PARK UP & WALK

Cornwall

Motorhome, Campervan & Caravan Touring
with the Best Walks, Pubs and Stopovers



Ruth & Colin Sallows

free sample · real walking maps · every facility checked

PARK UP & WALK

Cornwall

A Motorhome, Campervan and Caravan Touring Guide with 23 Walks, Real Maps and the Pubs at the End of Them

Ruth & Colin Sallows

PARK UP AND WALK PRESS

Park Up & Walk: Cornwall
A Motorhome, Campervan and Caravan Touring Guide with 23 Walks, Real Maps and the Pubs at the End of Them

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Facts were checked on the dates shown beside them. Things change: check the updates page and the operator before you travel. Walking on cliffs, moors and hills carries risk, and conditions change with the weather. You decide what is safe on the day. Nothing in this book gives permission to park or stay anywhere. Park Up & Walk is independent and is not affiliated with any campsite, pub or organisation named in it.

Ruth & Colin Sallows is a pen name.

BEFORE YOU SET OFF

You bring the van. We've done the finding.

For 30 years Ruth wrote the same letter home before every school trip. Where we're going. When we're back. What to bring. What happens if it rains. This book is that letter, for you and the van.

Every base follows the same parts, in the same order: at a glance, where to park up, where to stop, the way in, services, a wet-day plan, the walks, and three days here. Learn where to look once and you won't have to hunt again.

Colin does the maps. They're drawn from real data, with the height the walk climbs and the ground described as it is. Neither of us will tell you a walk is easy. Easy for whom? We'll tell you what it's like, and leave the decision to you.

This is how we'd plan it. Every campsite fact is the site's own words, with the date we read them. Where a site doesn't say, the icon says *not stated*.

Ruth & Colin

Things change. Prices, bus times, dog rules. Scan the code for this book's updates page, which we keep current between editions.

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USING THIS BOOK

Pick a base, not a county.

County lines don't make a good day out. So the book is split into touring bases, each one a place to stay for two to four nights without moving the van. Each base has the same parts, always in the same order:

1. **At a glance.** Why stay, when to go, how many nights.
2. **Where to park up.** Two or three sites, each with a reason to choose it.
3. **Pubs and places to stop.** Ones that fit the walks.
4. **The way in.** Colin's driving map: the lanes, the low bridges, where a van can park.
5. **Services and a wet day.** Shops, fuel, a vet, and five dry things to do.
6. **The walks.** A map and height profile on the left page, everything you need on the right.
7. **Three days here.** A plan you can follow as it is.

	Base	Nights	Best months	Dogs	Walking
1	St Ives & Penwith	3 to 4	May to Sep	All 3 sites	Hard coast path, easy town

THE ICONS

Four states, never guessed.

Every icon has four states. The one that matters most is the last: *not stated* is not the same as *no*.



Yes

The site says so, in writing.



Conditions

Yes, with a condition. Read the note.



No

The site says it isn't there.



Not stated

The site doesn't say. Ask before you go.

At the campsite



Motorhome



Caravan



Hook-up



Water



Showers



Hard-standing



Waste point



Dogs



All year

On the walk



Distance



Ascent



Time



Stiles



Livestock



Toilets



Pub



Bus



Food

CORNWALL AT A GLANCE

Six bases



Six bases, each one somewhere to stay for a few nights without moving the van. Pick the one that suits the walking you want.





1

St Ives & Penwith

Galleries and a harbour at one end of the path. Granite cliffs and a very old pub at the other.

Zennor Head. Photo: ArildV, CC BY-SA 4.0, via Wikimedia Commons

BASE 1 · AT A GLANCE

Leave the van. Walk everywhere.

This is a base for leaving the van where it is. The coast path starts at the edge of St Ives, so the town is behind you and the cliffs are in front. At the far end of the walk there's a pub that dates itself to 1271. If you only have three nights, this is how we'd plan them.

