

IVW – St.Ives 12th – 17th JUNE 2016



Cornwall AONB (Area of Outstanding Natural Beauty)

The north coast includes the famous headlands of Tintagel and St Agnes Head; extensive sand dunes; and the spectacular cliffs north of Boscastle which rank amongst the highest in Britain. In contrast the south coast has a softer landscape of cliffs, coves and fishing villages. The ria coastline with its flooded valleys is typified by the estuaries of the Fal, Fowey and Helford Rivers with their extensive oak woodlands. The Lizard and Land's End are two of the most well known headlands in the UK and each has its own distinctive geology. The serpentine of the Lizard is world famous and is found in the reefs and stacks of this wild section of coast. Further west the granite at Land's End, battered by Atlantic storms, is rich in minerals which have been mined for centuries.

The Cornwall AONB also includes the Camel Estuary and considerable areas of inland landscape. These include Bodmin Moor; the heath-land on the Lizard Peninsula; and the moors of Penwith with their fascinating history. Bodmin Moor shares many features with Dartmoor including granite outcrops with characteristic tors. Man has had an effect on the landscape and the traditional farmed land of small hedged and banked fields is an intrinsic feature of the AONB. In addition there are ancient standing stones; many distinctive ruins of Cornwall's tin mines and a host of other features that are unique to Cornwall.

Dave and I have planned a series of walks during the week which encapsulates much of the interest and history of the above. The walks have been designed for everyone in mind with indication given to walking difficulty and length. All walks have a morning and afternoon split, except for Monday, which then offers a choice in walking distance. There are hard walking sections along some of our planned coastal walks but all of them have escape routes onto easier paths for those who wish to exit. These points will be shown when we arrive at them. We hope you enjoy the walks and that the weather is favourable to us

Contact information:

Roy – 07784 208997

Dave – 07473 173464

IVW – St.Ives 12th – 17th JUNE 2016

Day 1: Pendeen – Sunday 12th June – 10am & 2pm – 9 & 4 miles – Split walk

The morning walk takes us to the ancient sites of Chun Quoit & Castle and Men-an-tol before returning along the South West Coast path to Pendeen. In the afternoon we pass the Geevor tin mine and visit the Levant mine (NT) where a beam engine is usually in operation.

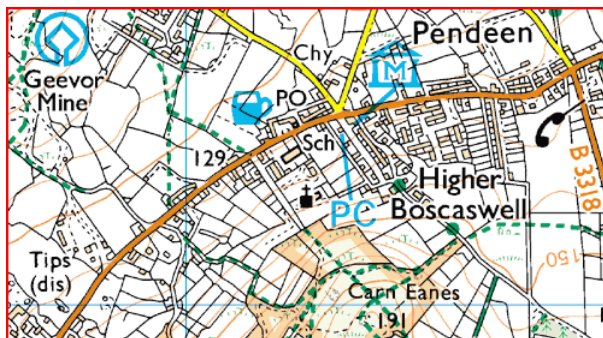
Explorer map 101 Grid ref: SW 383 344 Postcode: TR19 7DN



Pendeen is famous for its smuggling activities and its industry at the Geevor Tin Mine which Prince Philip, Duke of Edinburgh visited in 1957. There is a speculative suggestion that 2000 years ago the Romans brought Jews to Pendeen to work the mines. This is because locals still call a piece of tin a 'Jew's piece'. Jewish influence might also be responsible around Pendeen through names such as the village 'Bojewyn' (meaning 'abode of the Jews').

A Quoit is a megalithic structure comprising a number of large stones set upright to support a massive capstone forming a small chamber which was used for communal burials. Chun Quoit is one of the best preserved in Cornwall.

The Neolithic site at Men-an-tol has been disturbed many times according to an archaeological report in 1993. The research suggested that the standing stones originated from a stone circle which consisted of 18 to 20 stones. The holed stone, could be part of a nearby portal tomb. Local legend claims that if at full moon a woman passes through the holed stone seven times backwards, she will soon become pregnant.



Morning & Afternoon
Walks start at the car park
opposite Costcutters

Parking is free of charge.

