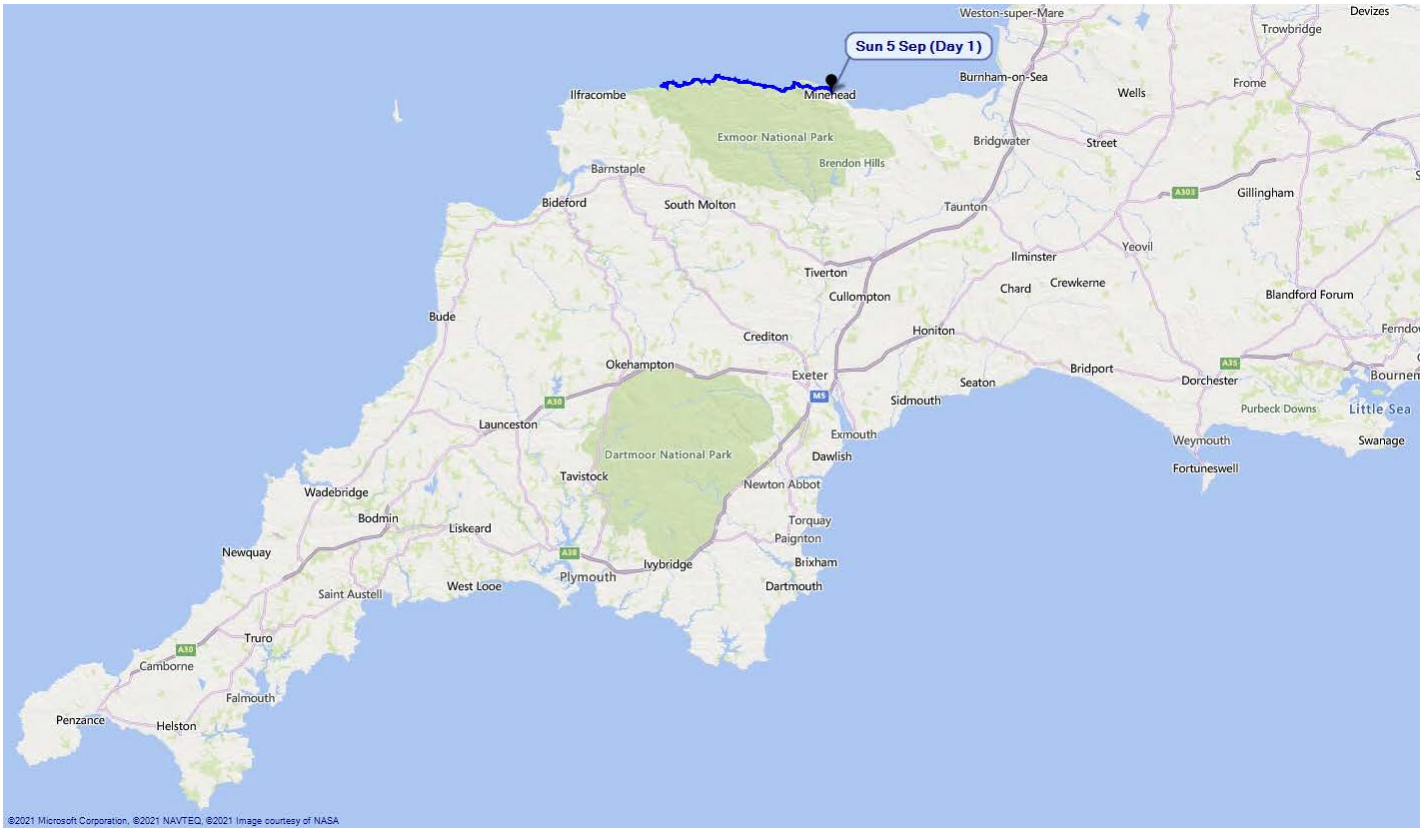


Starting at Minehead (Start) on Sun 5 Sep 07:00

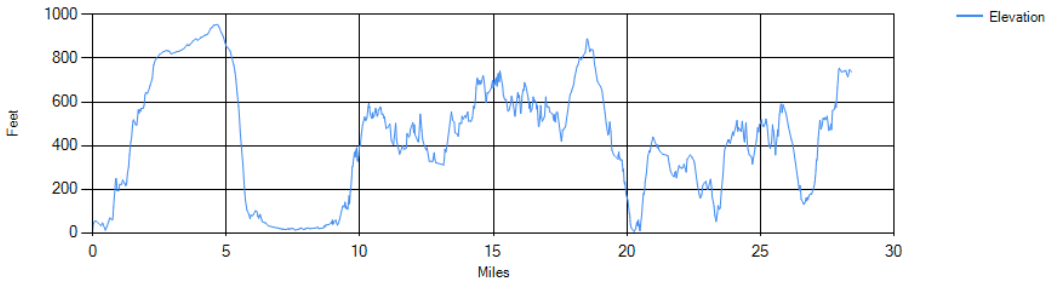
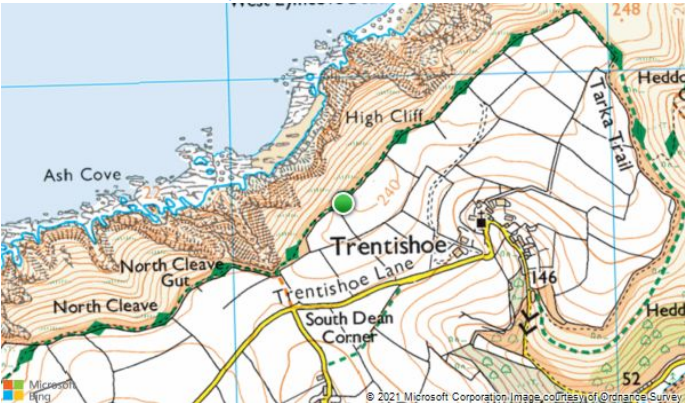
Day 1 (Sun 5 Sep), 07:00-18:31 - 28.42 miles



Start: 07:00 at [Map Link](#)

