night here to make the most of the town

Getting There and Away

General Travel information for the South West Coastal path area will be in your holiday pack including train and bus timetables where available.

Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps.

To view train times please visit trainline.com where you can also purchase tickets in advance. For information on bus timetables please visit traveline.info

If you require secure car parking whilst

walking this route, please contact us for information.

Getting to Appledore:

By Air: The nearest and most convenient International Airports to the trail are any of the London Airports. Trains run hourly from London Paddington station to Barnstaple for Appledore changing at Exeter St Davids (journey time approx. 4 hours).

Alternatively, you may wish to travel via Exeter Airport (direct flights from Europe and connecting flights from several UK airports including London City, Edinburgh, Belfast and Manchester). There is an hourly shuttlebus Mon to Sat from Exeter Airport to Exeter St Davids Railway Station from where trains run regularly direct to Barnstaple for Appledore. On Sundays buses are more infrequent so you may prefer to take a taxi direct to your accommodation – the taxi desk can be found inside Arrivals (journey time approx. 1 ½ hours).

By Public Transport: The nearest railway station to Appledore is Barnstaple. Stagecoach South West bus service 21 runs between Barnstaple Railway Station and Appledore half hourly (hourly on Sundays), journey time approx. 50 minutes.

By Road: Appledore is located on the A386 just off the A39. Leave the M5



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motorway just before Exeter at Junction 27 and join the A361 (signed Tiverton & Barnstaple). Stay on the A361 for approx. 35 miles through Tiverton to Barnstaple then follow signs for A39 Bideford. After crossing the bridge over the River Torridge on the outskirts of Bideford, follow signs for the A386 Appledore.

Returning from Padstow:

By Public Transport: The nearest railway stations to Padstow are Bodmin Parkway and Newquay. Plymouth Citybus service 11A runs hourly (every 2 hours on Sundays) between Padstow and Bodmin Parkway Station, journey time approx. 1 hour. First Kernow bus service A5 runs regularly between Padstow and the Great Western Hotel, Newquay (2 min walk from Newquay Railway Station), journey time approx. 1 ½ hours.

By Road: Padstow is located at the end of the A389. Leave the M5 motorway just after Exeter at Junction 31 and join the A30. Continue on the A30 until you reach Bodmin then follow signs for the A389. Stay on the A389 as it passes through Bodmin then Wadebridge (where the A389 merges with the A39 for a short distance). At Wadebridge, follow signs for Padstow.

How our holidays work *How to Book*

We specialise in self-guided walks because we think it's the best way to really experience local landscapes, cultures and history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday. You just turn up and walk!

Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please. You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed or posted. We will get in touch with you once we have received your booking to confirm your holiday details.

Alternatively, you can either book online using our website at mickledore.co.uk or telephone us during office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We understand this and go out of our way to find the best. We put a great deal of effort into hand picking our accommodation and matching it to individual customer requirements. As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight in to the day-to-day operation, and lets us spot any potential issues before they become a problem.

We use a variety of accommodation, including small country house hotels, guest houses in market towns, bed and



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breakfasts in farm houses, country cottages and Victorian town houses. In selecting the accommodation, we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, on a working farm, and in a Georgian hotel. Occasionally we may use a chain hotel.

We always try to arrange en suite accommodation, i.e. rooms with their own bathrooms for each night of your stay. However, in some of the more remote locations accommodation is limited and occasionally we may have to book rooms with shared bathrooms for one or two nights of your holiday, (especially if the booking is made at short notice), but we will always let you know if this is likely to be the case.

Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than two for any one group. Single room bookings include a supplement

What We Provide

All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs including a full English or Continental breakfast.

Guidebook A guidebook with route information, maps, photos and background information.

Information of Services Along the Route A comprehensive service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafés and taxis.

Maps One waterproof Harvey map covering the whole route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

12.5% discount at Cotswold Outdoors We will issue you with a 12.5% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Packed lunches are not available for SWCP routes. We will provide you with a guide to local places to pick up lunch before you set off or on the route, your hosts will also be happy to advise you.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also arrange your transfer back to your car, (or advise you when public transport is a better option.)

