

South West Path & Cornish Camino

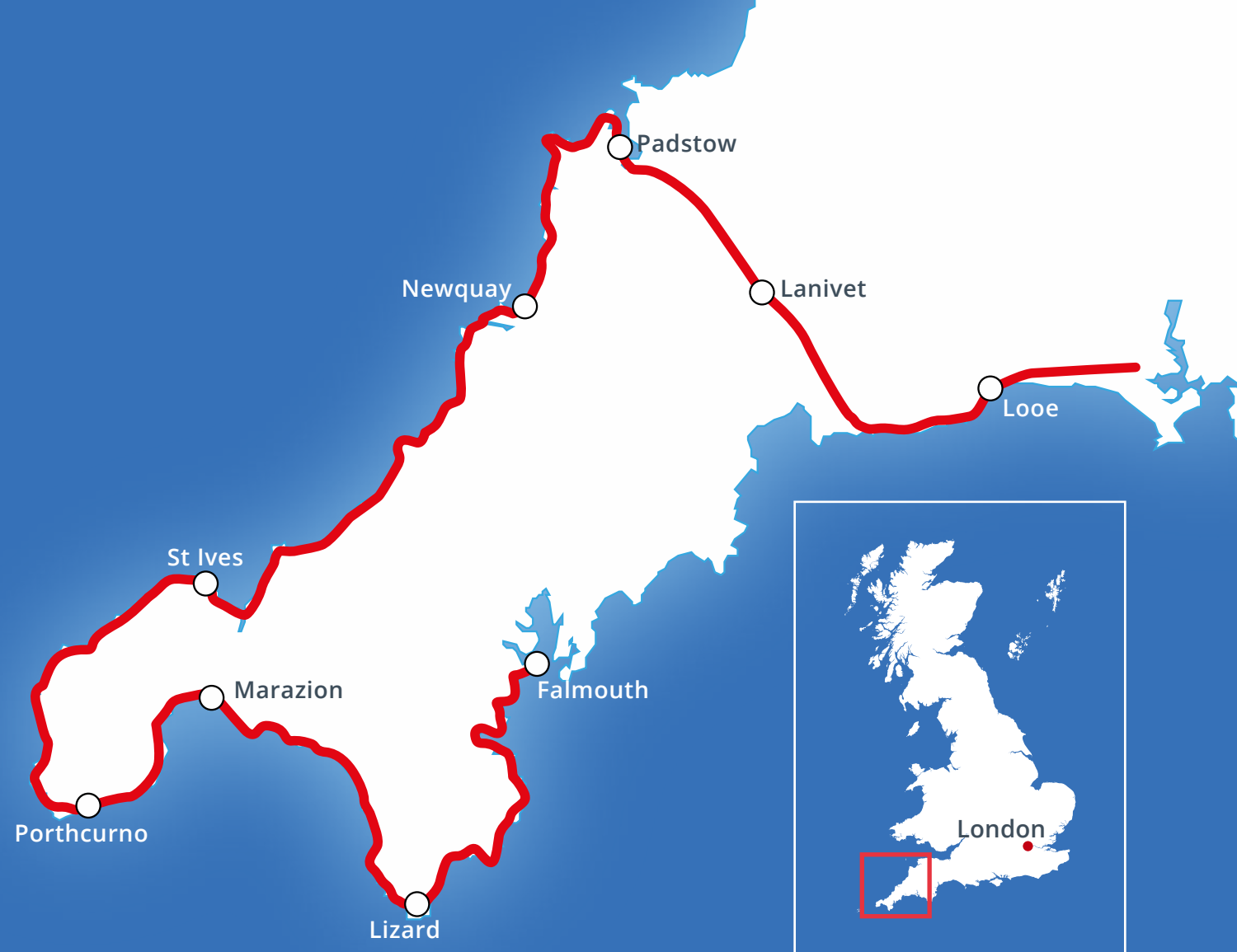
# CORNWALL

## DESTINATION GUIDE

**RAW** TRAVEL  
ICONIC WALKS WORLDWIDE

Certified  
  
Corporation





## HIKING IN CORNWALL – QUICK LOOK

- **Highlights:** The UK's best coastal scenery; diverse landscapes and rich natural wonders; fascinating history, from Iron Age settlements to tin mining ruins; ancient pilgrim paths; wonderful B&Bs hosted by welcoming locals; tasty food - traditional pub grub to sophisticated seafood dishes; picturesque coastal villages and fishing ports.
- **Best time to go:** Late April to June; September to October.
- **Difficulty:** Moderate to challenging. Strenuous hiking, best suited to active walkers.
- **Length:** We offer a variety of trip lengths. Please chat with our Trip Specialist to find an itinerary that best suits you.





#### Disclaimer

The information in this Destination Guide has been compiled with care and is provided in good faith. However, it is subject to change and does not form part of the contract between the client and RAW Travel.

#### Contact Us

##### RAW Travel Office

We can be contacted Monday to Friday from 9am to 5pm on +61 3 5976 3763. If there is a genuine emergency outside of these hours, call +61 (0) 478 649 848.

## CORNWALL

### SOUTH WEST COAST PATH & CORNISH CAMINO

**Cornwall – a romantic county on England's rugged southwestern tip – has much to offer the adventurous hiker. This place is home to the iconic South West Coast Path, England's longest waymarked trail (1015km), and the lesser-known but no less compelling routes of The Saints Way and Saint Michael's Way.**

Visual treasures are revealed every step of the way – seal pups playing in hidden coves, ancient Celtic crosses representing a time gone by, and colourful harbours, vibrant and bustling with tourists and fishing boats bringing in the delicious catch of the day.

You will be in awe of a landscape and its wildlife that have long inspired artists and writers alike – think Doc Martin, Poldark, Jamaica Inn, The Wind in the Willows.

Our hiking itineraries celebrate a connection to nature – a belief embraced for centuries by Celtic saints and Cornish locals. The trails meander along sandy beaches, towering cliffs, sheltered estuaries and over rolling green hills, and coastal valleys.

Cornwall is rich in history, geology, archaeology and pubology. After a long day's hike navigating your way past Bronze Age standing stones, centuries-old churches and crumbling tin mining engine houses, there are countless 'Ship Inns' and 'Kings Arms' where you can grab a hearty feed.

Or indulge in a fancy seafood platter in one of the many seaside village restaurants – Padstow boasts four Rick Stein restaurants alone! And you can't leave before trying at least one home-made Cornish pasty and cream tea.

We invite you to grab your hiking boots and your spirit for adventure, and come and discover a romantically rugged Cornwall with fishing villages that will delight, history that will intrigue and photographic scenery that will leave you with no doubt that this is truly a superb hiking destination.

Stu



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A person in a yellow jacket stands on a high stone wall, arms raised in triumph. The wall is made of large, stacked stones. In the background, a vast landscape of rolling hills and a coastline with waves crashing against rocks is visible under a heavy, grey sky.

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## SECTION 1: INSPIRATION

### WHY YOU'LL LOVE WALKING IN CORNWALL

- ✓ **History:** Discover stone circles and settlements and the ghostly remains of a once thriving tin and copper mining industry; learn of stories of smugglers, legends of giants, and the religious legacy of Celtic saints.
- ✓ **Scenery:** Wild and dramatic coastline, lush fields and lakes, moors, inlets and surf beaches – this remarkable destination showcases a surprisingly diverse landscape.
- ✓ **Cuisine:** Freshly caught seafood, locally made gin, home-made ice-cream and award-winning pasties will have you leaving Cornwall a few pounds heavier!
- ✓ **Fishing villages:** Explore the narrow laneways of picture-book perfect fishing villages such as Looe, Fowey, Padstow, St Ives and Mousehole.
- ✓ **Reflection and self-discovery:** Live more mindfully and enjoy the simple rituals of daily walking.
- ✓ **Accommodation:** Experience the warm hospitality of Cornwall when staying in well-located, comfortable B&Bs and guest houses.
- ✓ **Literary connections:** Virginia Woolf, Daphne du Maurier and Kenneth Grahame all found inspiration in Cornwall.

### ROUTE DESCRIPTION

#### RAW Travel Trip Gradings

- **Cornish Camino**  
6 (Challenging)
- **South West Coast Path**  
6 (Challenging)
- **Saint's Way:**  
5 (Moderate with challenging sections)

The trails in Cornwall run through private land as well as public parks, following back roads, rights-of-way across fields, and ancient pilgrimage routes between towns.

The trail varies from well maintained wide laneways to rough single track paths that are occasionally overgrown with greenery.

While there are some easy flat or gently undulating sections, there are many challenging sections with strenuous, steep hills. If you are uncomfortable with heights or paths that run close to the edge, please chat with our Trip Expert to find the right itinerary for you.

There are some sections of road walking and although this is usually on quiet country roads with little traffic, the roads are

usually very narrow so please take care at all times, especially when a car (or tractor) is approaching.

