Tramping Along Cornwall’s Coastal Path
Cornwall, England
AMC Adventure Travel Trip #2027
August 28 - September 6, 2020

Thank you for your interest in our trip to Cornwall, England!

Join us as we explore cliffs, coves, and villages on paths trodden since the time of King Arthur and made famous by the BBC’s Poldark series. The Cornish coast is like no other stretch of British coastline for capturing the imagine with its rugged scenery, maritime history, and cultural heritage.

From our starting point in St Just, we will walk 3-10 miles per day over 6 hiking days along the South West Coast Path, the longest of Britain’s National Trails. Our luggage will be transported as we walk from village to village, staying in an interesting variety of locally-owned B&B’s, guest houses, and hotels. We’ll be sure to stop along the way each day to sample local brews, “pasties”, and cream teas.

This prospectus should answer most of your questions about our trip. Please read the information carefully and contact us with any questions or to request application materials. Our contact information is at the end of the prospectus. We look forward to you joining us on this fabulous adventure.
Trip Description
Our trip will be based in Southwest Cornwall, on the western tip of England. We will walk village to village along the coast to experience fishing hamlets, spectacular cliffs, historic remains, and the island stronghold of St Michael’s Mount. Our luggage will enjoy daily transport to our next destination, so that we only need to carry daypacks for our daily adventures.

Breakfasts and dinners will be at our lodging or at a local restaurant. We’ll pack food or stop in small villages for lunch, depending on our location.

The trip consists of 6 days of walking at a moderate pace. Although this is primarily a walking trip, we will visit regional cultural sites as opportunity permits. Evenings are unplanned; participants will be free to relax or to join the leaders for some “creative exploration” of the towns we will visit. Throughout our time together we will endeavor to enjoy and understand this area through the “lens” of AMC’s mission of Recreation, Education, and Conservation.

During our trip, we will take time to explore the towns, meet the locals and socialize! This trip is designed for social and fit people wanting to see some beautiful countryside, have some good meals and sleep in a warm bed at the end of the day.

Expectations of Participants
This is a trip for experienced hikers who enjoy an active vacation. You should be fit enough to walk 3 to 10 miles per day, approximately 2 to 7 +/- hours per day, for several days in a row carrying a day pack with your personal gear (i.e., rain gear, pack lunch, extra layers, etc.) in all different weather conditions. Daily elevation gain/loss will range between 500’ and 1500’.

While the majority of our walking will be on comfortable coastal footpaths of the South West Coast Path (one of many UK national trails), participants should expect to be on rougher trails as well. Participants who have a fear of heights should be aware that some of the trails we plan to walk are close to the edge of cliffs and subject to rough windy exposure.

Prior to your acceptance as a participant on this trip, you will be asked to discuss with us your capabilities and experiences. We may also request references to confirm your fitness level and suitability for participating in trip activities. While the leaders will make a reasonable attempt to ensure a good fit between the trip and participants, you are ultimately responsible for being aware of the risks involved in the activities and for conducting yourself accordingly. You are ultimately responsible for your own safety.

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation.
in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury, or lack of proper gear or fitness are examples of some conditions that might result in an individual being unable to participate in one or more activities. Leaders may try to find a substitute activity for the trip member, but this may not always be possible. This is a group activity, we will be spending many, but not all, hours together. We expect that everyone will pitch in and contribute to helping each other have a great time.

