



AMC ADVENTURE TRAVEL
Volunteer-Led Excursions Worldwide

Tramping Along Cornwall's Coastal Path

Cornwall, England

AMC Adventure Travel Trip #2327

May 12 – 21, 2023



(photo credits: www.visitcornwalltraveltrade.com)

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

Join us as we explore cliffs, coves, and villages along the coastal paths in an area made famous by the BBC's Poldark series. The Cornish coast is like no other stretch of British coastline for capturing the imagination 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 7 hiking days along the South West Coast Path, the longest of Britain's National Trails and one of the longest in the world. Our luggage will be

transported as we walk from village to village, staying in an interesting variety of locally owned lodging. We'll be sure to stop along the way to take pictures and enjoy the coastal scenery.

This prospectus should answer most of your questions about our trip. Please read the information carefully and contact us with any questions and/or to request application materials (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 spectacular cliffs, historic remains, and the island stronghold of St Michael's Mount. Our luggage will enjoy daily transport to our next destination, so we will only need to carry daypacks for our daily adventures.

Breakfasts and dinners will be at our lodging or at a local restaurant. For lunch on our hiking days, we'll pack a trail lunch which we'll enjoy at a location that has a fabulous view.

The trip consists of 7 days of walking at a moderate pace which makes this a Level 3 trip based on AMC's [trip rating chart](#). 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 in exploring the towns we

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 6 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 rugged cliffs and are subject to 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



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.

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.




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.

Proposed Daily Itinerary

As of publishing, this is the currently planned itinerary. Leaders reserve the right to change and adapt the itinerary as needed by the conditions and advice from experts in the field to ensure participant safety.

Date	Activity	Details
Day 0 Thursday, May 11	Depart your gateway city and travel by air to Newquay Airport, Cornwall, England.	Meals included: None
Day 1 Friday, May 12 Arrive and explore	Arrive at Newquay, Cornwall, airport and make your way over to our hotel for the night. You'll have free time to explore Newquay until our first group dinner of the trip. 	Meals included: Group dinner
Day 2 Saturday, May 13 Hike #1	 After breakfast, we will have a group transfer to St Just (1hr, 30min). Once we drop our bags at our hotel, you'll have free time to wander the town and grab some lunch. In the afternoon will gather for our first walk together then come back for our group dinner.	Meals included: Breakfast, group dinner Mileage / hours: <i>Approximately</i> 4.5 miles; 2 hours
Day 3 Sunday, May 14 Hike #2	Today, we start off walking from St. Just to Sennen Cove. The inn-to-inn portion of our trip begins with a hike on rugged and rocky paths that should help us acclimatize to and become familiar with the area. We will overnight in Sennen Cove. 	Meals included: Breakfast, pack lunch, group dinner Approximate Mileage / hours: <i>Approximately</i> 5 miles; 3 hours

<p>Day 4 Monday, May 15</p> <p>Hike #3</p>		<p>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.</p>	<p>Meals included: Breakfast, pack lunch, group dinner</p> <p>Approximate Mileage / hours: 6.5 miles; 4 hours</p>
<p>Day 5 Tuesday, May 16</p> <p>Hike #4</p>	<p>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 Mouzel), 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.</p>		<p>Meals included: Breakfast, pack lunch</p> <p>Approximate Mileage / hours: 5.7 miles; 7 hours</p>
<p>Day 6 Wednesday, May 17</p> <p>Hike #5</p>	 <p>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).</p>	<p>Meals included: Breakfast, pack lunch, group dinner</p> <p>Approximate Mileage / hours: 3.0 miles; 1.5 hours</p>	
<p>Day 7 Thursday, May 18</p> <p>Rest/free day</p>	<p>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.</p>		<p>Meals included: Breakfast</p> <p>Approximate Mileage / hours: 0/free day</p>

