



McCabe
PILGRIMAGES

Walk The Cornish Celtic Way

With Walking Guides and Spiritual Leadership

9-15 August 2022*

23-29 August 2022



**DAILY WALKS ON
THIS PILGRIM ROUTE**

Fully escorted throughout



Walk in the footsteps of the Cornish Celtic Saints

The Cornish Celtic Way is a new pilgrimage route covering 125 miles through Cornwall from St. Germans to St. Michael's Mount. It incorporates over 60 miles of the Cornish coastal path as well as two established pilgrimage routes: The Saints' Way and St. Michael's Way. The Cornish Celtic Way is divided into 16 walks.

Walk some of the highlights of the route, returning each night to enjoy the peaceful

surroundings, comfort and home-cooked food at Epiphany House in Truro.

There are five walking days, each day walking a different part of the Cornish Celtic Way. Experienced local walking guides will lead the walks and our driver will take you to the start and pick you up at the end of each day's walk.

Relaxed and informal evenings include an optional short spiritual engagement with reflections on the Celtic Saints.

PRACTICAL INFORMATION

The cost of this pilgrimage includes most things except travel to Truro:

£1,195 per person in a room in the main house with own separate bathroom

£1,275 per person in a room in the new wing with en-suite bathroom

What's Included

Accommodation in a double, twin or single room, daily cooked breakfast, packed lunch and a three-course dinner are included, as well as unlimited tea and coffee. We also include all the guide fees and various gratuities, which the tour leader or guide will disburse to those who help us on our journey. We will have our own transport to take us to the start of the walk each day and pick us up at the end of the days' journey.

Travelling Alone

Single rooms are available. There is no single supplement.

Special Requests

Special diets and other requests should be noted on the booking form.

Deposit and Payment

A £200 per person deposit is payable with the balance due eight weeks before travel. Final details will be confirmed in your travel wallet two weeks before travel.

Travel Insurance

You may want insurance cover in the event that you need to cancel your trip. We are not offering UK cover, but you

can buy this online or at a post office.

Each day we will walk part of the Cornish Celtic Way. You can expect to cover around 6-8 miles per day over terrain which includes stunning and sometimes steep coastal walks, taking in churches, holy wells and other special places along the way. Luggage remains at Epiphany House, so you only need to walk with a day pack.

Sunshine with scattered showers is not uncommon but equally it can be hot. We will keep an eye on the daily weather forecast and the guide will plan our walking and stops accordingly.

This is a walking pilgrimage, so a good level of fitness is required and it is essential to start preparatory walks before departure. If for any reason you are unable to complete a walk or need some rest time, you can arrange a taxi for yourself back to base. As we stay in one location you only need to walk each day with a day pack to carry water, packed lunch, sun cream, hat, rain wear, blister plasters, spare socks etc. Do wear sturdy shoes or boots suitable for walking long distances.

Financial Security

All monies paid are fully protected through McCabe's membership of the ABTOT bonding scheme. McCabe are also members of the Association of Independent Tour Operators and abide by the Association's code of conduct.

Reserve your place now by calling the McCabe team or complete a booking form and send it to us at the address opposite with a deposit of £200 per person. Please make cheques payable to 'McCabe Travel Ltd' or you can pay with a debit or credit card.

McCabe Pilgrimages

11 Hillgate Place
London SW12 9ER

Tel: 020 8675 6828

Email: info@mccabe-travel.co.uk

www.mccabe-travel.co.uk



The Cornish Celtic Way

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The aim of the Cornish Celtic Way is to aid people of all ages who are interested in spirituality to explore faith in a different way. We believe that having faith isn't about just going to a place of worship – it's about getting out and experiencing it in everyday life as well. We hope that the Cornish Celtic Way will develop spiritual growth and personal reflection through stories of the Celtic Saints, Cornwall's rich history, incredible landscape and the people and communities that will be encountered along the way.

The Celtic saints engaged with nature and believed an understanding of God is revealed through it. They risked everything to bring Christianity to Cornwall between 500 and 600AD. The Cornish Celtic Way will guide people to walk in their footsteps, see what they saw and experience places of special significance where the Saints had been such as Celtic crosses, standing stones, holy wells and churches.

Buy A Cornish Celtic Way

Nigel Marns has published a book, 'A Cornish Celtic Way' which provides an overall guide for this route. Visit www.cornishcelticway.co.uk to purchase the book for £15 including UK postage. All profits go back into the Cornish Celtic Way project. Do remember that we will give you your Passport on the first evening so no need to purchase this.

