



Instruction pack

Saints Way Trek 2025

Thank you for signing up to walk the Saint's Way Trek in aid of Cornwall Hospice Care. You are helping us to make everyday matter for all those whose lives we touch – thank you. This briefing covers all the pre-event information you need and is there to make sure you are safe, informed and to give you the best chance of enjoying a fantastic weekend with us. We ask that you read this information carefully as it includes some essential safety and administration information that will help to ensure the event runs smoothly.

Registration

One Day Through Trek -

Registration will be at Cornwall Hospice Care's staff car park located behind the St. Austell furniture store on the morning of Saturday 21st June, before the minibus takes us to the start line in Padstow. If you have not already, please let us know if you are planning on meeting us at Padstow instead. You are very welcome to park your car in our staff car park whilst attending the trek but please note we cannot take responsibility for any damage or theft of the vehicle/contents whilst parked in this area. We politely ask you do not park in front of our shop as parking in this area is limited and reserved for our customers.

Registration will open from 5:30am – 6am with the minibus leaving at 6:10am sharp.

Please do not be late! If you arrive after 6am, you run the risk of missing the transport to Padstow.

We advise you bring a rucksack with water/snacks/lunch. There will be opportunity to refill water and snacks at our various feed stations to keep you going all day. Please bring any cash fundraising you've collected when you register or speak to me for alternative options to pay in your offline fundraising.



For those meeting us in Padstow please meet us at the Link Car Park in Padstow – PL28 8AX (W3W///cuter.messy.notices) at 6.45am. Please do not be late as we hope to start everyone off at 7am sharp.

2 Day Classic Trek –

Registration and overnight bag drop (for those camping) will be at Cornwall Hospice Care's staff car park located behind the St. Austell furniture store on the morning of Saturday 21st June, before the coach takes us to the start line in Padstow. **If you haven't already, please let us know if you are planning on meeting us in Padstow instead.** You are very welcome to park your car in our staff car park whilst attending the trek but please note we cannot take responsibility for any damage or theft of the vehicle/contents whilst parked in this area.

Registration will open from 8am – 9am with the coach leaving at just after 9am.

Please do not be late! If you arrive after 9am, you run the risk of missing the transfer to Padstow.

You will be given 2 corresponding number tags when you register, one to remain with you for the duration of the walk and the matching one will go on your overnight kit in the van. All you need to carry with you on the walk is your day pack with anything you need whilst you are walking. Everything else can go in the van. Don't worry if you have more than one bag for the van, there's plenty of space and tags.

Please bring any cash fundraising you've collected when you register or speak to me for alternative options to pay in your offline fundraising.

For those meeting us in Padstow please meet us at the Link Car Park in Padstow – PL28 8AX at 9.40am where we will register you and hand you tags for your luggage. Please do not be late as we hope to start everyone off at 10am sharp.



Please see a site plan for parking and registration at St Austell below:

The car park/Donation Centre entrance is on Stennack Road, next to the entrance for Teddingtons (the star on the map). The coach will pick you up from here on Saturday and drop you back here after you have finished:



The What3Words location of the car park entrance is **motoring.photo.weekend**.

Saints Way Half Trekkers

Registration will be at Lanivet Car Park which is situated on Truro Road in Lanivet village on Sunday 22nd June W3W location [fights.easels.raves](https://www.what3words.com/#!/en/fights.easels.raves). This is a free car park where you can leave your car (please note this is at your own risk); as it's a free public car park we cannot guarantee the availability of spaces and suggest it may be better to get a lift to Lanivet for registration.

Registration will be 8:30-9am and then we hope to set everyone off just after 9am.



Please bring everything you need for the day in your rucksack, although there will be opportunities to refill snacks and water at strategic points along the route. Please bring any cash fundraising you've collected when you register or speak to me for alternative options to pay in your offline fundraising.

Timings

For **One Day Trekkers** we expect you to be walking from 07:00am on Saturday until approximately 17:00pm. This is flexible to suit everyone's needs and it certainly is not a race. Rest assured there will be a team to welcome you at Readymoney Cove in Fowey when all trekkers finish. Our team will not stand down until the last trekker has crossed the line.

For all our **2 Day Trekkers** we expect to be walking from 10:00am on Saturday and 9:00am on Sunday, but this is flexible to suit everyone's needs. There will be plenty of time to achieve each day's walk, no matter your walking pace. Based on an average walking pace, we expect that everyone will be finished on the Sunday by around 16:00pm. Our team will not stand down until the last trekker has crossed the line.