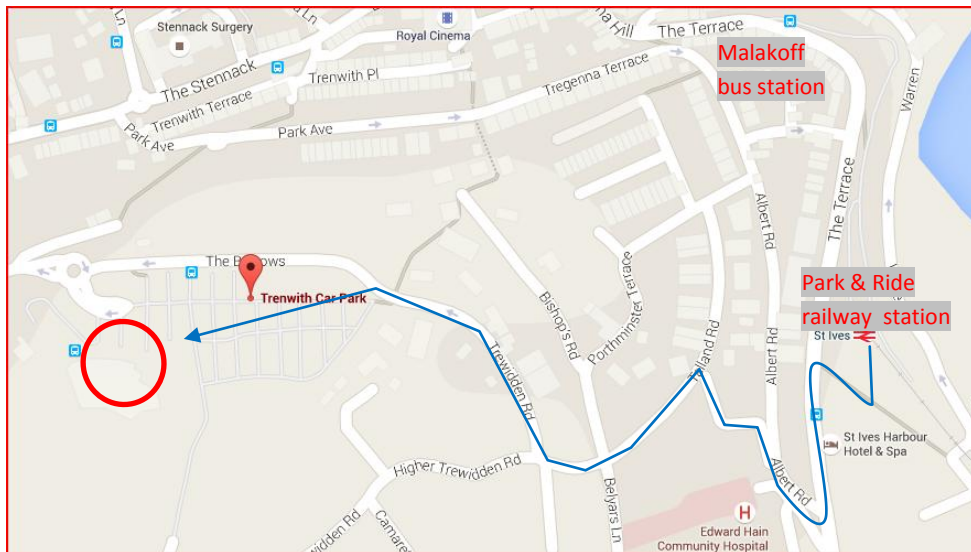
IVW – St.Ives 12th – 17th JUNE 2016

Day 2: St.Ives – Monday 13th June – 10am – 9 miles – Linear walk

This is a linear walk from St Ives to St Michael's Mount along the St Michael's Way returning by train. The causeway to St Michael's Mount is not open till 5:00pm, so the walk will be leisurely. At Marazion, we visit the monastery and then take the No.2 bus to Penzance. Others can walk back along the beach to Penzance adding another 3 miles. Return is by train from Penzance to St.Ives and the rail services run late into the evening for those who wish to explore Penzance.

Explorer map 101 Grid ref: SW 515 401 Postcode: TR26 1DD

Throughout Europe there is a network of pilgrim routes which lead to important places of Christian pilgrimage - the Cathedral of St James in Santiago de Compostela in Spain is one of those destinations. This route is part of the same pilgrimage from St Uny's church in Lelant to St Michaels Mount. The archangel Gabriel is supposed to have appeared here in the 5th century.



We depart from the Trenwith carpark in St Ives at around 10:00am. Postcode TR26 1DD

Parking at Trenwith or other locations in St.Ives, like the railway station, is £7.50 all day.

Alternatively use the Park & Ride train service starting at Lelant Saltings (See page 10 for details) and walk up to the Trenwith car park.

If using the Park & Ride, get a St.Ives to Penzance return train fare.

Groups of 4 will be cheaper.

We shall wait for anyone arriving on the 9:52am Park & Ride train from Lelant Saltings.

The route to Trenwith carpark from St Ives railway station is marked above .

IVW – St.Ives 12th – 17th JUNE 2016



Day 3: The Lizard – Tuesday 14th June – 10am & 2pm – 6 & 6 miles – Split walks

The 6 mile morning walk takes us to the fishing village of Cadgwith and coffee at the Cove Inn. Return is along the South West Coast path. In the afternoon we visit Lizard Point and continue on to Kynance Cove before returning back to Lizard. The coastal paths are easy - moderate.

Explorer map 103 Grid ref: SW 703 125 Postcode: TR12 7NZ

Cadgwith has been an archetype Cornish fishing village since the 16th century and remains so today. Pilchards were the main catch but over-fishing has led to diversification. The village has picturesque white-wash thatched cottages and a pub where fisherman's tales can be heard. Lizard Point is the most southerly headland on mainland Britain. The peninsula is well known for its geology, rare plants and birds. The Serpentine industry was championed here by Prince Albert and the serpentinization of the rocks has resulted in acidic soil heath-land and one of England's rarest birds – The Cornish chough which is only found on the Lizard peninsula.