The Coast Path is frequented by other hikers but you will find yourself enjoying the solitude of The Saints Way. Generally the route is well signed but there will be times, particularly on The Saints Way and Cornish Celtic Way, where finding your way will require patience, care and good map reading skills. Sometimes the path or signage can be hidden by rambling and overgrown bushes so a keen eye is required to make sure you don't miss your turn-off.

#### 'Cornish Camino'

Start your journey from St Germans and one of the oldest and most historic parish churches in England. Travel along the Cornish Celtic Way to the coast, ambling through quaint fishing villages before diverting inland to The Saints Way and across hedge-lined farm lanes and open pastures to Padstow.

Continue hiking along dramatic cliff tops of the well-known Coast Path to the stunning beaches of Carbis Bay and St Ives before a final hike along St Michael's way to Marazion and the striking St Michael's Mount.

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### South West Coast Path

The longest long-distance footpath in the UK at 1015km. If you were to complete the entire route, the total ascent is almost equivalent to ascending Mount Everest from sea level four times! Choose from a number of itineraries that explore the peninsula of South West England.

This adventurous route hosts a hilly terrain that, while challenging at times, gives you amazing vantage points to witness the theatrical ocean and breathtaking coastline.

Tread a path amongst bright purple heather that sprawls across the ground above aquamarine smugglers' coves to long stretches of wind-blown beaches. Ghostly remains of a once booming mining industry loom out from the rugged landscape where lighthouses warned seamen of treacherous waters.

Travel from bustling tourist beach towns like Padstow and St Ives to the remote and wild stretches of coast towards Land's End. This route showcases a diverse and evocative landscape that will have you engaged all the way.

### HISTORY OF THIS WALK

Evidence of a rich history in the South West Peninsula of England reveals itself around every headland, secret cove, fishing port and, surprisingly, golf course!

The coast has always been a strategic location for the defence against invaders and to deploy military fleets to offensive battles to grow the British Empire. Impressive castles and forts dating from the Iron Age to WWII can be sited along the Coast Path.

Coastal cliffs provided dramatic settings for important prehistoric burial and ritual sites from the Bronze and Iron Ages. Between the 5th and 7th century, Christianity was introduced by missionaries from Ireland and Wales. Celtic saints had a large influence on the area during this time and they left behind

chapels, holy wells and crosses that still mark the region today.

The Cornish Celtic Way is a passion of local vicor Nigel Marns, who mapped out a route of old public footpaths to celebrate more than 90 Cornish Celtic saints. The itinerary has been designed to encourage spiritual growth and personal reflection through stories of sacrifice and achievement, Cornwall's inspiring landscape, fascinating history and warm hospitality.

Our '**Cornish Camino**' itinerary includes sections of The Cornish Celtic Way and the following routes:

### The Saints Way

Christian missionaries and pilgrims possibly used this ancient pathway during The Dark and Middle Ages en route to Rome, Santiago de Compostela and the Holy Land. Also known as the 'Drovers' Way', this cross-country route originates from a time when Welsh and Irish drovers and traders sought a safer route to sailing the treacherous Land's End waters.

The Saints Way route was officially opened in 1986 and today you will find a number of religious sites including standing stones, chapels and holy wells on a trail connecting parish to parish across the countryside.







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### South West Coast Path

Long before the Coast Path was used by ramblers and walkers like you, the path was frequented by coastguards on the lookout for smugglers and lawbreakers. The coastguards forged a path that hugged the coast, searching for smugglers who took advantage of remote beaches and hidden coves to store their contraband goods. Fishermen also tread the paths, using the high cliffs as a good vantage point to check sea conditions and spot shoals of fish.

From 1973–78, the South West Way Association (now South West Coast Path Association) went about establishing the trail in stages. Continued improvements during the 80s and a partnership with the National Trust and local organisations developed the path into what you walk today.

All along the Coast Path you will discover reminders of its prosperous industrial heritage of mining, fishing, quarrying and boat building. There are six areas adjacent to the Coast Path that have been designated part of the Cornish Mining World Heritage site and beam engine houses perched on rugged cliffs have become an iconic image of the Coast Path. They are

important relics of a landscape shaped by hard-rock mining for metals during the 18th and 19th centuries.

### St Michael's Way

Starting in Lenant (near St Ives) and ending at the spectacular St Michael's Mount in Marazion, St Michael's Way dates back to prehistoric times (1000 BC to 410AD) and is part of a network of trails that connected medieval missionaries and pilgrims to St James Cathedral in Santiago de Compostela.

Because of this historical significance, it is the only route in Britain that is a part of a designated European Cultural Route. The walks' namesake, St Michael, was the patron saint of high places and a legendary dragon slayer. This is possibly symbolic of the fact that many pre-Christian sacred sites were located on high ground.

St Michael's Way was largely forgotten until the Council of Europe began promoting the pilgrimage route to Santiago de Compostela in 1987. St Michael's Way was resurrected in 2004 by the Cornwall County Council and several other local groups.





## SECTION 1: INSPIRATION

### WHY EXPERIENCE CORNWALL WITH RAW TRAVEL?

RAW Travel has operated active walking trips since 2002, so we are one of the most experienced operators you can choose. We enjoy providing a friendly, personal service where you're treated as an individual. We pride ourselves on our staff's intimate knowledge of Cornwall: we really do 'know because we go' and have created walks that show you the best of the area.

When you book a trip with us you will deal with people who've done the walk and can answer your many questions about travelling there. As well as speaking to someone in the same time zone as you, you can come along to our free talks about hiking in Cornwall.

We provide detailed information and track notes for your walk that will help your trip go smoothly. You deal with a reputable and experienced Australian operator that has the best contacts in the UK. You will also benefit from 24-hour support of a RAW Travel staff member based in Cornwall who will be there to greet you on your first day of the trip.

### Why people choose us...

RAW Travel are Australia's experts in self-guided walking. When you book a trip with us you'll enjoy:

- unrivalled flexibility in tailor-making your itinerary
- expert first-hand knowledge of hiking in Cornwall
- insider information and tips from our Destination Experts
- access to 24-hour support from our local staff member in Cornwall
- pre-booked accommodation, delicious full English breakfasts and luggage transfers – all you carry is your daypack.
- character-filled accommodation in traditional B&Bs, guest houses and small hotels
- booking of flights and pre/post-travel arrangements by our in-house travel agent.
- luggage tags, detailed itinerary, maps, track notes and orientation pack



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### IS THIS THE RIGHT TRIP FOR ME?

When considering booking a trip it is important that you look at the descriptions in this Destination Guide about accommodation, food and level of physical difficulty to ensure that the trip matches your expectations. Particularly with the physical difficulty rating, it's vital to select a trip that is realistic for your ability. Read through this Destination Guide and the specific trip itineraries on our [website](#) before booking.

Our Cornwall walking itineraries are best suited to active and fit hikers who are capable of managing multiple steep ascents and descents. Hikers should be sure-footed and have a good sense of balance. You should be comfortable reading a map and interpreting route notes as there are sections on the 'Cornish Camino' where the path is not well defined or the route easily identified.

We all know that English weather can be wet and cold at times. Despite Cornwall having a temperate climate, hikers need to be prepared for rain, fog and strong winds. If you have a fear of heights or suffer from vertigo please

chat with our Trip Expert to determine the best itinerary for you. However, Cornwall often enjoys the best weather in the UK outside of winter!

### Physical grading

We use several criteria to assess the difficulty of our walks, including the number of hours walking required each day, terrain and conditions underfoot, weather, gradient, altitude, signage and facilities along the trail.

We have graded our hikes in Cornwall as 6 (Challenging). There are sections that are considered easy to moderate but you really need to be prepared for the many challenging hills that make up this spectacular landscape.

To prepare for walks of this grading, we recommend completing 2 to 3 walks per week (15km+), increasing distances while carrying an 8kg pack; regular hill, stair and sand walking is also recommended.

*Our gradings are intended as a guide and will depend on your individual experience, fitness level and mental attitude. See page 48 for details.*

### Plan and prepare

Any long-distance walk deserves respect, time and planning on how to best undertake it. You should prepare for this walk with regular training before you go and let your body adjust to walking comparable distances, day in day out. On most days you will walk between 15km and 25km (5 to 7 hours).

While we often see amazing improvements in people's fitness with a program of regular training before a trip, you have to be realistic about whether you can commit to regular training with your current lifestyle. If you feel you are unable to commit to doing the training needed to achieve the level of fitness required then you should consider another trip that is less demanding. This is the only way to accurately judge whether you can cope with the demands of any given trip.







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Practise hiking in an environment with the same equipment that you will take on your Cornwall hike. Your training should prepare you to walk several hours a day with ascents and descents. It is important to train on terrain that is similar to that which you will encounter on your chosen route. See also Getting Fit for this Walk (p22).