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PROGRAMME



***9-15 August will include a series of different daily walks designed for people who completed these walks in 2021**

Day 1 | Travel to Truro, Cornwall

Independent travel to Truro. We check in from 16:00 at Epiphany House where we stay for six nights. Dinner is at 18:00 and is followed by an introduction to the Cornish Celtic Way and walking advice with our lead walking guide.

Day 2 | Lansallos to Polruan (6 miles)

We drive to St. Ildierna Church in Lansallos where we take a beautiful walk down the rough coastal path, enjoying spectacular views round to Lantic Bay. We stop at St. Wyllow in Lanteglos by Fowey for lunch before continuing along gentle Hall Walk through woodlands and fields to Polruan. There are excellent views west from the ruins of St. Saviour's Chapel across to Fowey and the coast towards St. Austell and beyond.

Day 3 | Withiel to St. Issey (7.5 miles)

We drive to Withiel Church and take an inland walk down the valley then up a rough, steep road across fields towards St. Breock Downs for lunch. We then walk on lanes, across fields and along paths to reach St. Issey Church.

Day 4 | Padstow to Constantine Bay (6 miles)

We travel to St. Petroc Church, Padstow to walk through fields and lanes to the gentle

coastal path. Our lunch stop is at St. Merryn Church and from there we make our way on winding roads and across cattle fields to St. Constantine Chapel. Our walk finishes at Constantine Bay.

Day 5 | Crantock to St. Piran's Oratory (7 miles)

After breakfast we leave for Crantock Church to walk along roads and across the common to the Holywell on the golf course. We arrive at Cubert Church for lunch. We walk down the valley, across woodland and up a steep lane towards St. Piran's Oratory.

Day 6 | Trencrom to St. Michael's Mount (6 miles)

Our day begins with a drive to Trencrom where we walk up Trencrom Hill and down, across cattle fields to Ludgvan Church and then stop for lunch. In the afternoon it's an easy walk to Marazion Beach from where we can enjoy the view of St. Michael's Mount. Our plan is to cross the causeway and visit the chapel on St. Michael's Mount.

Day 7 | Homeward Bound

Independent travel home. Check out time is 10:00am.

Days and times are subject to change depending on weather and tides. Our guide will keep us informed.

Epiphany House



You will stay for six nights at Epiphany House on the outskirts of Truro. A haven of peace in the heart of Cornwall.

This beautiful historic house sits within spacious, well-kept gardens which look out from Kenwyn over the edge of the cathedral city to the fields near Idless Woods. The house combines comfort with elegance and has a wonderful, peaceful atmosphere.

Formerly the Bishop's Palace and the home of the Sisters of the Community of the Epiphany, the house now provides an excellent place for retreats and quiet days for those seeking space for rest and reflection.

There are seven en-suite bedrooms in the new wing. In the main house each bedroom has a hand basin and its own private bathroom facilities close by. Bedrooms are a mixture of double, twin and single occupancy.



Travel Information

You make your own way to Truro by car, train or coach. You can also fly to Newquay. We suggest that you plan your travel to arrive in Truro between 16:00 and 17:00. Check in begins at 16:00 and dinner is served at 18:00.

By Car

If you are driving, there is plenty of free parking at Epiphany House. Access from the A30 is straightforward and the postcode is TR1 3DR.

By Train

Truro station is a 5 minute taxi ride from Epiphany House.

By Coach

National Express coaches serve Truro and the coach stop at Lemon Quay is a 5 minute taxi ride from Epiphany House.

By Air

From Newquay Airport to Epiphany House it is a 40 minute journey by taxi.

Taxis

If you prefer to pre book your taxi we suggest you contact the company which is providing our transport throughout the trip. Contact a2btaxistruro.com or call 01872 272989.



McCabe Educational Trust

Our Trust is an independent charity which is central to the McCabe vision. Over £3 million has been distributed in grants to inspiring people we have met on pilgrimage. The McCabe website has full details, but projects include a Blind School in Bethlehem, a Boys' Home in Bethany and schools in India and Nepal.

McCabe Pilgrimages invite all travellers to become partners in this work. A £15 voluntary donation to the Trust's work is added to every pilgrim's invoice and all money raised in this way is given in full to the projects the Trust supports. This scheme is entirely voluntary and confidential with nobody put under any pressure to participate.



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11 Hillgate Place, Balham Hill
London SW12 9ER

Phone: 020 8675 6828
Email: info@mccabe-travel.co.uk
www.mccabe-travel.co.uk