

St Luke's 
HOSPICE



**Annual
Walk**

Celebrating
30
years

Cornish Coastal Challenge

Tregenna Castle Resort

Your stay includes

- Your room
- Buffet Breakfast
- Packed Lunch
- 3 course Dinner
- Designated area to wash your boots before entering the resort



Breakfast, Lunch & Dinner

- Breakfast- Hot Buffet Breakfast
- Lunches provided by local caterer Zero Mile Kitchen
- 3 Course Dinner
- We'll need to pre-order meals – watch out for an email from the Hospice



STARTERS

Soup of the Day

Three Cheese Bon Bons

Parmesan, sage

MAIN COURSE

Beef Ragu

Pappardelle pasta, ricotta, parmesan, basil

Leek, Cheese and Potato Pie

Moroccan couscous, watercress

Seafood Bouillabaisse

Saffron potatoes, samphire grass, garlic aioli, olive toast

DESSERTS

Egg Custard Tart

Berry compote, vanilla cream

Saffron Bread and Butter Pudding

White chocolate and raspberry

Day 1

Sandwich options

- Honey roast ham & mild cheddar
- Chicken mayo
- Cheddar & pickle (V)
- Hummus & salad (V)

Salad option

- Couscous with mixed vegetables (V)

Snack

- Crisps
- Fruit

Day 1

Couscous

Gluten-free couscous with mixed roasted vegetables and herb dressing

Snack: Gluten-free crisps

Drink: Bottled water

Day One – Travel Day

Train travellers

- Take 10:02 from Paddington, arrives St Erth 14:59
- Coach will take you from St Erth to Tregenna
- For those who haven't booked already
 - Book your own tickets, groups of 3-9 can get 1/3 reduction
 - Senior railcard gives 1/3 reduction

Car travellers

- Make your own way to the Tregenna

All travellers

- Please put a name label on the OUTSIDE of your suitcase

Please tell us which option you have chosen

At Dinner

- MC outlines distances for the next day
- You will be asked to choose your distance for the next day
- Armbands handed out



How does the walk work?

Do you want a challenge?



- **Choice of distance each day**

- **Ultra**– for the stronger, faster walker
- **Long**– a full day walk at a similar pace to the rural training walks
- **Short** – a shorter walk which can be accomplished at a more leisurely pace

- **You will be asked to choose your distance for the following day at dinner**

Walk in small groups at your own speed



- Groups seem to naturally form – anyone can walk with anyone
- Emergency phone numbers will be given out
- Public loos not always available on the route (check walk notes)

Cut off times at penultimate check point

- To ensure that the coach is not delayed
- Walkers need to have left penultimate CP by specified time
- Walk has been designed so that walkers should be able to complete their selected distance.

Checkpoints and Sweepers

Checkpoints



- Every 4 -5 miles
- Give your walker number to the checker and make sure they tick you off
- Feel free to top up your water bottle



Sweepers



- Stay at the back of the walk
- All should be ticked off when they reach the checkpoint



How do I know where to go?