 [Read more: How to prepare your mind and body for a long-distance walk](#)

### WHAT'S IT LIKE UNDERFOOT?

Underfoot you will experience a variety of terrain including paving, cobblestones, gravel, and grassy and dirt paths. There are some sections on the Coast Path that require care to navigate loose rocks and slabs of smooth rock that can be slippery when wet.

Mud can be a problem after rain and so good hiking boots are necessary. There are a number of beach and dune sections on the route so hikers need to be prepared for walking on sandy trails, which can be tough going but also a highlight. Hikers should be sure-footed and have a good sense of balance.

Walking poles are highly recommended for all of the itineraries in Cornwall. Poles are good for balance and taking weight off your knees on descents and helping you get up the steep hill inclines.

### SELF-GUIDED WALKING

Travelling self-guided allows you to walk from place to place progressing from one accommodation to the next in your own time. You walk without a guide, following our trail notes and area maps.

Luggage transfers are included on all walking days, meaning you will only walk with a daypack.

The great part about self-guided travel is that you can choose your own travel dates (subject to accommodation availability) and your travel companions.

The South West Coast Path itineraries are generally well signed so you won't need advanced orienteering skills but you should be comfortable reading a map, referring to route notes and independently navigating your way along a trail. The Saints Way section of the 'Cornish Camino' does require the hiker to pay more attention to their map, walk notes and surroundings.

Route finding, losing your way, finding it again and asking the locals for help is all part of the adventure.

One of the benefits of booking with RAW Travel is knowing that you will have access to 24-hour support from our local staff member in Cornwall should you encounter any problems.

### RESPONSIBLE TRAVEL

At RAW Travel we believe in responsible travel, which means a lot more than staying safe and respecting the local culture and customs in the country you are visiting. You are responsible for making this trip the best it can be – read all the notes we send you, make sure you are comfortable with self-guided walking, do the right pre-trip training, read our blog posts, buy the right gear, wear in your boots and practice walking with poles. The more prepared you are, the more you will enjoy your walking adventure.





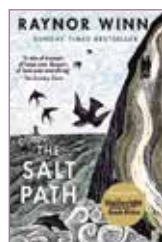
## SECTION 1: INSPIRATION

### BOOKS TO READ BEFORE YOU GO



#### **Walking the South West Coast Path: A Companion Guide** by *Simon Butler & Philip Carter*

This companion guidebook is a great supplement to your RAW walk notes. The guide paints a picture of the places you will find on the route, depicting them as they were in bygone days. The book is filled with informative, historic stories and illustrations and photographs.



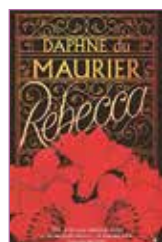
#### **The Salt Path** by *Raynor Winn*

The remarkable true story of a couple who lost everything and embarked on a journey of salvation across the windswept South West Coast Path. An honest and uplifting account of overcoming grief and the healing power of nature.



#### **Follow the Acorn** by *John Haughton*

At the age of 58, never having previously undertaken any long distance hikes, John Haughton embarked on the full length of the South West Coast Path. This book is entertaining and informative and allows you to experience John's highs and lows as he progresses around this amazing coastline.



#### **Rebecca** by *Daphne du Maurier*

A Cornwall resident for many years, Daphne du Maurier based many of her stories in Cornwall. This best selling novel is popular for its gripping themes and skilful writing.



#### **Poldark** by *Winston Graham*

Written by Graham between 1945 and 2002, the 12 Poldark novels proved popular and successful TV series were launched in the 1970s and more recently in 2015. The saga is set in Cornwall in the late 18th and early 19th centuries and follows the life of a young man who returns from war to find his father dead, his home and copper mine in ruins, and his childhood sweetheart engaged to his cousin.

### RAW TRAVEL INSIGHTS (BLOGS)

Written by our Destination Experts, our [RAW Insights](#) are great background reading. Here's a taste:

- [Top 10 tips for preventing blisters](#)
- [Travel apps you will actually use!](#)
- [Flying carbon-free and the future of flights](#)
- [Fuelling your body for happy hiking](#)

### EXTEND YOUR ADVENTURE

Grand old London has a plethora of sites, sounds and tastes to be experienced by visiting tourists and locals alike. You could easily spend weeks in London and only scratch the surface. From majestic royal palaces to double-decker buses, war museums, pedigree department stores, incredible art galleries, traditional pub culture, and world-class theatre, this city has something for everyone.

We can design a perfect city break with your needs and desires in mind. Our tailored packages will take away the stress of your extended travel arrangements and save you precious time. Don't spend hours trawling confusing websites when we have done the work for you!

Find out more: [RAW Travel City Breaks](#)







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## SECTION 2: TRAVEL ESSENTIALS

### WHEN TO WALK

Cornwall has a temperate climate which means that the winters are mild and summers are rarely hot. Rain, wind and fog can occur at any time of year, so you need to be prepared for all weather conditions regardless of when you travel – even in summer! We do not offer these itineraries over winter due to unfavourable hiking conditions.

**Spring (April – May)** is a popular time for hiking and one of the driest times of year. Spring flowers provide a burst of colour along the trails (think bluebells, gorse and wild garlic) and the days are warming up, offering blue skies and fresh, crisp air ideal for hiking.

**Summer (June – August)** offers longer daylight hours and warm but not hot temperatures. June is a great time to hike Cornwall. Rain tends to fall more during the night, giving you a better chance of a drier hiking day. Summer flowers come into their own at this time – Cornish Bellflower, Common Sea-Lavender and Southern Marsh Orchid.

*We advise against travelling during July and August as this coincides with European school holidays and many of the beach villages can be jammed with tourists making accommodation difficult to secure.*

**Autumn (September – October)** is another ideal time to travel. September is a drier month and allows you to see beaches and seaside villages without the crowds. Although daylight hours are starting to reduce, and temperatures are cooling down, autumn colour in woodland trees makes for very pretty walking.

### GETTING FIT FOR THIS WALK

Walking is one of the most natural things to do, so you may feel that you are already in good enough shape. However, you will be walking for many hours over successive days carrying a daypack, which is likely very different to your current walking schedule.

We recommend that you undertake a training program according to your level of fitness for at least 3 months leading up to your departure. Regular exercise prior to the trip will allow you to build your fitness steadily so that you will enjoy and complete the trip with a smile and energy left over.

Moderate activities such as walking pose little health risk but before starting any new exercise program, we recommend that you see your doctor for a check-up, particularly if you have a medical condition, are aged over 40 years, are overweight or haven't exercised in a long time.

• Find out more:

🖱️ [Getting Walking Fit for Cornwall: How to prepare for your multi-day trek](#)



See also 'Is this the right trip for me?' on p15.

### ACCOMMODATION STYLE

We have carefully chosen a selection of B&Bs, guest houses and small hotels to host you on your Cornwall journey. We always try and accommodate you on or not far from the trail.

In the event that we are unable to secure accommodation for you due to it being peak season or lack of accommodation options in

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remote locations, you may have to take a taxi transfer or local bus to another property that we have booked for you. The following day you will need to take a transfer back to the start of your walk.

For most of our itineraries we use delightful B&Bs that offer very comfortable rooms and private ensembles that will be a real highlight of your trip. Occasionally we may put you in a room that has a separate bathroom. This is usually located across the hall and is for your use only and is not shared with any other guests.

You will receive a warm welcome from our accommodation hosts who will ensure that you have everything you need for your stay.

Please note that some of our itineraries travel through more remote areas of Cornwall with

less options for accommodation. So while your accommodation will be comfortable, it may not be of the same standard you experience in more popular and frequented towns on the route.

**Important note:** Many of our accommodations are in historic, character-filled buildings that have several flights of stairs and no lift. While many of our hosts will kindly have your bag waiting for you in your room, some will not offer this service so you need to be prepared to carry your luggage yourself.

In addition, most rooms are heated but do not have air-conditioning. This is because the Cornish climate doesn't see many hot days. However, windows in rooms usually open for fresh air and hosts can usually provide you with a fan if required.







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### MEALS

All of our Cornwall itineraries include daily breakfasts. We will advise you where you can buy your lunch each day or you can always pack yourself a picnic giving yourself the freedom to stop whenever you wish. Dinner is usually not included as our guests often prefer the freedom to eat on their own schedule and budget.

We encourage you to make the most of the opportunity to sample the dishes and specialties of the region that you walk through. There is nothing like a good day's walking to enhance your appreciation of a well-cooked meal, and it sets you up for the next day ahead.

### Breakfast

They say breakfast is the most important meal of the day and this is even truer for walkers.

Most of our accommodations serve a continental and cooked breakfast. This will usually include cereal, yoghurt, fresh fruit, toast with condiments, pastries, juice, tea, coffee and a full English breakfast (hogs/black pudding, bacon, eggs, hashbrown, beans, tomatoes, mushrooms, sausage). Occasionally there is the option for porridge or other cooked items. Often produce is sourced locally so you are getting the best and freshest food in a sustainable way.