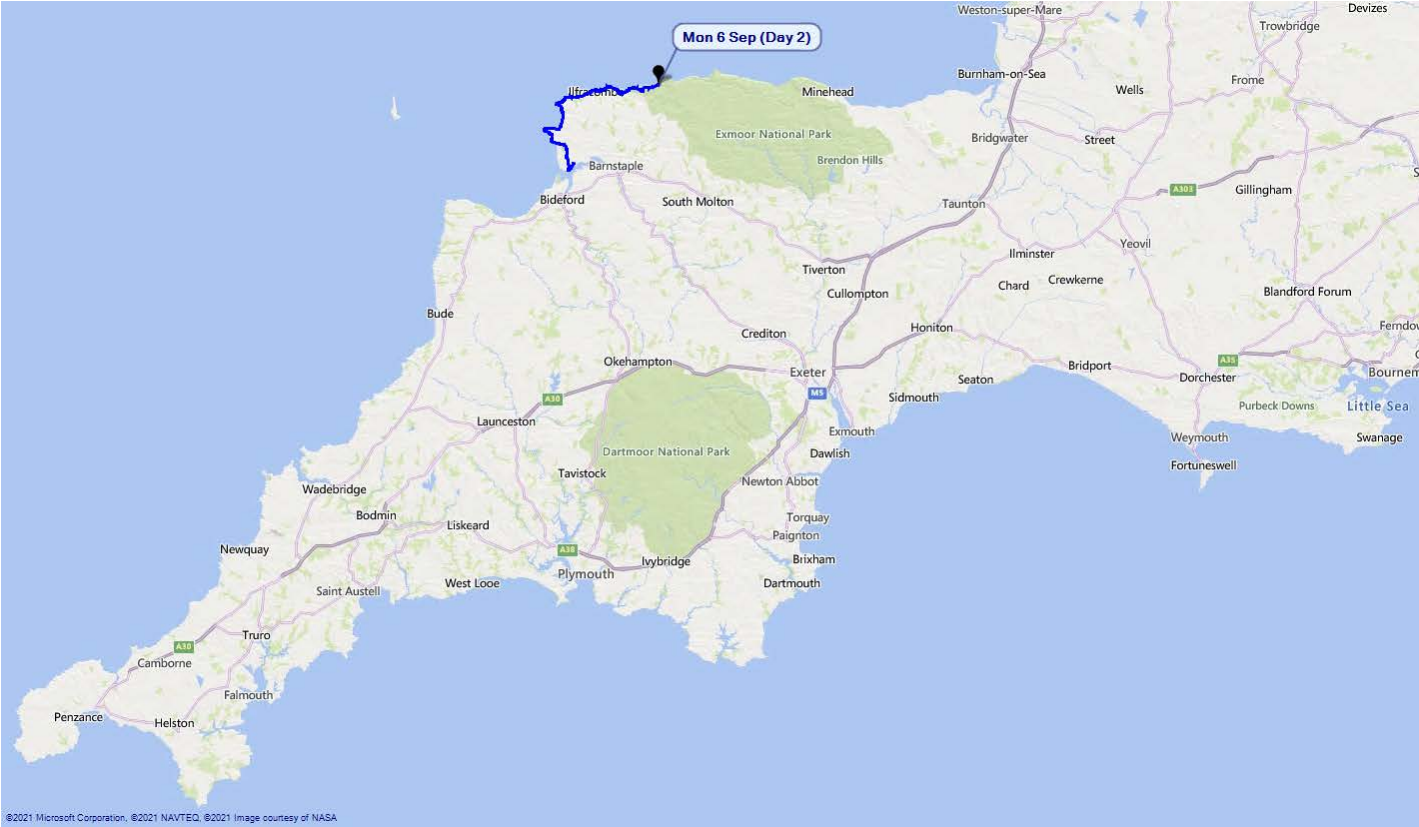


End Time: 18:31 at [Map Link](#)



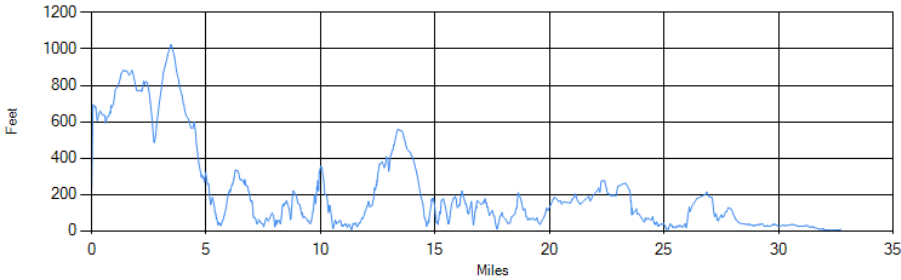
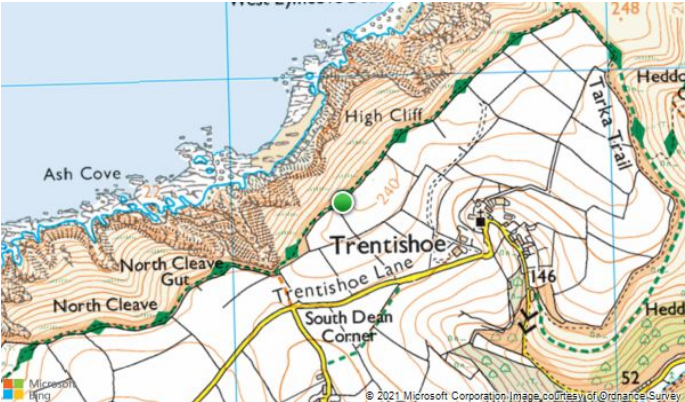
Total Distance	28.42 miles
Elevation	+7999ft / -7293ft
Average Pace	24:19/mile
Sunrise/Sunset	Rise at Start: 06:33 Set at End: 19:54
POIs	Porlock Wier:9.10 miles, +1312/-1286ft, Estimated TOD: 10:08 Lynton/Lynmouth:20.35 miles, +4984/-4984ft, Estimated TOD: 14:59

