



# CORNISH COASTAL CHALLENGE

UK • TREK • **YELLOW 2**

## ABOUT THE CHALLENGE

This beautiful weekend trek follows the dramatic coastline of North Cornwall. The landscapes are spectacular, with rugged cliffs, hidden coves and old fishing villages forming a beautiful backdrop to the blue sea.

Starting at Harlyn Bay, west of Padstow, we walk for 24 hilly miles to St Agnes – a challenging distance considering the terrain. We pass the well-known beach stacks of Bedruthan Steps, as well as old reminders of Cornwall's mining heritage, while Poldark fans will recognise some key filming locations, such as Holywell Bay, with the much-filmed Gull Rocks off-shore.

This is a tough weekend challenge, but a spectacular and inspiring experience which will give you an unforgettable sense of achievement!

**CORNISH COASTAL CHALLENGE** • 3 DAYS

## Day 1: Meet Hostel

We meet at our accommodation in the early evening for a briefing and to get to know the rest of the group. We have plenty of choice for an evening meal nearby, before returning to the hostel for a good night's sleep ready for the rest of the weekend. Night hostel.

*(Dinner not included)*

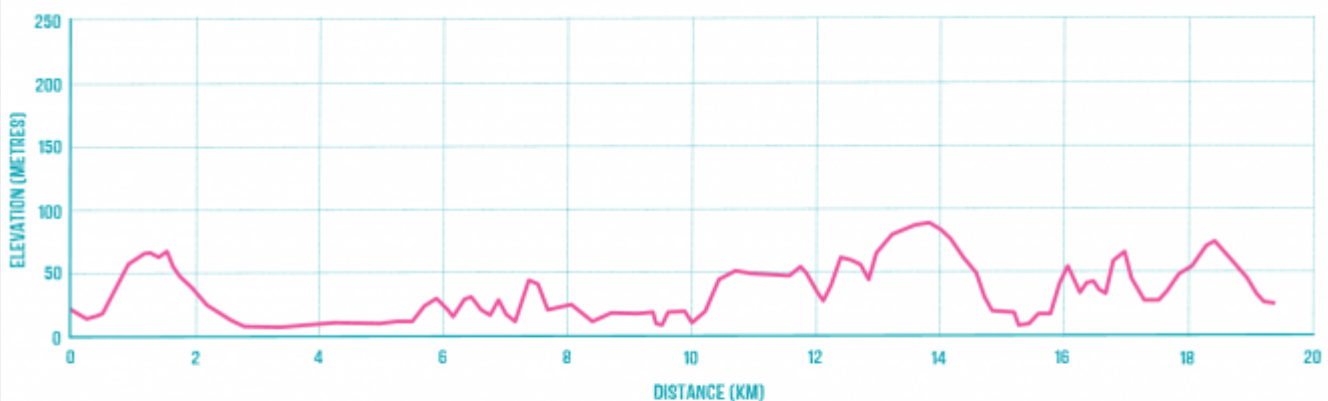
## Day 2: Harlyn Bay – Watergate Bay

After a good breakfast, we have a short transfer to Harlyn Bay, a wide and spacious beach of yellow sand, with plenty of rock pools backed by dunes. The rugged cliffs towards Trevoze Head stretch for miles before us, and on a windy day the full might of the churning sea illustrates why this coastline was notorious for its shipwrecks. Our cliff-top path undulates dramatically, with very few flat sections, but fabulous views all the way –rolling grassy fields and wildflowers, sandy coves, wide sweeping bays, and jagged islands jutting off the coast. We pass Porthcothan Bay, a lovely cove with a wide sandy beach and grassy dunes; this was *Poldark's* Nampara Cove. Further south we stop to admire the views over Bedruthan Steps, a well-known beauty spot known for its dramatic slate stacks offshore, and continue over spectacular clifftops paths to Watergate Bay, a short distance from Newquay. Here we transfer back to our accommodation. Night hostel.

**Trek approx 14 miles / 22.5km**

*(Dinner not included)*

## ROUTE PROFILE



START ELEVATION	MAX ELEVATION	GAIN
19M 63FT	84M 277FT	367M 1,211FT

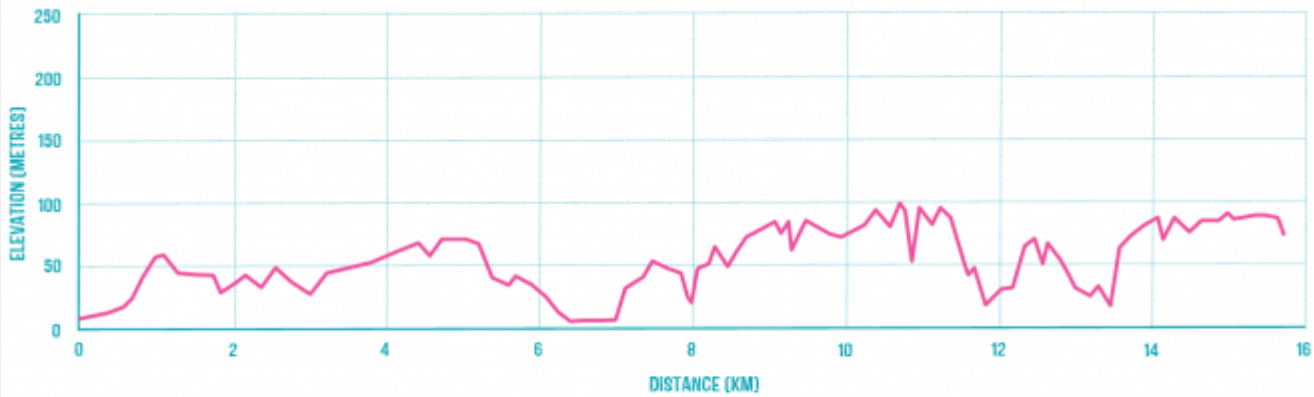
## Day 3: Holywell Bay – St Agnes Head

After breakfast we transfer to Holywell Bay, south of Newquay – a fabulous place to resume our coastal challenge. The beautiful wide sandy beach, with its distinctive Gull Rock offshore, will be instantly recognisable to *Poldark* viewers as the Warleggans' beach. We continue past the three-mile-long sweep of Perranporth beach, popular with surfers, and head out onto rugged St Agnes Head, known for its mining heritage. These heathland landscapes were used to film Nampara

Valley, part of the Poldark estate, including many of the iconic clifftop horse-riding scenes. This beautiful headland is a wonderful end to our trek, and after transferring back to base, we say our farewells and head for home after an exhausting but exhilarating weekend!

**Trek approx 10 miles / 15km**

## ROUTE PROFILE



START ELEVATION	MAX ELEVATION	GAIN
10M 33FT	333FT 101M	379M 1,251FT

## WHAT'S INCLUDED

- All food and accommodation
- Transfers within trek
- Discover Adventure leaders and drivers
- Full vehicle support

## WHAT'S EXCLUDED

- Travel insurance (optional)
- Personal items such as drinks, snacks and souvenirs
- Transport to / from the event
- Entry to any optional sites or activities
- Any applicable surcharges as per Terms and Conditions

## TREK TRAINING WEEKEND

**£170 Special Offer - Only when you book at the same time as registering for your main challenge**

Discover Adventure Trek Training Weekends take place in Snowdonia National Park, Wales. This training weekend is designed to put you through your paces to enable you to gauge fitness levels and gain advice from our experienced leaders.

## GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 16 Jul 2019, and the challenge is subject to change.