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CELEBRATING OUR 40TH SEASON!

Est. 1988

Adventureline
WALKING HOLIDAYS

Cornwall

A WEEK OF EXPLORING, ON FOOT

In the very finest parts of Cornwall

Bespoke walking tours Melding *Nature*, *History* and *Story Telling* into an art

To view our 2027 Cornwall tour dates between May and September, please go to the 'Holiday Availability' page on our website to see the latest availability

"In every walk with nature, one receives far more than he seeks"

John Muir - born in Scotland



A week of exploring Cornwall on foot

Cornwall has almost 400 miles of stunning coastline - the longest of any English county. Much of it is designated as an *Area of Outstanding Natural Beauty* and we will show you exactly why Cornwall has such a special designation...

Our guided walking holidays share with you the very finest parts of Cornwall. Safe scenic footpaths (part of the famous South West Way) follow spectacular cliff-tops, passing remote and beautiful beaches, sand dune systems and atmospheric tidal creeks. We'll also walk through grassy meadows and farmland, ancient woodlands, pretty villages - and over high granite moorland, scattered with prehistoric remains.

Our walking holidays are ideal for singles, couples and families. Our group size averages no more than eight, so it's easy to get to know everyone during the holiday and you'll most likely make some great new friends.

During our almost 40 years of operation, thousands of visitors from all around the world have discovered the magical beauty of Cornwall with us and made many new friends. Whatever the mix of the group, English is always the primary language spoken, although our groups are often an eclectic mix of different nationalities. We will arrange your accommodation for you in and around the charming village of St. Agnes (mid north coast). We offer you a choice of carefully selected Hotels, Inns, Bed & Breakfasts and Home Stays, where you will receive a warm welcome and enjoy welcoming Cornish hospitality.

With Martin as your local knowledgeable guide, you will take daily hikes into beautiful Cornwall, where he will share with you many of the loveliest and secret places, wildlife and history he has unearthed over his lifetime so far. His journey is always an ongoing affair, so you never know what latest gem he's discovered that he'll reveal for you.

Cornwall possesses magnificent wildlife set in a huge variety of spectacular landscapes and habitats and an amazing array of wildflowers which bloom from April onwards, together with sub-tropical gardens that flourish in Cornwall's very mild maritime climate. Incredibly sculptured rocks form high majestic sea cliffs and secluded coves, with rare and breathtaking geological exposures frequently encountered. Even if the study of geology has passed you by until now, you'll be amazed at the crystalline wonders encountered along the Cornish coast.

There are prehistoric settlements and high granite moors; creeks cloaked in ancient woodland; rolling green countryside and quaint seaside villages, where many artists work - inspired by Cornwall's majestic scenery.

This beautiful county is full of stunning coastal and interior scenery and natural history, best explored on foot. Cut off from England by the Tamar River, Cornwall has been a *'land apart'* since the Romans drove the Celts into the wild hilly lands of the west of Britain 2,000 years ago – when this area was known as Dumnonia. However, the original Celtic character is still preserved in some parts of Cornwall, both in the people and the physical landscape itself. In places, there are fields and stone hedges which were created up to 4,500 years ago by Cornwall's prehistoric Bronze and Iron Age inhabitants. On the high hills and moors, there are megalithic remains of standing stones and circles, long abandoned prehistoric villages and other sites of interest such as Quoits, Holy Wells, Celtic Crosses and ancient Burial Chambers (here known as Barrows, or Tumuli). There are some areas where spectacular relics of long past tin and copper mining are evident, now forming part of the UNESCO Cornish Mining World Heritage Site.

See *http://www.cornish-mining.org.uk*



Cadgwith Cove, Lizard



Pete on the Cornish cliffs



Your guide

Pete Isaac

Over 39 years ago, Martin Hunt spearheaded his unique discovery walking holidays in Cornwall and founded what became the very first walking tour operator in Cornwall in 1988 - Adventureline, now often mimicked, but never equalled. Back in the mid to late 90's, Martin began to broaden his horizons and has since run tours in many countries for the past 28 years or so. Consequently, it has become popular with nature lovers and adventurers of all ages, nationalities - and of many different backgrounds.

