



Trevengeleth Lower Halvasso Penryn Cornwall UK TR10 9BY

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Kit list and information

From Paul Simmons, principal guide, walkitcornwall.

Hello fellow walkers,

When embarking on walks in Cornwall take note that the terrain is undulating along defined paths on a mixture of surfaces from rock to mud and concrete along the coast path and in woodlands and creeks and villages.

You've heard the song "Four seasons in one day"? Be prepared for the same here.

Our walks generally have a few short steep sections and yet we leave plenty of time to take in the views and take photos. We aim to walk one to one and a half miles per hour.

Good walking boots are essential.

Essential items to pack:-

Walking boots
Waterproof jacket and trousers
Day rucksack.
Spare laces and spare socks for the rucksack.
Fleece or warm jacket/jumper
Warm hat.
Camera.
Small water bottle

Optional:-

Hand lens
Binoculars
Walking poles

I also find small bars of chocolate/ energy bars and items from a personal first aid kit are handy.

If one wants to follow the walks by map then Explorer Maps 1:25000 are best.

Enjoy the walks.

Paul Simmons