

| DAY              | START   | FINISH                                 | TIME WALKING                | DISTANCE                    | LUNCH             | DINNER                                       |
|------------------|---|--|-----------------------------|-----------------------------|-------------------|--|
| <b>SUNDAY</b>    | <b>Godvrey</b>                                  | <b>Portreath</b>                       | 3.5 to 4 hours              | 7 miles                     | Hell's Mouth Café | The Atlantic                                 |
| <b>MONDAY</b>    | <b>Zennor</b>                                   | <b>Pendeen Watch</b>                   | 4 - 4.5 hours               | 7 miles                     | Picnic            | The Trevelyan Arms in the Village or Picnic  |
| <b>TUESDAY</b>   | <b>Pendeen Watch</b>                            | <b>Sennen Cove</b>                     | 5 to 6 hours                | 9 miles                     | Picnic            | Good options at Sennen                       |
| <b>WEDNESDAY</b> | <b>Porthcurno</b>                               | <b>Mousehole</b>                       | 5 to 5.5 hours              | 7 miles                     | Picnic            | Various options at Mousehole                 |
| <b>THURSDAY</b>  | <b>Marazion</b> (or Perranuthnoe if you prefer) | <b>Porthleven</b>                      | 5 to 6 hours                | 10.75 miles (or 8.75 miles) | Praa Sands        | Various options in Porthleven                |
| <b>DAY OFF?</b>  | <b>Lamorna House</b>                            | <b>Marazion and St Michael's Mount</b> | 1 hour to St Michaels Mount | 2.5 miles                   | Loads of options  | Cutty Sark reportedly has a good veggie menu |