Allow plenty of time to travel to the Lizard because it will take close to an hour to get there from St.Ives. Free parking is available on the green in Lizard (+toilets) and we will meet outside the Regent cafe at the entrance to the village (See above).

IVW – St.Ives 12th – 17th JUNE 2016

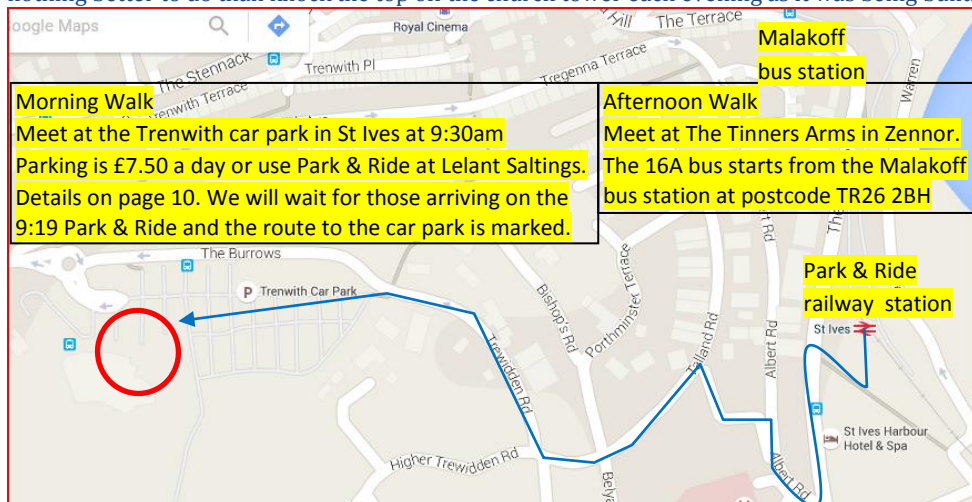
Day 4: St.Ives – Wednesday 15th June – 9:30am & 2pm – 7 & 5 miles – Split walks

This is a 12 mile circular walk to Zennor from St Ives. The morning trek along the South West Coast path gets harder towards Zennor. Fortunately there are escape routes. Lunch in Zennor allows some to leave or join the afternoon walk by taking the 16A bus to and from St Ives. The afternoon walk takes us into open access land over Zennor hill for an inland adventure back.

Explorer map 101 Grid ref: SW 515 401 Postcode: TR26 1DD



The parish of Zennor is alphabetically, the last in Britain. Its name comes from the Cornish for the local saint, St Senara. Zennor village has a pub, a cafe, a museum and a 13th century church containing a carved bench end depicting the legend of the mermaid of Zennor. The afternoon delights are Zennor Quoit, one of the largest quoits in Cornwall and little church at Towednack which has a squat tower that folklore attributes to the Devil. Apparently the Dark Lord had nothing better to do than knock the top off the church tower each evening as it was being built.



