

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
START	Godrevy	St Ives	Pendeen	Sennen Cove	Porthcurno
FINISH	Portreath (The Atlantic)	Zennor (The Tinner's Arms)	Sennen Cove (Main car park)	Porthcurno (Main car park)	Mousehole (The Old Coastguard)
TIME WALKING	3 - 3.5 hours	3 - 3.5 hours	4 to 4.5 hours	3 to 3.5 hours	3.5 to 4 hours
DISTANCE	7 miles / 11km	6 miles / 10 km	9 miles / 14.5 km	6 miles / 10 km	7 miles / 11 km
FOOD & DRINK	The Atlantic at Portreath has a good variety, and is licensed.	The Tinner's Arms at Zennor	Plenty of choice at Sennen	'Beach' café at Porthcurno, or go on to the Logan Rock at Treen - another 30 minutes, but worth it.	A couple of good options in Mousehole. We love The Old Coastguard.
NOTE	Look out for the colony of grey seals just past Godrevy - where all the people are stopping and looking down.	You'll have plenty of time to have a look at St Ives before you start. Boulder clambouring near Zennor.	Tin mines and wild seas.	Walking around Land's End - the best and, for us, only way to get there.	Some boulder clambouring around Lamorna, and cliff edge walking.