STAY	BEST MONTHS	WINTER
3 to 4 nights	**May to Sep**	**Ayr is open all year**

Don't miss

1. The coast path to Zennor, and lunch at the Tinners Arms
2. The Mermaid of Zennor bench in St Senara's church
3. A rainy afternoon in St Ives: Tate St Ives and the Barbara Hepworth garden

Ruth's list

- Book ahead for July and August. Ayr says well in advance; Polmanter's peak weeks are 5 nights minimum.
- Choose the site by the walk, not the view. Trevalgan is on the coast path. Ayr is in town.
- The Tinners doesn't take bookings. Aim to beat the lunch rush.
- Sort the way back from Zennor before you set off: Traveline South West, or a taxi number in your phone.
- Wet-day plan: Tate St Ives and the Hepworth garden. Check the opening days first.

Three sites, three reasons

1 BEST FOR WALKING INTO TOWN
Ayr Holiday Park

Motorhome, Caravan | Hook-up, Water, Showers, Dogs, All year, Hard-standing, Waste point

- The only campsite actually in St Ives: a 10-minute walk to the beaches and town, and the bus stops at the entrance.
- Open all year. Almost all pitches have 16 amp hook-up and water.
- Dogs: a charge per dog, a field set aside for exercise, leads everywhere else.
- Book well ahead in the main season. Out of season you may get a pitch on spec.

Price £52 a night for 2 adults and a caravan with services, 7 to 19 September 2026

Book ayrholidaypark.co.uk

Checked on the operator's website, 28 September 2026

2 BEST FOR WALKERS AND DOGS
Trevalgan Touring Park

Motorhome, Caravan | Hook-up, Water, Showers, Dogs, All year, Hard-standing, Waste point

No American-style motorhomes or lorry conversions. No generators.

- An hour along the coast path into St Ives, or the bus from the campsite entrance (the frequency changes with the season).
- Hard-standing pitches are gravel, fully serviced, with hedges on three sides. Bring rock pegs.
- Motorhome service point with a drive-over drain and hoses to fill your tank.
- Dogs: an enclosed off-lead field and a warm dog shower. Up to 3 per pitch. Pitches 108 to 135 are dog-free.

Open 1 May to 21 September 2026

Book trevalgantouringpark.co.uk

Checked on the operator's website, 28 September 2026

BEST FOR A LONGER SEASON

3 Polmanter Touring Park

Motorhome Caravan | Hook-up | Water | Showers | Dogs | All year | Hard-standing | Waste point

- A mile and a half from St Ives by road, less on the footpaths across the fields.
- Grass or hard-standing, serviced or not, and rural views from all of them.
- Dogs: an exercise field and a dog shower. Maximum 2 per pitch.
- Peak weeks (24 July to 27 August 2026) are 5 nights minimum, arriving Friday to Sunday. Other times, 3 nights.

Open 1 April to 31 October 2026

Price £52.50 a night for a serviced hard-standing pitch, 7 to 19 September 2026

Book polmanter.com

Checked on the operator's website, 28 September 2026

Free and pub stopovers

None verified here

We found no free or pub stopover near St Ives that states in writing that motorhomes may stay the night. Don't be tempted by the car parks: overnight parking in a van is not the same as permission to sleep in it. If you're passing through, a membership scheme such as Brit Stops lists farms and pubs that welcome motorhomes, so check their current book.

If you want...	Choose
To walk into town every evening	1 Ayr
The coast path from the gate, and a happy dog	2 Trevalgan
April or October	3 Polmanter, or 1 Ayr

Where to stop



The Tinners Arms. Photo: Jowaninpensans, CC BY-SA 4.0, via Wikimedia Commons

P The Gurnard's Head

Food · Books tables · Dogs

Takes table bookings online, which the Tinners doesn't. Worth knowing on a busy summer day.

P The Tinners Arms, Zennor

Food · Books tables · Dogs

Built, the pub says, in 1271 to house the masons working on the church next door. Locally sourced food at lunch and dinner. They don't take bookings, so aim to arrive before the lunch rush. Check the days and times on their website.

★ St Senara's Church, Zennor

The Tinners' neighbour. Inside is the Mermaid of Zennor bench, which the pub puts at 600 years old. It takes ten minutes and it's worth every one.