A handful of our accommodations only serve a continental breakfast but this is still enough to get you going.

You can expect breakfast to be served between 7.30am and 8.30am. Some hosts will serve an earlier breakfast on request.

### Foods to try

- Cornish pasty – a variety of fillings
- Hand-made fudge
- Cream teas (home-made scones, jam and clotted cream)
- Locally made ice-cream
- Traditional fish & chips or try one of the seafood platters at many of the seaside village restaurants
- Locally produced gin from sloe berries you'll see on your hike
- Pub-style beef pie with fat chips and mushy peas

### Special dietary requirements

Most dietary restrictions can be catered for if we are notified in advance. Let us know at the time of booking so we can confirm with our accommodation hosts.





### HEALTH

No vaccinations are compulsory; however, please see your doctor for up-to-date information on recommended health precautions.

Although there are no specific health requirements for this trip, to participate fully in an active travel experience you need to be in good physical health. Read the trip itineraries on the website thoroughly and then realistically self-assess your physical ability to complete the trip as described. Our Destination Experts are available to answer any questions you have to help you choose the most suitable trip for you.

If you have any medical conditions you should consult your doctor to assess your suitability of participating in your selected trip before booking. You also need to declare, for assessment, any pre-existing medical conditions to your travel insurance provider.

It is essential that all RAW travellers have comprehensive travel insurance. We sell Cover-More travel insurance and you can easily get a quote over the phone.

### First-aid supplies

We recommend that you carry first-aid supplies for common ailments (and take any personal medical requirements). Your first aid supplies should include (but not be limited to):

- Band-aids, bandages and dressings
- Blister pads and zinc tape
- Antiseptic for cuts and scrapes
- High factor sunscreen, lip balm
- Headache tablets
- Antihistamine tablets

We recommend using zinc oxide tape/ moleskin to cover 'hot spots' on your feet to stop potential blisters developing.



### Preventing blisters

The key to preventing blisters and avoiding unnecessary pain is to eliminate friction. Different things work for different people, but one thing's for sure: blisters can be prevented with a little bit of effort. The best strategy is to keep an awareness of how your feet are feeling and recognise if there is discomfort or a 'hot spot' developing. Take off your boots and see if a sore spot is developing before it turns into a blister.

Here's a range of blister prevention strategies that RAW travellers have found work for them. There are no hard and fast rules here, what works for one person may not work for another person as feet are very individual. Why not test a few out on your training walks and see if they are effective for you.

1. Buy comfortable, well-fitting walking boots.
2. Toughen up. Condition your feet by walking, gradually building intensity, pace and distance. Remember to moisturise your feet with a good quality foot cream after showering.
3. Adjust your laces during your walk so that your shoes fit perfectly. Foot swelling and different temperatures and terrain will affect the fit of your boots.
4. Use hiking wool – a fine wool that wraps around your toes and prevents them rubbing together; many of our clients swear by it!
5. Put cornflour or talcum powder in your socks to keep your feet dry.
6. Keep your toenails short.
7. Invest in good socks. Use moisture-wicking socks and consider double-layers. Experiment with the thickness of your socks, and change them whenever your feet get wet.

8. Apply tape (such as Fixomull) or dressings to reduce friction. It can be difficult to perfect the technique and can be time consuming, so you'll need to practise.
9. Always carry blister pads in your daypack. The cushioned gel pad immediately reduces pain and promotes fast healing. You can even use them to prevent blisters.
10. See a podiatrist if you think the way you walk might predispose you to blisters. You might need orthotics.

### Blister treatment

Broken blisters that are leaking fluid should be disinfected and bandaged. Small blisters that are not painful should be left alone because the best protection against infection is the blister's own skin. These will heal by themselves and will be reabsorbed in a few days. If you do have blisters, shower in the evening to allow your feet to be fully dry when you dress them and set off in the morning.

### VISAS

Australian citizens visiting England do not need a visa for stays of up to 6 months providing they hold a passport valid for at least 6 months on entry as well as other immigration requirements. As requirements often change without notice, it is your responsibility to check for updated information on visas prior to travelling: [www.visalink.com.au](https://www.visalink.com.au)





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## SMART TRAVELLER

Be informed. Be prepared. Stay smart while you are travelling. Smartraveller is provided by the Australian Department of Foreign Affairs and Trade. It provides up-to-date travel advice for Australians travelling overseas. You can subscribe to receive free updates, including about widespread health or security issues.

[www.smartraveller.gov.au](http://www.smartraveller.gov.au)

## TRAVEL INSURANCE

If you are travelling on any trip with RAW Travel you will require comprehensive travel insurance. We sell Cover-More travel insurance and you can easily get a quote over the phone. No one plans for anything to go wrong, but if it does we want to make sure that you have adequate cover.

We highly recommend you purchase cover as soon as you start booking your travel arrangements, and include cancellation cover. Your travel insurance also must include emergency evacuation and medical cover.

Please contact your insurance provider to ensure your policy covers you for your specific needs. Carry a copy of your policy and your insurer's 24-hour contact details.

Any advice given here is a general guide only. Please research and purchase a policy best suited to your needs and circumstances.

Find out more:

[10 things you need to know about travel insurance](#)

## WHAT TO PACK

Your main luggage is transported for you on the trip, so you carry only a backpack. Your trip cost includes the daily transfer of one piece of luggage per person on walking days. Pack as lightly as possible and keep the weight of your main bag to under 20kg. **Keep in mind that you may have to carry your suitcase upstairs in some accommodations, so the lighter your luggage the better.**

You will need to bring a good backpack when out walking to carry a few clothing layers, lunch/snacks and personal effects. We recommend carrying 2 litres of water, more on hotter days.

Please be aware that laundromats are not common in rural areas, so plan to do handwashing of small items if required.

## SPECIALIST GEAR RECOMMENDED FOR THIS WALK

### Waterproof walking boots or shoes

Waterproof hiking boots or hiking shoes (not sneakers) with good tread and ankle support are recommended for this walk. Make sure your footwear is well worn in and comfortable. We also recommend proper hiking socks that are breathable, and well fitting, as you will find these minimise the chance of getting blisters (see p27).

Find out more:

[What boots should I buy and how do I look after them?](#)

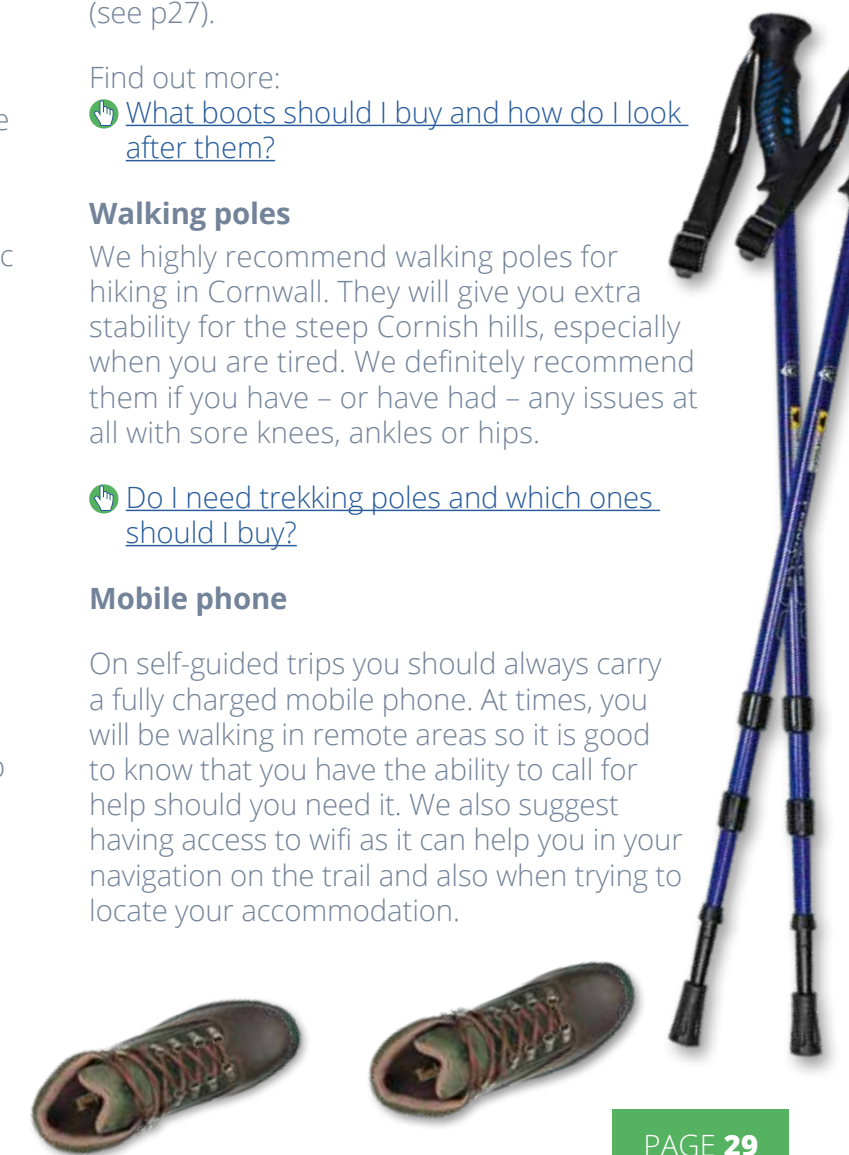
### Walking poles

We highly recommend walking poles for hiking in Cornwall. They will give you extra stability for the steep Cornish hills, especially when you are tired. We definitely recommend them if you have – or have had – any issues at all with sore knees, ankles or hips.

