

KERNARA

Luxury Cornish tours, *curated by experts*

A note from *our co-founder*.

When I first came to Cornwall, I thought I knew what I was getting — the beaches, the pasties, the coast path. And then the people who live here started showing me the real place. The cove you can only reach at low tide. The pub with no sign on the door. The engine house that a million people drive past and never stop to understand. Cornwall opened up, and it hasn't stopped since.

I proposed to my wife Alice at Logan Rock — a granite headland on the far west coast where the Atlantic stretches out in every direction and the world gets very quiet. That was the moment Cornwall stopped being somewhere we visited and became part of us. A few years later, we moved our lives down here, and we haven't looked back. From proposing, to building a home, to hopefully raising a family here — this place has shaped my life's most meaningful moments.

Kernara exists because of the people who showed us all of it — the guides who walk these pages. They are not tour leaders. They are Cornwall insiders whose knowledge and relationships open doors that simply aren't open to anyone else.

Every week we run, we watch it happen — guests arriving as visitors and leaving with memories that will stay with them for the rest of their lives. That's what Kernara is built for. Luxury that never feels distant. Adventure that never feels forced. And a Cornwall most people don't even know exists. I hope we get to show you.

— *Tom Hickey*

CO-FOUNDER · KERNARA



TOM · CO-FOUNDER

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Every Kernara tour begins *with a simple belief.*

That the best way to experience Cornwall is with someone who calls it home.

Cornwall is one of the most visited places in Britain. But most visitors barely scratch the surface, the same beaches, the same car parks, the same cream tea at the same café. We started Kernara because we knew there was more.

Our guides all live here, and have spent decades exploring the Duchy's hidden corners, the clifftop paths that don't appear on tourist maps, the coves you can only reach at certain tides.

The restaurants where the fisherman who caught your dinner is sitting at the next table. The gardens behind unmarked gates that open only when you know who to ask.

Kernara isn't a travel brand that hires guides. It's a family of guides who built a travel brand, because we believe Cornwall deserves better.



A TEAM OF CORNISH INSIDERS

Local knowledge that no amount of research can replicate.

Every Kernara guide has deep roots in this landscape. Between them, they hold Blue Badge qualifications, coastal rescue experience, masters degrees in Landscape Ecology, and a lifetime of local knowledge.

They're historians, storytellers, foragers, and adventurers.

One knows the exact spot where Virginia Woolf gazed at the lighthouse. Another can tell you the name of the fisherman who pulls the crab pots in Mousehole harbour. A third will take you underground into a mine that changed the world.

What they share is a conviction that the real Cornwall isn't found in a guidebook, it's found with someone who knows where to look.



Five reasons *to walk with us.*

Shaped around you, and led by the people who know it best.

01 •

ADVENTURE MEETS LUXURY

Coastal walks that take your breath away, paired with hotels that take your cares away. Every tour balances the thrill of Cornwall's wild landscape with handpicked luxury accommodation, fine dining, and seamless transfers.

02 •

OUR FAMILY OF GUIDES

Every guide is a Cornwall insider with deep personal roots in the Duchy. A Blue Badge historian. A former coastguard. A literary specialist. A Poldark expert. They don't just show you Cornwall — they share the place they call home.

03 •

ELEGANCE IN SIMPLICITY

Arrive Sunday. Walk Monday to Friday. Leave Saturday. Three luxury hotels, two nights at each, with every breakfast, lunch, and dinner arranged and included. No complicated logistics — just six days, effortlessly delivered.

04 •

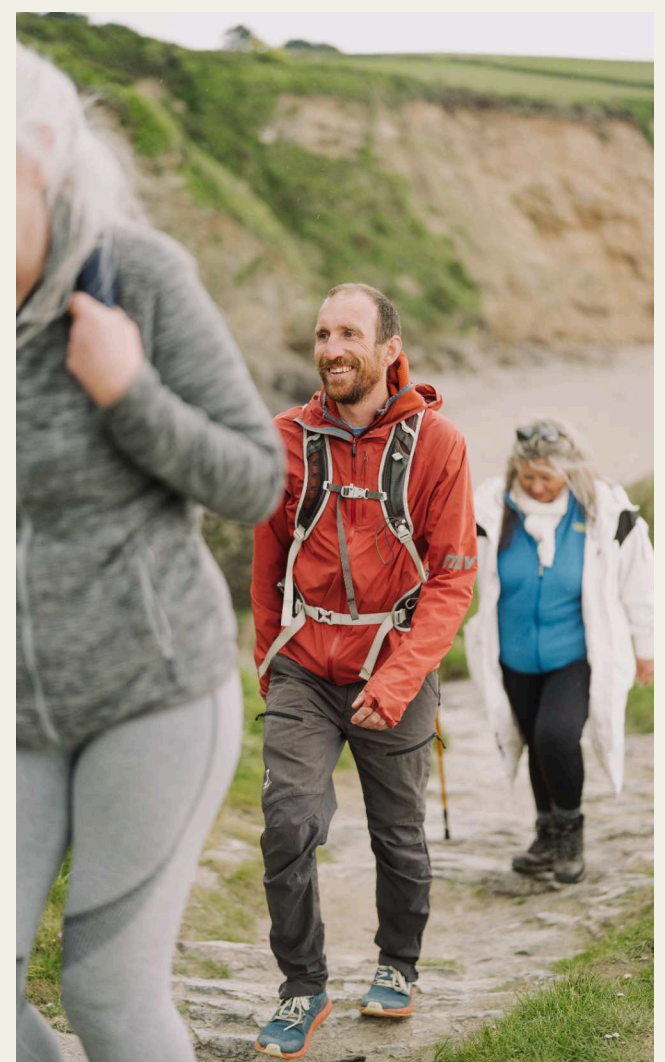
CORNWALL AT ITS BEST

Our tours run April through October, when the coastal paths and Atlantic light are at their most extraordinary. But it's our guides' local knowledge that makes the real difference — private access, hidden routes, insider experiences.

05 •

INTIMATE BY DESIGN

Every tour is limited to ten guests. Small enough that your guide can adapt the day around you. Personal enough that you'll share the experience, not just observe it — whether you're walking as a couple, with friends, or on your own.



Meet our *Guides*.

At Kernara, we believe the guide makes the journey — and that's why we introduce you to ours before you book.

Some are storytellers, drawn to the history and myth woven into these clifftops. Others are adventurers, happiest on the wildest stretches of coast. Each one brings their own passions, their own favourite hidden corners, their own way of revealing our Duchy to you.

● SIX GUIDES · ONE DUCHY



Angie

FALMOUTH

Industrial Heritage & Coastal Geology

LEGACY & LANDSCAPES

“Cornwall is a magical place — whenever I return from a trip up-country, I just feel centred and refilled with energy from the land.”



David

NORTH CORNWALL

Hidden Beaches & Untouched Coastlines

THE HIDDEN NORTH

“When you see Cornwall through guests' eyes, you're seeing it for the first time again.”



Gail

MOUSEHOLE, WEST CORNWALL

Cornish Culture & Poldark

FROM COAST TO CASTLE

“In Cornwall, we are spoilt with history, coastlines, and culture. It's too good to keep — it's got to be shared.”



Lucy

FOWEY

Ancient Stones & English Harbours

TORS TO SHORE

“Cornwall means home to me — my family here goes back to at least 1531.”



Evie

PENZANCE, WEST CORNWALL

Cornish History & Secret Spots

SACRED CORNWALL

“There is a spatial freedom and a spiritual freedom that I feel in Cornwall that I couldn't find anywhere else.”



Morgan

LAND'S END

Tin Mining & Wild Coastline

COVES & CAVES

“The Cornish community is one-of-a-kind — grandchildren through to great-grandparents, all still living and working.”

A Kernara *day*.