**Detailed Itinerary**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Details</th>
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<tbody>
<tr>
<td>Day 1</td>
<td>Depart your gateway city and travel by air to Newquay Airport.</td>
<td>Meals included: None</td>
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<tr>
<td>Friday, August 28</td>
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<tr>
<td>Day 2</td>
<td>Arrive in Newquay by 1PM for group transfer to St Just (1hr, 30min). Once we drop our bags at our hotel, you’ll have free time to wander the town or rest after your international flight. Tonight we will gather for our first meal together and review the plans for the coming days.</td>
<td>Meals included: Group dinner</td>
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<tr>
<td>Saturday, August 29</td>
<td></td>
<td>Mileage / hours: None</td>
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<tr>
<td>Day 3</td>
<td>We start off walking from St. Just to Sennen Cove. The hiking portion of our trip begins with a hike on rugged and scrambler-ly paths that should help us acclimatize to and become familiar with the area. We will overnight in Sennen Cove.</td>
<td>Meals included: Breakfast, lunch, group dinner</td>
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<tr>
<td>Sunday, August 30</td>
<td></td>
<td>Approximate Mileage / hours: Approximately 5 miles; 3 hours</td>
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<tr>
<td>Day 4</td>
<td>Today we will be hiking from Sennen Cove to Porthcurno. Along the way, we will stop to visit Land’s End, England’s most westerly point, and Minack Theater (an open-air theater on the coast) near Porthcurno. We will overnight in Porthcurno.</td>
<td>Meals included: Breakfast, lunch, group dinner</td>
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<tr>
<td>Monday, August 31</td>
<td></td>
<td>Approximate Mileage / hours: 6.5 miles; 4 hours</td>
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<tr>
<td>Day 5</td>
<td>Tuesday, September 1</td>
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<tr>
<td>Today’s hike starts with a transfer from Porthcurno to Lamorna Cove where we will start our hike along the coast to Penzance. We will visit Mousehole (pronounced Mou-zel), known for its arts-n-crafts, along the way. Our overnight for tonight is in Penzance and you will be able to explore this great town tonight as dinner is on your own.</td>
<td>Meals included: Breakfast, pack lunch</td>
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<td><strong>Approximate Mileage / hours:</strong></td>
<td>5.7 miles; 7 hours</td>
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<tr>
<th>Day 6</th>
<th>Wednesday, September 2</th>
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<td>After a leisurely start, we will walk from Penzance to Marazion where we will be based for the next two nights. If the tides are with us, we will take the short walk over to the tiny castle-crowned island of St Michael’s Mount to explore this island and its castle (if the tides are not favorable, we will do this the next day).</td>
<td>Meals included: Breakfast, pack lunch, group dinner</td>
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<tr>
<td><strong>Approximate Mileage / hours:</strong></td>
<td>3.0 miles; 1.5 hours</td>
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<tr>
<th>Day 7</th>
<th>Thursday, September 3</th>
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<tr>
<td>Today is our Free Day in Marazion. The ancient market town of Marazion, which has been in existence since 308BC, is a great place to spend a rest day.</td>
<td>Meals included: Breakfast</td>
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<td><strong>Approximate Mileage / hours:</strong></td>
<td>0/free day</td>
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<th>Day 8</th>
<th>Friday, September 4</th>
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<td>Today is a long day as we hike approximately 9.6 miles from Marazion to Porthleven. This is not only our longest day but also labeled in the guide book as “ending with arduous ascents and descents on narrow cliff paths” and “uses narrow, undulating paths and tracks.”</td>
<td>Meals included: Breakfast, pack lunch, group dinner</td>
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<td><strong>Approximate Mileage / hours:</strong></td>
<td>9.6 miles; 6 hours</td>
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Day 9  
Saturday, September 5

Today is our last hiking day and we will start the day by being transported from Porthleven to Mullion. From Mullion, we will walk to Lizard where we will spend our last night together. Our walk along the cliffs to Lizard are “spectacular” and once at the Lizard we will be at the most southerly point of Britain.

Meals included:  
Breakfast, pack lunch, group dinner

Approximate Mileage / hours:  
6.3 miles; 5 hours

Day 10  
Sunday, September 6

After breakfast, we will be transported back to Newquay airport for our flights home.

Meals included:  
Breakfast

While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation, and unforeseeable circumstances (such as weather considerations, natural disasters in the areas to be visited, or recommendations of governmental agencies or our transportation agent). The leaders reserve the right to make such changes as necessary, both before and during the trip.

What to Expect
This trip is rated at an AMC Adventure Travel difficulty level of 4 MODERATE. If you enjoy a fast pace, you may be disappointed as we intend to stop and take time to take pictures, enjoy the scenery and take time to meet the local residents (both 2 and 4 footed), and socialize with each other.

Our accommodations will be at modest hotels, guest houses, and B&B’s. Solo travelers will be paired with a same gender roommate. Please do not expect all the amenities you would get in the U.S – everyone must be able to carry/drag their own luggage possibly up a set of stairs.

We will have breakfasts and dinners either at our hotel or at a local pub or restaurant. Lunch plans will be determined based on our days’ activities; we may pack food with us or stop to eat in local villages along our route. Participants with specific dietary requirements should contact the leaders for additional information.

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on
foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions.

**Weather**

We can expect an even mix of sun and clouds during our trip. The average high/low temperatures in Cornwall during August/September are 55-65 degrees, with about 9 days of rain during the month. Due to route along the coast, the temperatures during our walks will likely be 5 - 10 degrees cooler with wind chill.

*As always, weather can be unpredictable and suitable rainwear and insulating layers will be required.*

**Cost of the Trip**

The trip will cost $2,350. Included is: eight (8) nights of lodging, eight (8) breakfasts, six (6) group dinners, six (6) trail lunches, all in-country transportation, two (2) local sightseeing tours, all in-country luggage transfers, and emergency medical and evacuation insurance.

The cost of alcoholic drinks and incidentals - essentially anything not specifically detailed above – *is not* included in the price. We recommend budgeting $15 - $20 per day for these expenses.