Now joined by Martin's son Pete, Adventureline manages to maintain an intimacy and cohesion (with humour!), which is warmly appreciated by all.

Pete is always interested in others, so you will be appreciated and enjoyed too, for whoever you are and wherever you come from. Adventureline's groups often turn out to be an eclectic International mix too.

Pete is passionate about enabling our guests to have fun learning about wherever they might happen to be, by stopping for an informal lecture, taking a closer look at the natural flora and fauna and history, enjoying an exploratory scramble or taking a swim!

Pete has been with Adventureline for 3 years now, but also has a rich history of adventuring going back to the early 80s!

Pete and Martin also lead walking tours to other destinations in Great Britain and abroad - see our website: https://adventureline.co.uk/ for further information on any of these tours.



Holywell Bay



About the walks

Join us here in Cornwall and discover the county's incredible diversity of land and seascapes, wildlife, geology, archaeology, myths, legends - and the amazing variety of artistic expression that Cornwall has generated.

We promise you a holiday with nature at its heart...and because we have spent a lifetime exploring our little patch of the Earth and all it contains; you will experience many amazing aspects of the county that many visitors miss.

We do not advertise a specific itinerary because we have found, over many years, that it is best to wait and see what the daily weather brings. For example, it would not be comforable to set off on a walk into a strong headwind and rain; and thankfully, with such an extensive and incredibly convoluted coastline, we can usually find an area that is very pleasant to walk in - and hopefully in the sunshine too. After a hearty Cornish breakfast, we set off each day in our minibus to explore a different face of Cornwall. After a scenic 20 to 50 minute drive (depending on where we are walking that particular day) and using as many "lesser used roads" as possible, we commence our journey on foot, with an average duration of 6 hours walking per day. Typically, we will walk between 6-8 miles (9-13 km's) per day. However, because of the "ups and downs" of our sometimes rugged coastal paths, it might feel as though you have actually walked a little more on some days, although we can make things much easier if necessary!



Sea Carrot flowers

Our walks are relatively relaxed and are well within the ability of someone who exercises regularly and is of reasonable fitness. During our walks, there is always ample scope for stopping and observing wildlife and other natural phenomena, without rushing. We have found that with so much to look at, this fairly gentle pace suits most people, giving you a chance to be alone with nature from time to time.



We will explain the basics of many natural concepts for you in an interesting and light hearted way, so that Cornwall's natural and man made history, the magnificent coastline, the many vastly different landscapes – including the high granite moors and the wooded tidal estuaries (together with all the wildlife) really come alive for you.

And because of our intimate knowledge of Cornwall, we often find ourselves on a remote and beautiful beach for our lunch, where after a hearty picnic lunch, you can rest, beach-comb, explore the rock pools and awesome sea caves, or perhaps enjoy a refreshing swim in the clear crystal clear turquoise seas (The Atlantic and The English Channel). Many of our beaches really are the best in the world!

At such times, it's not uncommon to see Grey Seals on the rocks or in the water and sometimes, whales and dolphins close to shore - always an exciting and uplifting experience. And with luck, you'll also see the ubiquitous Chough, Cornwall's emblematic red beaked bird, now returned after an absence of 80 years.

Of course, you are free to simply relax after lunch, perhaps sitting amongst carpets of wild flowers with the sounds of nature enveloping you in a perfect peaceful ambience.



Mill Bay in West Penwith



Prussia Cove, south coast. Inset is Pentire Steps, Bedruthan - with NZ friends!

Turquoise Waters

When it's sunny and calm, not only are the waters around the Cornwall coast crystal clear, but the refracted sunlight off the sandy bottom creates an incredible colour ranging between green, blue and turquoise - just like The Aegean or The Caribbean. Sometimes, it's really mind boggling!



Folded Carboniferous rocks, Bude in North Cornwall



Rocks and Gardens!

There are two things in particular for which Cornwall is world renowned - its magnificent gardens and its remarkable geology.

