

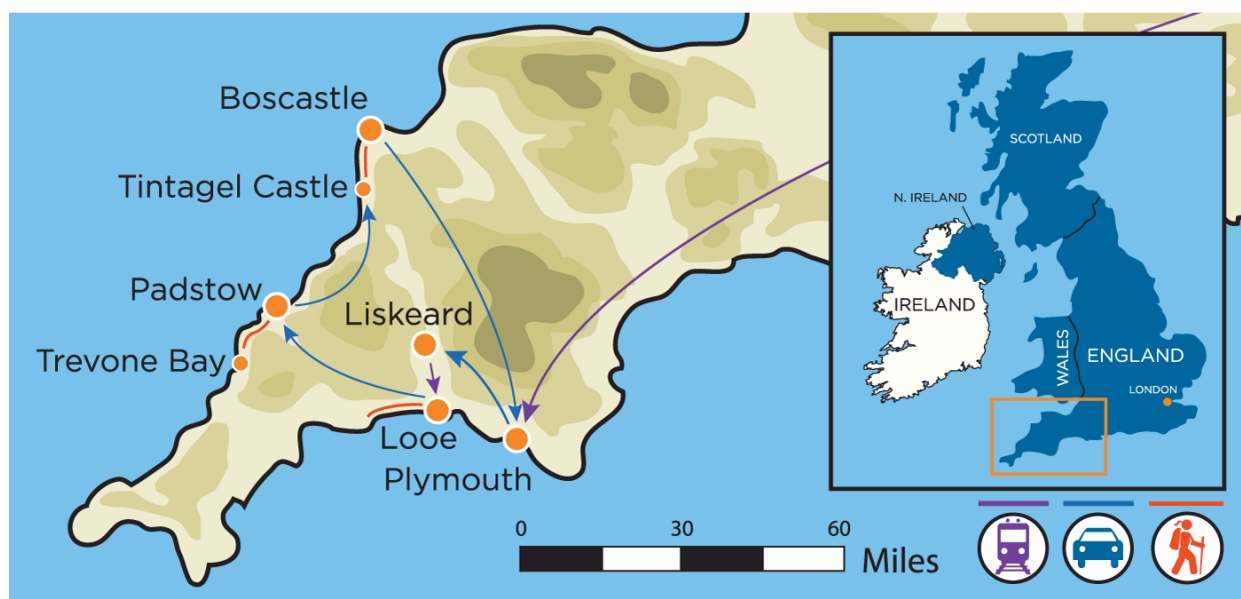
ENGLAND

England: Cornwall Coasts Hiking and Historic Ports

TRIP HIGHLIGHTS

- ▶ Discover the coastal charm of the city of Plymouth, England
- ▶ Embark on a scenic train journey, meandering through the picturesque Cornish countryside.
- ▶ Immerse yourself in nature by hiking along the rugged coastlines of both the north and south shores of Cornwall.
- ▶ Experience the thrill of stand-up paddleboarding.
- ▶ Explore the beauty of a 13th-century castle ruin perched atop dramatic cliffs.

TRIP ROUTE



ENGLAND

England: Cornwall Coasts Hiking and Historic Ports

QUICK VIEW ITINERARY

- | | |
|-------|--|
| Day 1 | arrive in Plymouth, welcome dinner |
| Day 2 | walk around Plymouth Hoe, visit the oldest part of the city named The Barbican, tour England's oldest working gin distillery |
| Day 3 | take the train to Looe, hike a 5-mile portion of the South West Coast Path |
| Day 4 | visit The Old Sardine Factory, take a boat to St George's Island to explore the beautiful marine nature reserve |
| Day 5 | transfer to picturesque Padstow, experience Pilates aboard a stand-up paddleboard, free afternoon |
| Day 6 | hike a 6-mile portion of the South West Coast Path to Trevone Bay |
| Day 7 | visit Tintagel Castle, hike to Boscastle, farewell dinner |
| Day 8 | Depart Plymouth |

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$5,995

Optional Single Accommodations: \$1,000

TRIP DATES

June 13 - 20, 2025

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 1
Friday
6/13/25

Arrive in Plymouth, England

Nestled on the captivating south coast of Devon, Plymouth is renowned for its maritime significance. This historic port city holds a distinguished place in the annals of exploration and adventure. One of its most notable chapters unfolds in the early 17th century when Plymouth served as the departure point for the Mayflower in 1620.

Today, Plymouth's maritime heritage can be experienced as you wander through its historic streets and gaze upon the harbor that witnessed the departure of the Mayflower.

During your adventure, you'll get to know your expert English guide, who will help you discover the secrets of each place you will explore. You'll meet other incredible individuals on your journey. They will help make your experience a fun and personally fulfilling adventure and will cheer you on as you step outside your comfort zone, embracing new challenges in your own distinct way!

Arrive in Plymouth

Arrive at Plymouth railway station (Plymouth, Devon, England) by 2:00 PM today. We strongly suggest that you consider flying a day early to London (LGW or LHR) to ensure timely arrival and to account for unforeseen circumstances.