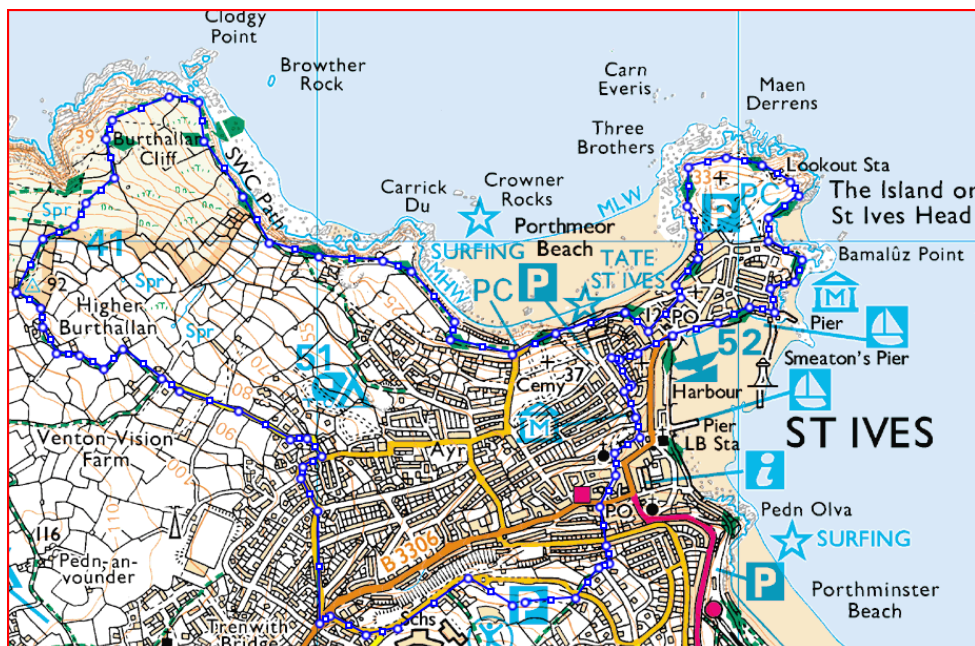
IVW – St.Ives 12th – 17th JUNE 2016

Day 4: St.Ives – Wednesday 15th June – 8:00pm – 4 miles – Evening walk

This is a 4 mile evening walk around St.Ives following parts of the South West Coast path. Meet at the Trenwith car park like other walks this week. St Ives got its name from the Irish princess and missionary St Ia who according to legend sailed on a leaf from Ireland in the 5th century.

Explorer map 101 Grid ref: SW 519 401 Postcode: TR26 3BY

From the Middle Ages onwards, St Ives was a small but thriving and growing town based on the traditional trades of mining and fishing, reaching a peak in the 19th century with world demand for locally caught pilchards as well as tin and copper, both of which were extensively mined nearby. Coal to drive the mine engines arrived in the harbour and was transported by horse drawn carts to the Wheal house. It was the arrival of the Great Western Railway in 1877 which led to arguably the biggest change the town had ever seen, enabling the development of tourism. The mid-1900s saw St Ives' reputation as an artistic centre flourish with the arrival of world renowned modern artists such as Barbara Hepworth, Bernard Leach and Ben Nicolson.



Proposed route although Dave and I might alter it as we investigate the local history further

IVW – St.Ives 12th – 17th JUNE 2016

Day 5: Lamorna – Thursday 16th June – 10am & 2pm – 6 & 6 miles – Split walk

We have arranged all-day parking at Lamorna Village hall. The morning walk takes us on an easy South West Coast path to Mousehole for coffee, returning back through fields to Lamorna. In the afternoon we visit the Neolithic sites of Merry Maidens and Tregiffian before descending to St Loy and returning along the South West Coast path which gets harder towards Lamorna.

Explorer map 101 Grid ref: SW 445 246 Postcode: TR19 6XN



Lamorna village has a history of granite quarrying. The north pier at Mousehole which we visit in the morning was constructed from it. Famous buildings using the stone include Bishop Rock lighthouse on the Isles of Scilly, parts of the Thames Embankment and Admiralty pier in Dover.

The late Neolithic-early Bronze Age sites of Merry Maidens & Tregiffian date back to 2500BC. The name Merry Maidens refers to the legend that 19 maidens from a wedding party were dancing in the field one Sabbath eve accompanied by music from 2 pipers. As night turned into Sunday the dancing maidens were turned to stone. The 2 pipers were similarly petrified and stand in nearby fields – they are known as the Pipers standing stones.



Morning & Afternoon.

Parking and Hire of the Village Hall in Lamorna has been arranged. The £25 cost will be shared amongst us.

The Village Hall is before the Lamorna Wink pub.