[Do I need trekking poles and which ones should I buy?](#)

### Mobile phone

On self-guided trips you should always carry a fully charged mobile phone. At times, you will be walking in remote areas so it is good to know that you have the ability to call for help should you need it. We also suggest having access to wifi as it can help you in your navigation on the trail and also when trying to locate your accommodation.





### OTHER ITEMS TO PACK

#### Travel documents

- Passport (with photocopies or scanned back-up copy)
- Copy of travel insurance policy and 24-hour contact number
- Airline and other ticket(s)
- Credit card and spending money in local currency – British pounds (£)
- Guidebooks, phrasebooks

#### Personal Items

- Blister kit, rehydration salts, mosquito repellent, sunscreen and first-aid kit including any personal medication
- Toiletries
- Water bottle(s) or hydration pack (2+ litres recommended)
- Hat and high UV sunglasses
- Comfortable daypack with rain cover
- Waterproof bags for rain protection while walking

#### Clothing

- Several pairs of walking socks
- T-shirts (lightweight quick drying fabric)
- Long-sleeved trekking shirts
- Shorts
- Lightweight trousers (often better than wearing shorts to protect your legs from brambles when walking The Saints Way)
- Warm fleece and sweater
- Thermals, beanie, gloves for spring and autumn, but can also be handy in summer
- Waterproof and breathable rain jacket and over trousers
- Spare pair of trainers
- Swimwear (in warmer months)

### HOW TO BOOK YOUR RAW TRAVEL TRIP

Before making a booking, please read this Destination Guide thoroughly to make sure that you have selected the right walking trip for you. We have compiled lots of important information about accommodation, food, fitness required, weather and what to expect so that you can make an informed decision. On our [website](#) you'll also find detailed itineraries and other important information.

A deposit of AUD\$500 per person is due at the time of booking and balance of payment is required 8 weeks prior to travel. All quotes are subject to availability at the time of booking and valid for 7 days. Please contact your Destination Expert for your personalised booking link. Alternatively you can click the 'Book Now' button on the trip page and complete your booking form.

When you submit your booking form, you are committing to an itinerary and travel dates. When arrangements are confirmed, non-refundable deposits are paid to suppliers to secure these bookings. Any changes to the itinerary and/or travel dates after arrangements have been confirmed will incur additional charges.



### PARTICIPATION CONDITIONS

To travel with RAW Travel you must accept the [Booking Conditions](#) (online at the time of booking), which include the following 'participation conditions':

When booking on one of our trips the applicant understands that RAW Travel operates adventure holidays worldwide. This type of trip inherently involves a higher level of personal risk, which the applicant agrees to fully assume. The applicant acknowledges that travel on a RAW Travel trip requires a degree of flexibility, and understands that the trip's route, accommodation and modes of transport are subject to change without prior notice due to local circumstances. Should RAW Travel deem it advisable to amend an itinerary for any reason, it may do so by shortening, varying or re-routing any trip. These changes are binding and additional expenses will be charged to the applicant if the reason for any major alteration is outside RAW Travel's control.

### RAW TRAVELLER'S CODE

By paying your deposit and completing your booking forms with us, you signal your agreement to the following RAW Traveller's Code:

- I have chosen a trip that suits my abilities, level of fitness, and state of health.
- I do not have any physical conditions or disabilities that are a hazard to me or other RAW travellers.
- I have a valid passport and all necessary visas and vaccinations required for travel.
- I will read the RAW travel pre-trip materials about clothing, medical requirements, and culture-specific etiquette.
- I will respect the laws and customs of the countries I visit.
- I will follow environmental guidelines and regulations while on the trip in accordance with the RAW Travel leader's direction.
- I will respect the rights and privacy of other trip members.
- I understand that travel within a group invariably involves compromise to accommodate diverse desires, travel goals, personalities, and physical abilities of all group members.
- RAW Travel leaders may be required to improvise and exercise good faith, use discretion and/or make decisions based upon group consensus. These decisions may not always please each individual, but are intended to satisfy the larger desires of the group.
- I understand that RAW Travel reserves the right to refuse participation during a tour to anyone whose health or behaviour could impede the welfare or enjoyment of fellow guests. An individual may be asked to leave a trip if the leader feels that the person's continuing participation may prove detrimental to the individual or the group.
- I understand travelling off the beaten track means access to medical facilities and evacuation services may be limited.
- I understand the weather is out of RAW Travel's control.
- I will always wear a helmet when riding bikes.
- I will drink alcohol responsibly.





## SECTION 3: ON THE TRAIL

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GETTING TO AND FROM THE START OF YOUR WALK

You will need to make your own way to the meeting point hotel, details of which will be given to you in your pre-departure documents.

The major international airports include Heathrow and Gatwick Airports in London. Alternatively you can fly into Newquay Cornwall Airport from many airports around the UK. Trains and buses connect London to Cornwall.

Getting to Plymouth

Trains depart Paddington Train Station, London, for Plymouth (approx 3.5 hours).

Getting to Padstow

Trains depart Paddington Train Station, London, for Bodmin Parkway then you need to change to a bus to reach Padstow (approx. 5 hours total).

Getting to St Ives

Trains depart Paddington Train Station, London, for St Ives with a change at St Erth (approx. 5.5 hours).

On departure

Our itineraries have varying finish locations. The main routes will leave from Penzance but check train schedules for routes and departure times.

[www.rome2rio](http://www.rome2rio) is a great website that gives you suggestions on how to get from A to B.



CATCHING TRAINS IN ENGLAND

For information on ticket pricing, schedules and tips on travelling by train in England, the following sites are useful:

- [www.gwr.com/](http://www.gwr.com/)
- [www.nationalrail.co.uk/](http://www.nationalrail.co.uk/)
- [www.thetrainline.com](http://www.thetrainline.com)
- [www.seat61.com/UK-train-travel.htm](http://www.seat61.com/UK-train-travel.htm)

HOW MUCH WATER TO CARRY

Dehydration is the biggest risk when undertaking a physical activity. It is vital to be aware of your fluid intake and to constantly drink water throughout the day, even when you do not feel thirsty. You will need to carry at least 2 litres of drinking water with you most days, more if the weather is warm and if you are above average body weight. Don't be tempted to fill up from streams in lowland areas as pesticides and fertilisers can be present; it's safer to fill up from taps or high mountain pools and becks.

SNACKS

Light, high energy food like trail mix, protein bars and dark chocolate are good for snacks. Often you can find small fruit stands in local villages. If you have specific dietary requirements or certain snacks that you prefer, we suggest you bring some from home.

SIGNS AND WAYMARKERS

The South West Coast Path is fairly well signed, and using the map and walk notes makes it easy to find your way. However, the 'Cornish Camino' itinerary is a bit more challenging particularly across The Saints Way section. Sometimes the signs may be hidden by overgrown foliage so you will need to pay attention so you do not miss a turn-off.

The Coast Path signage is identified by an acorn symbol featured on stiles and wooden finger posts along the trail. A Celtic cross will guide you along The Saints Way, while St Michael's Way is marked by the scallop shell similar to that used on the Camino de Santiago pilgrimage route. When you are not hiking on the three main routes above, you will need to follow public footpaths and the directions in our guidebook.



LUGGAGE TRANSFERS

On all walking days, your main luggage will be transferred to your next accommodation by 4pm each day. It will be picked up from your accommodation each morning, so you'll need to have it packed and ready by 9am. When you check-in, ask where you should leave your luggage in the morning.

Please clearly mark ALL of your luggage to avoid delays, mix ups or loss. You are not able to transfer with your luggage if you are unable to walk one day. You will need to catch public transport or a taxi – your accommodation hosts can assist you with organising this.

You are limited to one medium sized suitcase per person at a maximum weight of 20kg. Additional luggage will incur extra fees and may mean that your extra bag is not transferred if we are not aware of it at the time of booking. Keep in mind that you may have to carry your luggage upstairs at some accommodations, so it is best to keep your luggage weight as light as possible.