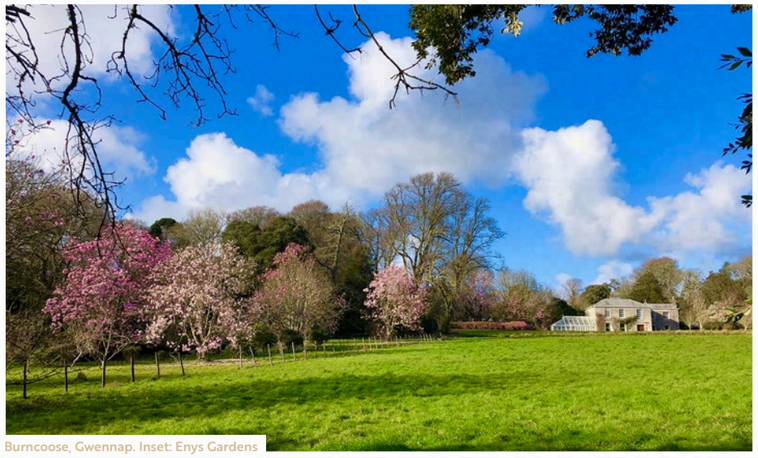
There are a large number of world class gardens and estates in Cornwall. Because of the Gulf Stream, Cornwall rarely experiences frost and snow, so the gardens here are home to many rare plants that would die elsewhere, particularly magnolias, rhododendrons, camellias and azaleas. The great estate owners of the 18th century sponsored botanists to accompany sailing voyages to far away lands and bring back exotic species to plant in their gardens, so they could impress their friends. In those days, wealthy people could only express their wealth through their homes and gardens and fancy horse drawn carriages - there were no heated swimming pools, flashy cars, luxury yachts and private jets!

Much of the wealth in Cornwall was generated through mining tin and copper and of course, only the few wealthy land owners really benefitted at the time. However, today we have this legacy of wonderful gardens, open to the public - so in the end we can all share in that wealth.

That almost obscene wealth was actually created by working class Cornish miners in the 18th and 19th centuries, although extraction of tin and copper goes right back to prehistoric times. The mining took place because of the unusual geology in Cornwall - which is varied and very special.

300 million years ago, molten granite magma rose up into the country rock underneath Cornwall and emplaced rich vein deposits of tin, copper, iron, zinc, tungsten, lead and silver - not to mention many other rare minerals.

Consequently, Cornwall is blessed with an incredible mixture of rock types up to 500 million years old and these various rocks have shaped the land, particularly the coastline, through many millions years of erosion. This is why walking along the coast paths always surprises and delights, for the scenery changes rapidly, depending on which rock type you are walking through. You have to imagine that walking along the coast reveals a complete cross section of what normally lies beneath your feet! Being one of the few places in the world where tin and copper are found together meant that Cornwall was able to produce the raw materials for bronze production, so that the Industrial Revolution thrived in Britain.



Burncoose, Gwennap. Inset: Enys Gardens



Rugged cliffs

The coastline around Cornwall boasts the most spectacular cliffs, coves, and beaches. From headlands that jut sharply out to sea, to undulating cliff-lines adorned with wildflowers, and geological marvels that are awaiting your discovery as we wander these ancient paths.

Barras Nose, as seen from Tintagel Castle, North Cornwall. Inset: Commando Ridge, Bosigran



Wheal Coates, St Agnes with Bell Heather and gorse in bloom



Nanjizal, West Penwith



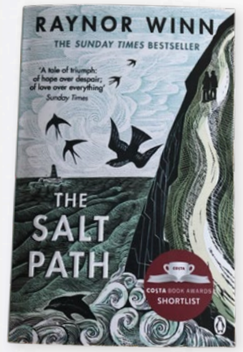
The Rumps, near Port Isaac on the north coast



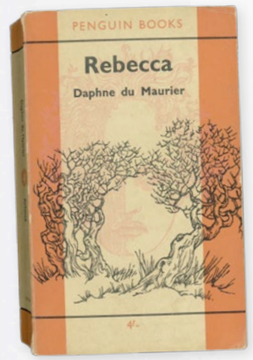
Historically, tin mining was important in the Cornish economy, becoming increasingly significant during the Middle Ages and expanding greatly during the 19th century, when rich copper mines were also in production.