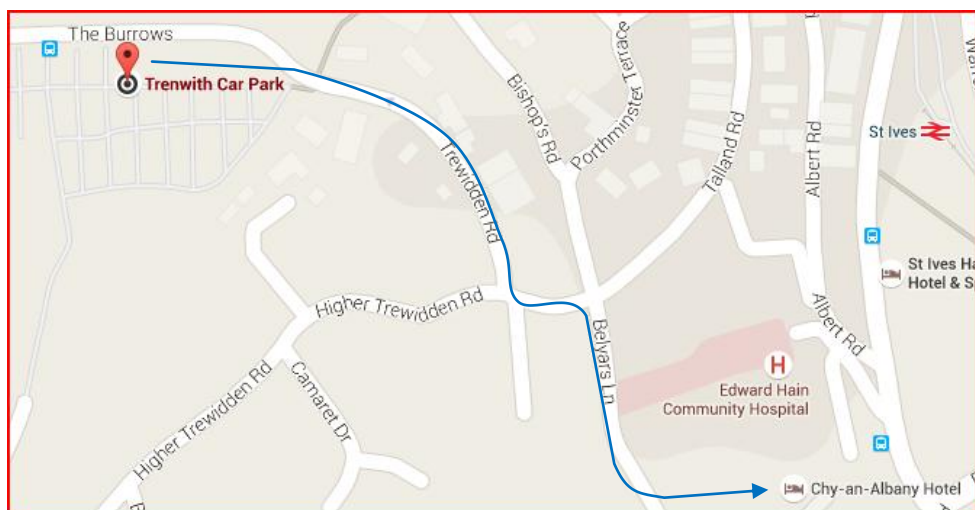
You are welcome to use the hall for other all-day activities

IVW – St.Ives 12th – 17th JUNE 2016

Day 5: St.Ives – Thursday 16th June – 8:00pm – Evening Meal

No walking necessary, it is time to relax and dine for our IVW evening meal. The venue is the Chy-an-Albany Hotel off the A3074 main road into St Ives. The front entrance is gained from signage to the Edward Hain hospital but it is advisable to park at the Trenwith car park since parking at the hotel is very limited. It is only a 5 minute walk to the hotel from the car park. Walk down The Burrows into Trewidden Road, turn left and first right into Belyars Lane..

Carpark: Explorer map 101 Grid ref: SW 515 401 Postcode: TR26 1DD
Hotel: Explorer map 101 Grid ref: SW 519 399 Postcode: TR26 2BS



The route from car park to hotel

The hotel required a £150.00 deposit, which is non-refundable to secure the date and prices quoted. This has been paid based on £5.00 per head.

They require full payment and confirmed numbers by the end of May which means we must get our meal orders to them this month

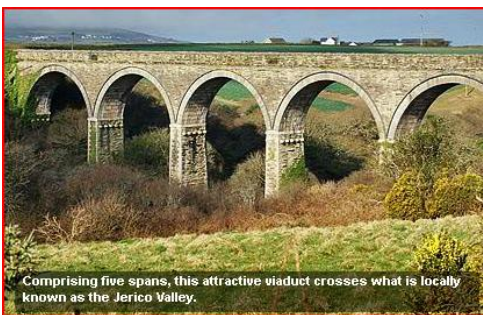
See the menu sent out to you by email and return the orders to us ASAP.

See Dave or Roy for the menu and order taking

Two courses are priced at £14.95 per person

Three courses are priced at £17.95 per person

IVW – St.Ives 12th – 17th JUNE 2016



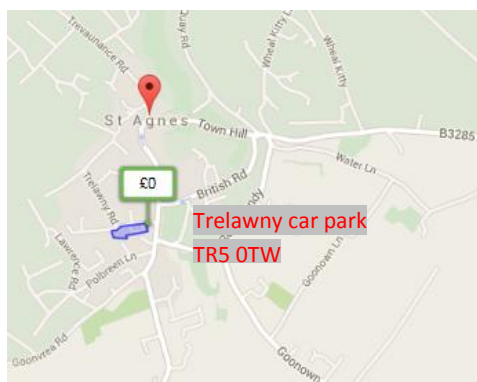
Day 6: St Agnes – Friday 17th June – 11:00am – 8 miles – 3.5 hours – Circuit

The 8 mile walk will take us inland to Goonbell viaduct which local walking groups are trying to protect and then along to St Agnes Head on the South West Coast path before returning back to St Agnes. Relics of tin and copper mining adorn the route. Paths are easy – moderate. There are options to leave the walk early and return back to the car for a quicker getaway.