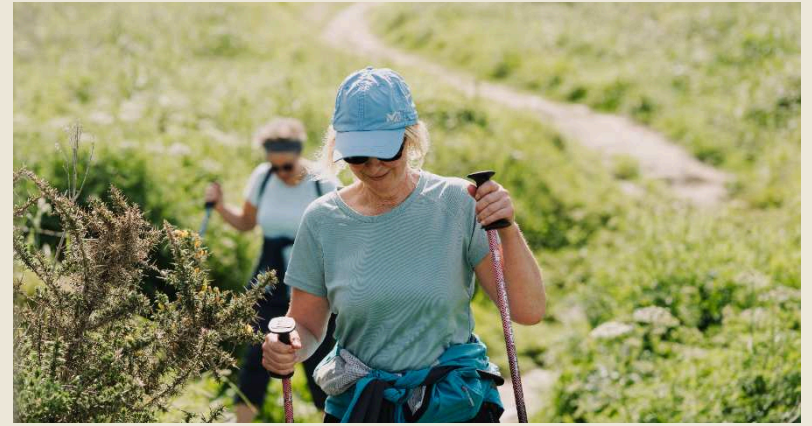
Unhurried, immersive, and shaped around you.

Whilst every day reveals a different Cornwall, Kernara tours follow a natural rhythm. Four time-of-day rituals, repeated over six days, each one shaped around the place you find yourself in.

— MORNING · 8 — 12

Out with your guide.

Breakfast at your hotel, then out for the day's walk — four to six miles along coastal paths, through moorland, or into fishing villages, with your guide bringing every landscape to life. Walking poles, snacks, and refreshments always on hand.



— MIDDAY · 12 — 2

Lunch is part of the *experience*.

A harbourside restaurant where the catch arrived that morning. A clifftop café with views you'd frame. A proper Cornish pasty eaten on a headland. Your guide knows the best places — many impossible to find without a local.



— AFTERNOON · 2 — 6

A change of *pace*.

A guided tour of a castle, a visit to a hidden garden, a tasting at a Cornish vineyard, or simply time to explore a village at your own speed. Some days you'll visit a landmark; others, your guide will take you somewhere that isn't on any map.



— EVENING · 7 — LATE

Return, unwind, *dine*.

Time to unwind — the spa, the garden, a drink on the terrace. Dinner is always arranged — the hotel's own restaurant or somewhere your guide has handpicked. Some evenings the group eats together; others, you dine on your own. Entirely relaxed.



Your pace, your way.

NOTHING COMPULSORY · EVERYTHING AVAILABLE

Everything taken care of.

From the moment your train pulls into Cornwall, every detail is handled.



Your dedicated Cornish guide

A local insider with you for the entire tour.



Every meal, arranged for you

Only the best Cornish cuisine — from harbourside crab to candlelit castles.



Maps, poles, snacks & refreshments

Everything you need for the walking days, prepared in advance.



Baggage transfers & hotel portage

Your luggage moves between hotels while you walk.



Six nights of luxury accommodation

Three hotels, two nights at each, handpicked by your guide.



High-end vehicle transfers

Comfortable, private transport between every location.



Guided sightseeing & entrance fees

Castles, gardens, mines, vineyards — entrance taken care of.



24/7 Cornwall-based support

Always a local on the end of the line, day or night.

FROM PER PERSON

\$6,745

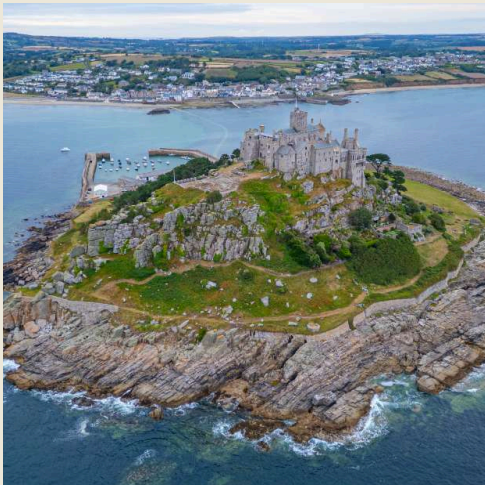
six nights · fully guided



THE LITTLE THINGS

It's the small,
unexpected moments
*guests remember
most.*

A Kernara tour is built on the big experiences — the walks, the views, the hotels, the history. But the magic is in the details: a cream tea inside a castle, a private tasting at a clifftop vineyard, your guide knowing the fisherman by name. We call them Kernara Delights — and they're woven into every day.



Cross the ancient causeway at low tide and finish with a cream tea inside the castle.



Descend into Cornwall's best-preserved mine for a guided underground tour.



Watch grey seals basking on the rocks below Godrevy headland.



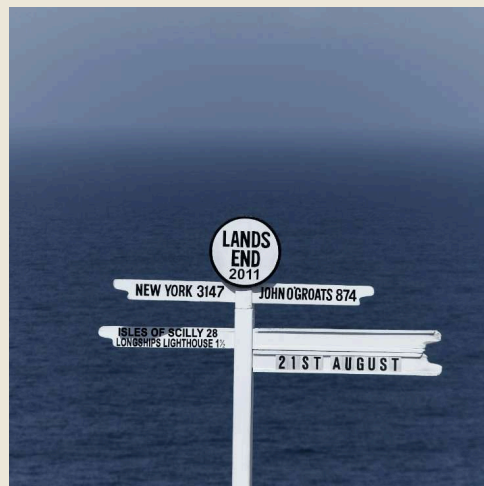
Walk into a cathedral-like sea cave accessible only at low tide.



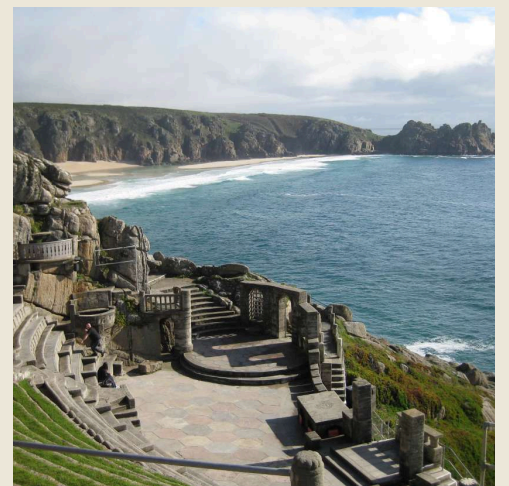
Sample wines at a clifftop vineyard overlooking the Atlantic.



Dine in a 14th-century hilltop castle as the sun sets over mining country.



Stand at the most south-westerly point of mainland Britain.



Visit the open-air theatre carved into the granite cliffs above the sea.

— And countless more, discovered by each guide.

A TASTE OF WHAT AWAITS

LEGACY & *Landscapes.*

by *Angie*

WALKING	LENGTH	FROM
4 – 6 miles daily	6 nights	\$6,745 pp

Prepare to be immersed in some of Cornwall's UNESCO World Heritage Sites, with dramatic clifftop engine houses and the chance to go underground into a disused mine. Walk the coast path and take in breathtaking scenery, whilst discovering historic sites with echoes of Cornwall's industrial past. Explore hidden coves of the serene Lizard Peninsula — and expect one or two surprises along the way.

TOUR HIGHLIGHTS

St Michael's Mount at Low Tide

Cross the ancient causeway to Cornwall's iconic tidal island, crowned with a medieval castle and gardens with views across Mount's Bay.

Experience Land's End

Stand at the most south-westerly point of mainland Britain before walking to the Crowns engine houses, perched impossibly on the cliff edge.

Godrevy's Grey Seal Colony

Walk the dramatic headland at Godrevy and look down on a thriving colony of grey seals basking on the rocks below.

Underground Mine Tour

Descend into Cornwall's best-preserved mine for a guided tour of the tunnels and first-hand experience of what life as a miner was like.