Colin's driving map



1 Campsite 2A Walk start Mapped limit, listed opposite Main road

Before you drive

Getting to the sites

- Ayr and Polmanter bring you in on the B3311 through Halsetown, which keeps you out of the middle of St Ives. Trevalgan says most sat navs route you through the town, so follow its own directions.
- Polmanter: don't follow sat nav from the A30. The park says it sends you down a very long, narrow road that isn't suitable for caravans or motorhomes.
- Trevalgan: the last stretch is a single-track lane with passing bays. Units up to 8 m, no American motorhomes, and arrive between 12 noon and 8pm.
- Polmanter: most pitches take up to 8 m. Ayr: no arrivals after 9pm.

Parking the van in town

- Trenwith, St Ives: takes motorhomes, and self-contained motorhomes may stay overnight with a ticket for each night.
- Most other St Ives council car parks, including Barnoon, Island, Porthmeor and the station, have a 3,050 kg weight limit. Check your van's weight on its plate first.
- Porthrepta, Carbis Bay: takes commercial vehicles and caravans, but no motorhomes or campers from 11pm to 8am.

Height, width and weight limits

A	Access road	**2.2 m high**	near St Ives
B	Access road	**2.6 m high**	near St Ives
C	Chenhalls Road	**3.5 m high**	near Lelant Saltings
	Beacon Road	**2.1 m wide**	near Marazion, 5.8 mi

Limits mapped in OpenStreetMap, read 29 September 2026: the sign on the road always wins. Site and car park notes: ayrholidaypark.co.uk, cornwall.gov.uk, polmanter.com, trevalgantouringpark.co.uk.

BASE 1 · SERVICES

Shops, fuel and a vet

SUPERMARKETS

Co-op Food, Penbeagle **0.6 mi**
Co-op Food, St Ives **0.9 mi**

PHARMACIES

Leddra Pharmacy, St Ives **1.4 mi**
Boots, Penzance **7.1 mi**

VETS

St Ives Veterinary Surgery, Penbeagle **0.6 mi**
Monument Vets, Camborne **13 mi**

FUEL

St. Erth Service Station, Rose-an-Grouse **5.2 mi**
Central Garage, Hayle **6.2 mi**

LAUNDERETTES

Peninsulae Launderette, St Ives **0.9 mi**
Penzance Launderette, Penzance **7.2 mi**

LPG (AUTOGAS)

Carwin Rise Service Station, Angarrack **7.8 mi**

Water and waste for the van

No public water or waste point for vans is mapped within 25 km of this base. Use your site's: the icons say which sites have them.

Site	Water	Waste point	Hook-up
1 Ayr	●	?	●
2 Trevalgan	●	●	●
3 Polmanter	●	?	●

Places from OpenStreetMap contributors (ODbL), read 29 September 2026. Distances by road from the middle of the base. We don't print opening hours: check before you drive.

BASE 1 · IF IT RAINS

Five dry things to do

Tate St Ives — 5 min drive

Modern art above Porthmeor beach.

Assistance dogs only

Daily 10 to 5.20. The collection displays change from November 2026.

tate.org.uk

Barbara Hepworth Museum — 4 min drive

The sculptor's studio, home and garden.

Assistance dogs only

Check the day before: Tate posts closures on its page.

tate.org.uk

Geevor Tin Mine — 18 min drive

A preserved tin mine, with a museum and an underground tour.

Everywhere except underground

Sunday to Friday 9 to 5, last entry 4. Closed Saturdays.

geevor.com

PK Porthcurno — 26 min drive

The museum of the undersea telegraph cables.

In the museum and café, not the Second World War bunker

April to October daily 10 to 5. Winter: Monday, Saturday and Sunday.

pkporthcurno.com

Penlee House, Penzance — 15 min drive

Newlyn School paintings in a gallery in a park.

Park and café terrace only

Monday to Saturday all year. Sundays in summer.

penleehouse.org.uk

Each place's own website, read 29 September 2026. Drive times are by road for a car: allow longer in a van.

