

# 5-Night Cornwall Christmas & New Year Guided Walking Holiday

**Tour Style:** Guided walking

**Destinations:** Cornwall & England

**Trip code:** SVXFW-5

2 & 3



## HOLIDAY OVERVIEW

Cornwall is beautiful all year round but there are some even more spectacular sights around winter. Spend the festive season in Cornwall, socialising and walking in this beautiful place. There's something magical about walking in winter. Whether it's the frosty footsteps, the clear crisp air, or the breathtaking views, it's a wonderful time to go walking. Join our festive breaks and choose from a guided walking holiday in the company of one of our knowledgeable leaders. We pull out all the stops on our festive holidays, with fabulous food, lots of seasonal entertainment and great walks and activities. The walks are tailored to the time of year and will remain flexible to suit the weather conditions. Each day three grades of walk will be offered. So wrap up warm, lace up your boots and go for an invigorating walk.

## WHAT'S INCLUDED

- Wonderful meals – full selection at breakfast, your choice of picnic lunch, an excellent evening meal and plenty of festive treats
- A programme of organised walks and activities

- The services of experienced HF Holidays' guides
- A packed programme of evening activities offering something festive for everyone, including some old HF favourites
- Any transport to and from the walks

## HOLIDAYS HIGHLIGHTS

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- Plenty of exercise to walk off the festive excesses
- A choice of guided walks in spectacular winter scenery
- Just relax, soak up the party atmosphere, enjoy wonderful festive fare and leave all the organising to us
- Evening activities include dancing, quizzes, carol singing and New Year celebrations
- Cosy Country House and a special festive cheer

## TRIP SUITABILITY

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The walks are tailored to the time of year and will remain flexible to suit the weather conditions. Each day three grades of walk will be offered. Typically, easier walks are up to a maximum of 8 miles (12km), medium walks are up to a maximum of 10 miles (16km), while harder walks can be up to a maximum of 12 miles (19km).

## ITINERARY

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### Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

Enjoy a complimentary Afternoon Tea on arrival.

### Day 2: Mining, Shipwrecks & Smuggling

#### Option 1 - Praa Sands To Porthleven

**Distance:** 4½ miles (7.5km)

**Ascent:** 1,025 feet (320m)

**In Summary:** From the beautiful mile-long sandy beach of Praa Sands, we follow the South Cornwall Coast Path towards Rinsey Head and Trewavas Head before arriving at the historic fishing town of Porthleven.

**Highlight:** Enjoy magnificent open sea views towards the most southern end of the country!

#### Option 2 - Perranuthnoe To Porthleven

**Distance:** 8½ miles (13.5km)

**Ascent:** 1,800 feet (550m)

**In Summary:** Starting at Perranuthnoe, we hug the Cornwall coastline passing through Prussia Cove and the mile-long sandy beach of Praa Sands, walking over the Rinsey East Cliff to Trewavas Head before arriving at Porthleven.

**Highlight:** Enjoy glorious sea views throughout as we walk through the rich flora of the South Cornwall coast.

### Option 3 - Marazion To Porthleven

**Distance:** 11 miles (17.5 km)

**Total ascent:** 2,100 feet (640m)

**In Summary:** From Marazion following the coastline, we will go through Perranuthnoe, Prussia Cove and Praa Sands towards Trewavas Head before reaching the picturesque fishing and one-time industrial harbour of Porthleven.

**Highlight:** Enjoy glorious sea views throughout as we walk through the rich flora of the South Cornwall coast.

### Day 3: Lelant & Carbis Bay

#### Option 1 - Knills Monument, Carrack Gladden & Carbis Bay

**Distance:** 5 miles (8km)

**Ascent:** 950 feet (300m)

**In Summary:** A circular walk taking us from St Ives to Knill's Monument and the promontory of Carrack Gladden, before following the South West Coast Path to Carbis Bay and back into St Ives.

**Highlight:** There's plenty of time to relax and enjoy the many delights of St Ives. Enjoy wandering through the narrow streets, perhaps visit the Tate Gallery, or take a boat trip to Seal Island.

**To note when choosing your walk:** There is a steep, slippery concrete path descending to Carbis Bay and also steep, rocky sections on the coast path especially around Carrack Gladden.

#### Option 2 - Lelant & Carbis Bay

**Distance:** 7 miles (11km)

**Total ascent:** 1,000 feet (300m)

**In Summary:** Head up to Knill's Monument, then drop down to join the coast near Lelant church. We follow the coastal path back to St Ives, passing through the dunes beside Porthkidney Sands, Carrack Gladden and Carbis Bay.

**Highlight:** Enjoy glorious views over St Ives Bay from Knill's Monument. Look out for the Balking House, once used by Cornish pilchard fishermen.