Your week *with Angie*.

Five days walking Cornwall's UNESCO mining coast.

SUNDAY

Arrive

Arrive & Settle In

Arrive at Redruth station where Angie will welcome you to Cornwall. Settle into Penventon Park Hotel and gather for an evening brief over pre-dinner drinks on the terrace.

MONDAY

Walk 4 mi

~700 ft

~215 m

Chapel Porth & the Tin Coast

Walk from Chapel Porth to St Agnes Head through rugged heather and gorse-covered cliffs where engine houses stand as monuments to Cornwall's mining era. Guided tour of the ruins of Cornwall's most profitable mine. Dinner in a hilltop castle.

🏠 Penventon Park Hotel

🍷 Carn Brea Castle

🍽️ **Included:** Breakfast, Lunch & Dinner

TUESDAY

Walk 5 mi

~600 ft

~180 m

Godrevy & St Ives

Walk the dramatic headland at Godrevy, take in views of the lighthouse that captured Virginia Woolf's imagination, and watch grey seals at Mutton Cove. Afternoon guided tour of the harbour town of St Ives.

🏠 Carbis Bay Hotel

🍷 Carbis Bay (hotel restaurant)

🍽️ **Included:** Breakfast & Lunch

WEDNESDAY

Walk 6 mi

~900 ft

~275 m

Land's End & Botallack

Start at Land's End, walk the coast path to the Crowns engine houses at Botallack, and visit Geevor Mine with the chance to go underground.

🏠 Carbis Bay Hotel

🍷 The Gurnard's Head

🍽️ **Included:** Breakfast, Lunch & Dinner

THURSDAY

Walk 6 mi

~750 ft

~230 m

Marazion & St Michael's Mount

Tales of smugglers and shipwrecks around hidden coves, then cross to St Michael's Mount for castle views and a cream tea in the Harbour Loft. Transfer to the Lizard Peninsula.

🏠 Mullion Cove Hotel

🍷 Mullion Cove (hotel restaurant)

🍽️ **Included:** Breakfast & Lunch

FRIDAY

Walk 6 mi

~800 ft

~245 m

The Lizard Peninsula

Walk the Lizard loop to Kynance Cove, stand at the most southerly point of mainland Britain, and spot Cornwall's national bird — the chough. Farewell dinner overlooking Housel Bay.

🏠 Mullion Cove Hotel

🍷 Housel Bay overlook

🍽️ **Included:** Breakfast, Lunch & Dinner

SATURDAY

Depart

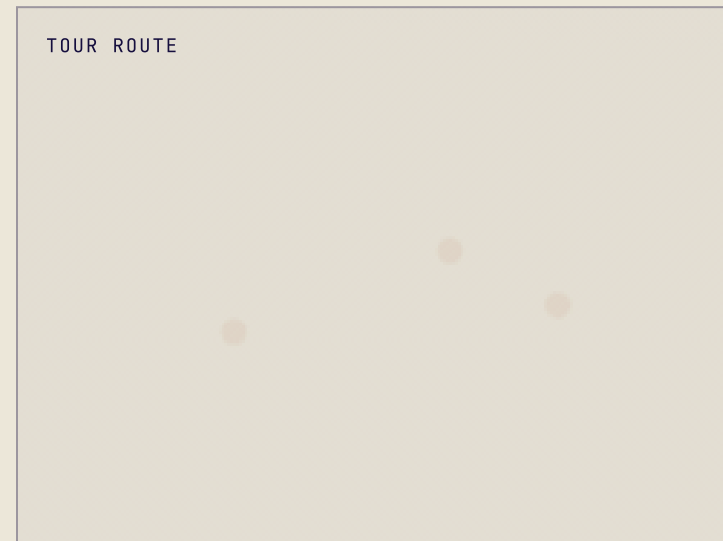
Departure

Transfer to Redruth station for your journey home — or onward to your next adventure.

🍷 —

🍽️ **Included:** Breakfast

TOUR ROUTE



THREE HOTELS · TWO NIGHTS EACH

Nights 1 & 2 · Penventon Park Hotel

Nights 3 & 4 · Carbis Bay Hotel

Nights 5 & 6 · Mullion Cove Hotel



THE HIDDEN *North.*

by David

WALKING	LENGTH	FROM
<i>4 – 6 miles daily</i>	<i>6 nights</i>	<i>\$6,790 pp</i>

Five days walking Cornwall's dramatic North coast and wild Bodmin Moor, led by David — a guide whose local knowledge opens doors to places you simply won't find on your own. From the clifftop ruins of Tintagel to ancient stone circles, smugglers' harbours and a final crossing over the Devon border, every day is shaped around the stories that make this coastline extraordinary.

TOUR HIGHLIGHTS

Bodmin Moor's Standing Stones

Cross ancient moorland to reach stone circles that have stood for four thousand years, each carrying myths David brings to life.

Doc Martin's Port Isaac

Walk the harbour lanes made famous by the long-running TV series and see how little has changed between screen and real life.

Wine Tasting at Ogo

Sample Cornwall's emerging wine scene with a private tasting, paired with wines from the Duchy's most exciting vineyards.

Devon's Secret Village

Descend the cobbled streets of an impossibly steep fishing village, unchanged for centuries and unreachable by car.



Your week *with David*.

Wild North coast, Bodmin Moor, and a final crossing into Devon.

SUNDAY

Arrive

Arrive & Settle In

Arrive at Bodmin Parkway where David will welcome you. Drive through rolling countryside to The Scarlet — floor-to-ceiling glass, natural materials, and Atlantic views that make you exhale the moment you walk in.

MONDAY

Walk 6 mi

~800 ft

~245 m

Bedruthan Steps & Padstow

Cliff-top walk above Bedruthan Steps — towering rock stacks that legend says were the stepping stones of a giant. Lunch in Padstow's harbour. Private wine tasting at Ogo.

🏠 The Scarlet

🍷 Ogo at Bedruthan

📌 **Included:** Breakfast, Lunch & Dinner

TUESDAY

Walk 6 mi

~1,100 ft

~335 m

Boscastle to Tintagel

Explore the ancient harbour of Boscastle, walk the coast path to Tintagel — the legendary birthplace of King Arthur — and lunch on a proper Cornish pasty with a view.

🏠 Camelot Castle Hotel

🍷 Outlaw's Fish Kitchen

📌 **Included:** Breakfast & Lunch

WEDNESDAY

Walk 6 mi

~600 ft

~180 m

Bodmin Moor & Port Isaac

Morning on Bodmin Moor among ancient stone circles. Lunch at an old English pub nestled in the moorland. Afternoon in Port Isaac — the fishing village made famous by Doc Martin.

🏠 Camelot Castle Hotel

🍷 The Mote (Bodmin Moor pub)

📌 **Included:** Breakfast, Lunch & Dinner

THURSDAY

Walk 5 mi

~900 ft

~275 m

Clovelly & the Hartland Coast

Cross into Devon to discover Clovelly, a cobbled fishing village frozen in time. Walk to Brownsham, then tour the Hartland Quay Museum — curated by David's father.

🏠 The Red Lion

🍷 The Red Lion (harbourside)

📌 **Included:** Breakfast & Lunch

FRIDAY

Walk 6 mi

~950 ft

~290 m

Hawker's Hut & the Marsland Valley

Walk to Hawker's Hut, the cliff-top shelter of a legendary Victorian poet-vicar. Lunch at The Bush Inn. Walk through the lush Marsland Valley with a cream tea stop. Farewell dinner at Pattard Restaurant.