By the mid-19th century, however, the tin and copper mines entered a period of decline and virtually ended by the 1870's.

Crowns Mine, Botallack



'The Salt Path'
Raynor Winn
Penguin 2018



'Rebecca'
Daphne du Maurier
Penguin 1962

The cultural landscape

Cornwall has influenced many famous writers and artists through her magical nature and enchanting scenery.

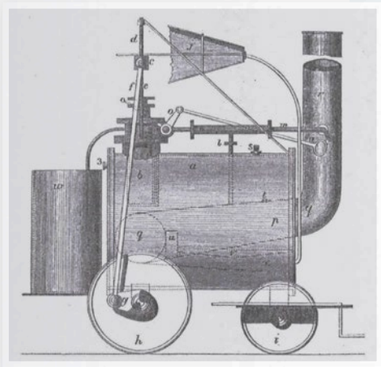
Daphne DuMaurier (Left) **Winston Graham** (Poldark), **Virginia Woolf, Derek Tangye, John Betjeman, Rosamunde Pilcher, Mary Wesley, EV Thompson, Raynor Winn, Thomas Hardy** and **John Le Carre** - to name a few!

The poet **Laurence Binyon** wrote *'For the Fallen'* (first published in 1914) while he was contemplating the horrors of WW1, sitting on the high volcanic cliffs between Pentire Point and The Rumps, on Cornwall's rugged north coast A stone plaque was erected in 2001 to commemorate this. The plaque bears the inscription *'FOR THE FALLEN'* which bears the fourth stanza, sometimes referred to as *'The Ode'* of the poem:

"They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn them. At the going down of the sun and in the morning, we will remember them."

The scientific landscape

Cornwall has produced some of the world's best known scientists and engineers.



From astronomer **John Couch Adams** to clockmaker **John Belling**. **Richard Trevithick's** high pressure steam boiler (left) and **William Bickford's** safety fuse were developed here in Cornwall. The lifesaving 'rocket apparatus' was invented by **Henry Trengrouse** of Helston and for many years up until helicopters came into service, it helped those who had been shipwrecked safely reach the shore.



Sir Humphry Davy was responsible for isolating several elements such as sodium and barium. His experiments resulted in the first electric light which Michael Faraday, Davy's apprentice, later developed further. He is best known for the invention of the miner's safety lamp.

Another less-appreciated *first* for Cornwall is the development of gas lighting by engineer **William Murdoch**, and he used it to light his house in Redruth in the 1790s - the first in the world! This house still stands, 8 minute's drive from Martins' home.

The Lizard (Cornwall and England's most southerly point) was the location **Marconi** chose for his 'great experiment' in telecommunications, when in 1900 he developed radio transmission that followed the curvature of the earth (not something that anyone had ever imagined was possible) - eventually culminating in a radio transmission clear across The Atlantic to Newfoundland - an endeavour that was eventually to mark the birth of globalization and in turn, lead to today's *'world wide web'* - hence you receiving this brochure electronically, as if by magic!

Cornwall on TV!

Cornwall's multitude of stunning locations make it a perfect choice for dramatic series on television.

Poldark (BBC)

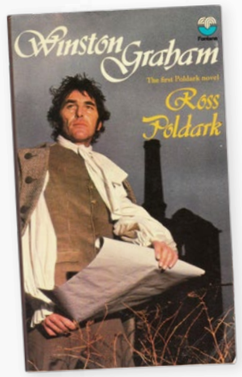
"I am very excited to play Ross Poldark for the BBC and it's obviously a huge challenge to honour the extraordinary character Winston Graham created and who Debbie Horsfield has now brought new life to."

A quote from **Aidan Turner** (right), with Actress **Eleanor Tomlinson**, who plays Ross's beautiful wife Demelza.

The author, **Winston Graham** (1908-2003), was born in Manchester, England. When he was 17 years old, he relocated to Perranporth (near St Agnes) in Cornwall. His first novel, *'The House with the Stained Glass Windows'*, was published in 1934.