#### Option 3 - Knill's Monument, Lelant And Carbis Bay

**Distance:** 10 miles (16km)

**Ascent:** 1,300 feet (400m)

**In Summary:** For guests on a 7 night holiday this walk will be a repeat from earlier in the week, we will walk the route in reverse for alternative views and perspective. Head up to Knill's Monument, then over fields to Lelant via Trencrom Hill. We follow the coast path beside the Hayle Estuary and through dunes overlooking Porthkidney Sands and Carbis Bay before arriving back at St Ives.

**Highlight:** Stunning views from the top of the iron-age hill fort of Trencrom Hill, including the south coast and St Michael's Mount.

**To note when choosing your walk:** There are steep, rocky sections on the coast path especially around

Carrack Gladden.

## Day 4: Poldark Country & Land's End

### Option 1 - St Just, Whitesand Bay To Land's End

**Distance:** 5½ miles (8km)

**Ascent:** 650 feet (220m)

**In Summary:** Walk from the mining village of St Just across the fields and lanes of the Cot Valley, before joining the Coast Path to reach the old fishing village of Sennen Cove. The final section leads us over the granite cliffs to Land's End.

**Highlight:** The cliff-top walk from Sennen Cove to Land's End is particularly impressive, with a real sense of achievement as you reach this iconic spot.

### Option 2 - St Just, Carn Ballowall & Land's End

**Distance:** 7 miles (11km)

**Ascent:** 1,180 feet (360m)

**In Summary:** We start at St Just before heading towards the coast and passing the chambered tomb at Ballowall Barrow. We then join the South West Coast Path and take the undulating coastal route until we reach Land's End.

**Highlight:** Fantastic views from the cliff edge looking over the Ballowall Chamber Tomb.

### Option 3 - Botallack, Cape Cornwall And Land's End

**Distance:** 8 miles (12.5km)

**Ascent:** 1,620 feet (500m)

**In Summary:** Follow the South West Coast Path from the famous Crown Mines at Botallack to Cape Cornwall. Then on past Ballowall Barrow, a Bronze Age burial chamber, to Sennen Cove and Land's End.

**Highlight:** Discover Cornwall's rich history of tin mining, now recognised as a World Heritage Site. Look out for the abandoned engine houses perched just above the sea at Botallack.

## Day 5: Around The Lizard

### Option 1 - Kynance Cove

**Distance:** 4 miles (6½km)

**Total ascent:** 400 feet (120m)

**In Summary:** A stunning circuit around the southern tip of England. We'll head to Church Cove, then continue around the headlands passing Bass Point, the Lizard Point lighthouse and on to Kynance Cove.

**Highlight:** Kynance Cove is a real gem with its serpentine rock formations and stunning views from the beach cafe.

## Option 2 - Mullion To The Lizard

**Distance:** 8 miles (13km)

**Total ascent:** 900 ft (270m)

**In Summary:** Follow the coastal path from Mullion Cove to the Lizard; a fantastic section of coastline with gnarled cliffs and hidden coves.

**Highlight:** Keep your eyes peeled for seals at Mullion harbour, then enjoy refreshments at Kynance Cove before the final leg to Lizard village.

## Option 3 - Cadgwith, Polpear And Kynance Cove

**Distance:** 9 miles (14km)

**Ascent:** 950 feet (280m)

**In Summary:** Circular route starting at Lizard village making your way to Cadgwith passing by the cave of the Devils Frying Pan, Church Cove and Polpear Cove. We then follow the coast path to Kynance Cove viewpoint then head back to our starting point.

**Highlight:** Soak up the beautiful view from Kynance Cove before heading back to Lizard village.

## Day 6: Departure Day

Enjoy a leisurely breakfast before making your way home.

## USEFUL HOLIDAY INFORMATION

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### Essential Information

"There's no such thing as bad weather, just the wrong type of clothing!" goes the adage. Come prepared for all eventualities and you'll walk in comfort as well as safety. Britain's famous for its changeable weather, so here's our advice on what to wear and bring.

### Essentials

- Walking boots providing ankle support and good grip.
- A waterproof jacket and over-trousers
- Gloves and a warm hat (it can be chilly at any time of the year)
- Rucksack
- Water bottle (at least 1 litre capacity)
- A small torch (everywhere in winter, year round in mountains)

### Recommended

- Several layers of clothing, which can be added or removed
- Specialist walking socks to avoid blisters.
- A first aid kit inc plasters– your leader's first aid kit doesn't contain any medication
- Sit mat (insulated pad to sit on when you stop for a break)

### You Might Also Want

- Walking poles, particularly useful for descents.
- Insect repellent

- Flask for hot drinks
- Rigid lunch box
- Gaiters
- Blister kit (eg Compeed) just in case
- Waterproof rucksack liner
- Sun hat and sunscreen (we may just get lucky and have some festive sunshine!)

***Denim jeans and waterproof capes are not suitable on any walks.***

## Safety On Your Holiday

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest while clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

## PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.



## MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

## TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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