🏠 The Red Lion

🍷 Pattard Restaurant

📌 **Included:** Breakfast, Lunch & Dinner

SATURDAY

Depart

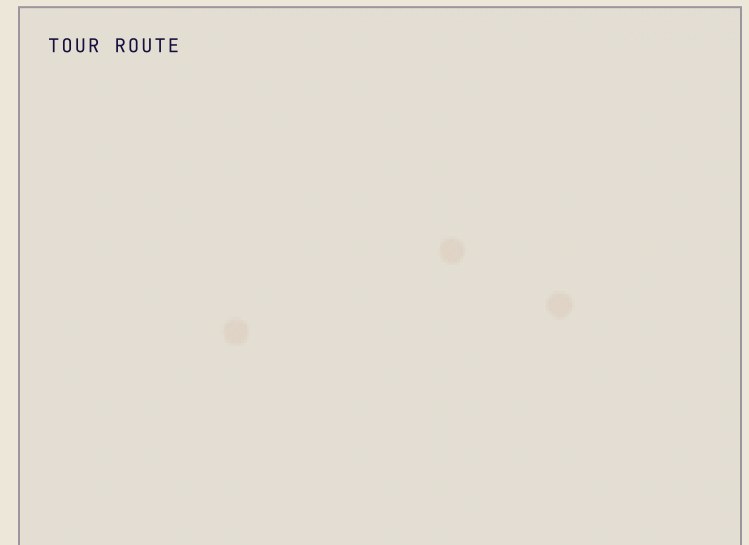
Departure

Transfer to Exeter station for your journey home.

🍷 —

📌 **Included:** Breakfast

TOUR ROUTE

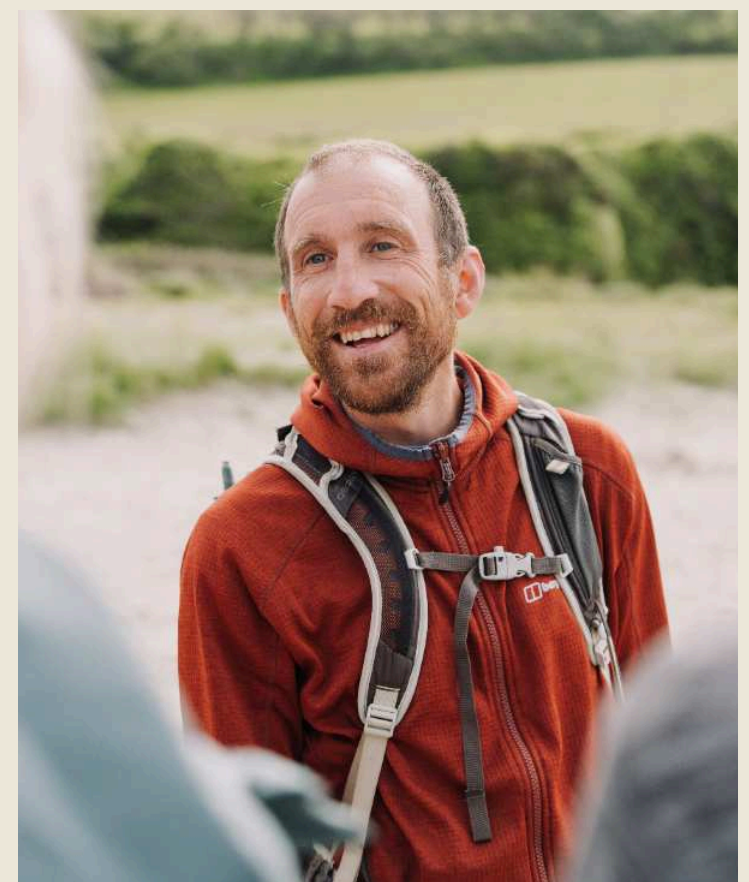


THREE HOTELS · TWO NIGHTS EACH

Nights 1 & 2 · The Scarlet

Nights 3 & 4 · Camelot Castle Hotel

Nights 5 & 6 · The Red Lion



FROM COAST *to Castle.*

by Gail

WALKING	LENGTH	FROM
<i>3 – 5 miles daily</i>	<i>6 nights</i>	<i>\$6,850 pp</i>

The definitive Cornwall experience in a single week, led by Gail — a guide who knows how to weave the Duchy's greatest landmarks into a journey that is personal, not packaged. From Tintagel and Port Isaac to the art galleries of St Ives, the dramatic tin coast, and a cream tea on St Michael's Mount, every day brings a different side of Cornwall to life.

TOUR HIGHLIGHTS

The Minack Theatre

Visit the extraordinary open-air theatre carved into the granite cliffs above Porthcurno, with the Atlantic Ocean as its backdrop.

Tintagel Castle

Walk the cliff-top ruins of the legendary birthplace of King Arthur, where medieval walls cling to the headland above the Atlantic.

King Harry Ferry to Truro

Cross the River Fal on the historic chain ferry before a walking tour of Cornwall's only city, crowned by its Gothic cathedral.

Cream Tea on the Mount

Cross the ancient causeway to St Michael's Mount and finish with a cream tea inside the castle.



Your week *with Gail*.

The definitive Cornwall — landmarks woven into something personal.

SUNDAY

Arrive

Arrive & Settle In

Arrive at Bodmin Parkway where Gail will welcome you. Drive to PIG-at Harlyn Bay, a beautifully restored country house above one of Cornwall's finest beaches. Dinner from ingredients grown, foraged, and landed within 25 miles.

MONDAY




Walk 4 mi

~650 ft

~200 m

Tintagel & Port Isaac

The dramatic ruins of Tintagel, legendary birthplace of King Arthur. Then Port Isaac — the fishing village made famous as the setting for Doc Martin — for a harbour walk and Doc Martin tour with Gail.

-  PIG-at Harlyn Bay
-  PIG-at Harlyn Bay (kitchen-garden)
-  **Included:** Breakfast, Lunch & Dinner

TUESDAY




Walk 3 mi

~250 ft

~75 m

The Roseland Peninsula & Truro

Walk through one of Cornwall's most beautiful churchyards to St Mawes. Visit the Tudor castle built by Henry VIII. Take the King Harry chain ferry. Walking tour of Georgian Truro and its striking cathedral.

-  Alverton Manor
-  Alverton Manor (hotel restaurant)
-  **Included:** Breakfast & Lunch

WEDNESDAY




Walk 4 mi

~600 ft

~180 m

The North Coast & St Ives

Walk the coast path past the clifftop engine house of Wheal Coates. Board the scenic branch line train into St Ives. Visit the Tate Gallery and Barbara Hepworth's studio.

-  Alverton Manor
-  The Gurnard's Head
-  **Included:** Breakfast, Lunch & Dinner

THURSDAY




Walk 5 mi

~850 ft

~260 m

The Far West & Mousehole

Walk the coast path past Pendeen Lighthouse and Levant Mine to the Crown engine houses. Descend into Mousehole — one of Cornwall's most enchanting fishing villages.

-  Carbis Bay Hotel
-  Carbis Bay (hotel restaurant)
-  **Included:** Breakfast & Lunch

FRIDAY




Walk 5 mi

~600 ft

~180 m

Land's End, The Minack & St Michael's Mount

Walk from Sennen Cove to Land's End. Visit the Minack Theatre. The Merry Maidens stone circle. Cross the causeway to St Michael's Mount for cream tea in the castle.



