



THE SALT PATH

7-day self-guided walking adventure

Day 1 | St Ives

Arrive in the picturesque fishing village of St Ives, known for its cobbled lanes, rich history dating to AD460, and vibrant artist community. Explore the Tate Gallery, Barbara Hepworth Museum, and Bernard Leach Gallery. Consider arriving a day or 2 earlier to enjoy more of the town.

Accommodation: St Ives – 1 night

Day 2 | St Ives – Zennor (11 km)

Begin your coastal walk on a dramatic stretch of the South West Coast Path. Pass St Nicholas's Chapel and scenic headlands before reaching Zennor, known for its ancient church, pub, and literary links to D.H. Lawrence.

Accommodation: Zennor – 1 night

Day 3 | Zennor – Pendeen Watch (11 km)

Follow the rugged trail past Gurnard's Head and remnants of Cornwall's mining heritage. Near Pendeen, visit Geevor Tin Mine and Pendeen Watch lighthouse with sweeping sea views.

Accommodation: Pendeen Watch – 1 night

Day 4 | Pendeen Watch – Sennen Cove (14.5 km)

Walk through historic mining ruins including Levant and Botallack Mines. Pass Cape Cornwall and the ancient village of St Just before arriving in the scenic surf haven of Sennen Cove.

Accommodation: Sennen – 1 night

Day 5 | Sennen Cove – Porthcurno (9.5 km)

Visit Land's End, then follow the coast to Porthgwarra and the stunning Minack Theatre before descending to the sandy bay of Porthcurno.

Accommodation: Porthcurno – 1 night

Day 6 | Porthcurno – Mousehole (11 km)

Detour to Logan Rock, then continue past quiet coves and Lamorna to reach the charming fishing village of Mousehole, rich in maritime history.

Accommodation: Mousehole – 1 night

Day 7 | Mousehole – Penzance (6.5 km)

Walk via Paul village and the port town of Newlyn into Penzance. Explore galleries, historic buildings, and museums.

Accommodation: Penzance – 1 night

Day 8 | Penzance

Depart after breakfast.

Departs

Daily between Mar – Sep

Price

NZ\$2670 per person twin/double share

Single supplement on request

Included

- 7 breakfasts
- 7 nights accommodation in guesthouses and inns with ensuite facilities where available
- One piece of luggage per person transferred from Inn to Inn, not exceeding 20kg.
- Digital information pack including Navigational App, maps and route notes
- Emergency hotline

Excluded

- Lunch, Dinner and drinks
- Entrance fees
- Travel insurance
- Travel to the start and from the end point of the trip
- Personal expenses such as laundry
- Unscheduled transfers required during the trip
- Excess luggage
- A supplement will apply if you are travelling solo or book a single room
- Guide - this is a self guided holiday

Grading

This trip is graded Moderate. Whilst the distances are shorter than on some of the other South West Coast Path tours, the terrain is very rugged and undulating as it descends to beaches and low-lying coastal areas and then ascends to clifftops and headlands with many ascents and descents each day. The underfoot conditions can be rocky and rough and there is some walking on sandy beaches. There are also sections of rocky boulders where you may need to use your hands as well as your feet. The route is generally well waymarked. After rain, the trails can become muddy and slippery so care should be taken. Good boots with ankle support are essential, trekking poles are strongly recommended and you should have a good level of fitness and be accustomed to walking on hilly trails for consecutive days.

Code: UT-WCS



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