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Andrew Cope : St Ives to Penzance Coast Path Walk : 07778 456213 :

EXAMPLE ITINERARY PAGE - LANDS END WAY WALK - www.encounterwalkingholidays.com 01208 871066

Day 3	Sunday, 5th August 2012
Activity	South West Coast Path - Treen to St Just
Walk Grade	9 miles (2 miles severe grade, 7 miles moderate) 5 hours average walking time without breaks
Route Comments	<p>At Gurnards Head and Bosigran Castle find the remains of the Iron Age cliff forts on route and at Portheras Cove watch for seals.</p> <p>To find out more about the mining heritage you are walking through visit the excellent Geevor Mine Museum 01736 788662. This is just off the path after Pendeen Watch (also has refreshments). Open throughout the year but not on Saturdays, you can explore the workings of the last mine in Cornwall and take short underground tours as well as learn all about the hardships and lives of those who trod this path before you. Clearly signposted from the path, around 10 mins walk inland from the path at the mining ruins at Trewellard Bottoms which is marked on your OS mapping.</p> <p>The Lelant Mine Steam Engine is just below the path and marked on the map. Its often open for you to wander round and on occasions is still fired up ! National Trust Run and open every day except Saturdays 10am to 17.00pm – small entrance charge.</p> <p>For a picnic spot you cannot beat the view over or better still walk down to The Crowns Engine Houses below the path after Roscommon - marked on the map before Lelant.</p>
Refreshment Options Today	<p>The best option is the Cafe at Geevor Mine 01736 788662 marked on your OS mapping. You can access from the coast path without having to pay the entrance fee to the mine, superb views and a range of lunch options including fresh pasties cooked by the former miners wives who run the cafe (closed Saturdays).</p> <p>Otherwise you will need to walk into Pendeen on the road from the lighthouse at Pendeen Watch (15 mins each way) where there are two pubs The North Inn 01736 788417, The Radjel Inn 01736 788446, a general stores and a Tea Shop - head for the Church Tower which is close to most of these.</p>
Luggage Transfer Today	Your bags will be transferred by Prowse Cars, Contact Phil Prowse on 01736 871786. If you have any queries please contact them directly. Make sure you check with your hosts / the reception desk to find out where they would like you to leave your bags for collection.
Taxi Numbers for tired walkers	<p>Prowze Cars 01736 871786, Stones Taxis 01736 363400, R Cars 01736 330 564 Penzance Taxis 01736 366 366</p>

Beverley Harris : St Ives to Penzance

Tonight's Accommodation	The Commercial Hotel Market Square, St Just-In-Penwith, Cornwall, TR19 7HE Grid Reference SW 370 314
Contact Info	Michelle 01736 788455
Check in Info	Anytime from midday - the pub is open all day.
Directions from the Trail	<p>The Commercial Hotel is right in the middle of St Just which is just over 1 mile inland of the Coast Path and marked on your OS mapping.</p> <p>There are several footpaths into St Just marked on the map all of which can be taken. Our suggestion is to stay on the coast path to Kendijack Castle following the route down and inland into the valley below where close to a smallholding it crosses the stream and starts a steep ascent up the other side of the valley. At the top of this ascent the coast path turns right heading back towards the sea.</p> <p>For St Just turn left (signposted St Just) and with the field wall on your right follow the path inland in the direction of the river but walking along the ridge crest above it. This meets the road at Boscean. Follow the road into St Just and keep heading for the centre of the town which is a small square. You will see the Commercial Hotel on the right side of the square as you arrive.</p> <p>For a helpful street map of St Just showing the hotel location and information on the town refer to your Trailblazer Guidebook.</p>
Rooms Booked	Double ensuite room with Shower
Evening Meal	Available at the accommodation. There are other options in St Just including pubs and a seasonal restaurant see your Trailblazer Guidebook for more details and locations.
Wi-Fi Facilities	Yes Available free of charge in rooms and in the Bar area
Next days packed lunch if required	Available from your accommodation - please book and pay on arrival otherwise there are plenty of shops and a bakery in the square.

Day 4	Monday, 6th August 2012
Activity	South West Coast Path - St Just to Porthcurno
Grade	13 miles (moderate grade) 5-6 hours average walking time without breaks from St Just rejoining the Coast Path at Cape Cornwall.
Route Comments	<p>From 2011, the coast path was rerouted to take in Cape Cornwall - England's only Cape where two seas meet provides stunning views. Follow signs on the ground for this worthy addition to the trail. The new route is covered in your Trailblazer Guidebook with sketch mapping but note that the OS Maps still show the old route missing out the Cape.</p> <p>Described and marked on the map in the National Trail Guide, dont miss the Ballowall Barrow ancient burial chamber. After reaching the top of the hill by the golf course you</p>