

North Devon & North Cornwall

SOUTH WEST COAST PATH

Day 1

Arrive at your London airport, and take a train to Barnstaple. Transfer to nearby Westward Ho! Relax for the evening and enjoy dinner at leisure.

Overnight: Westward Ho! area

Day 2

Start your journey along the South West Coast Path by following the old railway tracks up on to the cliffs above Westward Ho! Enjoy the open cliff tops with stunning views of the bay along the route before you turn onto the woodland paths above the village of Clovelly. Descend into the cobbled streets of this historic fishing village, famed for its beauty and for its connections to television and film, featuring in the 1990 version of *Treasure Island* with Charlton Heston as Long John Silver. Total walking distance - 11 miles. **Overnight: Clovelly area**



Day 3

Today, make your way through the diverse landscapes of the Hartland Peninsula. Traipse through lush valleys to the rocky Atlantic coast, with wild flowers, local seabirds, and even the grey seals of the Hartland bays keeping you company. Enjoy stunning sea views to South Wales, admire the lighthouse dating from 1874, and discover an Iron Age enclosure at Windbury Head Camp. Total walking distance - 10 miles. **Overnight: Hartland Quay area**

Outline:

- Westward Ho! area x 1 night
- Clovelly area x 1 night
- Hartland Quay area x 1 night
- Bude area x 1 night
- Crackington Haven area x 1 night
- Tintagel area x 1 night

Day 4

Tackle the most challenging - and rewarding! - part of the path today. Climb high above the coastline, through ten river valleys, before following some beautifully sandy beaches leading you to Bude. Take in the amazing sights around you - the waterfall at Spekes Mill Mouth, St Catherine's Tor; said to have housed a Roman chapel or villa at its summit, and the Hawker's Hut; built by poet Robert Hawker in the 1800's from timbers scavenged from the many shipwrecks along the coast. Enjoy a well-earned rest this evening and enjoy dinner in one of Bude's many delightful local eateries. Total walking distance - 15 miles. **Overnight: Bude area**



Day 5

Journey on to Crackington Haven today and feel the immense power of the wild Atlantic along this path, with sweeping views of the sea from the high cliffs. The natural life of this area is truly spectacular, with rockpools in Widemouth Bay bustling with marine life, Chipman Valley; known locally as Butterfly Valley, home to many varieties of butterflies, and the oak trees of Dizzard Wood, thought to have once been part of the prehistoric wood that enveloped this land long ago. There are also some man-made sights to enjoy, including the Storm Tower dating from the 1830's, and views across to Tintagel. Total walking

distance - 10 miles. **Overnight: Crackington Haven area**

Day 6

Immerse yourself in Arthurian legend today as you make your way to Tintagel, said to be the birthplace of King Arthur. This part of Cornwall doesn't just boast legends and myths, however, it's also rich in Roman history, with a vast range of post-Roman pottery unearthed in this area. Discover this fascinating land through its valleys, cliffs, including the tallest in Cornwall, and beaches, namely The Strangles, where Thomas Hardy wooed his first wife Emma. Spy the local wildlife, with birdwatching and seal spotting a must, not forgetting the Soay sheep and goats that call these cliffs their home. End at Tintagel Head and explore the history of this ancient place, originally home to a Celtic fortress and a Roman settlement. Total walking distance - 11 miles. **Overnight: Tintagel area**



Day 7

Carry on to Port Isaac today, crossing a stretch of land designated as an Area of Outstanding Natural Beauty. Enjoy stunning views of the Cornish coast along the way, including from the summit of Dennis Point (300ft), and discover the local slate-extracting history by spotting the donkey tracks around Backway's Cove. This area is famed for fishing in particular, and

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one of its most famous fishing villages is Port Isaac, instantly recognisable from television shows such as *Doc Martin* and *Poldark*. Relax this evening in this peaceful idyll and meander through its winding lanes and alley ways. Total walking distance - 9 miles.

Overnight: Port Isaac area



Day 8

Continue along the breath-taking Cornish coast today and take in some wonderful views, including of the Bronze Age tumuli of Brea Hill, of across Portquin Bay; a natural harbour and abandoned village, and behind you to Port Isaac and Tintagel. Take the ferry across the river Camel to Padstow, a quintessential Cornish fishing village which boasts film appearances such as the 1970's film *The Eagle Has Landed*. This charming enclave is also home to a wide range of welcoming cafés and restaurants, including Rick Stein's iconic seafood restaurant. Spend your evening sampling the local cuisine. Total walking distance (including the river crossing) - 12 miles. **Overnight: Padstow area**

Day 9

Enjoy a more leisurely route today as you journey to Porthcothan along low cliffs, with inviting beaches stretching out just underneath you. See Gun Point, where you'll find fortifications dating from the time of the Spanish Armada, the 19th century Trevose Head Lighthouse, and explore a host of other attractions boasting colourful and unusual names, such as Stinking Cove. You can even enjoy a picnic on the golden sands of Constantine Bay, or on the sheltered dunes of Porthcothan. Total walking distance - 13.5 miles. **Overnight: Porthcothan area**



Day 10

Spend your final day on the South West Coast Path making your way to the holiday resort of Newquay. Admire the famous Bedruthan Steps, the pillars of rocks owned by the National Trust said to have been used as stepping stones by the Cornish giant Bedruthan to cross the bay. Admire the sweeping vistas at Park Head, also home to an Iron Age cliff castle, and explore

Barrowfields, an important ancient site due to the barrows and tumuli found there. End your day on Fistral Beach and relax as you watch the famous surfers tackle the rolling waves. Total walking distance - 11 miles. **Overnight: Newquay area**



Day 11

Today, leave Newquay and the South West Coast Path and take a train to London. Depart from your London airport.

Outline:

- Port Isaac area x 1 night
- Padstow area x 1 night
- Porthcothan area x 1 night
- Newquay area x 1 night

Highlights:

- Discover the rich history of this land, including Celtic, Iron Age, and Roman heritage
- Visit idyllic villages such as Port Isaac and Padstow

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