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A Cornish Walk: A Simple Tourist Activity, But An Absolute Must For An English Holiday

By Rachel Lane

Cornwall has always been a favourite holiday destination and its dramatic coastline, picturesque

villages, vibrant culture and sumptuous cuisine. For those visitors who have travelled to the region, the benefits of a Cornish holiday need no explaining, but for our international friends, who have yet to explore outside of London, a visit to Cornwall will give you a very different taste of English life. In this article, I describe one of my favourite walks in Cornwall and thoroughly recommend it to anyone visiting the area.

Parts of the walk between St Agnes and the Jericho Valley have been trodden so often by my sturdy boots, that they practically know their own way. It's one of my favourite stretches of coastal path for its spectacular views across the turquoise waters to the huge stretch of beach at Penhale; the ever-present tang of salt hanging in the air; the dramatic cliffs bordered with a mosaic of gorse, heather and thrift; plus it conveniently links my house with the beach, the pub and my favourite seaside restaurant.

St Agnes was once a busy centre of mining activity, the relics of which are dotted all around this walk. Today it is still a very community-minded village with a friendly population boosted during the summer by the visitors attracted by the village's charming unspoilt character, its beautiful coastline and popular beach. The village is well equipped for walkers, with some beautiful, quintessentially English cottages and hotels (

<http://www.cornwalltoday.co.uk/Accommodation/Bed+and+Breakfast/Newquay+and+Perranporth.aspx>

), and some superb restaurants which take advantage of Cornwall's fantastic local produce.

On this walk you'll first head southwards on the coast path up a fairly steep climb away from the picturesque Trevaunance Cove. Just above the beach if you peer down at low tide you'll see the scattered stones of the former harbour walls, deposited when storms swept it away in 1915/16. At a higher tide with a gentle swell you may see one or two of the resident seals putting in an appearance.

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Continuing along the coast path you'll be rewarded with amazing views – careful though, some of the drops are quite sheer in places. You'll pass a number of capped mine shafts and a couple of benches where you can enjoy the view of Bawden Rocks, also known as Man and His Man. Every summer daring swimmers from the village swim the mile out to this rock and back.

After about half a mile along the coast path you head inland and up towards the Beacon, the 192 metre high hill that overlooks St Agnes. Legend has it that a giant called Bolster could stand with one foot on The Beacon and the other on Carn Brea six miles away. If you fancy a detour then trek up it for some fantastic views from Padstow in the north, to the clay country and south to St Ives.

Otherwise the route skirts the bottom of the Beacon, and then follows a path to St Agnes village. Here locals bustling about their day-to-day business will be brushing shoulders with day-trippers and holiday makers. Stop for a browse around some of the fascinating arts and crafts galleries, or pause for a coffee outside the St Agnes Hotel. If you feel like staying overnight, there is some lovely holiday accommodation in the area, as well as a very high standard of local pubs and restaurants. (

<http://www.cornwalltoday.co.uk/Places/Restaurants/Newquay+and+Perranporth.aspx>

)

Next you'll see the quirky row of sea captain's cottages known as Stippy–Stappy, then follow the road for a short time before you descend off left into Trevellas Combe. Following a clear trickling stream through woodland, you'll pass the isolated Jericho Cottage, once owned by renowned Cornish artist John Opie. Near here, we got a fright when a grass snake slithered across the path in front of us.

You emerge out of the valley at Blue Hills Tin Streams, where you can see a working water wheel and tin smelting in the traditional way. Then perhaps stop at Trevellas beach for a paddle. Head up the steep hill to the left of the beach. It's a toughie this one, but there's a strategically placed bench half way up! At Easter this area is buzzing with an array of classic cars racing their way around a track.

You can get round this walk in a speedy two and half hours, but I think you should allow about four. In that time you'll have journeyed through centuries of life in this colourful part of Cornwall and should go home with a real taste of how this friendly community has evolved in that time.

* Distance: 4.5miles

* Grade: Moderate

* Maps: OS Landranger 203, reference 721 515. Walk taken from Classic Walks Cornwall 1 (published by Cornwall & Devon Media, £5.99)

* Parking: Leave your car at the car park in Trevaunance Cove, St Agnes

* Refreshments: St Agnes Hotel, for coffees and pub food opposite the church; Driftwood Spars for a pint in their beer garden just a few metres from the beach.

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* Distractions: Galleries and shops in St Agnes village; Blue Hills Tin Streams, St Agnes, 01872 553341

Other walks in the area:

<http://www.cornwalltoday.co.uk/Activities/Walking+and+Viewpoints.aspx>

Nicky van der Bij is a keen walker and has been promoting Cornwall for a number of years. Nicky attends local festivals and reviews restaurants in the region, additionally writing articles for a number of tourism publications. Web:

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Explore The Camel Trail In Cornwall

By WebCottages

Are you mad about cycling? Recent studies show that you are not alone. In fact, cycling is becoming increasingly popular in the UK, with Cornwall being named as one of the most idyllic places to experience a cycling holiday. So, why are so many people taking to two wheels?

The most obvious answer that springs to mind is that people are cycling to keep fit and help the environment. A closer look, however, reveals something else: an increase in cycleways and routes. Over the last decade people and charities alike have been working hard to ensure that Britain become a cycle-friendly nation. Not only providing cycle lanes that run alongside roads but also traffic free cycleways. One of the most well-loved cycleways which has come to life in the last few years is the Camel Trail in Cornwall.

The British countryside certainly doesn't get much more breathtaking than the wonderful Cornish landscape and the Camel Trail presents the perfect place to begin an exploration of the fruits Cornwall has to offer. The Camel Trail is a well-loved cycleway, which spans a wonderful piece of Cornish countryside over a distance of 17 miles from Padstow to Poley's Bridge. With approximately 350,000 users per year the Camel Trail is loved by locals and holidaymakers alike as an idyllic way to appreciate Cornish beauty at its best. Established as a cycleway in 2001, this cycleway follows the path of a disused railway line which was built in 1834 and linked London to the south west part of the country.

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Cyclists who are intending to use The Camel Trail will find that they are able to hire their bikes from a variety of cycle shops along the cycleway and throughout the general area; including Padstow, Wadebridge and Bodmin. From this wonderful cycleway you will be able to discover a whole host of wildlife and enjoy the wonderful scenes as they unroll before your eyes. Furthermore, if you choose The Camel Trail for your cycling holiday in Cornwall you will have the time to explore all the little villages and towns along the way.

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