

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
START	Carbis Bay	Pendeen	Sennen Cove	Perranuthnoe	Lamorna House
FINISH	St Ives	Sennen Cove	Treen	Porthleven	Lamorna House , via Marazion and Perranuthnoe: "Mount's View"
TIME WALKING	1 hour to Porthminster, another hour to Porthmeor, plus exploring time	4.5 to 5.5 hours	3.5 to 4.5 hours	3.5 to 4.5 hours	At your leisure
DISTANCE	2 miles/ 3.5 km plus...	about 9 miles/14 km	about 7.5 miles/12 km	about 7.5 miles/12 km	about 4 miles
LUNCH SUGGESTIONS	St Ives is your oyster! Try a beach café crawl :)	Lamorna House picnic lunch	Minack or Porthgwarra Beach café	Light lunch at Praa Sands	Marazion
DINNER SUGGESTIONS	Marazion; Trevelyan Arms then pub quiz? Or picnic and a movie	Sennen Cove	The Logan Rock, Treen	Pre-food festival fun @ Porthleven!	Marazion, Victoria, Trevelyan Arms, picnic
NOTE		This is your chough walk. Take swimmers and a towel!	Lots of places to stay awhile		