

Cornwall Rocks – Chocoholic Delights – UK's shortest coast to coast

Friday 30th to Monday 2nd April 2012



Do join us on our long weekend walking break which takes us far south-west to Cornwall where we will enjoy a selection of some of the finest walks Cornwall can offer. Our accommodation this weekend is the excellent and very comfortable Tregawne Holiday Cottages with double and twin bedrooms in self-contained cottages.

Tregawne Cottages form an attractive cluster of five sympathetically converted stone cottages from former farm barns which were originally built in the mid-eighteenth century.

Located near the picturesque hamlet of Withiel in a beautiful corner of Cornwall designated as an area of outstanding natural beauty.

Importantly, they are also ideally located to enable us to explore the coastlines of the Cornish peninsula with the extended Camel Trail and Saints Way both only a few miles away.

During the weekend we will offer you an opportunity to explore the Cornish coastlines and inland paths and have planned walks that take you on the Camel trail and to some spectacular countryside/coastline around Gollant and Fowey. You can also if you wish opt for a 28 mile challenge walk and complete the Saints Way - the UK's shortest coast-to-coast walk from Padstow to Fowey which links two important harbour towns.

Clove Cottage will be used as our main dining area and a lounge of one of the other cottages will serve as our main social base. We have planned an excellent dinner for Saturday evening and on Sunday we will enjoy an informal Raclette supper with a chocolate and dessert wine presentation as part of the evening's entertainment. This is kindly presented by Jeremy Sackett and to complement our Cornish walks of exploration you will now have an opportunity to discover the secrets of premium "real" chocolate: how its grown & processed, cacao varieties and single estate growers, and (the tough bit) how to properly taste it to maximise the enjoyment.

This is a tasting experience that will leave your senses reeling as you begin to understand how your tongue learns to taste and appreciate these chocolate moments of flavour. We are talking here about discovering your chocolate bliss points – those moments of full-on flooding of our senses as those feel-good compounds are released leaving you with a comforting sense of happiness. This is science and ecstasy at its very best. I have even

been told, "Chocolate beats kissing hands down when it comes to providing a long-lasting body and brain buzz". As well as a chocolate tasting, the seemingly difficult task of matching wines to go with chocolate will be attempted.

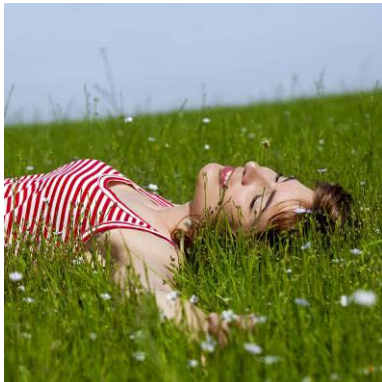
Great food, nibbles of chocolate, sips of dessert wines and walks all weekend long – I am never going to get you all back to work or home. This is going to be a magic weekend and one of discovery too what with all these endorphins and serotonins floating around. In fact I have a feeling I am sure to spot a few of you with symptoms of the Walkers Chocolate Bliss Point –

"Involuntary emitting of contented moans

Falling back into chairs, utterly relaxed

Far-away, glazed look in the eyes

Feelings of happiness, well being and even euphoria!"



With only twenty places available do book your place soon – on what I am confident will be a blissful weekend for all. The cottages are also doggy friendly.

The cost is £165 which includes free travel by minibus, three night's accommodation in double or twin rooms, 3 x continental breakfasts & 2 x packed lunches, a three course Saturday dinner and a Raclette supper and chocolate/dessert wine tasting on Sunday night plus guided or independent

walks.

To make the weekend as affordable as possible, the service offered is based on the Walkfree Breakfree Club Experience service style. Participants assist with chores such as washing up, setting tables and assisting the chef. However I can assure you the chores are well organised, shared between us and become part of the fun! Participation is on the basis of a responsible adult as defined in the British Mountaineering Council (BMC) statement with each person responsible for their own safety and that of others. Further information if required is available on the Walkfree Breakfree website. www.walkfreebreakfree.co.uk

This service style also allows us to bring our own wine and beer making this weekend really sociable and great value for money. **Do read on and join us if you can.**

Booking Information

Spring and there is no better time to enjoy a short break to Cornwall where we will be staying in the exclusive Tregawne Cottages which for us are ideally positioned to allow us to explore Cornwall's extensive footpath network.



We will have the entire cottage complex to ourselves and will nominate Clove Cottage as our dining area and one of the other social spaces will be nominated as our informal social space and bar!

Full details of the cottages are available on this link <http://www.tregawne.com>

Please do view prior to booking.

Cornwall is an excellent walking county and although getting to Cornwall does involve a lengthy journey it has much to offer and we intend to ensure you get your fair share. As mentioned above you will have an opportunity to enjoy either guided walks or an independent challenge walk where you have an opportunity to complete the UK's shortest coast-to-coast from Padstow to Fowey.