Follow the signs

- Waymarks
- Finger posts

Maps

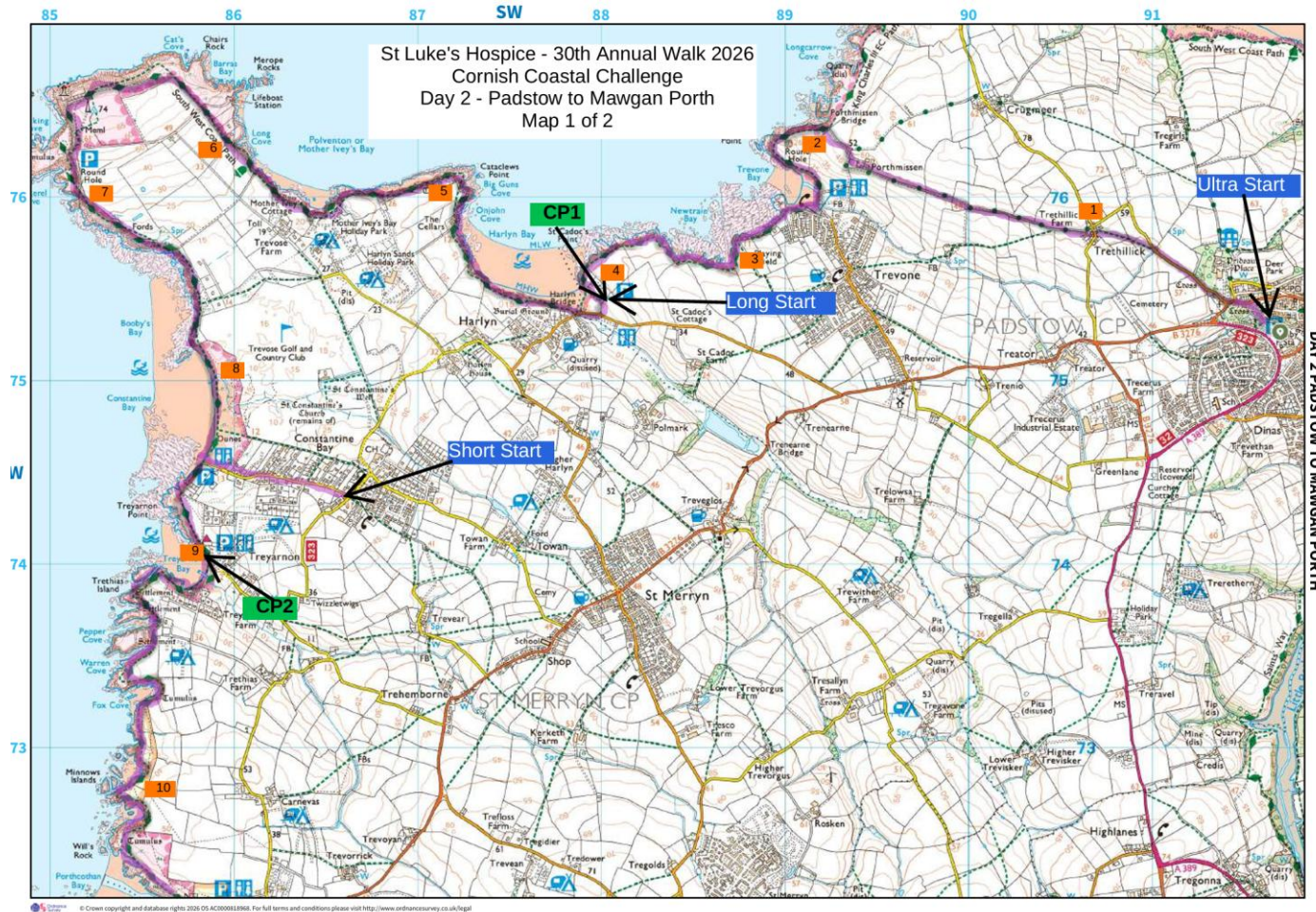
- “Paper” maps
- Follow the route on your phone

Walk Notes

- A few extra instructions



Example Map + Walk Note



Day 2, Sunday 24th May – Padstow to Morgan Porth on South West Coast Path
Ultra – distance 16.5 miles, (Suitable for fast and fit walkers only)
Long – distance 12.5 miles
Short – distance 8.5 miles

Mileage between checkpoints is shown approximately. Cumulative mileage from the longest-distance start is shown in brackets.
Please be sure to give your walker number to the checkers.

SWCP = South West Coast Path

Ultra Distance

Start from the Link Road car park near Padstow. Leave car park via the path on the left hand side where yellow grid markings are on the ground. You will immediately see a small white sign marked 'Parish Church' pointing right, follow this path down and then around to the left and through the arch of St. Petroc's Church. Continue through graveyard to left of church and through a tall black metal gate onto Church St. Turn left uphill. Keeping left and then at Prideaux Place turn right and continue on road/lane. When you see the apex end of an old farm building on the right continue for 30 metres and turn immediately left through a hedge and over a slate stile. (This turning is very easy to miss).

Follow diagonal path to right over another slate stile/gate and repeat again heading towards farm buildings. Turn right at road and then left after Padstow Farm (0.9 miles), continue on road keeping right and then bear right at blue sign (1.3miles), continue, passing farm buildings on right hand side (1.7 miles). Turn right uphill on road and then stay left and then turn left along lane with sea view in front of you. Continue to end passing through wooden gate and join the Coastal Path to left along cliff top.

Approaching Treveone the path skirts the impressive Round Hole collapsed cave, approach this with caution as the sides are sheer. Follow the cliffs round, down steps and turn right on road into the bay of Treveone, which has toilets in the car park (50p, coins only). The path crosses the rear of the small beach and leaves via steps before the little headland. Follow the path across the grass passing houses on the left, one of which is named Craig-Y-Mor, onto the road and then down the lower right hand lane/path. Continue and then turn sharp left at 2 benches and through the kissing gate and then right along boundary hedge, through another kissing gate and along the high cliff path to Harlyn Bay. The public toilets (free) grid ref. 880 752 are located across the road to the left from the car park.

Long Distance

From Harlyn Bay car park keep right and cross the stream on the road bridge then turn immediately right down the concrete steps onto the beach. Follow the beach below the low cliff. After some 300 metres climb the concrete steps (approx.30 steps) on the left up onto the cliff. The steps are tucked away within the cliffs and can be easily missed. Turning right at the top continue to the headland at Cataclews Point and Mother Ivey's Bay. Just before Mother Ivey's Bay the steps descend and ascend quite considerably. Just after Mother Ivey's Bay Holiday Park you go down steps onto a hard path, left, cross over and back up steps and through gate and continue on the cliff top path.