Day 2 (Mon 6 Sep), 07:00-18:30 - 32.73 miles



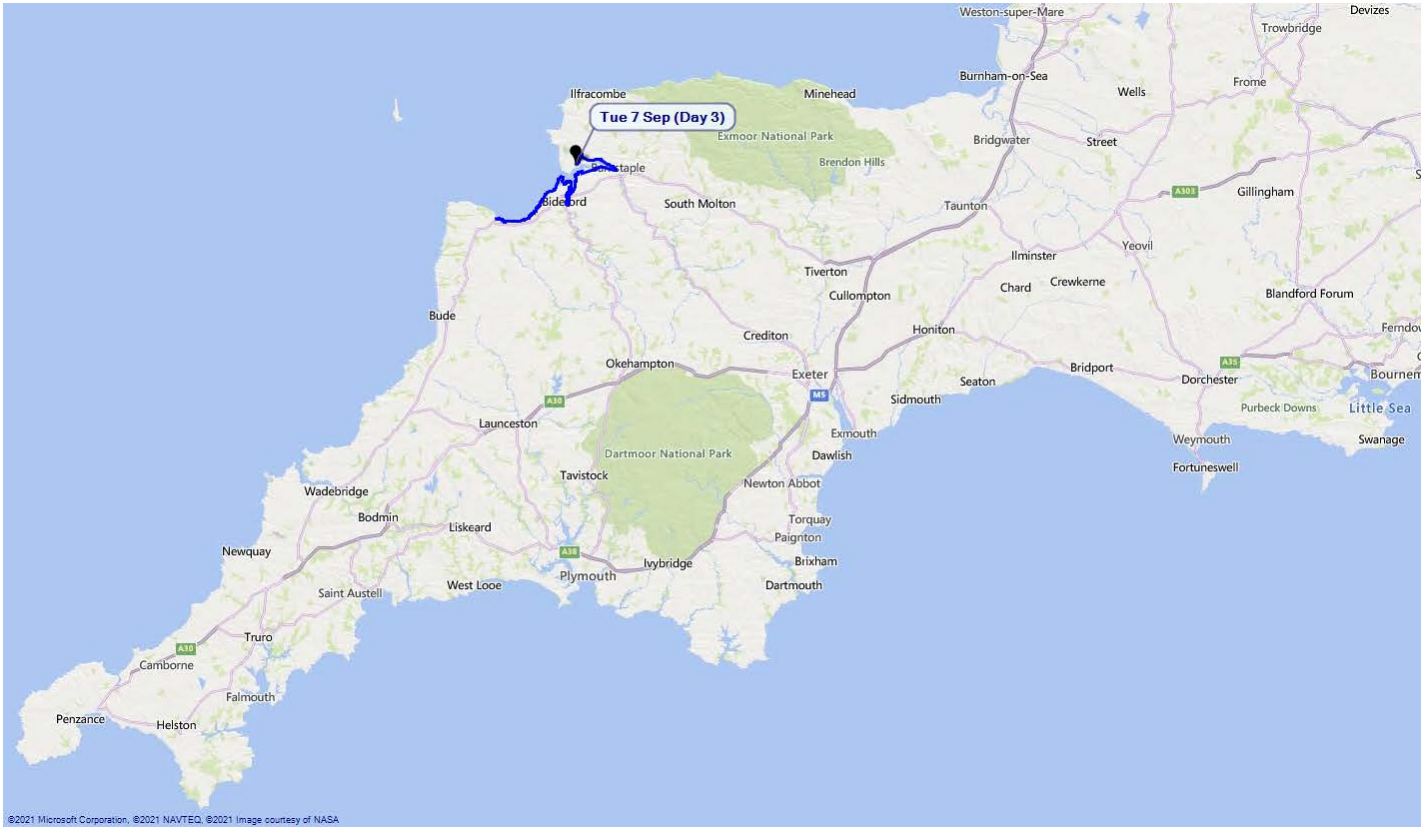
Start: 07:00 at [Map Link](#)

End Time: 18:30 at [Map Link](#)



Total Distance	32.73 miles
Elevation	+5600ft / -6329ft
Average Pace	21:06/mile
Sunrise/Sunset	Rise at Start: 06:37 Set at End: 19:53
POIs	Combe Martin:5.66 miles, +1188/-1890ft, Estimated TOD: 09:07 Ilfracombe:11.04 miles, +2569/-3274ft, Estimated TOD: 11:14 Woolacombe:19.49 miles, +4501/-5190ft, Estimated TOD: 14:20

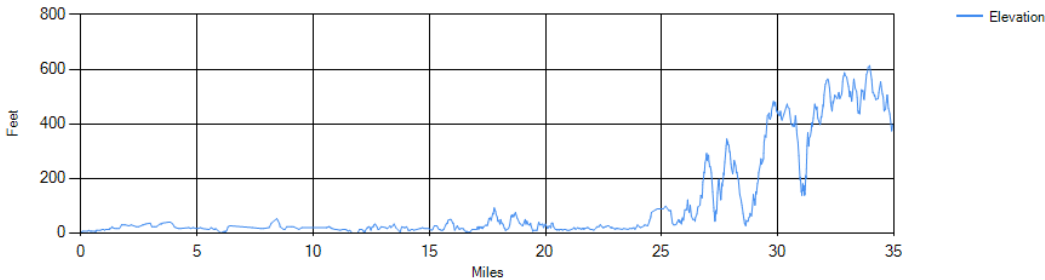
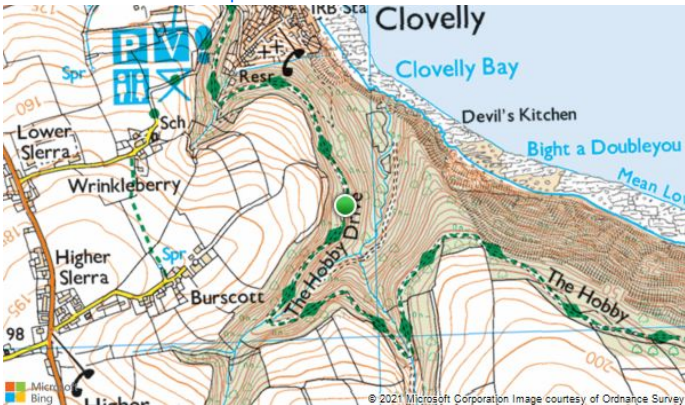
Day 3 (Tue 7 Sep), 07:00-18:30 - 34.94 miles



Start: 07:00 at [Map Link](#)