Explorer map 102 Grid ref: SW 719 504 Postcode: TR5 0TW

St Agnes is a popular coastal tourist spot between [Redruth](#) and [Perranporth](#). It has a very long history going back to the Bronze age in mining copper, tin and arsenic. There are also stone-age remains in the parish. The St Agnes district has extensive industrial archaeology and much of the landscape is of considerable geological interest.

Feb 2015: Walkers have been galvanised into action to protect the Goonbell viaduct from being turned into an eyesore under proposals to erect steel fencing over it to stop vandals.



Allow time to travel to St.Agnes from St Ives – It is 24 miles (at least 30 minutes).

Free but limited parking is available at the Trelawny Road car park where we start the walk. Other parking is available in nearby side streets but be very careful of parking restrictions.

IVW – St.Ives 12th – 17th JUNE 2016

St Ives Bay Line – Park & Ride

Penzance - St Ives (Penzance - St Erth - Lelant Saltings - Lelant - Carbis Bay - St Ives)

This picturesque train line, quite possibly the most scenic branch line in Britain, is truly the best way to arrive in [St Ives](#).

Join the branch line from the main line station of St Erth, or use the Park and Ride facilities at [Lelant Saltings](#) (Post code **TR26 3DL**). A car park is provided for over 200 cars and is next to the branch line linking [Carbis Bay](#) and [Portminster, St Ives](#). The Park & Ride is **recommended** in the summer months when parking is more difficult.

The cost of parking at Lelant Saltings is £2.80 (24 hours)
(Updated March 2016)

Train Fare

St Ives Bay Line Ranger allows you the freedom to travel the branch line between St Erth and St Ives as much as you like, all day long for a flat fare of:

Adult: £4

Groups of four adults can travel on a group ticket for £8 and a family ticket covering two adults and up to three children costs £10.

IVW – St.Ives 12th – 17th JUNE 2016

EXTRACTED BUS & RAIL TIMETABLES

Penzance to St Erth and St Ives Bay Line train timetable: Monday to Friday

Park & Ride times for Monday & Wednesday morning walks

Penzance	07:41	08:57	15:59	16:44	17:39	19:16
St Erth	07:59	09:05	09:38	16:18	17:17	18:18
Lelant Saltings	08:02	09:09	09:41	16:21	17:20	18:21
Lelant	08:03x	09:10x	-	-	-	-
Carbis Bay	08:09	09:16	09:47	-	-	-
St Ives	08:14	09:19	09:52	16:31	17:30	18:33
						20:01

Bus 2 timetable: Monday to Friday

Monday afternoon return to Penzance (Times are for not visiting and visiting the mount)

Marazion, Cemetery (W-bound)	15:03	16:23	17:18	18:28	19:08
Marazion, The Square (NW-bound)	15:06	16:26	17:21	18:31	19:11
Long Rock, opp Mexico Inn	15:11	16:32	17:26	18:36	19:16
Penzance, Bus Station (Stand E) arr	15:20	16:40	17:35	18:42	19:22