The path eventually crosses a quiet road with a 3 fingered post. Continue straight on path to Dinas Head ¼ m that leads to Treveose Head, passing the Lighthouse. After passing the Lighthouse follow path as it bends left to car park (no toilet).

Digital Maps

- For OS maps subscribers
 - Links to each day's maps will be provided
- Also, gpx files will be provided
- Free apps currently used by members of the group to access a gpx file
 - Outdooractive
 - OsmAnd
 - GPX viewer
 - UK Map (iphone only)
- OS maps app without subscription
 - Locate Me facility will provide a grid reference



Day Two – Padstow to Mawgan Porth

- Ready to walk at 08:25
- Coach leaves at 08:30
- Mixture of inland and Coastal Path
- Some cliff top, some beach walking
- Highlights include
 - Round Hole
 - Trevone Lighthouse
 - Cliff top walking
- Finish at Merrymoor Inn, Mawgan Porth
- Coach leaves 17:00 to return to Tregenna

Option	Start	Distance (miles)
Ultra	Padstow	16.5
Long	Harlyn Bay	12.5
Short	Constantine Bay	8.5



Day Three – Crantock Bay to Porthtowan

- Ready to walk at 08:25
- Coach leaves at 08:30
- Mixture of beach, dunes and cliff top walking
- Insight into mining history of the area
- Highlights include
 - Perran Beach
 - St Agnes Head
 - Wheal Coates Mine
 - Chapel Porth
- Finish at Unicorn Inn, Porthtowan
- Coach leaves at 17:30 to return to Tregenna

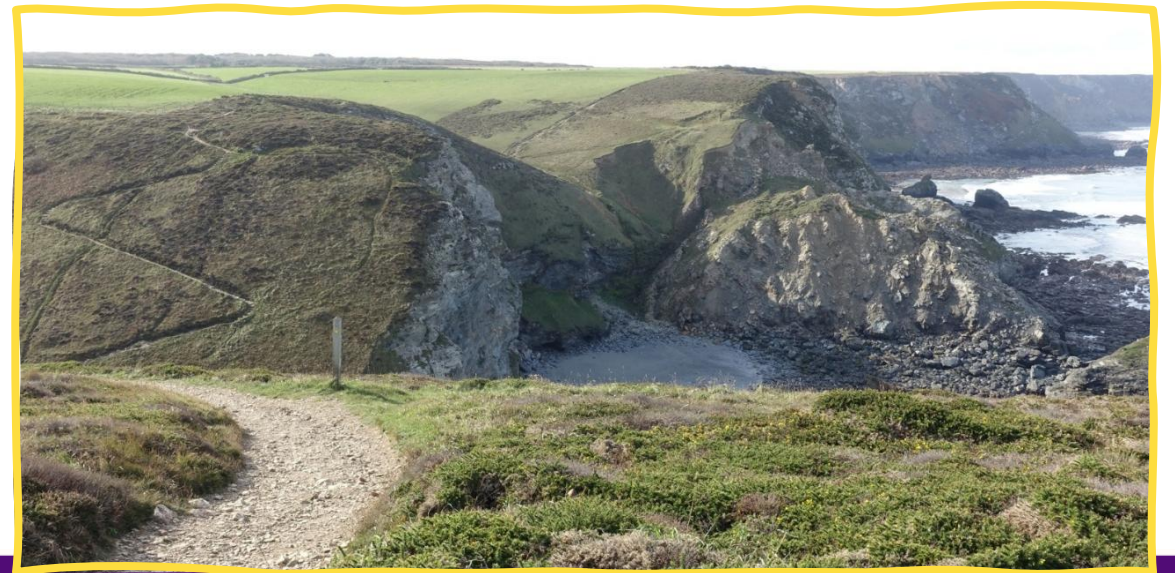
Option	Start	Distance (miles)
Ultra	Crantock Bay	16.5
Long	Holywell Bay	12.5
Short	Perranporth	8.5



Day Four – Porthtowan to Hayle

- Group photograph at 08:20
- Ready to walk at 08:25
- Coach leaves at 08:30
- Climbs before and out of Portreath
- Highlights include
 - Wheal Tye Mine
 - Coastal Views
 - Seals
- Finish at Bluff Inn, Hayle
- Coach leaves at 17:30 to return to Tregenna
- **Pay your bar bill before you go to bed!!**

Option	Start	Distance (miles)
Ultra	Porthtowan	14.5
Long	Portreath	11
Short	Derrick Cove	7.5



Day 5 – Walking + Travel

- Pay your bar bill (if you haven't already)
- Checkout
- What do I do with my suitcase?
 - Car travellers – load it into your car
 - Train travellers – load it onto the coach
- Wear your T-shirt/polo