The Saints Way, in Cornish “Forth an Syns” crosses the county with Tregawne being conveniently at mid-point. It has been suggested that sailors preferred to walk across the Cornish peninsula here rather than stay aboard ship and face the hazards around Land End and Cornwall's infamous ship wreckers. While there is no evidence that this really was a route used by traders and holy travellers we will see plenty of Cornish crosses and standing stones along its way.

Our alternative walk on Saturday will take us onto a section of the Camel trail which is arguably the most successful recreational multi use trail in the UK. It provides access to the beautiful Cornish countryside and the spectacular Camel Estuary, immortalised in “Betjeman's Cornwall”. From the estuary the route winds its way inland to the foot of Bodmin Moor where it comes to an end near Blisland, an extraordinarily pretty moorland village.



On Sunday you will have an opportunity to complete the Saints Way or enjoy a walk that will take us to the lovely Gollant and the Fowey estuary to enjoy spectacular walking and a few moments of delightful relaxation when we can. It is a short break after all.

Perhaps during the weekend we might possibly have time to visit Rock – which has been referred to as “Britain's Saint-Tropez” and the “Kensington of Cornwall” due to its popularity with the very affluent and upper-class holiday-makers – what better place for us but leave your credit cards at home as it does have some fancy boutiques and restaurants.

On Monday we will do a little sight-seeing prior to heading homewards..



It's planned and we are raring to go, do join us if you can on this short break that offers unbeatable value. With excellent accommodation, great food and company all

weekend long plus our chocoholic delight on Sunday evening this has the makings of one of our most memorable and amazing weekends of 2012. Don't miss it – with places limited book your place now!

Walks are around **15 – 18 km** or longer should you chose and should pose no problem for those who walk in the Chilterns.

Proposed Itinerary

Friday 30th March:	2:00pm	Depart High Wycombe (a latter departure might be possible – please indicate if interested on booking form)
	7:30/8:00	Unload & check into accommodation
	8:00/8:30 pm	Pub meal in local pub (not included in costs)
Saturday 31st March:	8:00am	Continental Breakfast
	9:30am	Depart for walks
	4/5:00pm	Return to Tregawne Cottages (Tea & Cakes)
	8:00pm	Dinner
Sunday 1st April:	8:00am	Continental Breakfast
	9:30am	Depart for walks
	4/5:00pm	Return to Tregawne Cottages (Tea & Cakes)
	7:30pm	Raclette Supper & Chocolate/Dessert Wine Presentation
Monday 2nd April:	8:00am	Continental Breakfast
	9:30am	Check out and sight-seeing
	12:30 noon	Depart Cornwall for High Wycombe
	6:00pm	Approximate arrival home

Price: £165 per person (double/twin rooms).

Price includes:

- Free travel by minibus
- Accommodation in well appointed and comfortable self contained cottages
- Continental breakfasts & packed lunches on Saturday and Sunday
- Three course dinner on Saturday night
- Raclette supper and chocolate/dessert wine presentation
- Guided Walks or independent walks

Price does not include:

- Bar meal on Friday night
- Drinks with meals but please do bring your own as usual
- Personal insurance

MENUS:

Breakfast

Porridge, muesli and a selection of cereals
Orange/Apple Juice & Boiled eggs
Toast with jam/marmalade/butter
Tea/Coffee

Packed Lunch (Saturday & Sunday)

Sandwich
Cake or Chocolate Biscuit
Bag of crisps
Piece of fruit
Tea & coffee available for your flasks

Friday 30th March Pub Meal (not included in costs)

Saturday 31th March

Dinner Menu

Peas, Basil & Mint Soup

Herb Roasted Loin of Pork served with Apple Sauerkraut & Potato Pearls

Or

Tomato Confit, Caramelised Shallot & Goats Cheese Tart Tatin & Rocket Salad

Served with

Seasonal vegetables

Orange Blossom Panna Cotta with pain Perdu & Blood Orange Syrup

Coffee & Mints

Sunday 1st April

Raclette Supper with ham, potatoes and salads followed by coffee and a Cornish cheese board. During our supper we will enjoy a chocolate and dessert wine presentation hosted by Jeremy Sackett. Be prepared – to be surprised as the flavours, irresistible aromas and burst of flavours take over – it's no wonder that chocolate is loved by all!