Bus 16A timetable: Monday to Friday

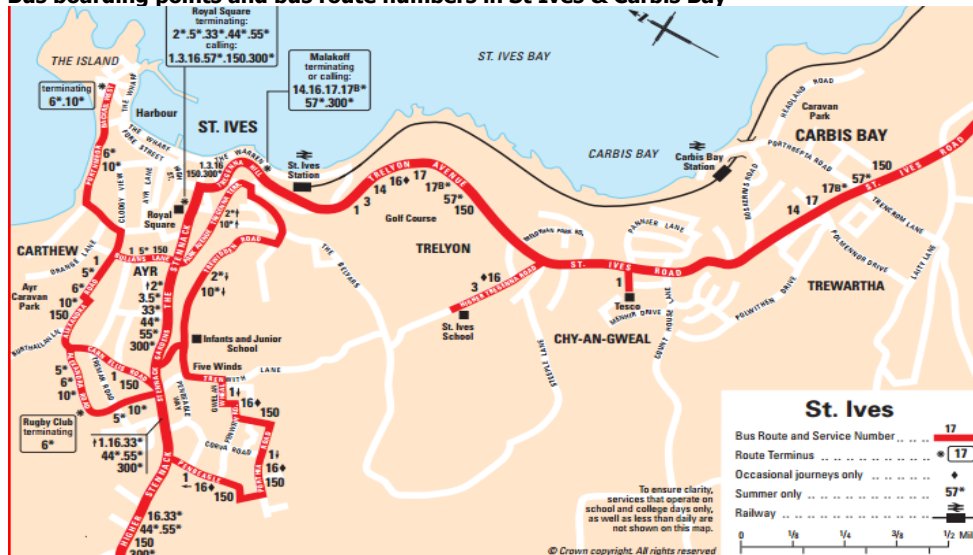
Tuesday morning walk only

Zennor Turn (E-bound)	
09:09 12:08	14:48
Trevalgan Towednack Turn (SE-bound)	
09:17 12:16	14:56
Halsetown Bus Shelter (N-bound)	
09:23 12:22	15:02
St Ives Bus Station (SE-bound)	
09:37 12:32	15:12

Tuesday Afternoon walk only

St Ives Bus Station (SE-bound)		
08:40	11:40	14:30
Halsetown Inn (SW-bound)		
08:54	11:50	14:40
Trevalgan Towednack Turn (NW-bound)		
08:58	11:54	14:44
Zennor Turn (opp)		
09:06	12:02	14:52

Bus boarding points and bus route numbers in St Ives & Carbis Bay



IVW – St.Ives 12th – 17th JUNE 2016

Other activities to consider:

- A 'Ride Cornwall' ticket gives you one day's unlimited travel on all rail and most bus services within Cornwall and between Cornwall and Plymouth - £10 per Adult
- Fly and/or sail to the Isles of Silly on a day trip from Land's End airport or from Penzance harbour
- Take a day exploring the 37.5 mile Mineral Tramways network of walks and cycle routes around the town of Redruth just 17 miles from St.Ives
- Visit any of the best known local gardens from 'The Great Gardens of Cornwall'. Like Trelissick Gardens, Glendurgan Garden and especially The Lost Gardens of Heligan near Mevagissey
- Visit the Minack open-air theatre at Porthcurno to see the play 'Rocket Girl'
- Visit the cobbled streets and alleyways in St Ives and discover artists, galleries, the museum and especially the beach which fans out into Carbis Bay

By understanding just a few of the most often used Cornish words you can get a better idea of where you are and enjoy exploring Cornwall even more.

- **Tre** as in Trebetherick, Trelissick, Tregony and many more Cornish place names means a homestead and its nearby buildings, literally a town.
- **Pol** in Polbathic, Poldhu, Polzeath, Polruan, Polkerris, Polperro means a pool
- **Pen** in Pendennis, Penryn, Penrose, Pentire, Penberth, Penzance means an end of something, a headland or head.
- **Wheal** in Wheal Jane, Wheal Kitty, East Wheal Rose means a mine.
- **Bal** in Baldhu is another word meaning a mine working.
- **Porth (Port)** in Perranporth, Porthtowan, Porthleven, Porth (near Newquay), Portreath means a bay, port or harbour.
- **Towan** in Porthtowan meaning sand dunes.
- **Perran** as in Perranporth, Perranarworthal, Perranzabuloe, Perranuthnoe - named after St Piran/St Perran, the Patron Saint of Tanners. He is generally regarded as the national saint of Cornwall.
- **Hayle** as in the town of Hayle means an estuary.
- **Cos** in Cosgarne, Coswarth means a forest, a wood or group of trees.
- **Venton/Fenton** in Ventongimps, Ventongollan, Ventonleague meaning a spring or fountain.
- **Lan** in Lanhydrock, Lanteglos, Landewednack meaning a sacred enclosure such as a church, monastery etc.
- **Bos/Bod** in Bodmin, Bosigran, Boscawen meaning home or dwelling.
- **Ros** in Roseland, Roskear meaning a moor, heath, or common.