LANGUAGE

Although English is the main language spoken in Cornwall, there are still a number of locals who are keeping the old language alive. The Cornish language (Kernewek) has its roots in Brittonic Celtic language and dates back to pre-Roman times. It is closely related to Welsh and Breton and has its own grammar and colloquialisms.

Cornish phrases

Hello	Dydh da
Goodbye	Dyw genes
Please	Mar pleg
Thank you	Meur ras
Excuse me	Gav dhymm
Sorry	Drog yw genev
Cheers	Yeghes da





## CORNWALL

### MOBILE, WI-FI AND INTERNET COVERAGE

Mobile coverage on the trail can go from excellent in the more populated towns to non-existent in more remote areas. Global roaming charges can be expensive so a pre-paid sim is a good idea. EE and Vodafone currently have the best network in Cornwall but this is subject to change without notice. It is convenient to purchase local sim cards prior to leaving Australia and on arrival at London airports.

- 👉 [Buying a UK sim card at London Heathrow](#)
- 👉 [Best sim cards for travelling in the UK](#)
- 👉 [UK pre-paid sim card - FAQs](#)
- 👉 [TravelSim](#)

Free Wi-Fi is available in the accommodations we book but sometimes it can be intermittent or slow.

England's international dialling code is +44

We highly recommend that you download to your mobile the following free apps, which are more cost effective than standard Australian mobile phone carrier charges.

- 👉 [www.whatsapp.com](https://www.whatsapp.com)
- 👉 [www.skype.com/en](https://www.skype.com/en)
- 👉 [www.viber.com/en](https://www.viber.com/en)

### ELECTRICITY

The UK uses 3-pin rectangular plugs and the standard voltage is 240V.

### MONEY

The UK uses the pound sterling. At the time of writing, the exchange rate was AUD\$1 = £0.54.

### Tipping

**Restaurants:** It is customary to leave 10-15% of the bill when eating out. However, restaurants often add on a service charge (usually 12.5%), especially if you're in a large group, so it's worth checking your bill if you don't want to tip twice. It's not customary to pay a tip for fast food, self-service or takeaway meals. Ultimately tips are discretionary and depend on the quality of the service you receive.

**Taxis:** Again, it is not mandatory but appreciated if you round up the fare to the nearest £1 and tell the driver to "keep the change". If you've had a longer journey and the driver has assisted you with luggage, you may wish to tip a little more, up to £5.

**Hotels:** Tips for concierge and porter staff are commonplace.

### Spending money

Every traveller is different and therefore spending money requirements will vary. Please consider your own spending habits when it comes to allowing for drinks, shopping, souvenirs and other personal expenses. You will also need to budget for lunch and dinners not included in your trip price.

### Cash & ATMs

There are a number of ATM cash points that accept Visa and MasterCard at towns along the route in Cornwall. However, some smaller villages will not have these facilities so we recommend that you take out enough cash in the bigger towns to last you between one cashpoint and the next. Credit cards are accepted in most restaurants and shops but it is advisable to always carry enough cash on you in the event a credit card is not accepted.

Let your bank know well in advance that you are travelling overseas and will be making purchases and cash withdrawals so that your account is not locked due to suspicious activity. Also confirm your daily withdrawal limit, and applicable fees.

### Emergency funds

Ensure you have access to additional funds to be used if unforeseen incidents or circumstances outside our control (e.g. a natural disaster) necessitate a change to your planned route. This is a rare occurrence but we recommend being prepared. Some comprehensive travel insurance companies will make payments on your behalf in an emergency. Some more basic covers require you to pre-pay yourself then make a claim. Do your research before you travel.



## SECTION 3: ON THE TRAIL

### SAFETY ON THE TRAIL

If you are travelling to the UK – or any other country in the world, for that matter – you are not immune from risk. Here is a list of potential hazards while walking in Cornwall. For more information, please talk to one of our Destination Experts.

### Navigation

Poor signposting, especially through The Saints Way, can make navigation difficult, which is why you should be confident in reading a map and interpreting walk notes as there are not many walkers on this part of the route to ask for assistance. Some signs or stiles into fields are not maintained and can be covered by overgrown foliage. Please keep an eye out so you do not get lost.

All our clients have access to a 7-day/ 24-hour hotline (both locally and in Australia) in the event of any emergencies.

Here's some tips to keep you safe:

- Make sure someone knows your plans every day that you're on the trail. If you don't turn up or call the place where you are staying each evening, they will raise the alarm.
- Fill up with water at every opportunity and carry high-energy snacks.
- Always carry a torch (with spare batteries), compass, map, mobile phone and wet-weather gear, and some back-up high calorie food.
- If the weather closes in suddenly and mist descends while you are on the trail and you become uncertain of the correct trail, do not continue. Wait where you are until the mist clears enough for you to get your bearings. If you are still uncertain, return the way you came.
- Carry a basic first-aid kit along with any personal medications/epi-pens if you have specific allergies.

- Carry a mobile phone and make sure you have emergency contact numbers in your phone or in an easy to reach place when you go out walking each day. In the event of any medical emergency while on the trail, call 999. If you are on the South West Coast Path, ask for the Coastguard.
- If you can no longer walk due to injury, you can contact our local representative who will assist you in arranging transport and medical services.

### Livestock

As you will be travelling through farmland, you will often be walking through fields with livestock such as sheep, horses and cattle. There is usually no issue and they will often move away from you or ignore you. Please be sure to avoid any paddocks marked with a "Bull – Do Not Enter" sign.

### Traffic

At times, you may find the route will direct you along a road. These are usually quiet country lanes with little traffic but they are often very narrow so please take care at all times.

### Unpredictable weather

It's wise to find out what the weather will be like before you set off for the day. Consider altering your plans accordingly and make sure that you have the right gear and enough snacks and water with you.

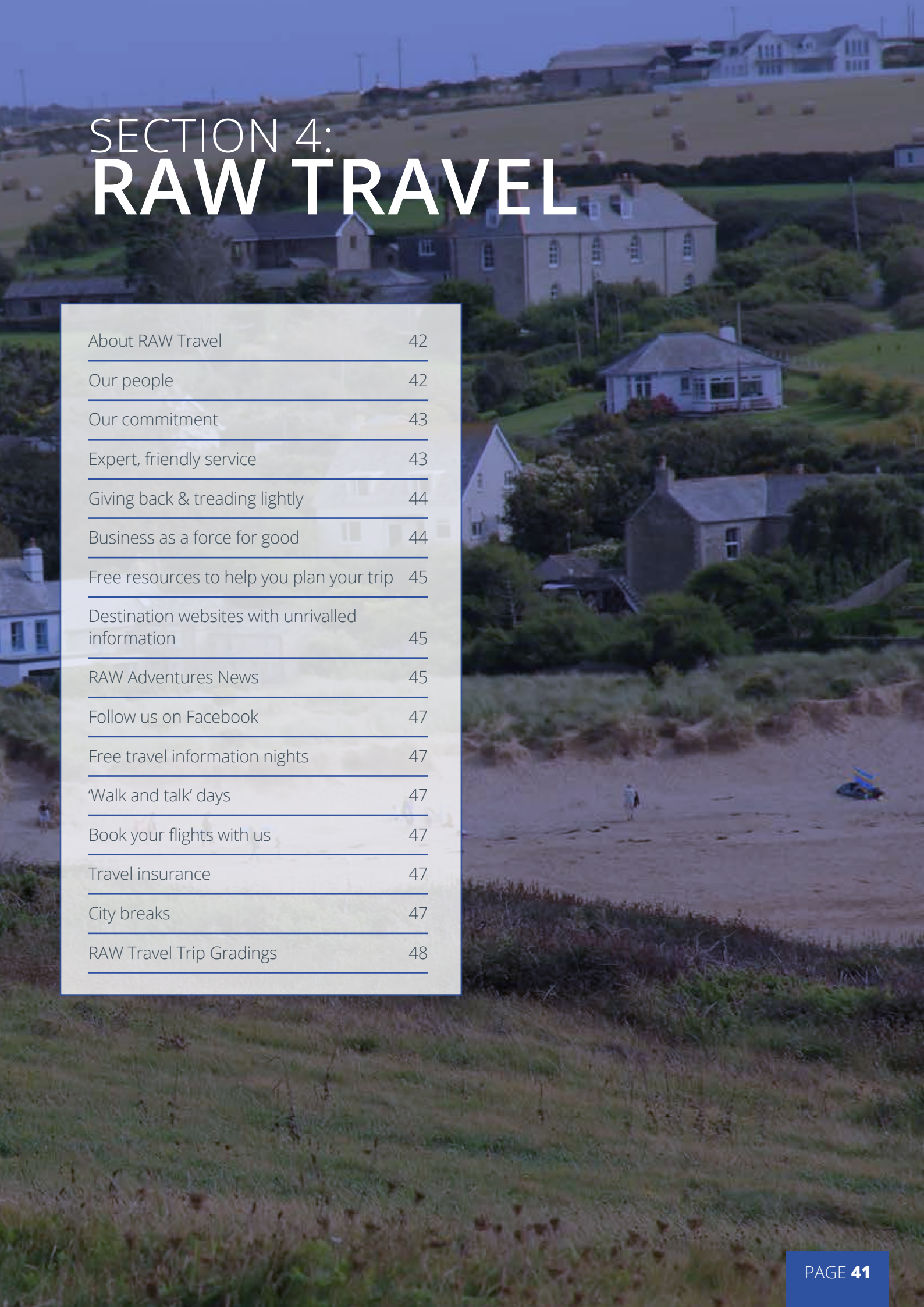






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## SECTION 4: RAW TRAVEL

### ABOUT RAW TRAVEL

RAW Travel is Australia's most experienced and innovative walking company. Founded by avid walkers and responsible travel advocates Dave and Melinda Reynolds, RAW is a family-owned business with a proud history of operating walks for 20+ years. We have introduced many thousands of happy travellers to their first multi-day walk or cycle.