- After the walk
 - Be ready to board a coach from Marazion at 13:30
 - One coach returns car travellers to the Tregenna
 - Another coach takes train travellers to St Erth in time for 14:24 train

Day Five – St Ives to Marazion (St Michael's Way)

- Be ready to walk at 08:25
- Long distance walkers walk from hotel
- Short distance walkers – coach leaves at 08:30
- Highlights include
 - Knill's Monument
 - The Bowl Rock,
 - Ninnesbridge Primitive Methodist Chapel with the Celtic Cross,
 - St Michael's Mount,
- Finish at The Square, followed by Marazion Hotel garden (good weather)



Option	Start	Distance (miles)
Long	Tregenna	8
Short	Trencom Hill	4.5



Health & Safety

- Designated first aiders
 - Glenn Connolly
 - Nikita Raval
 - Chris Hughes
 - Angela Harper
- Emergency contact numbers will be distributed prior to the walk
- Minibus
 - To transport walkers who need to drop out of the day's walk due to injury or fatigue
 - If you need to drop out, please try to get to a checkpoint or at least a road if possible
 - Will be available for the entire walk until the sweepers have arrived at the end of day pub
- what3words – <https://what3words.com/>
 - Free app used by emergency services to identify a location within a 3-metre square

Equipment – What to pack?

- Choosing the right kit will ensure that you are happy and comfortable during your challenge and can also help you avoid injury or soreness.
- Clothing – the temperature is likely to still be cooler and changeable in May so bring plenty of layers and consider loose-layered clothing that permits free airflow. Good waterproofs will also be essential if we get caught in any showers. Synthetic-blend materials that wick away moisture and dry quickly can be useful if it is warmer or you get wet.
- Small Rucksack (roughly 25 litre) – you will be carrying your water, packed lunch, sun cream, small first aid kit and spare layers etc. each day so try and get a rucksack with a back system, with reduced mesh panel for greater comfort, air circulation and heat dispersion.
- Boots – walking boots should be comfy with ankle support and well worn in before the walk. Why not join us on our regular training walks to wear them in?
- Carry a whistle
- Cash – please bring some cash for tips for hotel staff and coach drivers

Equipment Checklist

- Small rucksack (25l)
- Walking boots
- Waterproof jacket and trousers
- Fleece x 2+
- Base layers x 4
- Walking trousers/shorts x 3+
- Walking socks x 5+
- Liner socks x 5+
- Gloves
- Hat
- Water bottle and/or hydration bladder
- Walking poles (optional)
- Insect repellent
- Small torch
- Handkerchief/ tissues
- Blister pads
- Sunscreen
- Evening clothes
- Sunglasses
- Medication
- Toiletries

St Luke's Walking Club

Coming soon

April 19: Saunderton via West Wycombe Circular -11 miles

April 25 Bucks Village Walk – Lane End – 11.5 miles

May 1 Ashridge Estate Circular to explore Best Bluebell Woods - 11.5 miles

May 3 Hampden Climber – 14 miles

May 5 Chesham Outer Ring – 8 miles

May 9 Amersham to Northwood Hills – 15 miles

May 12 Watford Metropolitan line station to

Berkhamsted Station – 11 miles

May 16 Christmas Common Circular – 15 miles

<https://stlukeswalkingclub.org.uk>



Fundraising

- We'd love you to reach or exceed the £350 minimum sponsorship total!
- £2.2M raised by the Annual Walk over the last 29 years, making an enormous impact on the patients and families of St Luke's Hospice
- St Luke's can only continue to provide support to our local community through the generosity of your support – thank you
- Offline donations into the fundraising office by the end of July 2026

Tips for Your JustGiving or Enthuse Page



- **Online Donation Page** – easiest way to collect donations, update your supporters and collect Gift Aid to increase your final total
- **Offline Donations** – these can be made too
- **Profile photo** - reassures your supporters that they are donating to the right page and keeps them interested
- **Explain your why** - personalise your page by sharing your reason for taking part
- **Share your page** – social media, emails, WhatsApp, company intranet, ask friends and family to reshare
- **Updates** – add commentary and photos as you train and whilst taking part in the walk
- **Donations** – donate to your own page; donors may be influenced by the most recent donation amount, so it is great to have a larger amount as your first donation
- **Company Match Funding** - ask your company if they have a scheme
- **Final Update** - this is a great way to thank your supporters again and give them the final figure you have raised

Get in touch with us for....

- Help with your online pages
- More sponsorship forms
- Posters to promote your sponsored walk
- Collection tins to put with a poster



Looking forward to celebrating
30 years of the Annual Walk

See you in Cornwall!

www.stlukes-hospice.org

Reg. Charity No. 298555