-  Carbis Bay Hotel
-  Cream Tea on the Mount
-  **Included:** Breakfast, Lunch & Dinner

SATURDAY

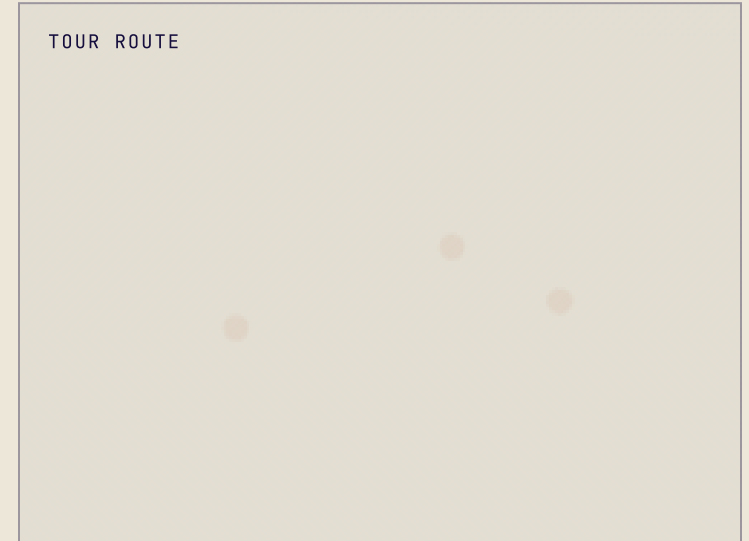
Depart

Departure

Transfer to the station for your journey home.

-  —
-  **Included:** Breakfast

TOUR ROUTE



THREE HOTELS · TWO NIGHTS EACH

Nights 1 & 2 · PIG-at Harlyn Bay

Nights 3 & 4 · Alverton Manor

Nights 5 & 6 · Carbis Bay Hotel



TORS *to Shore.*

by Lucy

WALKING	LENGTH	FROM
4 – 7 miles daily	6 nights	\$6,795 pp

Ancient history, industrial heritage, and literary connections on Cornwall's gentle southern slopes, led by Lucy — a guide whose deep knowledge of the region turns every walk into a story. From the Bronze Age stone circles of Bodmin Moor to the sheltered harbour of Fowey, where Daphne du Maurier wrote her most celebrated novels, every day reveals a different chapter of Cornwall's past.

TOUR HIGHLIGHTS

Daphne du Maurier's Fowey

Walk the trails that inspired one of England's greatest storytellers, then explore the town where she lived and wrote, finishing with a cream tea.

Bodmin Moor's Bronze Age Stones

Walk across open moorland to stone circles and granite tors, followed by a visit to the Kerdroya Labyrinth.

Ferry to Dinner

Arrive by ferry across the water to Cawsand, setting the tone for a week where the journey is part of the experience.

Dodman Point Iron Age Fort

Walk out to one of Cornwall's most impressive Iron Age cliff forts, with commanding views along the south coast.



Your week *with Lucy*.

Bronze Age stones to a writer's harbour town.

SUNDAY

Arrive

Arrive & Cross the Water

Arrive at Plymouth station. A ferry carries you across the Sound to Cawsand — an arrival that sets the tone for the week: unhurried, scenic, and nothing like the way most people enter Cornwall.

MONDAY

Walk 6 mi

~500 ft

~150 m

Bodmin Moor & The Labyrinth

Bronze Age stone circles and ancient tors on Bodmin Moor. Visit the Kerdroya Labyrinth — a land art installation built from Cornish stone. Stop at Jamaica Inn, the coaching house made famous by Daphne du Maurier.

🏠 Talland Bay Hotel

🍷 The Sardine Factory

🕒 **Included:** Breakfast, Lunch & Dinner

TUESDAY

Walk 6 mi

~800 ft

~245 m

Looe & The Hall Walk

Coast path to Looe, one of Cornwall's most charming fishing towns. Lunch at the Sardine Factory on the quayside. The celebrated Hall Walk through ancient woodland above the river.

🏠 Fowey Harbour Hotel

🍷 Fowey Harbour (waterfront)

🕒 **Included:** Breakfast & Lunch

WEDNESDAY

Walk 5 mi

~600 ft

~180 m

Daphne du Maurier's Fowey

Follow in du Maurier's footsteps along the paths that inspired her most celebrated novels. Explore historic Fowey and pause for a cream tea in the town where she lived for over forty years.

🏠 Fowey Harbour Hotel

🍷 Sam's on the Beach

🕒 **Included:** Breakfast, Lunch & Dinner

THURSDAY

Walk 6 mi

~550 ft

~170 m

Clay Country & Charlestown

Cornwall's clay country — wooded peaks and turquoise pools created by centuries of china clay mining. Walk down to Charlestown's perfectly preserved Georgian harbour, a filming location for Poldark.

🏠 Carlyon Bay Hotel

🍷 Carlyon Bay (hotel restaurant)

🕒 **Included:** Breakfast & Lunch

FRIDAY

Walk 5 mi

~750 ft

~230 m

Mevagissey & Dodman Point

Circular coastal route from Mevagissey. Lunch at Caerhayes Castle. Walk to Dodman Point, a dramatic Iron Age cliff fort — a fitting end to the week.

🏠 Carlyon Bay Hotel

🍷 Edie's

🕒 **Included:** Breakfast, Lunch & Dinner

SATURDAY

Depart

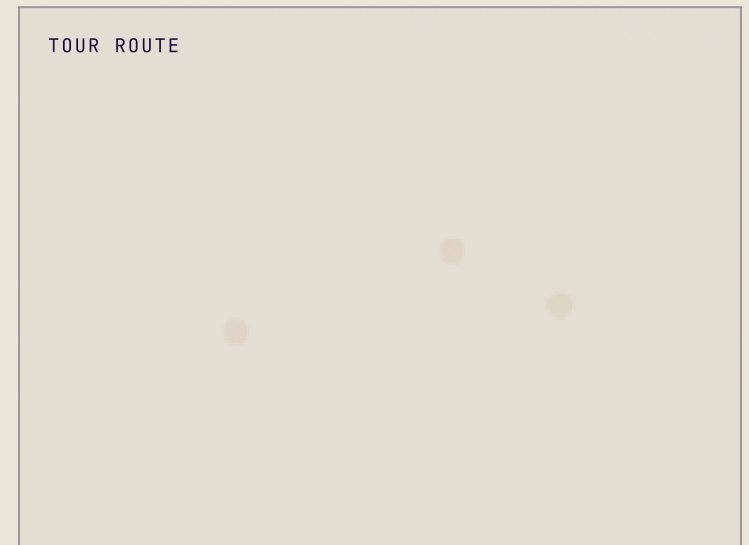
Departure

Transfer to St Austell station for your journey home.

🍷 —

🕒 **Included:** Breakfast

TOUR ROUTE



THREE HOTELS · TWO NIGHTS EACH

Nights 1 & 2 · Talland Bay Hotel

Nights 3 & 4 · Fowey Harbour Hotel

Nights 5 & 6 · Carlyon Bay Hotel



SACRED *Cornwall.*

by Evie

WALKING	LENGTH	FROM
<i>3 – 5 miles daily</i>	<i>6 nights</i>	<i>\$7,250 pp</i>

The sacred heart of Cornwall revealed, led by Evie — a Penzance-born historian whose passion for the early medieval period and Cornish churches turns every walk into a story most visitors never hear. From the standing stones and holy wells of West Penwith to Truro Cathedral and the Arthurian cliffs of Tintagel, every day peels back another layer of the spiritual landscape that has shaped Cornwall for thousands of years.

TOUR HIGHLIGHTS

Tintagel Castle

Walk the clifftop ruins of the legendary birthplace of King Arthur, where medieval walls cling to the headland above the Atlantic.

Truro Cathedral

Explore Cornwall's only cathedral, a striking Victorian Gothic Revival masterpiece that took thirty years to build.

The Mermaid of Zennor

Visit the medieval church where a carved mermaid sits on a 600-year-old bench end, and hear the legend of the chorister she lured beneath the waves.

St Nectan's Glen

Descend through ancient woodland to a sacred waterfall where the water drops sixty feet through a hole in the rock.



Your week *with Evie*.

Holy wells, ancient stones, and the spiritual landscape of the far west.

SUNDAY

Arrive

Arrive & Settle In

Arrive at Penzance station — the furthest you can go on the train. Evie will welcome you and drive to The Godolphin, a boutique hotel with views across Mount's Bay.