For **Saints Way Half Trekkers** we expect you to be walking from 9am on Sunday and anticipate you will encounter our 2 Day trekkers within the first few miles. We anticipate everyone will have crossed the finish line by approximately 16:00, but our team will not stand down until the last trekker has crossed the finish line. Again, please be assured that you will have plenty of time to finish the trek and expect a warm welcome at the finish line at Readymoney Cove in Fowey.

Routes and Course Signage

You should have received Liz Hurley's guidebook 'Walking with Saints and Tinnars' for you to browse and keep - this is part of your kit list and you should bring it with you for your trek. This is a comprehensive route guide of the Saint's Way, with step-by-step instructions and maps.

Page 13 to 20 covers the first part of the route (Padstow to Lanivet) and the second half starts at page 29 (Lanivet to Fowey via Helman Tor).

Please note, the Saint's Way splits after Lanivet, and **we will be following the Helman Tor route** and not the Tywardreath route.



If you want to follow the route on Strava then the link to it is here:

www.strava.com/segments/21882465

It can also be found on the event page on our website.

There is a very slight detour to get to the campsite for 2 Day Trekkers. This will be signposted by the Cornwall Hospice Care Event Team.

The Saint's Way is well marked out with its famous signposts and Liz Hurley – author of the Guide Book – has kindly offered to be a volunteer guide (Liz Hurley) for the **Through Trek**. We will also have Kelly Tregaskes and Jan Burns as volunteer guides on day 2. You are more than welcome to set your own pace or stick with the pack.

Emergencies

In the event of an issue, please call the emergency contact number on your contact list provided at registration - **Event Leads, Jade Hugo on 07791341253 or Jane Appleton on 07539 152560** who will liaise services to support and contact your Next of Kin as required. *In a **Medical Emergency** please dial 999.*

We also strongly recommend downloading the what3words app. If you get into difficulties and need to be picked up, this will enable you to provide us with a precise location so our team or the emergency services can be accurately and quickly find you.

Checkpoints

For 1 Day Trekkers -

The first of these will be at the Monolith at St. Breock (what3words location: airliners.protester.trainers) and the second will be a water stop at Withiel (what3words location: bonus.thundered.hazelnuts). The third checkpoint will be a lunch stop at Helman Tor (what3words location: yield.shears.hems) and then the final checkpoint will be where the route crosses the A390 just above Lostwithiel (what3words location: camps.processes.crash). This is the only section of route that crosses a busy main road, so we will be there to help and guide you.



For 2 Day Trekkers -

On day 1 there will be a lunch stop at the Monolith at St. Breock (what3words location: airliners.protester.trainers) and a further water stop at Withiel (what3words location: bonus.thundered.hazelnuts). On day 2 there will be a water stop at Helman Tor (what3words location: yield.shears.hems) and the lunch stop will be where the route crosses the A390 just above Lostwithiel (what3words location: camps.processes.crash). This is the only section of route that crosses a busy main road, so we will be there to help and guide you. **PLEASE DO NOT CROSS THE ROAD UNTIL YOU ARE OPPOSITE OUR GAZEBO AND WE TELL YOU IT IS SAFE TO DO SO.**

Saints Way Half Trekkers -

There will be a water stop at Helman Tor (what3words location: yield.shears.hems) and the lunch stop will be where the route crosses the A390 just above Lostwithiel (what3words location: camps.processes.crash). This is the only section of route that crosses a busy main road, so we will be there to help and guide you. **PLEASE DO NOT CROSS THE ROAD UNTIL YOU ARE OPPOSITE OUR GAZEBO AND WE TELL YOU IT IS SAFE TO DO SO.**

We don't have specific timings for the checkpoints, but we will ensure they are in place for everyone, and remain manned from the first walker to pass through, to the last. If you have supporters that want to meet you at the checkpoints they are very welcome, but you will need to maintain contact with them to advise when you are approaching the checkpoint. Please remind them to park sensibly as the checkpoints take place on narrow country roads.

We will have additional unmanned water station points at Tremore (Saturday) and Golant (Sunday) to support and keep you hydrated.

Overnight Stay

For all our campers, we will be staying at the beautiful Mena Farm campsite. There is a toilet and shower block on site. If you are not camping or if you would prefer a motorhome pitch then please get in touch with us ASAP. You are expected to put up and take down your own tent, but we will be on site to help if required.



