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An introduction to walkitcornwall

walkitcornwall has evolved over the past ten years and its formal active life is as a company that provides a unique insight into Cornwall through the popular and invigorating medium of walking.

Concentrating on the Lizard and Helford River walkitcornwall will be providing seven night, five day guided walking holidays all over Cornwall, the same format but just on the Lizard peninsula walking the coast path from Porthleven to Helford (60kms or 37.5 miles in old money). We also provide themed walking breaks for the Budock Vean Hotel and the Vean on the Roseland peninsula.

walkitcornwall's walking guests are encouraged to discover and understand the DNA of Cornwall made up of the layers and flavours that have helped define this unique part of the county over the past few centuries. The unique natural history, culture and industrial and nautical heritage are brought alive through physically exploring a variety of sites and habitats on both circular and linear walks. We will also explore Cornwall's history of methodism, migration, mining and the stories and symbols of Celticism, mythology and literature that have created the special atmosphere that differentiates Cornwall from the rest of the United Kingdom.

There is not one story of Cornwall but many stories and many Cornwall's. Without its physical detachment from Britain there would be no independent cultural identity. Without its unique geology and biodiversity there would be no sparse settlements and symbiotic human relationship with the land and sea. Without the myths and legends or indeed ancient physical remnants there would be no romanticism and mystery that has bought thousands of artists and writers to this periphery of a Celtic kingdom. Without the independent, tough and inventive people there would not have been the industrial know how and heritage spread throughout the four corners of the globe.

These individual defining factors mentioned are interdependent and interlinked. Without any individual input, component or ingredient there would not be the final product that, in your own mind and for your own reasons have brought you here, irrespective of how Cornwall has been promoted, portrayed or symbolised. To walkitcornwall, take away any one part of the equation and Cornwall would not exist as it does. For each individual there is a certain, specific and special Cornwall. It is each walking guests' idea of what Cornwall is that is important to us at walkitcornwall. Let us explore these ideas of what Cornwall is, together.

Paul and Ceri Simmons