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Tintagel & the Cornish Coast 17 – 19 November

The picturesque harbour of Boscastle is one of Cornwall's most romantic places. The long narrow valley runs down to a steep and rocky entrance to the raging sea beyond. It is a place steeped in history, associated with authors and artists who have been inspired by its remoteness and rugged beauty, but its also been a working harbour, both for fishermen and stone workers over the years. The main village sitting on the hill above the harbour is also an interesting place to explore - you can visit art galleries and local potteries and also take in some incredible coastal views.

Despite suffering extensive flood damage in 2004, Boscastle (Kastel Boterel in Cornish) has been entirely restored to its former Elizabethan glory. The village's medieval harbour and village lie hidden in a steep sided valley. This natural harbour on the North Cornwall coastline was created by the confluence of three rivers. It's a great base for exploring the nearby moorlands, sheltered wooded valleys and coastal footpaths offering magnificent views into the Atlantic Ocean.

Boscastle is easily accessible being just an hour's drive from Exeter and 2.5 hours from Bristol. It is famed for its stunning coastline, which is littered with hidden churches and the ruins of castles. There is more than the odd legend surrounding the ruins, many of them about King Arthur. The area is known for its history of witchcraft, and not far from our accommodation is the world's largest witchcraft museum. Check out the video on the right for some highlights!

EC adventures are informal, friendly and great fun! They're made up of singles, couples and small sets of friends with ages typically ranging from mid 20s to mid 40s but anyone over 18 years old and young at heart is welcome. Whether it's your first time exploring the outdoors or you're an adventure professional, EC adventures are a great way to meet like-minded people in a safe, welcoming and fun environment.

WHAT'S INCLUDED

- 2 full days of guided walking around the North Cornish coast
- 2 nights' accommodation in the recently refurbished YHA Boscastle youth hostel
- 2 x breakfast on Saturday and Sunday morning
- 1 x home-cooked dinner on Saturday night
- EC Host for the weekend

KIT LIST

Attached to the email containing these joining instructions will be a recommended kit list for EC Hiking Weekends.

You can also download the kit list from this page: <https://www.explorersconnect.com/tintagel-cornish-coast>



ITINERARY

FRIDAY

You're welcome to arrive at the accommodation any time from 6pm on the Friday - if you arrive earlier, you can take the opportunity to explore the village and the harbourside. Your EC host Alex will be on hand ready to welcome you, show you around the hostel and get you settled into your room. Friday is all about getting to know each other and relaxing after your journey - there's no food included on Friday evening but there will be a number of options available locally.

Please arrive at the accommodation below from 6pm where your EC Host Alex will be waiting for you and will help you get settled in.

Address: YHA Boscastle, Palace Stables, Boscastle, Cornwall, PL35 0HD

Driving directions: The B3263 Tintagel to Bude road passes close by the hostel. Walk from Bridge on the B3263 towards the harbour alongside the River. The hostel is the last building on the right hand side at the top of the slipway.

There is no parking next to the hostel – please parking in the public car park (250 metres from the hostel). Charges apply 9.30am-6pm daily – please bring cash.

Public Transport: The nearest train station is Bodmin Parkway (22 miles away). Regular bus services run from the train stations at Bodmin Parkway and Exeter St. David's (59 miles away). You can use the [Traveline](http://www.traveline.co.uk) website to plan your whole journey by public transport. Alternatively you might want to share a taxi from the train station with other guests (please use the Facebook page below to organise this).

Lift Sharing: If you can offer or need a lift (or just want to say “hi” to fellow attendees), then you can do this on the event Facebook page here:

<https://www.facebook.com/events/1698883173753073>

Closer to the time if you have not found a lift share let us know where you will be coming from and we will give out your details to others in the group by email.

SATURDAY

On Saturday morning you'll be provided with hot and cold breakfast options before heading out to explore the amazing Cornish coast right from the door. The exact walks will be available nearer the date but are likely to include visits to Tintagel Castle and Crackington Haven along the South West Coast Path. On your return to the accommodation there'll be a home cooked meal provided by your EC host and then time for everyone to relax and enjoy an evening socialising.

SUNDAY

After another cooked breakfast on Sunday morning, there will be options for both full day and half day walks, and then it's up to you to decide if you want to stay longer and enjoy more of what Boscastle has to offer!



Please let your EC Host Alex know when you intend on arriving – and if you have any issues on the day or over the weekend please call Alex on 07852 107 455.

ACCOMMODATION

We'll have exclusive use of the recently refurbished YHA Boscastle. This unique youth hostel offers top quality accommodation for 24 plus a large open lounge/dining area and outside seating for those who like eating in the late autumn sunshine! Rooms will be shared but single-sex, with adult sized bunk beds. If you haven't done 'communal living' for a while it is lots of fun but you might want to bring earplugs just in case!

FOOD

No food is provided on Friday evening as people tend to arrive at different times and eat en-route. Breakfast will be provided on Saturday and Sunday mornings and we'll sit down together for a group dinner on Saturday evening. You'll need to bring a packed lunch with you for Saturday and Sunday, and there will be a fridge to store your food if you need to.

If you have not already told us about your dietary requirements, please let Alex know ASAP at alex@explorersconnect.com.

Please note:

- If you do not have the right kit you may not be able to participate. We do have some equipment to lend out so contact us well in advance if you need anything.
- On arrival you will be asked to sign a medical declaration form and provide us with next of kin/emergency contact details. If you have a medical condition or injury that we should be aware of please let us know in advance. Please contact us asap if there is anything you think may affect your participation.

If you have questions about any aspect of the trip, please contact Alex (alex@explorersconnect.com).