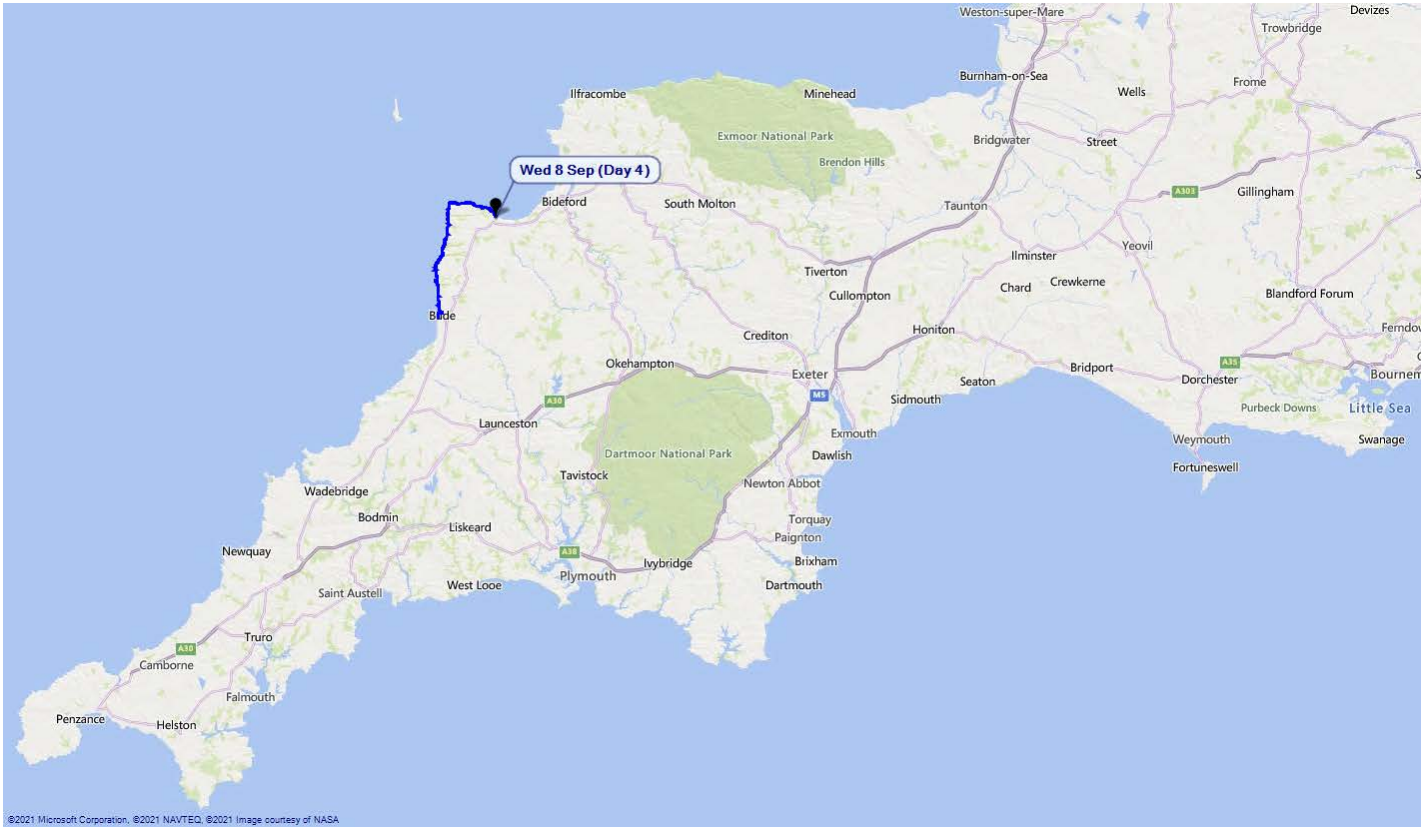


End Time: 18:30 at [Map Link](#)



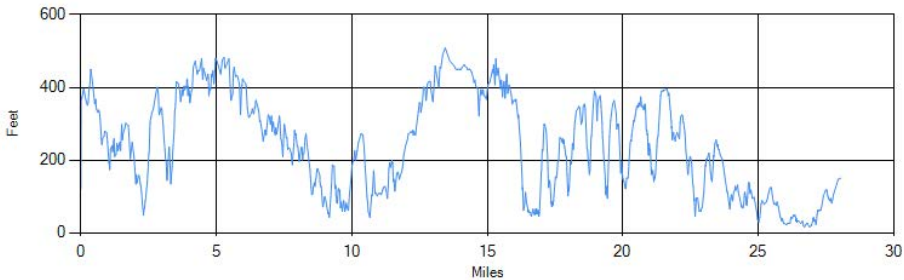
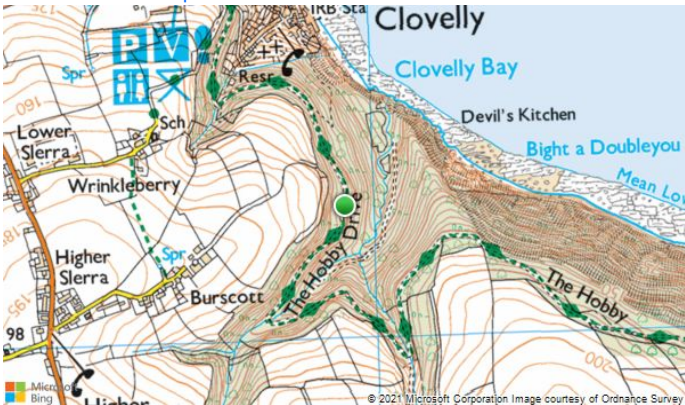
Total Distance	34.94 miles
Elevation	+3852ft / -3465ft
Average Pace	19:45/mile
Sunrise/Sunset	Rise at Start: 06:39 Set at End: 19:51
POIs	Westward Hol:24.03 miles, +820/-807ft, Estimated TOD: 14:12 Clovelly:34.94 miles, +3852/-3465ft, Estimated TOD: 18:30