MONDAY




Walk 6 mi

~450 ft

~140 m

Holy Wells & Standing Stones

Follow a hidden path to Madron Baptistry and its ancient holy well. Walk to the Merry Maidens stone circle. Visit the church of St Buryan. Lunch at Evie's favourite secret crab sandwich spot — she knows the fisherman and the person who makes them.

-  The Godolphin
-  The Godolphin (hotel restaurant)
-  **Included:** Breakfast, Lunch & Dinner

TUESDAY




Walk 5 mi

~700 ft

~215 m

The Mermaid of Zennor & Men-an-Tol

The enigmatic holed stone of Men-an-Tol on the moorland. Walk down to Zennor's medieval church and its famous carved mermaid. Continue along the coast to St Ives.

-  Harbour Hotel St Ives
-  Porthminster Beach Café
-  **Included:** Breakfast & Lunch

WEDNESDAY




Walk 3 mi

~200 ft

~60 m

Truro & Roseland Peninsula

Guided tour of Truro Cathedral. Explore the Georgian city streets. Visit St Just in Roseland, where a 13th-century church sits in a subtropical garden — widely considered one of the most beautiful churchyards in the world.

-  Harbour Hotel St Ives
-  Harbour Hotel (waterfront)
-  **Included:** Breakfast, Lunch & Dinner

THURSDAY




Walk 5 mi

~450 ft

~140 m

Bodmin Moor's Sacred Stones

The Hurlers stone circles on the moor. Trethevy Quoit, a Neolithic burial chamber over five thousand years old. St Neot, a quiet village with one of the finest collections of medieval stained glass in England.

-  Camelot Castle Hotel
-  Camelot Castle (hotel restaurant)
-  **Included:** Breakfast & Lunch

FRIDAY




Walk 5 mi

~750 ft

~230 m

Tintagel & The Arthurian Coast

Tintagel Castle — the legendary birthplace of King Arthur. The Norman church of St Materiana on the windswept headland. St Nectan's Glen, a sacred waterfall. Farewell dinner.



-  Camelot Castle Hotel
-  The Mill House Inn
-  **Included:** Breakfast, Lunch & Dinner

SATURDAY

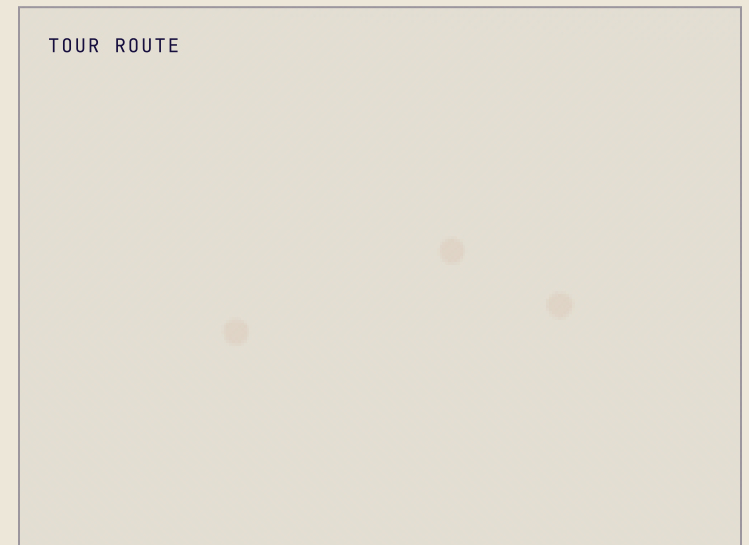
Depart

Departure

Transfer to Bodmin Parkway station for your journey home.

-  —
-  **Included:** Breakfast

TOUR ROUTE



THREE HOTELS · TWO NIGHTS EACH

Nights 1 & 2 · The Godolphin

Nights 3 & 4 · Harbour Hotel St Ives

Nights 5 & 6 · Camelot Castle Hotel



COVES & Caves.

by Morgan

WALKING	LENGTH	FROM
5 – 7 miles daily	6 nights	\$7,030 pp

Cornwall's hidden coastline revealed, led by Morgan — a former coastguard whose intimate knowledge of every cliff, cave, and cove opens up a Cornwall most visitors never see. From the sea caves of the North coast to the fishing harbours of the south and the dramatic tin mining cliffs of West Penwith, every day is built around the places you can only reach with someone who truly knows this landscape.

TOUR HIGHLIGHTS

Polperro's Smugglers' Harbour

Walk into one of Cornwall's most perfectly preserved fishing villages, where whitewashed cottages squeeze into a cliff-cut harbour that once thrived on smuggling.

The Minack Theatre

Visit the extraordinary open-air amphitheatre carved into the granite cliffs above Porthcurno.

Holywell Bay's Cathedral Cave

Explore one of Cornwall's most spectacular sea caves, a vast natural chamber accessible only at low tide.

The Submarine Mines of Botallack

Stand above the Crown engine houses and hear how miners worked tunnels that ran out beneath the Atlantic ocean floor.



Your week *with Morgan*.

A coastguard's Cornwall — sea caves, smugglers' coves, submarine mines.

SUNDAY

Arrive

Arrive & Settle In

Arrive at St Austell station where Morgan will welcome you. Drive to the Headland Hotel, a grand Victorian landmark perched above Fistral Beach with panoramic Atlantic views.

MONDAY

Walk 6 mi

~700 ft

~215 m

Sea Caves & The North Coast

Explore sea caves and smugglers' coves tucked beneath the cliffs — places Morgan discovered as a coastguard. Walk to Holywell Bay's cathedral-like cave. Afternoon walk to Trevoze Head.

🏠 The Headland

🚶 The Headland (cliff-top)

🕒 **Included:** Breakfast, Lunch & Dinner

TUESDAY

Walk 5 mi

~850 ft

~260 m

Polperro & South Coast Harbours

Polperro — Cornwall's most notorious former smuggling port. Walk to Lansallos, a hidden cove reached only on foot through dense woodland. Continue to Fowey.

🏠 Fowey Hall

🚶 The Old Quay House

🕒 **Included:** Breakfast & Lunch

WEDNESDAY

Walk 7 mi

~1,100 ft

~335 m

Fowey, Readymoney Cove & Lantic Bay

Follow the waterfront to Readymoney Cove, guarded by the ruins of St Catherine's Castle. Walk to Gribbin Head and descend to Lantic Bay — turquoise water and barely a footprint on the sand.

🏠 Fowey Hall

🚶 Fowey Hall (manor dining)

🕒 **Included:** Breakfast, Lunch & Dinner

THURSDAY

Walk 6 mi

~850 ft

~260 m

Botallack, Levant & Submarine Mines

The tin coast — Morgan's heartland. Walk the cliff path past Levant Mine to the Crown engine houses. Hear the story of the submarine mines that ran beneath the ocean. Visit Geevor Mine and go underground.

🏠 Carbis Bay Hotel

🚶 Carbis Bay (hotel restaurant)

🕒 **Included:** Breakfast & Lunch

FRIDAY

Walk 7 mi

~950 ft

~290 m

Porthgarra, Porthcurno & The Minack

Morgan's favourite walk. Follow the wild coast path to Porthcurno, then visit the Minack Theatre. Farewell dinner at The Old Coastguard in Mousehole.