Your supporters are very welcome to join us at the campsite on Saturday evening, as well as at the finish line at Readymoney Cove. Please let us know if any of your supporters wish to camp with you, as this may incur an additional fee from the campsite. **PLEASE NOTE: Any friends, family, supporters who do wish to join you at Mena Farm will have to provide their names and contact details plus any vehicle registration prior by 18th June so this can be submitted to the campsite for safety reasons. Parking will be limited.**

The following [WELCOME SHEET](#) for Mena Farm campsite details all the key information relating to the campsite and its facilities. All participants in tents will be in the Wild Camping field and this will be where the food, fire pits, and memory board are located. Our Event Team will signpost the route through the campsite to help you find us.

Anyone who has booked glamping direct with the campsite needs to see Neil in the Campsite Reception upon arrival or locate Jade Hugo or Jane Appleton from Cornwall Hospice Care who will arrange for Neil to show you to your accommodation.

Non-camping trekkers and supporters are welcome to join us for food around the firepit but must let us know prior to the event & must check in with campsite owner Neil on the day. All visitors are requested to park sensibly and must leave site by 9pm.

We are delighted to welcome the wonderful Mange Tout on Saturday night, Jonti makes hearty home cooked food and caters for all including veggies, vegans and gluten free. Take a look at her sample menu below:

- Falafels with houmous, mixed leaves, and flatbreads - £8.50
- Cornish fish cakes with homemade tartar sauce and mixed leaves - £12.00
- Lamb and apricot tagine served with vegetable couscous - £12.50
- Lasagne and mixed leaf salad - £9.50
- Chilli con carne with flatbread, sour cream and grated cheese - £9.50
(vegetarian option also available)

The Mange Tout Mobile will be with us at Mena between 18:00 and 20:00 so you are able to order your dinner when you're ready. Please note this is an additional cost.



You are very welcome to bring your own drinks for Saturday night – who doesn't want a beer or prosecco around the firepit after a day of trekking through Cornwall? This can go with your overnight bag and we will take it to the campsite for you. There is also a shop on site where you can buy your own.

We are really looking forward to embracing the memory board where we will offer time and the opportunity for all participants, friends and family, to celebrate loved ones who you might be honouring and remembering throughout this challenge. The Memory Board will be set up in the wild camping area on Saturday evening where we will welcome you to share photographs, memories, and give thanks to Cornwall Hospice Care. We will provide you with memory hearts which you can place on the board which will hopefully offer you the time to reflect and remember all those special people in our lives, past and present, and to celebrate our truly special Cornish charity. So please bring your photographs and let those happy memories fuel you for the second day of trekking.

Adam from Kernowforno will be providing delicious breakfast butties on Sunday morning from 7:30am until approximately 8.30am and then we will organise a packed lunch for you on Sunday. If you haven't already provided your dietary requirements then please drop me an email.

Abandoning the trek

If you cannot complete the day's walk, please tell a member of staff at a check point or phone **07539 152560**. We can take you on to the next checkpoint or wait with you if you need to be picked up. Do not go home without telling someone or we will assume you are injured and have the emergency services out looking for you.

End of Event

The Event will close after the last participant arrives at Readymoney. You will be welcoming through the finish arch, awarded your medal, and offered a well earned glass of fizz! There will be time to relax and celebrate on the beach with an ice cream or even a dip in the sea (for those brave enough).



For any participants who have camped, you will be given your overnight bags back at Fowey and then there will be minibus shuttles back to the car park in St Austell meaning you are able to leave when you are done, regardless of when the last person finishes.

Pictures

If you take your own photos en-route, we'd love to see them! Share via the group WhatsApp chat, tag us on Facebook @CornwallHospiceCare or Instagram @cornwallhospicecare or Twitter @CornwallHospice

If you are happy for us to use them in our social media posts about the event (or as promotion for next year) then please email your photos to communications@cornwallhospice.co.uk

Cancellations and Transfers

Registrations are strictly personal; firm and binding and fees shall not be refunded for any reason.

If you are unable to take part, please let us know as soon as possible by calling 01726 66868 (option 3). You may transfer your place to somebody else. Please note transfers will be accepted up to **18th June 2025**.

Cornwall Hospice Care

This event is run by, and for, Cornwall Hospice Care. The profits of the event are used to fund the care of those terminally ill in Cornwall. For those who wish to further support our work, raising sponsorship is an excellent way to fund our nurses; who, whilst you will be taking part in this event, will be at work in our two hospices, Mount Edgumbe and St Julia's. To raise much needed sponsorship, follow this link: [Saints Way Trek 2025](#)

ENJOY!

Remember this walk is not a race, it's an endurance challenge – look after yourself and enjoy the weekend!

See you all soon!



**Jade Hugo
Care**

jhugo@cornwallhospice.co.uk

01726 66868 – option 3 (pre-event queries)

01726 839552 – direct office

Event Fundraiser, Cornwall Hospice