Day 4 (Wed 8 Sep), 07:00-18:30 - 28.04 miles



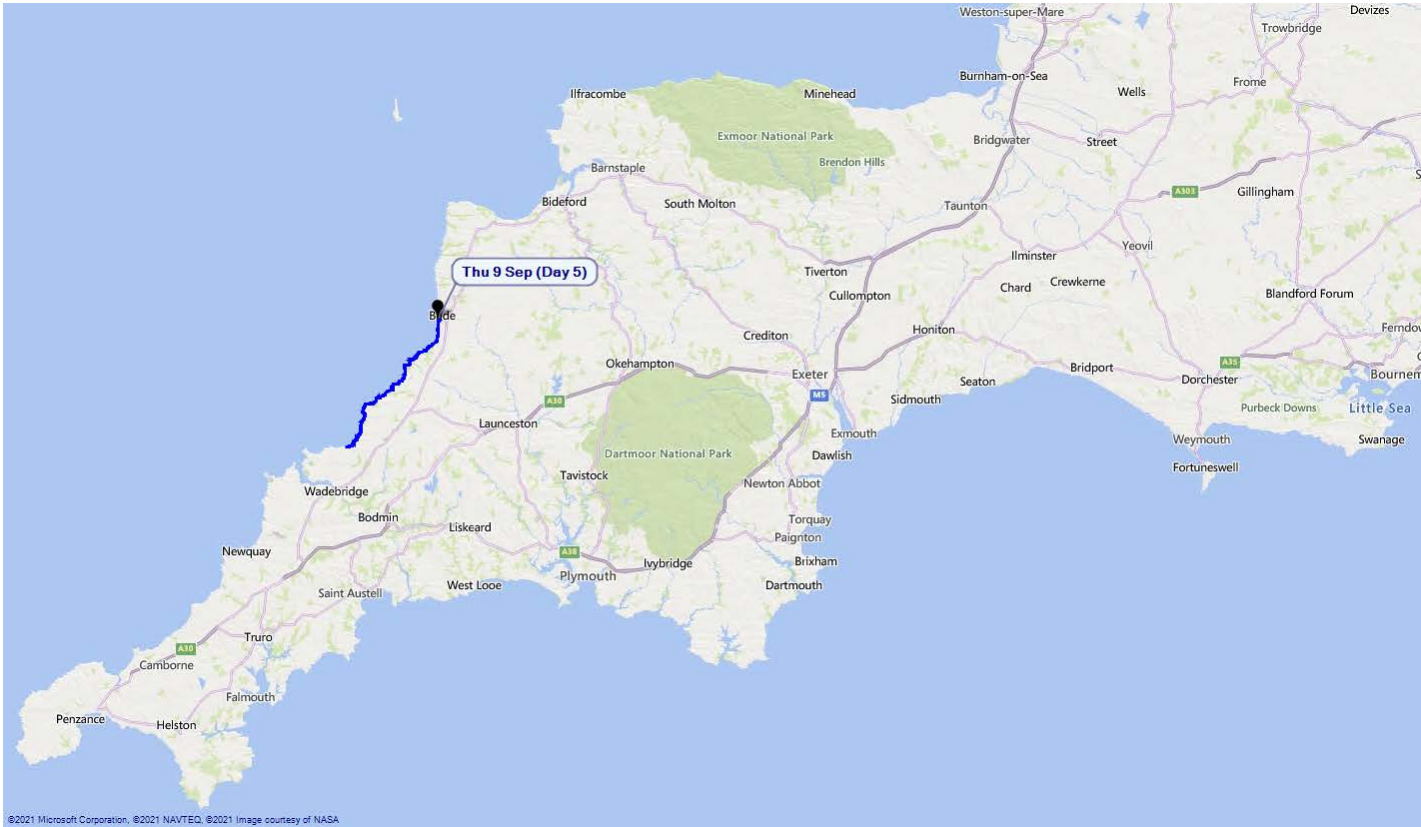
Start: 07:00 at [Map Link](#)

End Time: 18:30 at [Map Link](#)



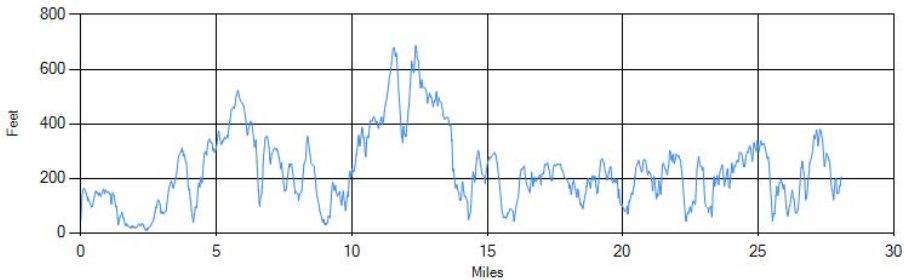
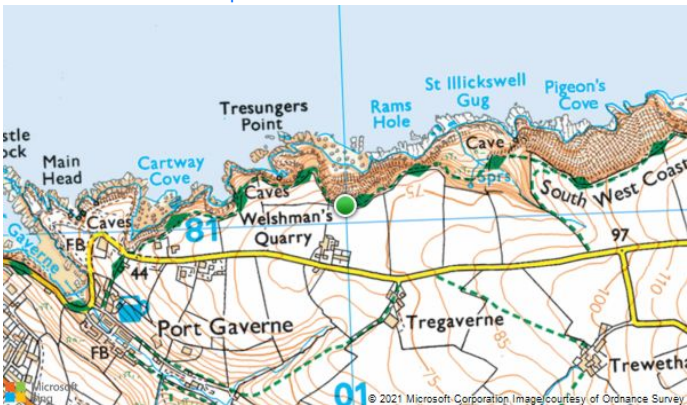
Total Distance	28.04 miles
Elevation	+7986ft / -8232ft
Average Pace	24:37/mile
Sunrise/Sunset	Rise at Start: 06:42 Set at End: 19:49
POIs	Clovelly:0.14 miles, +30/-43ft, Estimated TOD: 07:03 Hartland Point:7.91 miles, +2510/-2638ft, Estimated TOD: 10:23