RAW connects people to the world through sustainable adventure travel by focusing on a limited selection of the world's best walking adventures that excite, inspire and challenge. We specialise in self-guided trips and offer unrivalled flexibility in tailormaking itineraries.

Our staff are experienced hikers with a passion for exploring and going above and beyond for our customers. We provide a friendly, personal and expert service. The intimate knowledge we have of our chosen

walking destinations allows us to create exciting journeys for our clients while taking meticulous care of all the details.

Check out our amazing walking [destinations](#) online or visit us at our beachside location in the Victorian coastal town of Mornington. You can easily make an appointment with one of our Destination Experts and afterwards browse the many shops, cafes, beaches or nearby vineyards of the Mornington Peninsula.

### OUR PEOPLE

We have an experienced, dedicated passionate [team](#) in our Mornington Head Office, as well as expert guides and support staff on the ground in Europe, Japan and Australia. We have many things in common, including a passion for walking, a love of adventure travel in beautiful and historic locations, and the ability to go above and beyond to make our clients' travel dreams become a reality.



## CORNWALL

### Why book your trip with RAW Travel?

Our trips are flexible and tailored to you!

- ✓ We listen to our walkers; we'll plan an itinerary to suit your needs and ability.
- ✓ We operate our own trips.
- ✓ We have staff dedicated to each destination: you get first-hand advice from people who know the walks.
- ✓ We have our own staff in-country, so help is never far away should you need it.
- ✓ We offer authentic travel and unrivalled experience.



### OUR COMMITMENT

We won't cut corners or ever intentionally compromise the quality of your trip. We don't want to run thousands of trips every year – because the quality of your experience is much more important than quantity to us. We're still small enough to care about our travellers as individuals and we want to stay that way!

We know that people desire a certain level of comfort along with their adventure, so great accommodation and discovering delicious local food is a hallmark of our trips. RAW owns and operates its own adventures, with our own staff on the ground in many destinations so we are able to keep control over the quality of our trips at the same time as we offer you reassurance and support. We take notice of the feedback you give us and your opinions do matter.

As a primarily 'direct to customer' company we avoid the commissions and overheads associated with the traditional travel distribution network. We charge fair prices but still provide great advice before you go, experienced leaders who love their groups, good quality accommodation and solid value for your money.

### EXPERT, FRIENDLY SERVICE

We're a specialist company and we enjoy providing a friendly, personal service where you're treated as an individual – no call centres here!

**At RAW Travel we don't just plan your travel, we take our clients on a journey. From your research and ideas we work with you to plan your dream travel experience. We consider your fitness levels, your achievements, your motivations and then together we map out every step of the journey.**



## SECTION 4: RAW TRAVEL

Our Destination Experts deliver a level of advice and experience that comes from being 100% focused on our chosen walks, rather than hundreds of different trips, as is often the case with bigger companies. We pride ourselves on our intimate knowledge of our chosen walking destinations and we really do “know because we go”.

Our staff take these walks each year and share their insider insights with you to help create exciting journeys where you can experience the best of your chosen destination, while being reassured that all the details are taken care of. Help is never far away should you need it from our locally based staff and suppliers.

### GIVING BACK AND TREADING LIGHTLY



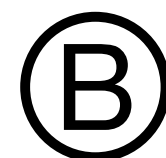
At RAW Travel we're committed to reducing our carbon footprint by offsetting all our trips and flights. We use small local suppliers to ensure the benefits of travel are distributed equally and reach those people who need it the most.

We give 10% of our annual profits for environmental causes and social purpose. Our staff are also given volunteering time for carefully selected social and environmental causes.

By contributing to initiatives that benefit our environment - as well as carbon offsetting our travel activities and those of our customers - we can be a good role model for the travel industry and help bring about more sustainable practices. So your choice of a walking trip with RAW is a more positive choice for the planet.

### BUSINESS AS A FORCE FOR GOOD

**Certified**



**Corporation**

**This company meets the highest standards of social and environmental impact**

RAW Travel is a certified Benefit Corporation (B Corp). B Corps are a growing group of companies who are reinventing business by pursuing purpose as well as profit.

As well as playing our part in ensuring we account positively for the environmental impacts we have through travelling, we want people to continue to enjoy their travelling and feel positive about it, so we carbon-offset all trips and flights booked with us, and we plant a tree for every customer. None of these costs are passed on to our travellers.

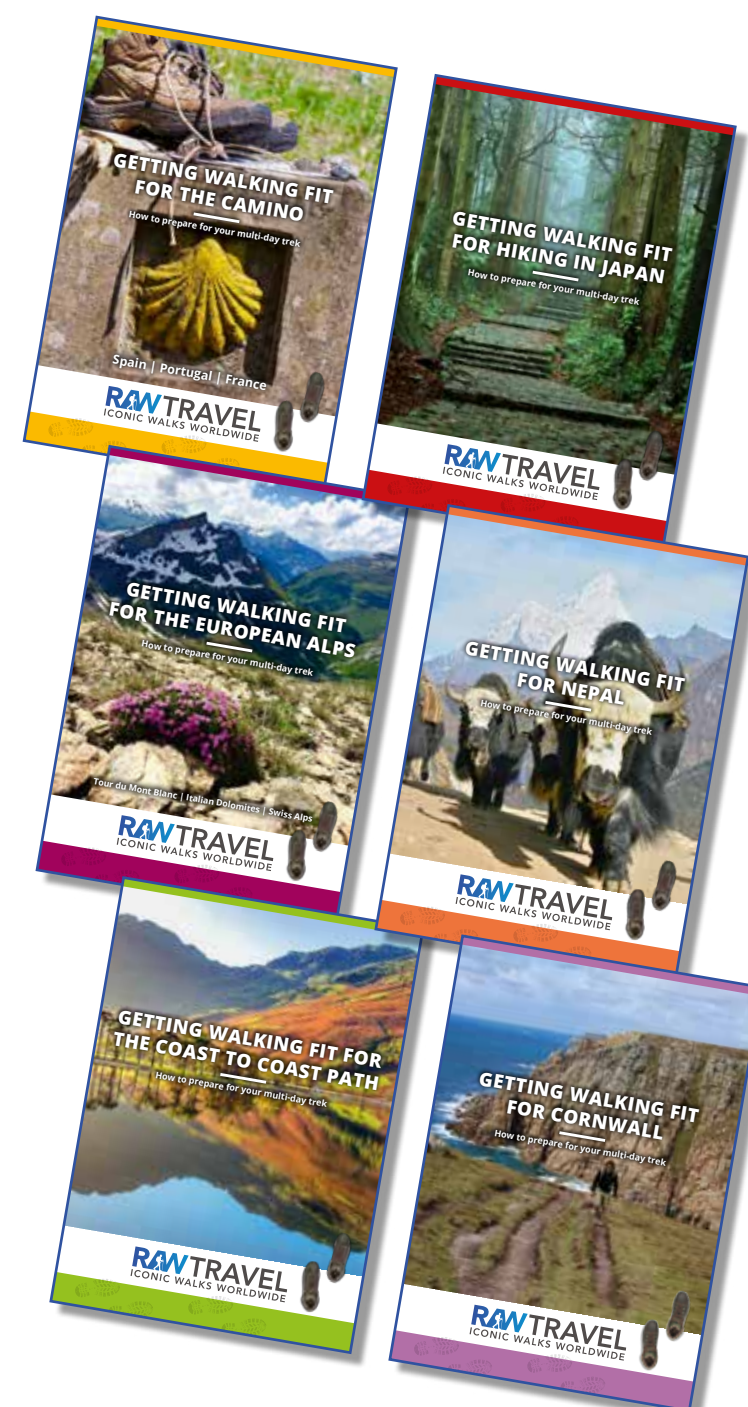
RAW Travel is also a supporter of KIVA micro-credit finance, which is empowering women, in particular, to access loans to improve their family's living conditions and their communities.