<p>Day 8 Friday, May 19</p> <p>Hike #6</p>	 <p>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 guidebook as “ending with arduous ascents and descents on narrow cliff paths” and “uses narrow, undulating paths and tracks.”</p>	<p>Meals included: Breakfast, pack lunch, group dinner</p> <p>Approximate Mileage / hours: 9.6 miles; 6 hours</p>
<p>Day 9 Saturday, May 20</p> <p>Hike #7</p>	<p>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.</p> 	<p>Meals included: Breakfast, pack lunch, group dinner</p> <p>Approximate Mileage / hours: 6.3 miles; 5 hours</p>
<p>Day 10 Sunday, May 21</p>	<p>After breakfast, we will be transported back to Newquay airport for our flights home.</p>	<p>Meals included: Breakfast</p>

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 3/moderate](#). If you enjoy a fast pace, you may be disappointed as we intend to stop and to take pictures, enjoy the scenery, take time to meet the local residents, and socialize with each other.

Our accommodations will be modest and solo travelers will be paired with a same gender roommate. **Please do not expect all the**

amenities you would get in the U.S plus everyone must be able to carry/ drag their own luggage 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. Participants with specific dietary requirements should contact the leaders for additional information.

Weather

We can expect an even mix of sun and clouds during our trip. The average temperature in Cornwall in May is in the high 50's with an average of 9 days of rain during the month. Due to our route along the coast, the

temperatures during our walks may 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 \$3,350 for AMC members, \$3,450 for non-AMC members (to join AMC, [check out this link](#)). Included is: nine (9) nights of lodging, nine (9) breakfasts, seven (7) group dinners, six (6) trail lunches, most in-country transportation, two (2) local sightseeing tours, all in-country luggage transfers, and emergency medical and evacuation insurance.

The cost of airfare, alcoholic drinks and incidentals - essentially anything not specifically detailed above – *is not* included in the price.

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, our cost estimates are on the conservative side and this trip is run on a non-profit basis; any savings we achieve, as well as any cost increase we incur, will be shared by the trip participants.

Your round-trip airfare and land travel to / from Newquay which we currently estimate at \$950 - \$1,500 *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.

Risk: 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. 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 us if you have any questions.

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. 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 the official acceptance letter, please do not delay in purchasing your insurance if you choose to do so. When purchasing this insurance, you'll want to understand if there is any coverage for Covid related expenses if you happen to come down with Covid while on the trip.

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 \$1,500 made payable to the Appalachian Mountain Club. Send the completed paperwork and deposit to leader Cindy Martell 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 (\$1,850 for AMC members or \$1,950 for AMC non-members) will be due on January 15, 2023.

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
- Cancellation Penalty:
 - \$200 penalty if cancelled (in writing) from the time you are accepted on the trip through January 1, 2023, plus any funds that fall into the category of the second bullet above.
 - \$500 penalty if cancelled (in writing) from January 2, 2023, through March 31, 2023, plus any funds that fall into the category of the second bullet above.
 - No refund if cancelled after April 1, 2023.

Full Terms & Conditions

Make sure to read all of AMC's Adventure Travel Terms & Conditions at [this link](#).

Force Majeure

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to Force Majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.]. In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc.).

Photo Credits

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Contact the Leaders for More Information

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The Leaders

David Beck, Leader

Dave is a Boston Chapter Hike Leader. He first became an AMC member in the 1980's. In addition to leading and co-leading many AMC Family outings in the White Mountains he has participated in several AMC Adventure Travel Trips to Ireland, Scotland, Iceland, Luxembourg, and Wales. He has climbed all the 4000 footers in the Whites, as well as some the 14,000 footers of Colorado. He has backpacked in the US and Canadian Rockies, Utah, Yellowstone, and Mexico.

Dave is a pharmacist and owned a community pharmacy for 30 years. Currently he is an adjunct faculty member at Mass College of Pharmacy and works as a consultant in the compounding pharmacy industry. He has completed training in Wilderness First Aid, CPR and AED.



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, Co-chair of Leadership & Training for AMC's Adventure Travel program, and an AMC Information Volunteer. 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, Scotland's Shetland Islands, and mostly recently to Oman. She has also lived in Australia and is looking forward to visiting this beautiful section of the United Kingdom. She has completed training in Wilderness First Aid, CPR and AED