Day 5 (Thu 9 Sep), 07:00-18:30 - 28.06 miles



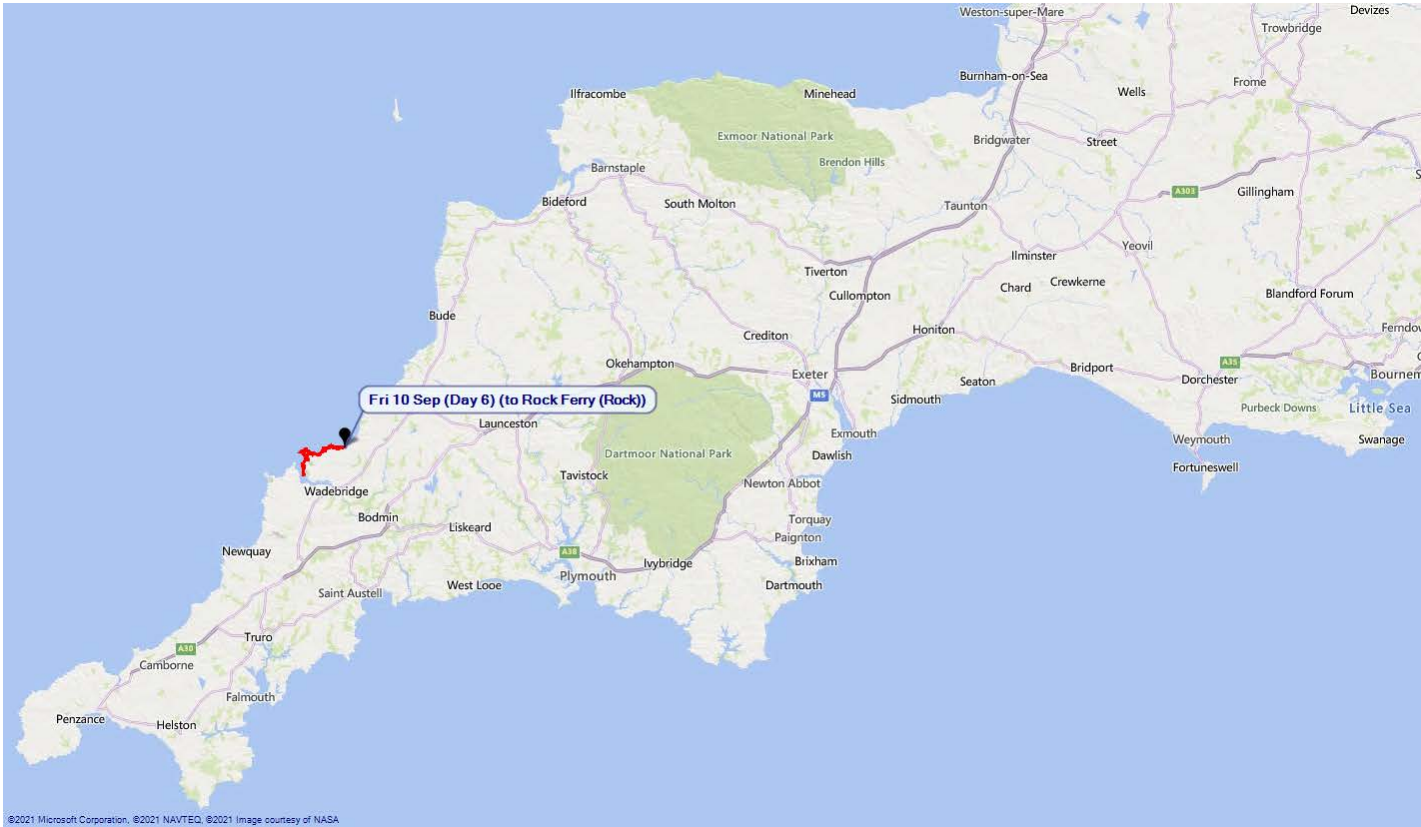
Start: 07:00 at [Map Link](#)

End Time: 18:30 at [Map Link](#)



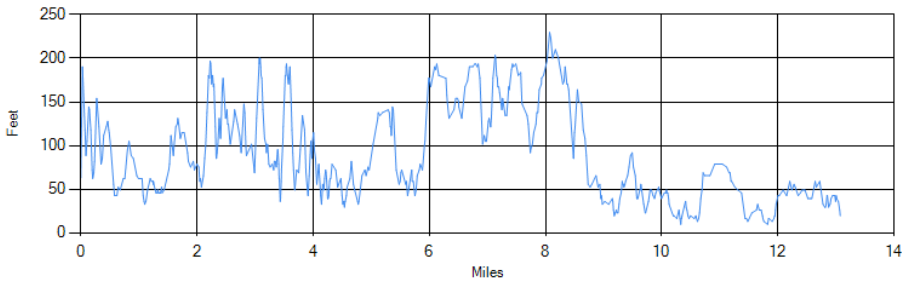
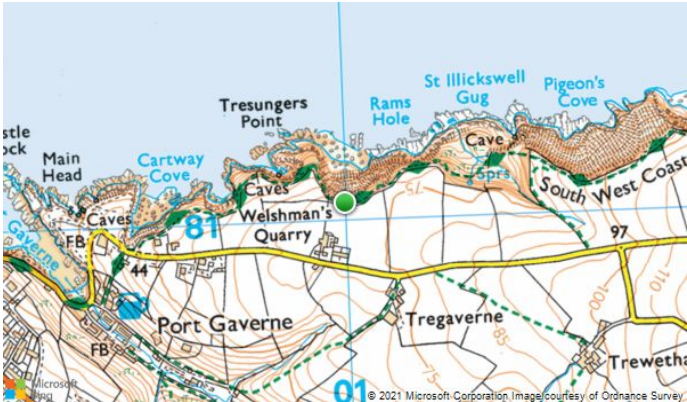
Total Distance	28.06 miles
Elevation	+8291ft / -8235ft
Average Pace	24:36/mile
Sunrise/Sunset	Rise at Start: 06:44 Set at End: 19:48
POIs	Boscastle:15.99 miles, +4498/-4600ft, Estimated TOD: 13:30 Tintagel:20.29 miles, +5607/-5623ft, Estimated TOD: 15:07

Day 6 (Fri 10 Sep), 07:00-11:54 - 13.07 miles



Start: 07:00 at [Map Link](#)

End Time: 11:54 at [Map Link](#)