Transfer to your hotel

One group transfer from the Plymouth railway station to your hotel will be provided when most guests arrive (exact time to be determined). Private transfers at other times are available for purchase (taxis are dependable and can be found at the exit of the train station). The hotel is situated approximately 1 mile from the station.

Check-in and Welcome Dinner

Settle into your hotel located near the historic area of Plymouth Hoe. Next, enjoy a lively welcome dinner where you can meet and connect with your fellow travelers. Share stories and discover the unique reasons each woman in your group is excited to explore England and its Cornwall Coasts and Ports.

Accommodations

Crowne Plaza

Meals Included

dinner

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 2
Saturday
6/14/25

Explore Plymouth

Plymouth Hoe is a historic and iconic public space located on the waterfront of Plymouth. It is a large, open area offering stunning panoramic views of Plymouth Sound, the English Channel, and beyond. The ancient cobbled streets of The Barbican showcase Tudor and Jacobean architecture.

Explore Plymouth Hoe After breakfast, embark on a walk around Plymouth Hoe, a historic and iconic area with significant maritime and military associations. Special points of interest are the Smeatons Tower and the Armada Memorial, both offering incredible views of the harbor.

Discover The Barbican After lunch as a group on the harborside, head to the oldest part of the city, The Barbican, which dates to the 14th century. Enjoy a tour of the oldest working gin distillery in England, the home of Plymouth Gin.

Dinner Savor dinner as a group tonight.

Accommodations

Crowne Plaza

Meals Included

breakfast, lunch, dinner

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 3
Sunday
6/15/25

The Village of Looe

Looe is a picturesque coastal town and fishing port situated on the south coast of Cornwall, straddling the East Looe River and West Looe River. The town is known for its lively harbor, which remains a working fishing port. The Looe Valley Line is a scenic railway that connects Looe to the mainline railway at Liskeard. The train journey provides passengers with picturesque views of the Looe Valley.

From Looe, visitors can hike a portion of the South West Coast Path. This long-distance hiking trail follows the coastline of the South West Peninsula of England, covering approximately 630 miles (1,014 kilometers). It is one of the longest National Trails in the UK, offering stunning coastal scenery, diverse landscapes, and access to numerous towns and villages along the way.

Train to Looe

Following breakfast, you'll cross the River Tamar from Devon into Cornwall. Transfer to Liskeard train station and board a small steam train that winds its way through the beautiful Cornish countryside, offering glimpses of rolling hills, valleys, and rivers all the way to the charming fishing village of Looe.

Hike the South West Coast Path

Embark on our first hike on the South West Coast Path to one of the most picturesque fishing villages in Britain.

Dinner

Enjoy dinner as a group tonight.

Today's Hike

5 miles, 864 feet of elevation gain

Accommodations

Portbyhan Hotel

Meals Included

breakfast, lunch, dinner

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 4
Monday
6/16/25

Exploring Looe

Throughout the centuries, Looe thrived as a fishing port. The town's economy relied heavily on fishing and maritime trade. Just off the coast of Looe, accessible by boat, is St. George's Island, also known as Looe Island. It is a nature reserve with an interesting history, including a former monastery.

The Old Sardine Factory

After breakfast, visit The Old Sardine Factory, just a short stroll from your hotel. Now the site of the Looe Harbor Heritage Centre, immerse yourself in the stories of maritime Looe, of the harbor, river and bridges. Plus, discover everything there is to know about sardines!

St George's Island

Following lunch as a group, transfer by boat to St. George's Island just offshore of the mainland. Spend the afternoon exploring the beautiful marine nature reserve which provides a quiet haven for wildlife, surrounded by waters which are teeming with life.

Dinner

Enjoy dinner as a group tonight.

Accommodations

Portbyhan Hotel

Meals Included

breakfast, lunch, dinner

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 5
Tuesday
6/17/25

Padstow

Padstow is a charming coastal town located on the north coast of Cornwall, England. It is a popular destination known for its picturesque harbor, historic architecture, and vibrant culinary scene. Padstow's harbor is a focal point of the town, surrounded by colorful fishermen's cottages and boats. Fishing has been a traditional industry in Padstow, and the harbor remains a working port.

Head to Padstow Enjoy breakfast and transfer from the shores of the English Channel to the shores of the Celtic Sea at the mouth of the River Camel. Padstow is your base for the next two nights. Boasting a charming harbor, picturesque streets, and a lively atmosphere, Padstow is a cherished destination along the Cornish coastline.

Pilates on a Stand-up Paddleboard or Prideaux Place Exploration After lunch, embark on a Pilates session with your local female instructor while floating on a stand-up paddleboard amidst the beautiful tranquility of the Camel estuary.

If you're not keen on participating in the SUP activity, consider strolling across Padstow to explore Prideaux Place. One of Cornwall's oldest historic houses, it is still habitable and offers stunning views of the Camel Estuary and its ancient deer park. You can opt for a scheduled tour of the house or simply wander the gardens, enjoying a peaceful moment in the tea room with a view of the deer park.