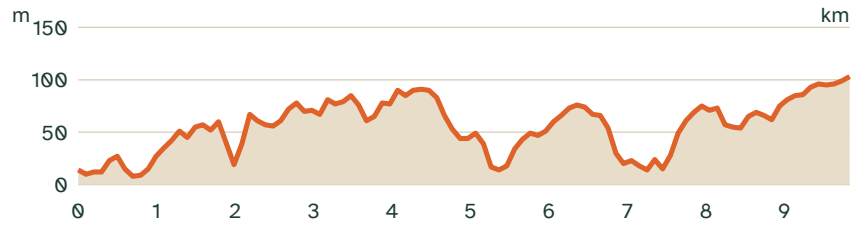
BASE 1 · WALK **CHALLENGING**

1A St Ives to Zennor



Route · 1 Kilometres · S Start · 1 Campsite · P Pub · Other paths

HEIGHT ALONG THE ROUTE





The coast path near Zennor Head. Photo: Stephen McKay, CC BY-SA 2.0, via Wikimedia Commons

9.8 km	295 m+	4 to 5 hours
on our map (6.1 miles)	of climbing, at least	at 3 km/h with stops, for rough ground

Official figure: 7.5 miles, including the mile inland to Zennor (South West Coast Path Association).

Stiles · Livestock · Dogs · Toilets · Pub · Bus

Ground. Rocky and sometimes wet after the first couple of kilometres, with lots of short, steep ups and downs.

Route. One way. Plan the return before you set out.

On the way

1. Start at the western edge of St Ives and follow the acorn waymarks of the National Trail.
2. The first stretch is gentle. After about 2 km the path turns rocky and the climbing starts.
3. There is no village on the path between St Ives and Zennor. Carry water and lunch, even if you plan to eat at the pub.
4. At Zennor Head the view runs down to Pendour Cove and on to Gurnard's Head. Turn inland here.
5. The lane to Zennor is about 0.7 km. The Tinners Arms is at the bottom of the village.
6. Getting back: check buses from Zennor on Traveline South West the day before. If none suits, book a taxi.

Colin's map note

The height profile looks like a saw blade, and that's the walk. The path drops into every cove and climbs out of the next, so the climbing comes in short, steep pieces rather than one hill. Save something for the end: from the last low point, near sea level after 8 km, the lane up to Zennor climbs about 90 m (satellite height data, so treat it as approximate).

The route for your phone

parkupandwalk.com/w/1a: a GPX file to load into a walking app or GPS.
Source: www.southwestcoastpath.org.uk, read 28 September 2026.

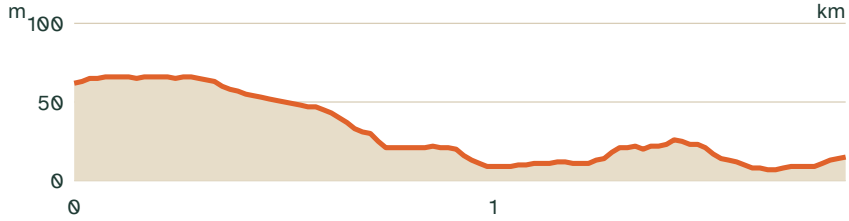
BASE 1 · WALK MODERATE

1B Ayr to Clodgy Point



Route 1 Kilometres S Start 1 Campsite P Pub ---- Other paths

HEIGHT ALONG THE ROUTE





1.8 km	28 m+	About 1.5 hours there and back
each way, on our map (1.1 miles)	of climbing, at least	3.7 km at 3 km/h on rough ground, with a stop

Official figure: The Association's circular version from St Ives station is 3.3 miles (5.2 km), graded moderate. Ours is the coast half, there and back from Ayr.

Stiles · Livestock · Dogs · **Toilets** · Pub · Bus

Ground. Rough in places, with some ascent and descent, none of it steep or prolonged (South West Coast Path Association).

Route. There and back. Out along the coast path to Clodgy Point, and the same way home.

On the way

1. From Ayr, walk down to Porthmeor beach and pick up the coast path by the bowling green.
2. The path runs behind the small headland at Carrick Du and out onto open heath.
3. Turn back at Clodgy Point. The map shows 1.8 km each way.
4. Toilets and cafés are in St Ives, not on the path.