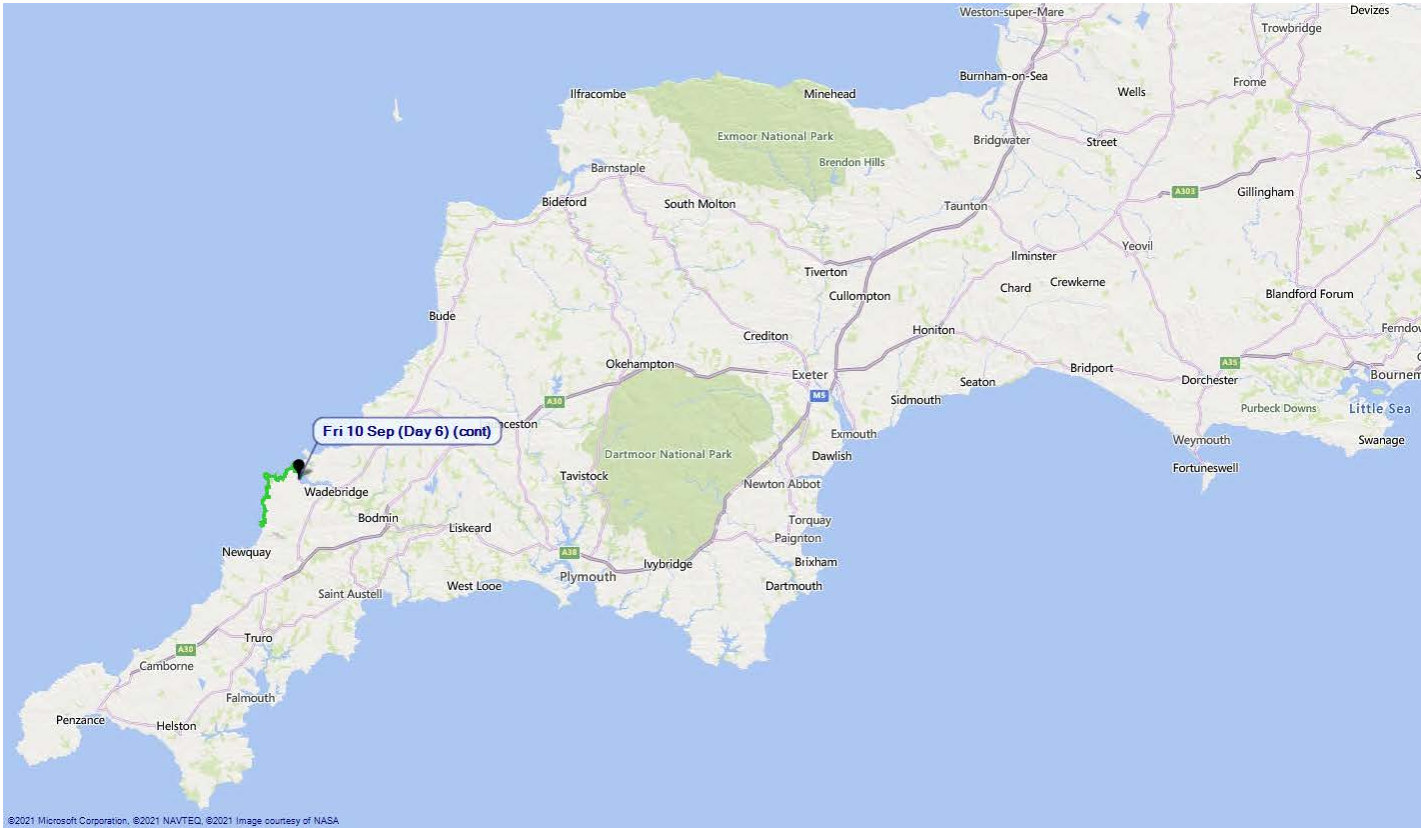


Total Distance	13.07 miles
Elevation	+2890ft / -3077ft
Average Pace	22:30/mile
Sunrise/Sunset	Rise at Start: 06:47 Set at End: 19:46
POIs	

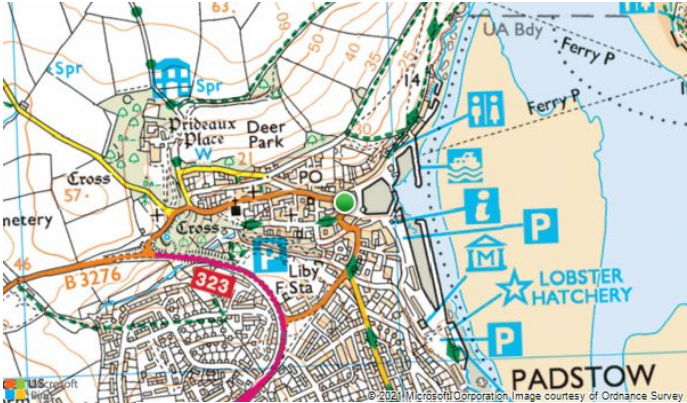
https://www.padstow-harbour.co.uk/phc_ferry.html
6 Sep - Mid Sep: 0800 - 1845. Mid Sep onwards, 0800-1745.
No service between 1320 an 1400
Adult Single £3

Starting at Rock Ferry (Padstow) on Fri 10 Sep 13:00

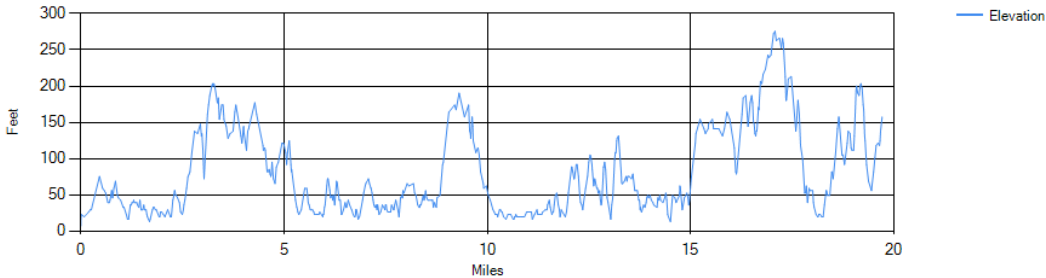
Day 6 (Fri 10 Sep), 13:00-19:30 - 19.71 miles