Free Afternoon Enjoy some free time in the afternoon to explore Padstow's bustling harbor and seaside setting before dinner as a group.

Accommodations

Old Custom House

Meals Included

breakfast, lunch, dinner

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 6
Wednesday
6/18/25

South West Coast Path Hike

In the vicinity of Padstow, the South West Coast Path offers breathtaking views and picturesque routes.

Hike the South West Coast Path

Set out from your Padstow hotel to hike another portion of the South West Coast Path. The hike takes you around Stepper Point, Gunver Head and Roundhole Point on your way to Trevone Bay. Along the way, you'll experience rugged cliffs and scenic views of the Atlantic Ocean. Keep your eyes peeled and binoculars at the ready as there are often sightings of seabirds, seals and other marine life to be spotted from the high vantage point of the clifftops.

Dinner

Enjoy dinner on your own tonight. Venture out to discover the culinary delights that Padstow has in store, or indulge in the offerings of the Old Custom House restaurant.

Today's Hike

6 miles, 400 feet of elevation gain.

Accommodations

Old Custom House

Meals Included

breakfast, lunch

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 7
Thursday
6/19/25

Boscastle

Boscastle is a small and picturesque village located on the north coast of Cornwall. Known for its scenic beauty and historic charm, Boscastle is a popular destination for visitors seeking a tranquil and visually stunning experience.

Tintagel Castle

Following breakfast, start your day with a visit to Tintagel Castle, a site that dates to the Roman period. However, the castle whose ruins you can see today was built in the medieval period, in the 13th century by Richard, Earl of Cornwall. The castle is believed by some to be the place where the legendary King Arthur was conceived.

Hike to Boscastle

After lunch, embark on your final hike which will take you from Tintagel to Boscastle, a natural harbor sheltered by surrounding cliffs. The harbor has been in use since medieval times and was historically important for the export of local produce such as slate, grain, and timber. Many of its buildings reflect traditional Cornish architecture.

Farewell Dinner

Enjoy a farewell dinner with your new AdventureWomen friends. Reflect on the cherished memories you've created and celebrate the conclusion of an amazing journey through this truly remarkable country.

Today's Hike

5 miles, 1,000 feet elevation gain.

Accommodations

The Wellington Hotel

Meals Included

breakfast, lunch, dinner

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



DAY 8
Friday
6/20/25

Depart Plymouth, England

Enjoy your last morning in England before bidding farewell to this enchanting land. Say goodbye to the incredible guides and fellow travelers who have shared this memorable journey with you.

Depart Plymouth After breakfast, and perhaps one last stroll along the harbor, transfer with the group to Plymouth (1 hr 15 min) where you can catch a train to the airport anytime after 12:00PM.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports

Accommodation Details

Crowne Plaza

Overlooking Plymouth Hoe's greenery and the coastline, the Crowne Plaza Plymouth is a 10-minute walk from Plymouth center. Guests can use the onsite fitness center and relax in the pool and sauna.

Amenities: complimentary toiletries, hair dryer, coffee/tea maker, cable / satellite TV, Wi-Fi, air conditioning

Portbyhan Hotel

Situated in an unrivalled position right in the heart of Looe, this property allows guests to relish the panoramic views of the vibrant harbor with only a short stroll into Looe town. Tastefully and extensively renovated in 2013, and renowned for its excellent service, it won "Best Individual Hotel" at the prestigious National Coach Tourism Awards.

Amenities: complimentary toiletries, hair dryer, coffee/tea maker, flatscreen TV, Wi-Fi

Old Custom House

Nestling within sight of the open sea at the mouth of the tranquil Camel Estuary, Padstow, has always been a thriving fishing port and commercial center for north Cornwall. At the heart of the town and overlooking the medieval harbor is the Old Custom House, now a stylish and intimate place to stay and one of the finest buildings in the town. Today it is famous for its fine food, award winning ales, elegant, intimate accommodation and for its luxurious Beauty Studio.

Amenities: complimentary toiletries, hair dryer, flatscreen TV, Wi-Fi

The Wellington Hotel

Overlooking the harbor in the Cornish fishing village of Boscastle and surrounded by the beautiful North Cornwall coastline, the Wellington Hotel has been providing a warm welcome to its guests for many years. A listed 16th Century Coaching Inn, the Hotel has 14 bedrooms, a traditional pub serving Cornish real ales and home cooked food and a fantastic. There are 10 acres of private woodland walks.

Amenities: complimentary toiletries, flatscreen TV, Wi-Fi

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports



Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ One group transfer on arrival and departure
- ▶ English-speaking guide(s) throughout the trip
- ▶ Drinking water to refill personal bottles
- ▶ All gratuities except for the main guide

Not Included:

- ▶ International airfare to/from the United Kingdom
- ▶ Meals not specified in the itinerary
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Optional activities
- ▶ Gratuities for the main guide

ENGLAND

England: Cornwall Coasts Hiking and Historic Ports

Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.

- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

You can transfer your deposit to another trip with no additional fee if you notify us within 120 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

We define “adventure travel” as travel in which one actively participates, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!