Colin's map note

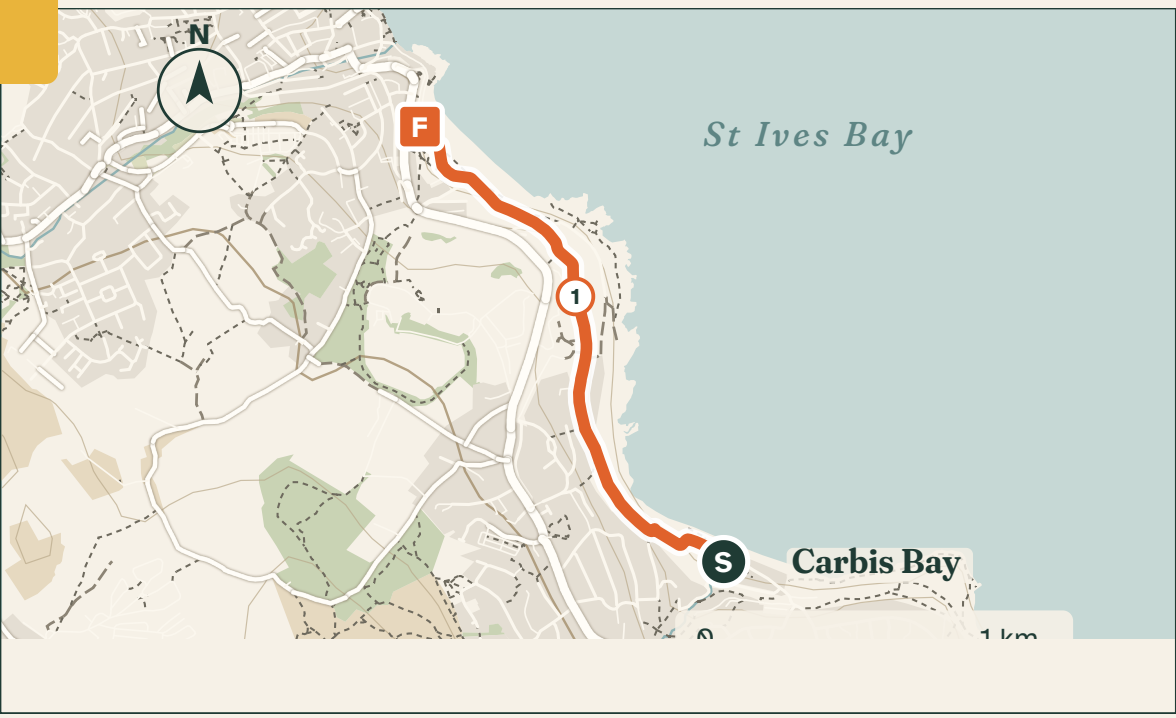
Short and not steep, which makes it the walk for the evening you arrive. The profile never climbs more than about 30 m at a time. For the Association's full circle back across the old field walls, follow their route from Clodgy Point: it passes Ayr on the way home.

The route for your phone

parkupandwalk.com/w/1b: a GPX file to load into a walking app or GPS.
Source: www.southwestcoastpath.org.uk, read 28 September 2026.

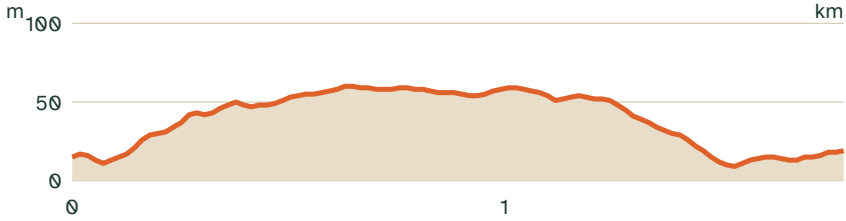
BASE 1 · WALK EASY SHORT WALK

1C Carbis Bay to St Ives



Route 1 Kilometres S Start 1 Campsite P Pub ---- Other paths

HEIGHT ALONG THE ROUTE





1.8 km	64 m+	40 minutes
on our map (1.1 miles)	of climbing, at least	one way, at 3 km/h

Official figure: 1.2 miles (1.9 km) one way, graded easy (South West Coast Path Association).