The novelist is best known for the Poldark series of historical fiction. The first being *'Ross Poldark'*, published in 1945, followed by eleven books, the last of which, *'Bella Poldark'*, was published in 2002.

We will visit many of the locations used in Poldark - and who knows, we may well bump into the cast and crew filming on one of the beautiful cliff tops or beaches, if the BBC decide to film a new series!





BBC



Martin Hunt

Doc Martin (BBC)

Port Wenn is the fictitious, cosy and charming seaside village featured in this wonderful and very popular British TV series, now loved all around the English speaking world. In reality, Port Wenn is the pretty sheltered harbour village of **Port Isaac**, situated on the North coast of Cornwall, quite near the edge of Bodmin Moor. It is surrounded by high rocky sea cliffs and deeply wooded valleys, where tumbling streams run down to the sea.

Martin Clunes (pictured here with our very own Martin) plays the rather curmudgeonly GP for the village, Doc Martin. Together with the rest of the cast of bumbling eccentrics, this lovely series has gained a place in the hearts of many people from around the world. The show is a great mix of humor, sweetness and un-glitzy 'down to earth' storylines – although with the number of preposterous medical plots, the whole town should now be hospitalized! It is a wonderful place to visit for a poke around – and you never know who you'll see there – look who I met!



Martin Clunes and Martin Hunt!

Our Philosophy...

...is to enrich our guests lives and enjoy our work on a daily basis, providing impeccable customer service and promoting long-term sustainability of ecology, economy and community.

See what our many satisfied clients say about us - you'll be surprised!
https://adventureline.co.uk/testimonials/

Read more reviews: Trip Advisor | Google Reviews

https://www.facebook.com/AdventurelineUK



Some of our 2026 group on the Roseland Peninsula. Inset - Martin's daughter Rachael above Chapel Porth, St Agnes



Booking

Tour cost
£825 pp + accommodation cost

- A good choice of accommodation to suit various tastes.
- Full guidance, transport between walks.
- Accessories such as access to our local library.
- Detailed maps.
- Magnifying lenses and binoculars.
- Five fascinating days of guided walking (with generous picnic lunches and refreshments included).
- One free day to relax after your journey, doing as you please.

Adventurelines' unique formula for a relaxing yet stimulating holiday (in good company) is well rounded and is good value for money too. Early booking is recommended as we have limited capacity per week.

Your accommodation in Cornwall:

Please see the accompanying document that lists your accommodation choices and our prices. Before you look at it, please bear in mind that the prices quoted include **seven nights' accommodation, five 'whole day' adventures, with guidance, transport, picnic lunches and a refreshment at the end of each day's walk - often taken in a stunning location**. The accommodations are paid for by you directly, but we will assist you with this and you usually pay this amount at the end of your holiday.

Booking and cost:

1. All prices are as stated in the accompanying document and include: Your choice of accommodation: either Dinner, Bed & Breakfast, or Bed & Breakfast, or Homestay + plus five days of guided walking Monday through Friday with transport provided, healthy picnic lunches and refreshments included each walking day.

2. We will also provide assistance with your travel planning to and from Cornwall.

3. All bookings must be confirmed by email or letter.

4. We will hold your reservation for you provided you confirm your travel arrangements with us by email.

5. We require a £250 non refundable deposit, unless we know you well! You may pay for your accommodation charges direct with the establishment on your departure. We will provide a price breakdown in the event of a reservation.

Please feel free to contact us by phone or email for further information, or for details of any of our other holidays around the world, our terms and conditions, or to make a reservation. **Phone: +44 (0)1209 820847 | adventureline@btinternet.com**

We look forward to hearing from you and hope to have the pleasure of your company in Cornwall exploring many of our spectacular land and seascapes.

Pete Isaac & Martin Hunt

Pete Isaac & Martin Hunt

See you soon!



Phone: +44 (0)1209 820847 · http://adventureline.co.uk · adventureline@btinternet.com

All pictures: Martin Hunt unless otherwise credited
Brochure design: www.peteisaac.co.uk
Above picture: The Lost Gardens of Heligan, near Mevagissey

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