The trip fee includes an AMC overhead charge to cover the administrative expenses of offering AMC Adventure Travel excursions and, in accordance with AMC procedures, you are subsidizing some of the leaders’ cost. The trip fee also includes emergency medical and evacuation insurance coverage which is required by AMC.

The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval. The final price may be adjusted in accordance with the best final arrangements we can make; noting that the exchange rate may be the determining factor for any price increase (see the exchange rate note below). As with all Adventure Travel excursions, this trip is run on a non-profit basis; any savings we achieve, as well as any cost increases we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase.

Your round-trip airfare and land travel to / from Newquay, which we currently estimate at $975 - $1,275, *is not included*. Leaders will be glad to provide information on suggested airlines and schedules and/or assist you in booking your flight.

**Important notes:**

*Exchange Rate:* The price of the trip is subject to an increase should the value of the US dollar versus the British Pound decline significantly from the estimated exchange rate of £1.00 to $1.40.
Conversely, any unspent funds resulting from exchange rates being more favorable than our estimate will be refunded to the participants.

**Travel Insurance:** While the trip cost *does* include insurance for medical emergencies and evacuations, *it does not* include insurance for travel delay, interruption or cancellation of the trip, or baggage loss. Purchasing such insurance is strongly suggested. The leaders will send you information to help you purchase this insurance through a preferred AMC vendor or you can purchase through your own preferred vendor. Please note that most of these types of travel insurance require you to purchase the insurance within a certain number of days after booking your trip – once you have received a formal acceptance letter, please do not delay in purchasing your insurance if you choose to do so.

**How to Proceed**

To apply to the trip, email the leaders letting them know that you are interested in receiving the trip application forms. We will send you the application, risk release, and medical forms which you will need to print, complete, sign and return along with the required deposit check of $1,000 made payable to the Appalachian Mountain Club. Send the completed paperwork and deposit to leader Karen Barsanti at the address on the application and below.

Your official acceptance onto the trip will not happen until the leaders have determined by a telephone conversation with you that you and the trip are a good match (aka screening). Once you have been officially accepted and the trip has the required number of qualified participants to make the trip ‘a go,’ your check will be deposited and the trip’s cancellation policy will take effect (see below). The rest of the trip fee ($1,350) will due on February 10, 2020.

**Cancellation Policy**

Our cancellation policy is based on several considerations.

- First, a cancellation shall not raise the cost to the other participants or to the leaders
- Second, we will charge a canceling participant for the expenses already incurred on his/her behalf and any unavoidable future expenses that will be incurred as a result of his/her registration, unless they can be applied toward another acceptable participant
- Third, to discourage uncommitted people from applying for the trip, we have a schedule of minimum cancellation penalties, applicable once you have been accepted:

  **Cancellation Penalty:**
  - $0 penalty if canceled (in writing) before February 10, 2020, less any funds that fall into the category of the second bullet above
$200 penalty if cancelled (in writing) from February 10, 2020 through April 10, 2020, plus any funds that fall into the category of the second bullet above.

$500 penalty if cancelled (in writing) after April 10, 2020 through May 10, 2020, plus any funds that fall into the category of the second bullet above.

No refund if cancelled after May 10, 2020

**Contact for More Information**

Karen Barsanti  
4 Vineyard Drive  
Stratham, NH 03885  
603-770-1980  
karenthurstonbarsanti@gmail.com

Cindy Martell  
7 Arrow Trail  
Groton, MA 01450  
cbmartell@verizon.net

**The Leaders**

Karen Thurston Barsanti, Leader:  
Karen is a member of the NH Chapter and has led trips for over 15 years for NH Excursions, NH Family Group, August Camp, and Adventure Travel. She is past Chair of the NH Chapter and currently serves as Secretary for Adventure Travel. Recently, Karen has led trips to Sedona, Ireland, Switzerland, and the Dolomites. This will be Karen’s ninth trip to England and she looks forward to experiencing the cliffs of Cornwall with fellow Adventure Travelers.

Cindy Martell, Leader:  
Cindy has been a member of AMC since 1998 and she currently works for Harvard University’s Center on the Developing Child in Cambridge. Cindy is a three-season hiking/backpacking leader for AMC’s Worcester Chapter, Leadership Chair for AMC’s Adventure Travel program, an AMC Information Volunteer, and a volunteer fill-in crew member at AMC’s high huts. She has received AMC’s Volunteer Leadership Award and numerous Stewardship Society Awards. Cindy has led trips to Ireland (twice), Iceland, Wales, Olympic National Park, Scotland’s Isle of Skye, Swiss/French Alps, and Scotland’s Shetland Islands. She has also lived in Australia and is looking forward to visiting this beautiful section of the United Kingdom.