Stiles Livestock Dogs Toilets Pub Bus

Ground. Good paths, with no more than a little gentle ascent and descent, says the Association.

Route. One way on the coast path, from Carbis Bay beach to St Ives. Take the train back to Carbis Bay.

On the way

1. Start on the coast path in front of the Carbis Bay Hotel. Cross the railway and climb gently through the trees.
2. Stay on the coast path above the railway. Ignore the turnings inland to St Michael's Way.
3. Pass the Baulking House, the old huer's hut.
4. At Porthminster Point the path becomes a lane. Cross the first railway bridge for Porthminster beach, or the next for St Ives station.

Colin's map note

One of the gentlest walks in the book, and the train does the way back. Our map measures 1.8 km. Park in Carbis Bay (the Association says there's a fee). Dogs are banned from Porthminster beach from 15 May to 30 September, 10am to 6pm, so keep to the path at that end.

The route for your phone

parkupandwalk.com/w/1c: a GPX file to load into a walking app or GPS.
Source: www.southwestcoastpath.org.uk, read 28 September 2026.

BASE 1 · THREE DAYS HERE

A plan you can follow as it is.

1 **Settle in**

Pitch up and leave the van. From Ayr, walk down into town. From Trevalgan, take the coast path east for an hour. Supper by the harbour.

2 **The big walk**

St Ives to Zennor on the coast path. Lunch at the Tinners, see the mermaid bench, then the bus or a taxi back. Check the return before you leave.

3 **Easy legs**

A slow morning in St Ives. Tate St Ives and the Hepworth garden if it rains; Porthmeor beach if it doesn't.



GLOSSARY

Words you'll meet

On site

EHU — Electric hook-up: the cable from your van to the site's power post.

Hard-standing — A pitch on gravel or grass-mesh, so you won't sink after rain.

Elsan point — Where you empty a cassette toilet. Also called chemical disposal.

Grey waste — Used washing-up and shower water from your van's tank.

Serviced pitch — A pitch with hook-up plus water and a grey waste drain.

On the path

Acorn — The National Trail waymark. Follow it along the coast path.

Stile — Steps or a ladder over a wall or fence. Hard for some dogs.

Kissing gate — A small gate in a U-shaped frame that lets people through, not stock.

Serpentine — The green, polished-looking rock of the Lizard. Slippery when wet.

Daymark — A tower built as a landmark for ships by day, like the one on Gribbin Head.

Cornish words

Porth — A cove or harbour, as in Porthmeor, 'the big cove'.

Carn — A rocky pile or tor on a hill.

Zawn — A deep, narrow sea inlet cut into the cliff.

INDEX

Every walk

	Walk	On our map	Grade
1A	St Ives to Zennor	9.8 km	Challenging
1B	Ayr to Clodgy Point	1.8 km	Moderate
1C	Carbis Bay to St Ives	1.8 km	Easy

TRIP NOTES

Your notes

TRIP NOTES

ABOUT US

Ruth & Colin

Ruth taught in primary schools for 30 years and organised most of the trips: the coach, the packed lunches, the head counts, the letter home and the wet-weather plan. Colin was a mechanic, then an engineer, and has never owned fewer than two maps of anywhere.

We bought our first campervan at 50, the month the children left for university and our time was our own again. We made every beginner's mistake: the wrong hook-up lead, the lane too narrow to turn in, the site that was shut for the winter. Bramble, our golden retriever, has come on every trip since.

So we split the jobs. Ruth plans the days, the way she planned every school trip: the answer first, the same things in the same place, and a date on everything. Colin plans the route and draws the maps. This book is the one we'd have wanted in the glovebox on that first trip.

Ruth & Colin

UPDATES

Before you go, check here

parkupandwalk.com/cornwall/updates
Closures, changed dog rules and prices, and anything a reader has told us. Checked and dated.

Spotted something that's changed? Email hello@parkupandwalk.com with a link to where it's stated, and we'll check it and put it on the updates page.

FREE SAMPLE · base 1 · full book coming to Amazon