



Cornwall Hospice Care

Caring for our community

Mount Edgcumbe Hospice

St. Julia's Hospice

Registered Charity No. 1113140

## Coast to Coast September 2020 Participant Information Pack

The Saints' Way is the ancient pilgrims' route from Padstow to Fowey - click [here](#) to view the route. The route can be conveniently split into 6 sections and is suitable for most abilities.

If completing the full 30 miles in one isn't for you, it is possible to break the distance into more manageable sections and choose the distance you wish to cover from 4 miles to the full 30 miles as suggested below. You can do just one section, or a combination to suit you. It will also help you to sort the logistics of transport so you can potentially leave one car at the start of a section and another at the end of a section, or arrange for a friend/family member to drop you off somewhere and collect you from another location later that day. Also, if you do decide to do the full distance in one attempt you can ask a trusted friend to meet you at the various way points with sustenance and moral support!

### The Route

The route starts at the Parish Church in Padstow. Link Road Car Park [here](#) is located at the top of Padstow (don't turn down into the town itself) and a good place to park or be dropped off, it has public toilets and is a short walk down a footpath to the Parish Church where you will start your journey. The finish point is at [Readymoney Beach Shop](#), who have kindly offered to donate 20% of the sale of tea, coffee or ice cream purchased by participants of this event. Our banner will be proudly displayed at Readymoney – please take a picture of yourself when you finish in front of the banner and upload to social media using the hashtag #TeamCHC. There are car parks in Fowey, the closest to Readymoney is a short walk from the cove – please see the details [here](#)

### Section 1: Padstow to Blable House

(5 miles – approximately 60% off road)

The route starts from the church and follows a small stretch of road to out of Padstow before heading off road (footpaths/fields) along the creek to Little Petherick. This

section is slightly hilly with some narrow paths and can be muddy in places. The scenery is attractive with views across the Camel estuary. After Little Petherick the route continues along road and paths to Blable House, where it finishes in a lay-by, just before the road joins the A39.

*Please note there is no safe place to leave a car at the end of this section, so be mindful of this when planning your route and how you might get from the finish back to your car if you finish here.*

## **Section 2: Blable House to Withiel**

(6 miles – approximately 75% off road)

This section involves a steady climb over St. Breock Downs where, on a clear day, you will be rewarded with some spectacular views looking back to Padstow, across the Doom Bar, also towards Brown Willy and Rough Tor. Helman Tor is also visible and you may be able to glimpse St. Agnes Beacon. You will also pass the long stone “Men Gurta” on this section which is a lovely photo opportunity.

There is a short stretch of road before moving into fields and paths before the track into Withiel, which is hilly! This section finishes outside Withiel’s church, St. Clement.

## **Section 3: Withiel to Lanivet**

(4 miles – approximately 30% off road)

You leave Withiel on undulating footpaths, at the top there is a very muddy section of lane (which can cover shoes particularly after rainfall!); there is one longish hill on the road as you approach Tremore followed by a section through some fields before descending into Lanivet. This section finishes in the car park situated on the main road in Lanivet. There are public toilets, a convenience shop, award winning Fish & Chips and a pub serving nice food all close to the car park. There is also a bus stop with links to various towns including Bodmin, St Austell and Truro from here. Our event sponsor, [Mid Cornwall Brokers](#) are situated next to the car park – please take a selfie with our banner here and post on social media!

## **Section 4: Lanivet to Lanlivery**

(5 miles – approximately 50% off road)

This section starts with a steady climb on the road out of the village before flattening out somewhat until you leave the road at Helman Tor. When you reach the top of Helman, you will again be rewarded with fantastic views across the county. The route follows another uneven trail until it picks up the road into Lanlivery, finishing on a slight climb. Again, there can be some muddy patches, particularly after Helman Tor, depending how kind the weather has been. Lanlivery has no official car park but they do have a pub serving nice food.

## **Section 5: Lanlivery to Golant**

(5 miles – approximately 40%)

This section starts with a nice descent out of Lanlivery on the road before a small stretch through a couple of fields (slightly hilly). You then re-join the road near to Pelyn Vets at Nomansland (please be wary on this section, as this road can be very busy). Here you will cross the A390 – again, please be careful of traffic, and try to stick to the grass verges where possible particularly if you are taking part with children and/or dogs. You are only on this stretch of road for a very short distance before turning right onto a farm track. Beyond the A390 the route follows a picturesque lane towards Mill Town. This section then becomes hilly but you will be rewarded with some amazing views across the Fowey Valley. The section finishes in the lay-by in Golant, just before the Church of St. Sampson. There is a pub in Golant which also serves nice food.

**Section 6:** Golant to Fowey  
(4 miles - approximately 50% off road)

The route leaves Golant initially on the road for a small distance, before joining the footpath that runs adjacent to but above the river Fowey, then down to Saw Mill Creek, followed by a steady incline through the woods before descending on the roads into Fowey. You will then follow the main road through the town until you reach Readymoney Cove.

### **Tracking your progress**

Please join our free Strava club here - [www.strava.com/clubs/Team-CHC](http://www.strava.com/clubs/Team-CHC) so we can track your progress. You can download the free Strava app to your smartphone, it links with most known fitness tracking devices (including smartphones, Garmin, Fitbit etc). We will be offering support throughout the month, you will find everybody else there for comradery; find out when other members of the group are walking, and also share your photos, experiences and any tips you may have within the group.

If you currently use other fitness tracking apps, please just send us proof of your progress and when you finish including the all-important photo by our banner in Fowey.

### **Other information**

This is a self-guided route, so maps ([here](#)) or the guide ([here](#)) as recommended on our website will be useful for finding your way. Please be courteous and respectful particularly where paths cross fields, and ensure you shut gates and leave nothing but footprints! There are signs (black & gold – see photo over the page) along the route, usually at turnings/junctions, however they can be tricky to spot at times, so again, the maps or the guide as recommended on will be useful for finding your way.



It's really important to ensure you stay hydrated and take on enough nutrition whilst you are partaking in any physical exercise. There will be an unmanned water station at Tremore, which is approximately halfway between Withiel and Lanivet. It will consist of water dispensers to refill your drinks containers, plus anti-bacterial wipes, and hand sanitizer in accordance with Covid-19 precautions. Please be respectful when refilling here, as it has been kindly allowed by one of our supporters.

It is worth noting the route will be muddy in places, and often uneven. Look out for traffic when you are on the roads. Ensure you dress for the weather – layers to add or remove, waterproofs, and good/appropriate shoes for walking/running. Make sure your phone is fully charged, and it is a good idea to carry a powerbank as a back-up.