Through the hundreds of Charity fundraising trips we ran between 2003 and 2017, RAW Travel has been a long-time supporter of initiatives and charities that create just societies, tackle poverty, encourage gender equality and combat sex trafficking in Asia. We are proud that the challenges we ran from 2003 to 2017 raised over \$18 million for many diverse charitable causes.

## CORNWALL

### FREE RESOURCES TO HELP YOU PLAN YOUR TRIP

We've got inspirational brochures, essential preparation guides, comprehensive destination guides, weekly blog posts and more!



### DESTINATION WEBSITES WITH UNRIVALLED INFORMATION

Visit our websites for unrivalled expert information and insights. You'll find photo galleries, route information, resources, trail history and lots more!

- [rawtravel.com](http://rawtravel.com)
- [caminodesantiago.com.au](http://caminodesantiago.com.au)
- [kumanokodo.com.au](http://kumanokodo.com.au)
- [montblancatreks.com.au](http://montblancatreks.com.au)

### RAW ADVENTURES NEWS

It's easy to stay up-to-date on all things RAW with our free monthly e-news. It's bursting with traveller's stories and information about new trips and insights. If you're not already a subscriber, it's easy to register.

Find out more: <http://rawtravel.com>







## CORNWALL

### FOLLOW US ON FACEBOOK

We love connecting with like-minded travellers on social media and we'd like you to be part of our RAW community. We regularly share tips and resources, as well as photos and stories from other travellers and our staff. Like and follow us, and be sure to give us a shout out to say hello. We really enjoy reading comments from our community of travellers!



[www.facebook.com/rawtravel/](https://www.facebook.com/rawtravel/)

### FREE TRAVEL INFORMATION NIGHTS

We love meeting our clients face-to-face and getting to know them. Twice a year we travel around Australia and New Zealand to talk about a selection of our iconic walks. If you have ever wanted to experience an iconic walk with RAW Travel then you will want to attend one of these events. We guarantee you'll be inspired by trip insights, videos and stunning images from our Destination Experts.

Find out more: <http://rawtravel.com/talks/>

### 'WALK AND TALK' TRAINING DAYS

We love to walk and we love to talk! During the year, we regularly offer opportunities (in Victoria) to walk with our Destination Experts and ask questions about your chosen destination, pre-departure preparation and gear. We limit these walks to between 20 and 25 people (depending on the location). The pace is generally relaxed so there is plenty of time to chat.

Find out more: [RAW Travel Events](#)

### BOOK YOUR FLIGHTS WITH US

RAW Travel is a Business Class and Premium Economy Flights Specialist. We will find you the best deals and make sure you arrive well-rested to start your walk. Our in-house travel agents take the stress out of planning all the travel arrangements around your walk. They can book your international flights, give you advice about land transfers to the start of your

walk, organise the perfect city break, and more! For a personalised service that you won't find on online booking sites, along with specific destination knowledge you won't necessarily find with your own travel agent, contact the RAW Travel office on (03) 5973 5413 or email [flights@rawtravel.com](mailto:flights@rawtravel.com)

Find out more: [RAW Travel Flights](#)

### TRAVEL INSURANCE

If you are travelling on any trip with RAW Travel you will require comprehensive travel insurance. We sell Cover-More travel insurance and you can easily get a quote over the phone. No one plans for anything to go wrong, but if it does we want to make sure that you have adequate cover.

We highly recommend you purchase cover as soon as you start booking your travel arrangements, and include cancellation cover. Your travel insurance also must include emergency evacuation and medical cover.

Any advice given here is a general guide only. Please research and purchase a policy best suited to your needs and circumstances.

Find out more: [10 things you need to know about travel insurance](#)

### CITY BREAKS

Get the most from your time in Europe with one of our city breaks. Our city breaks offer the chance to explore and get an insider view with locals, try cultural activities and stay in unique and well-located hotels. They take the guesswork out of the bewildering range of hotels and activities in the big cities and ensure that you can make the most of your limited time. Connect with locals and find the best places to eat instead of spending your time getting lost or feeling overwhelmed about where to start!

Find out more: [RAW Travel City Breaks](#)



RAW TRAVEL TRIP GRADINGS

RAW Travel offers a range of multi-day walks for complete beginners through to demanding treks that will satisfy and thrill even veteran adventurers. We have graded each RAW Travel trip from 1 (introductory) to 10 (tough).

Our grading system is intended to differentiate only the walks that RAW Travel offers, so they won't necessarily match another travel company's assessment of their trips.

We have used several criteria to assess the difficulty of each walk we offer, including the number of hours walking required each day, terrain and conditions underfoot, weather, gradient, altitude, signage and facilities – basic accommodation and food in remote areas will contribute to a walk being graded more difficult. Keep in mind that if a walk is graded moderate, it doesn't mean you will never feel tired.

Our multi-day walks require a suitable level of physical preparation. More detail is provided in our essential free guides to getting walking fit, which are available for each of our destinations.

WALKING & HIKING

Walking and hiking are mainly leisure activities that involve well-made trails and roads, often on purpose made paths, such as pilgrimage trails and low mountain trails.

TREKKING

Trekking refers to long continuous point-to-point journeys on foot in areas where there is usually no other transport. Trekking is not mountaineering; it is walking for a number of days on often rudimentary trails in challenging environments, which are likely hilly or mountainous. Nepal, the Himalayas, Pakistan and South America are good examples of trekking countries.

TRIP GRADINGS

Camino de Santiago routes

Portuguese Coastal Camino | 4–5 Moderate to Challenging

Camino Francés (Spain) | 4–6 Moderate to Challenging

Le Puy Camino (France) | 5–6 Challenging

Italy

Via Francigena | 4–5 Moderate to Challenging

Japan

Nakasendo Way | 4–6 Moderate to Challenging

Kumano Kodo | 6–7 Challenging to Strenuous

European Alps

Swiss Alps | 6–7 Challenging to Strenuous

Tour Du Mont Blanc | 7 Strenuous

Italian Dolomites | 7 Strenuous

Nepal

Annapurna Trails | 6–7 Challenging to Strenuous

Everest Monasteries Trek | 6–7 Challenging to Strenuous

Everest Base Camp | 8 Strenuous

Upper Mustang | 7–8 Strenuous

England

Cornish Camino | 6 Challenging

South West Coast Path | 6 Challenging

Saints Way | 5 (Moderate with challenging sections)

Coast to Coast Path | 6 Challenging






Yoga Hiking Adventures

Spain | 3–4 Moderate

Portuguese Coastal Camino | 3–4 Moderate

Japan | 4–6 Moderate to Challenging

Nepal | 6–7 Challenging to Strenuous

	 Introductory Grade 1–2	 Moderate Grade 3–4	 Challenging Grade 5–6	 Strenuous Grade 7–8	 Tough Grade 9–10
Fitness/ experience required	Basic fitness level required.	Good health and a reasonable standard of fitness.	Good base level of fitness; experience walking in remote areas.	Good aerobic conditioning recommended, along with experience walking in mountains and on longer duration walks.	High level of fitness and experience trekking in high mountains and remote areas.
Overview	Relatively easy walking on well-formed paths with no difficult terrain. Generally flat or undulating with no long uphill sections.	Walking that is generally moderate but with some more strenuous sections. Regular ascending and descending may be required.	Longer duration walks where conditions underfoot will be fair to uneven with potential for slippery or rocky surfaces.	More demanding walking with a fairly consistent level of effort required.	Long days; continually demanding; long ascents and descents; steep gradients. Potential for extreme variation in weather at higher altitudes.
Daily hours/ km	Short hikes; 2 to 6 hours walking / up to 15km per day.	4 to 7 hours walking / up to 20km per day.	5 to 8 hours hiking / 25km per day.	6 to 8+ hours / up to 30km per day.	7 to 10 hours / up to 30km per day.
Terrain and path quality	Compacted trail. Fairly even surfaces. Well signposted, well-maintained trail.	Fairly even surfaces.	Variable terrain.	Usually mountainous terrain. May include high pass crossings in remote areas.	High pass crossings in remote areas.
Max altitude Facilities	Below 1000m Comfortable accommodation and good food.	1500m Comfortable accommodation and good food.	2500m Generally comfortable accommodation and good food; occasionally more basic conditions.	4000m Overnighting in basic accommodation/ mountain refugios. Food choices limited and often more basic.	5500m Basic accommodation, limited variety of food, limited recourse to medical facilities.
Preparation required	1 to 2 walks per week (10km each)	1 to 2 walks per week (15km each)	2 to 3 walks per week, increasing distances while carrying an 8kg pack; some hill walking stairs, or heavy sand walking recommended.	2 to 3 walks per week at a reasonable pace and longer distances with an 8kg pack; regular hill / mountain walking or stairs, heavy sand walking is necessary.	2 to 4 walks per week at a reasonable pace, and longer distances with an 8kg pack; must include long duration hikes on steep hills and in mountains.





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