Information Links:

Padstow <http://www.padstowlive.com/>

Fowey <http://www.fowey.co.uk/>

Rock <http://www.cornwalls.co.uk/Rock/>

Camel Trail <http://www.destination-cornwall.co.uk/camel-trail.html>

Saints Way <http://www.oliverscornwall.co.uk/saintsway.html>



Outdoor activities for all

Club Experience: Booking Information & Form – to be completed by all participants

Please return to: Iain Thomson

Walkfree Breakfree Ltd, 34 Sunnybank, Widmer End, High Wycombe, Bucks, HP15 6PA

or email to iain@walkfreebreakfree.co.uk

Dates :	Cornwall Rocks – Chocoholic Delights – UK’s shortest coast to coast
Event/trip Reference	Ref: WBFBCorn2012
Name of person booking (group leader)	Friday 30th to Monday 2nd April 2012
E Mail address	
(group leader)	
Address	
Home Tel No	
Mobile No	
Emergency contact information to be used in the event of an emergency arising during the trip:	
Name	
contact number	

Names of others in group (if booking more than one person)

<i>Name</i>	<i>Mobile Number</i>	<i>Emergency contact number</i>

Travel details: Minibus departs at 2pm on Friday 30th March from High Wycombe (other pick up points by arrangement) A latter departure might be possible – please indicate if interested YES/NO

<i>Independent travel</i>	<ul style="list-style-type: none"> • My travel arrangements are detailed opposite. 	(day/date)	At (time)
		(day/date)	At (time)

<p>Walks: Without any obligation as you can decide during the weekend. It would be helpful to know for planning purposes whether you wished to complete the full Saints Way Coast to Coast Walk.</p>		<p>Yes/No</p> <p>(Please delete)</p>	
<p>Trip/event costs £165 per person</p> <p>Inclusive Package in Tregawne</p> <p>Double/Twin rooms Number Booked</p> <p>Please note Travel Insurance is not included</p>		<p>@ £ 165 per person</p>	£
<p>I wish to book additional extras:</p> <p>Bar Meal Friday Evening</p>		.	£
<p><i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i></p>			NO CHARGE
<p><i>Total Payable</i></p> <p>DEPOSIT Required £50 per person with Booking Form</p> <p>Balance payable 1st March 2012</p>		TOTAL	£
<p>CREDIT / Debit CARD PAYMENT- via the secure site below.</p> <p>Please use as transaction reference. WFBFCORN plus- your initials.</p> <p>http://www.walkfreebreakfree.co.uk/payments</p> <p>Internet banking email iain@walkfreebreakfree.co.uk for account transfer details</p> <p>Or via Cheque made payable to Walkfree Breakfree Ltd</p>		:	

<ul style="list-style-type: none"> Vegetarian Food required: Please indicate number of people requiring vegetarian food in group: 	Yes No
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Other Dietary Issues you may wish to bring to our attention:

- Health & Fitness**
- Note this is a trekking holiday and we will at times be walking in remote terrain on a variety of footpaths with gradients. You therefore need to be walking fit but our walks will be suitable for those who walk regularly in the Chilterns – please consider fully prior to booking
Bookings are accepted on the understanding that all persons participating are normally in good health and physically equally to the minimum demands of the chosen trip. If this is in doubt the Booking Form must be accompanied by a doctor’s certificate stating that it is entirely safe for you to go on the particular trip you have chosen. To assess your level of fitness in relation to the various walks we undertake, completing the quiz available on our website <http://www.walkfreebreakfree.co.uk/fitness-quiz> may be helpful and a useful reference point for your personal use.

Remember we are undertaking physical activity which at times may be in remote locations where assistance may not be readily available or in certain circumstances medical conditions may pose additional risk to activities being undertaken.

If you or a member of your party have medical conditions you wish to be brought to the attention of voluntary leaders please indicate here and include relevant details in confidence with the booking form.

Please sign booking form below confirming you agree to accept and on behalf of all members of your party accept to comply with conditions of membership and fully understand the meaning of “a participating adult” – (further information below) and understand that you participate on walks and activities at your own risk and Walkfree Breakfree Ltd accept no responsibility or liability. You accept our terms and conditions published on our website and below. Http on behalf of all members of the group (a published copy can be made available on request).

Signature of person booking. I fully understand and accept membership on the above conditions:

MEMBERSHIP is on the understanding you and everyone in your party agrees participation is on the basis of “a participating adult” which is clearly defined in the British Mountaineering Council Participation Statement and on your acceptance of our terms and conditions. The BMC Participation Statement say that: *The BMC recognises that climbing and mountaineering (which in our context includes walks, hill walking and other outdoor activities) are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

To make your participation as simple and easy as possible you should fully understand your relationship with Walkfree Breakfree Ltd. During Club experience weekends and trips we are happy to offer information and opinions on walks and other activities and we will always endeavour to give accurate information and opinions, but we do not take any responsibility for them and if acted upon by you it is at your own risk. You understand our walking and activity leaders are not qualified mountain guides and you join them at your own risk and your own free will to participate in club experience activities with like minded people. During Club Experience trips you may be asked to drive (or accept a lift from) someone who is not in your booking party, to and from an excursion and you accept that Walkfree Breakfree Ltd will not accept any liability in the event of a road accident and that you enter into such an arrangement with another driver/passenger by mutual consent.