What's not included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £30.00 per night.



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Transport to the start & away from the finish

Taxi or bus transport if you need to miss a stage (but we'll help you organise it if you need help)

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website mickledore.co.uk.

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the

best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 20 years' experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 12.5% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and the Association of British Travel Agents (ABTA). We have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid

to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.



AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at aito.com. Visit the website to find out more about the Association or call 020 8744 9280.



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North Cornwall Coast Path: Westward Ho! to Padstow

Note on transfers: Many of the accommodations on the South West Coast Path operate a two night minimum policy, therefore when booking, you need to be prepared to be transferred to and from your accommodation on several nights of your holiday.

Westward Ho! to Padstow in 7 Days Walking Code: CNE8				Westward Ho! to Padstow in 9 Days Walking Code: CNE10		
		miles	km		miles	km
Day 1	Travel to Appledore for your first night of accommodation			Travel to Appledore for your first night of accommodation		
Day 2	Transfer to Westward Ho! then walk to Clovelly	11	18	Transfer to Westward Ho! then walk to Clovelly	11	18
Day 3	Clovelly to Hartland Quay	10	17	Clovelly to Hartland Quay	10	17
Day 4	Hartland Quay to Bude	15	24	Hartland Quay to Morwenstow	8	12
Day 5	Bude to Crackington Haven	10	16	Morwenstow to Bude	7	11
Day 6	Crackington Haven to Tintagel	12	19	Bude to Crackington Haven	10	16
Day 7	Tintagel to Port Isaac then transfer to Tintagel	9	14	Crackington Haven to Boscastle	7	11
Day 8	Transfer back to Port Isaac then walk to Padstow	12	19	Boscastle to Tintagel	5	8
Day 9	Depart from Padstow after breakfast			Tintagel to Port Isaac then transfer to Tintagel		
Day 10				Transfer back to Port Isaac then walk to Padstow		
Day 11				Depart Padstow after breakfast		





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North Cornwall Coast Path: Padstow to St Ives

Note on transfers: Many of the accommodations on the South West Coast Path operate a two night minimum policy, therefore when booking, you need to be prepared to be transferred to and from your accommodation on several nights of your holiday.

Padstow to St Ives in 4 Days Walking Code: CNW5				Padstow to St Ives in 6 Days Walking Code: CNW7		
		miles	km		miles	km
Day 1	Travel to Padstow for your first night of accommodation			Travel to Padstow for your first night of accommodation		
Day 2	Padstow to Portcothan then transfer back to Padstow	12	19	Padstow to Portcothan then transfer back to Padstow	12	19
Day 3	Transfer back to Portcothan then walk to Perranporth	22	36	Transfer back to Porthcothan then walk to Newquay	12	20
Day 4	Perranporth to Portreath	11	18	Newquay to Perranporth	10	16
Day 5	Portreath to St Ives	18	29	Perranporth to Portreath	11	18
Day 6	Depart from St Ives after breakfast			Portreath to Hayle	12	19
Day 7				Hayle to St Ives	6	10
Day 8				Depart from St Ives after breakfast		



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Booking Form

Contact Details

Address

Mobile Telephone..... Landline telephone.....

Email..... Emergency Contact no

Your Holiday

Holiday Code..... Holiday Name.....

Date of First Night..... Date of Last Night.....

Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required	Rest Days (give date & location)
Luggage Transport Y/N	No. Double Rooms <input type="text"/>	
Packed Lunches Y/N	No. Twin Rooms <input type="text"/>	
Off Street Parking Y/N	No. Single Occupancy Rooms <input type="text"/>	
Return Transfer required (additional charge) Y/N		

Comments (special diets, other requirements etc):

Upon receipt of your booking form Mickledore will send by email a confirmation with the full price and 20% deposit cost required. You can pay by card or cheque (GBP only for cheque).

How did you hear about Mickledore Travel?



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