🏠 Carbis Bay Hotel

🚶 The Old Coastguard, Mousehole

🕒 **Included:** Breakfast, Lunch & Dinner

SATURDAY

Depart

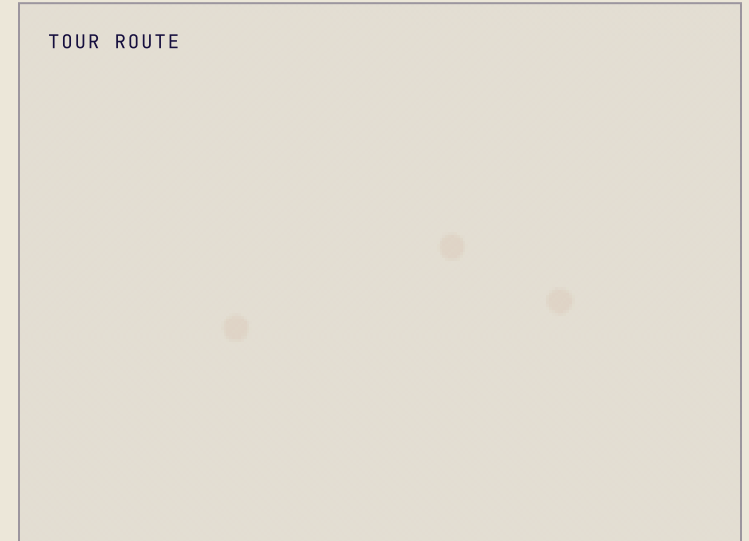
Departure

Transfer to the station for your journey home.

🚶 —

🕒 **Included:** Breakfast

TOUR ROUTE



THREE HOTELS · TWO NIGHTS EACH

Nights 1 & 2 · The Headland

Nights 3 & 4 · Fowey Hall

Nights 5 & 6 · Carbis Bay Hotel



KERNARA

PRIVATE

Your Cornwall, *your way.*

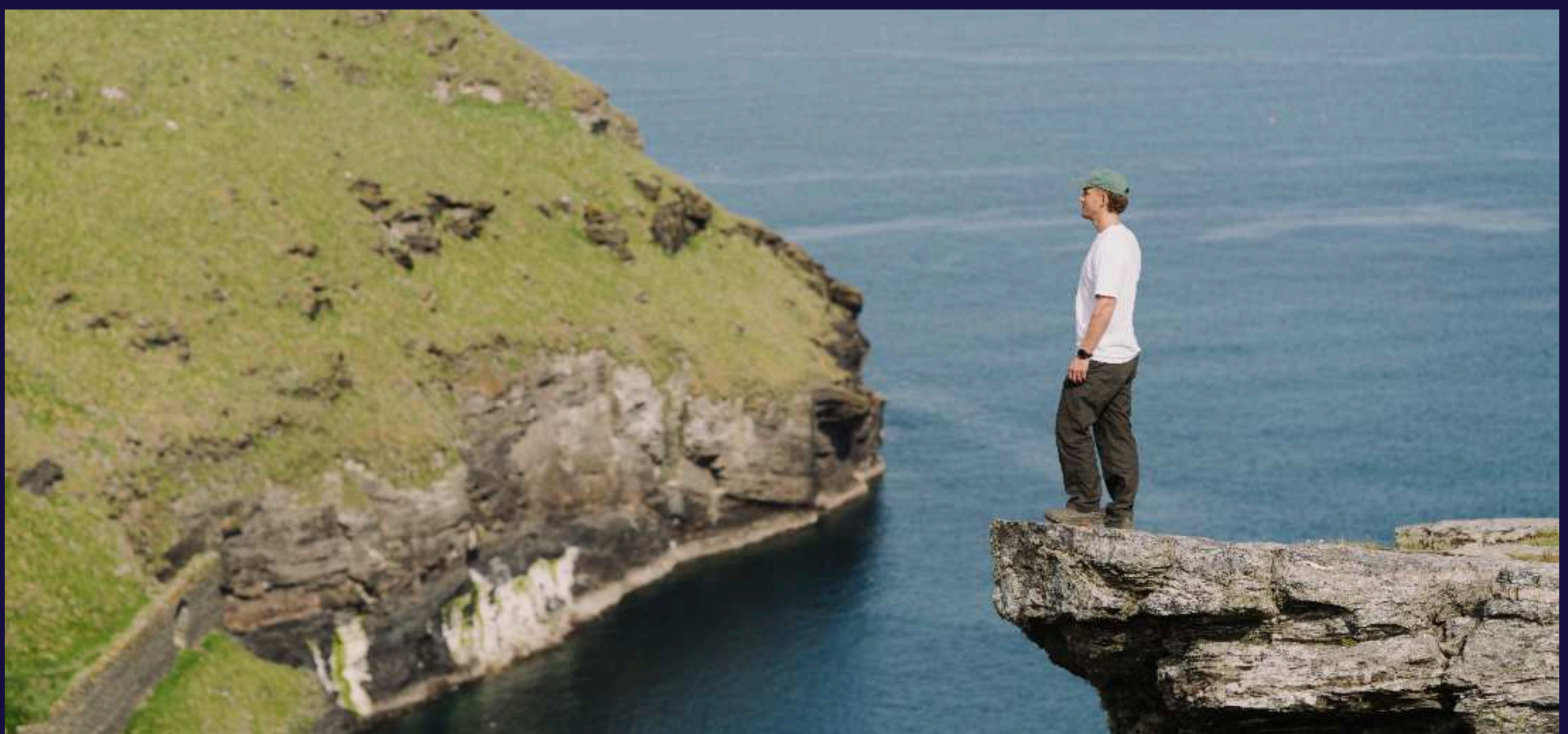
Every Kernara tour can be experienced privately — just you and your party, walking with your own dedicated guide on dates that work for you.

Shape it around *you.*

Want to adjust the itinerary? Swap a hotel, extend a stay, add a rest day, shorten a walk — we'll shape it around you. Or, if you'd rather start from scratch, tell us what excites you about Cornwall and we'll design something completely bespoke.

The same adventure, *entirely yours.*

There are no membership fees, no hidden costs. Every one of our guides is as comfortable leading a private tour as a group — the knowledge, the stories, the hidden spots are all the same. The only difference is that you won't be sharing them.



TO DISCUSS A PRIVATE TOUR

private@kernara.com

[KERNARA.COM/PRIVATE](https://kernara.com/private)

Flexible, *always*.

We can arrange hotel stays in Cornwall, London, or another city, before or after your tour.

Many of our guests build a Kernara tour into a longer trip around England. We can arrange hotel stays in Cornwall before or after your tour, recommend places to visit elsewhere in the country, and help with onward travel.

BEFORE YOUR TOUR

Arrive a day or two early.

A hotel and an itinerary suggestion for your first days in Cornwall — a fishing village, a clifftop golf round, or simply settling into the Cornish pace.

AFTER YOUR TOUR

Continue across England.

London, Bath, the Cotswolds, the Lake District. We can recommend trusted partners and coordinate your onward travel so the transition is seamless.

COMBINE TWO TOURS

Two weeks, two guides.

Walk one tour, take a rest day, and start another with a different guide. Two weeks, two perspectives, one Cornwall.



OUR HOTELS

Uncompromising *Luxury.*

Every hotel on a Kernara tour has been personally chosen by the guide who leads that tour — selected for their character, location, and quality. Clifftop estates with private beaches; 15th-century country houses where every ingredient comes from within 25 miles.

3

HOTELS PER TOUR

2

NIGHTS AT EACH

1

STANDARD

Some of our *favourites...*

SIX PROPERTIES



The PIG-at Harlyn Bay

15th-century country house. Kitchen-garden cooking, everything within 25 miles.

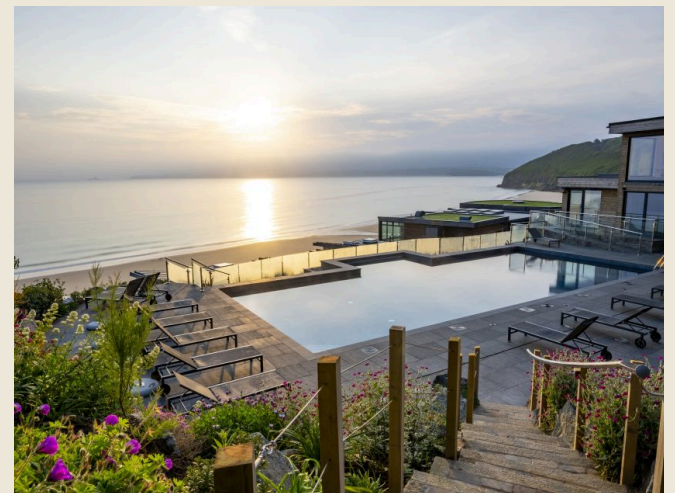
Featured on: From Coast to Castle



Headland Hotel

Grand Victorian landmark above Fistril Beach with old-world grandeur that feels earned.

