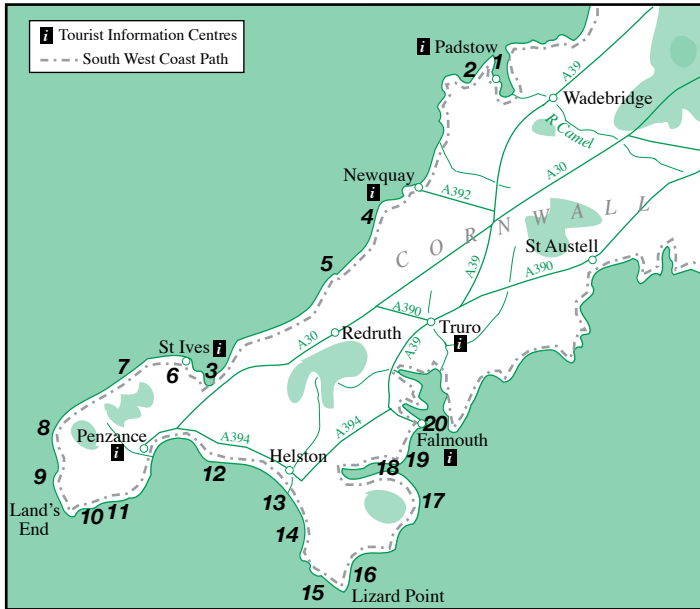


Walks Padstow to Falmouth



Grades

- A** Strong walking footwear and waterproof clothing required. Conditions wet or rough and care needed with navigation.
- B** Strong walking footwear and waterproof clothing required. Underfoot conditions generally good and navigation largely straightforward.
- C** Comfortable walking footwear recommended.

walk	grade	max. distance
1 Padstow	B	3½ mls/5.6kms
2 Trevone	B	5½ mls/8.8kms
3 Hayle	B	3½ mls/5.6kms
4 Holywell	B	4½ mls/7kms
5 St Agnes	A	5½ mls/8.8kms
6 St Ives	B	4½ mls/7kms
7 Zennor	C	2 mls/3.2kms
8 Botallack	B	3 mls/4.8kms
9 Sennen Cove & Land's End	B	3 mls/4.8kms
10 Porthgwarra	B	2½ mls/4kms
11 Porthcurno & Penberth	A	4½ mls/7kms
12 Prussia Cove	C	1½ mls/2.4kms
13 Loe Bar	B	3½ mls/5.6kms
14 Poldhu Cove & Mullion	B	3 mls/4.8kms
15 Kynance Cove	B	3½ mls/5.6kms
16 The Lizard	A	5 mls/8kms
17 Porthallow	A	4½ mls/7kms
18 Helford & Frenchman's Creek	B	3½ mls/5.6kms
19 Rosemullion Head	B	4 mls/6.4kms
20 Pendennis Point	C	2 mls/3.2kms