

# Autumn walking at The Nare

October and November are an ideal time to explore the beauty of Cornwall and the Roseland on foot. By October the summer's heat has gone but thanks to Cornwall's maritime climate, temperatures are noticeably kinder than other parts of Britain.

The Nare is situated on the South West Coastal Path making it an ideal location for a leisurely walking break. The hotel's chauffeur service means it is also a great base from which to explore other parts of Cornwall. Dogs are also invited to be part of walking at The Nare.

**There are 4 ways to walk the Cornish coast this autumn:**

## 1. Four Day Walking Break (12th - 16th October)

Walks last approximate 2.5 hours. Sandwich lunch and transfers included.

Transfer times are less than 60mins - depart at 10.30am and return in time for afternoon tea at 4pm.

### Saturday 13<sup>th</sup> - Gribbin Head



This walk is within an Area of Outstanding Natural Beauty on the sleepy south Cornish coast. The route starts beside Menabilly and descends to the coast at Polridmouth where the shipwreck can be seen on the beach at low tide. The walk then follows the coast to the daymark on the top of the headland. The route follows the coast into St Austell bay and turns just above Polkerris to circle back via a small lane.

### Sunday 14<sup>th</sup> - Tehidy to Deadman's Cove



This walk is within an Area of Outstanding Natural Beauty on the rugged north Cornish coast. The walk begins in the Tehidy Country Park wildlife area with its famously tame squirrels. The route follows the river through the woods to Coombe and then crosses the Reskajeage Downs to reach the North Cliffs near Deadman's Cove. The walk then follows the coast path along the top of the steep cliffs to Basset's Cove. Here the walk re-enters Tehidy Country Park, passing through the bluebell woods to complete the circular route.

### Monday 15<sup>th</sup> - Mylor to Flushing

This walk is within an Area of Outstanding Natural Beauty along the banks of the beautiful Fal River. The route follows the coast path along the edge of Carrick Roads to the quaint waterside village of Flushing. The return route is over the hill, descending to Mylor creek through woods which are carpeted leaves in the autumn. The final stretch back to Mylor is alongside the creek.



## 2. Weekly Guided Walks (18<sup>th</sup> October - 29<sup>th</sup> November)

Walks are planned for Thursdays and last approximate 2.5 hours.

Transfers included and are less than 30mins - depart at 10.00am and return in time for lunch.

### Hemmick Beach to Gorran Haven



This walk begins on the idyllic and unspoilt Hemmick Beach before a steady ascent to Dodman Point - the highest point of the south Cornish coast. On a clear day the coastline can be seen for miles to the west, as far as the most southerly tip at Lizard Point. The coast path then slowly descends past the beautiful remote Vault beach, which can only be accessed from the coastal path, and into the picturesque seaside village of Gorran Haven.

Scheduled for\*: 18/10/18, 8/11/18, 29/11/18

### St Anthony Head to Portscatho



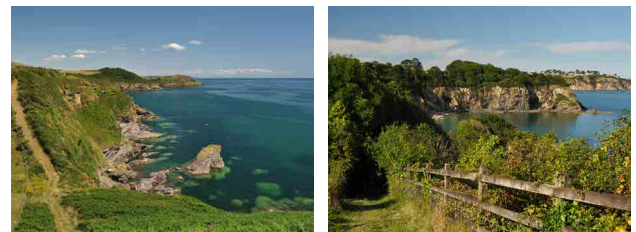
This walk starts at St Anthony Head, which has panoramic views across Carrick Roads, where the Fal River meets the sea. St Mawes Castle, Pendennis Castle, St Anthony Lighthouse and Falmouth Harbour are all visible on a clear day. The route follows the coastline all the way to Portscatho, past the beautiful Towan beach. Throughout the walk there are stunning, far-reaching views up the coastline to the east, all the way to Dodman Point.

Scheduled for\*: 25/10/18, 15/11/18

### Pentewan to Porthpean Beach

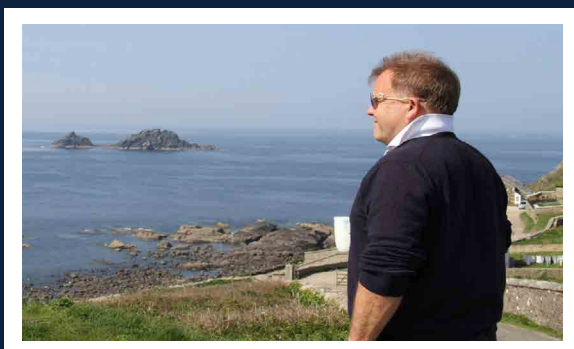
This walk starts in the tiny village of Pentewan and follows a very remote section of the coast path around several small headlands before descending into Porthpean beach. There are lots of small, idyllic coves to enjoy during the walk and stunning views across St Austell Bay and Mevagissey Bay.

Scheduled for\*: 1/11/18, 22/11/18



## 3. Private Guided Walks

There are many stunning sections of the Cornish coast path, most notably on The Lizard Peninsula, Kynance Cove, Sennen and Cape Cornwall. Private guided walks are led by Simon Hammond and are tailored to suit the preferred duration, difficulty and location.



## 4. Walk Alone

If one prefers to walk alone, the hotel has recommended routes and directions for walks across the Roseland. The South West Coast Path can be accessed directly from the hotel and there are also a number of lovely circular walks that start and finish at the hotel.