Featured on: Coves & Caves



Carbis Bay Hotel

Five-star estate with its own private Blue Flag beach and a clifftop spa.

Featured on: Legacy, Coast to Castle, Coves & Caves



Fowey Hall Hotel

Grand Victorian mansion said to be the original inspiration for Toad Hall.

Featured on: Coves & Caves



Watergate Bay Hotel

Contemporary coastal hotel above a vast two-mile beach, with surf lodge and spa.

Featured on: select tours



Hotel Tresanton

Olga Polizzi's elegant waterfront hotel in St Mawes, with a yacht for guest use.

Featured on: select tours

CHAPTER ONE

Cornwall, *a land of stories.*

An introduction.

Cornwall occupies the far south-western tip of England, a narrow peninsula bordered by the Atlantic on three sides. It has its own language, its own flag, and a fierce sense of identity shaped by centuries of independence from the rest of England.

For thousands of years, Cornwall's wealth came from beneath the ground — tin and copper that made the Duchy one of the most important mining regions in the world. The engine houses that still cling to the clifftops are monuments to that era, and in 2006, the Cornwall and West Devon Mining Landscape was designated a UNESCO World Heritage Site.

A Land of Stories.

King Arthur's legendary birthplace is at Tintagel. Daphne du Maurier wrote *Rebecca* and *Jamaica Inn* from her home in Fowey. Winston Graham set his *Poldark* novels among the tin mines and fishing villages. Virginia Woolf's *To the Lighthouse* was inspired by the view from Godrevy.

The light at St Ives drew a colony of painters and sculptors — Barbara Hepworth, Ben Nicholson, Patrick Heron. Beyond the arts, Cornwall's identity is shaped by Celtic heritage, fishing traditions, and a culinary scene that has quietly become one of the best in Britain.



DAPHNE DU MAURIER
Rebecca · Jamaica Inn

WINSTON GRAHAM
Poldark

VIRGINIA WOOLF
To the Lighthouse

BARBARA HEPWORTH
St Ives sculptor

CHAPTER TWO

When to come, *how to get here.*

When to *visit.*

APRIL – OCTOBER



MAY & JUNE

Cornwall at its most *authentic.*

Wildflowers line the cliff paths, the pace slows, and our guides can share the coast unhurried and uninterrupted.



JULY & AUGUST

Warmth & *long days.*

Though the coast is busier, our local knowledge and private access lead you to quieter corners the summer crowds never find.



SEPTEMBER & OCTOBER

The finest months *of all.*

The light turns golden, the crowds thin, and the landscape takes on a quieter beauty.

Getting to *Cornwall.*

LONDON → CORNWALL, 4–5 HRS BY RAIL

The best way to travel from London is to take the Great Western Railway train from London Paddington, a scenic four-hour journey through the English countryside and one of the most beautiful rail routes in Britain. Your guide will meet you at the station in Cornwall, so from the moment you step off the train, everything is taken care of.

If you're travelling from the US or Canada, most international visitors fly into London Heathrow. We can book your train tickets, arrange private transfers from any UK airport, and coordinate your travel so it connects seamlessly with the start of your tour.

UK ENTRY NOTE

You'll need an Electronic Travel Authorisation (ETA) to visit the UK. It's quick to apply for online and is valid for multiple visits over two years. Full details at gov.uk/eta.

STATIONS WE USE

Bodmin Parkway	North & East tours
St Austell	South coast tours
Redruth	Tin coast tours
Penzance	Far west tours

Every station above is reached directly from London Paddington — no changes.



Key Questions.

What guests ask before they book.

How fit do I need to be?

Our tours range from light to moderate intensity, typically covering four to eight miles a day. You don't need to be a serious walker — just comfortable on your feet for a few hours at a time. Your guide sets the pace to suit the group, with plenty of stops along the way.

What's the terrain like?

Most walks follow the South West Coast Path and other well-maintained trails, but this is real coastal walking — expect uneven ground, steps, and some climbs. Your guide will always brief you on what to expect each morning.

When is the best time to visit Cornwall?

April, May, June, September and October are our favourite months — longer days, quieter paths and the landscape at its best. July and August are warmer but busier. Every season has its own character, and your guide knows how to make the most of whichever month you choose.

How big are the groups?

Our tours are limited to ten guests. Small enough that your guide can adapt the day around you, personal enough that you'll share the experience rather than just observe it.

Can I do a private tour?

All of our tours can be arranged as private departures for your group, on dates that suit you. Drop us an email at private@kernara.com or give us a call and we'll curate the perfect private tour.

I'm travelling solo — will I feel out of place?

Not at all. Our tours are well suited to those travelling solo. The small group size and the time spent walking together means you'll feel comfortable from day one. Dining is flexible too — join the group or enjoy your own company, whatever you prefer.

Can I do a non-walking tour?

If you love the idea of a Kernara tour but prefer not to walk long distances, we can adapt any of our tours to a lighter format — up to two miles of gentle walking daily, with your guide driving you between the highlights. We also offer dedicated driving tours for guests who'd rather experience Cornwall entirely from the comfort of a vehicle. Get in touch and we'll find the perfect fit for you.

What should I pack?

Comfortable walking shoes or boots, waterproof layers, and clothes you can move in. Nothing fancy is needed for dinners — smart casual is the dress code everywhere we go. Your guide will send a detailed packing list before you travel.

Do I need walking boots?

If you need new boots, we can arrange a quality pair to be ready and waiting for you when you arrive in Cornwall. Just let us know your size.

What about the weather?

This is Cornwall — the weather is part of the experience. If conditions change, your guide will adjust the route or swap in an alternative that's just as memorable. Waterproof layers are a must, but no day is ever lost.

A note from *our Chair*.

Cornwall has a way of catching you off guard. You come for the coastline and leave thinking about a conversation you had in a harbour pub, the light on the water at a particular moment, or the way a guide told you something about a place that made you see it completely differently. Those are the moments that stay — not the itinerary, but what happened between the lines.

That's why we built Kernara. Not to show people the sights, but to create the kind of week that settles into your memory and doesn't leave. The morning you crossed the causeway to St Michael's Mount and felt the centuries underfoot. The evening the chef brought the crab to your table and told you which boat it came from. The afternoon your guide took you to a headland you'd never have found, and you stood there in the wind and the silence and thought: this is it.

We found the finest guides in Cornwall — people whose knowledge and relationships can't be replicated — and built something around them that matches the quality of what they do. The hotels are exceptional. The food is remarkable. The logistics are invisible. But the guides are the reason this works.

What you're holding is an invitation to see Cornwall the way it deserves to be seen. I hope you'll take us up on it.

— *Phil*

CO-FOUNDER & CHAIR · KERNARA



PHIL · CO-FOUNDER & CHAIR

GET IN TOUCH

Let's Start *Planning.*

We'd love to hear from you. Whether you know exactly which tour you want or you'd like to talk it through, our team is here to help.

FREE CONSULTATION

Book a relaxed video call.

We'll answer your questions and help you find the right tour. No obligation, no pressure.

[BOOK AT KERNARA.COM/CONSULTATION](https://www.kernara.com/consultation) →

OR GET IN TOUCH DIRECTLY

EMAIL info@kernara.com

PHONE [\[telephone number \]](#)

ONLINE [kernara.com](https://www.kernara.com)

KERNARA