Start: 13:00 at [Map Link](#)

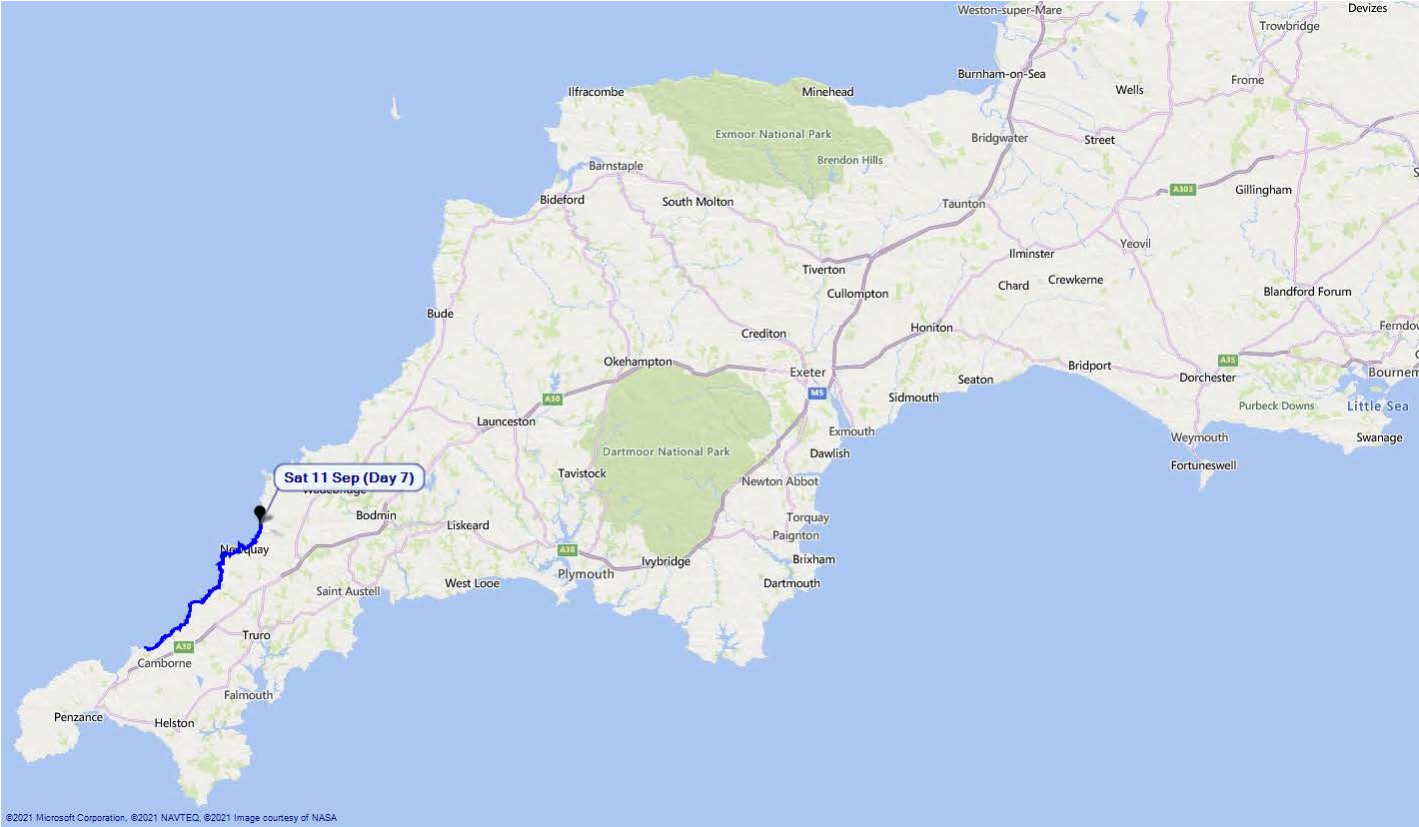


End Time: 19:30 at [Map Link](#)



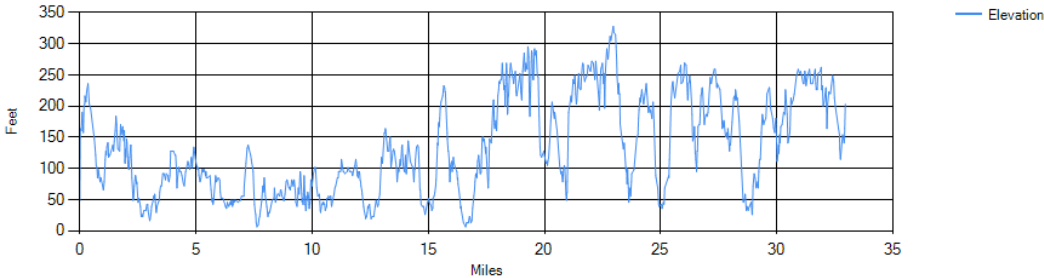
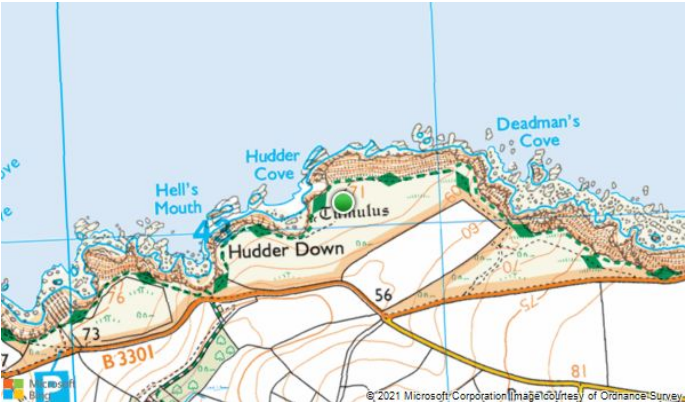
Total Distance	19.71 miles
Elevation	+2982ft / -2848ft
Average Pace	19:49/mile
Sunrise/Sunset	Rise at Start: 06:47 Set at End: 19:47
POIs	

Day 7 (Sat 11 Sep), 07:00-18:30 - 32.94 miles



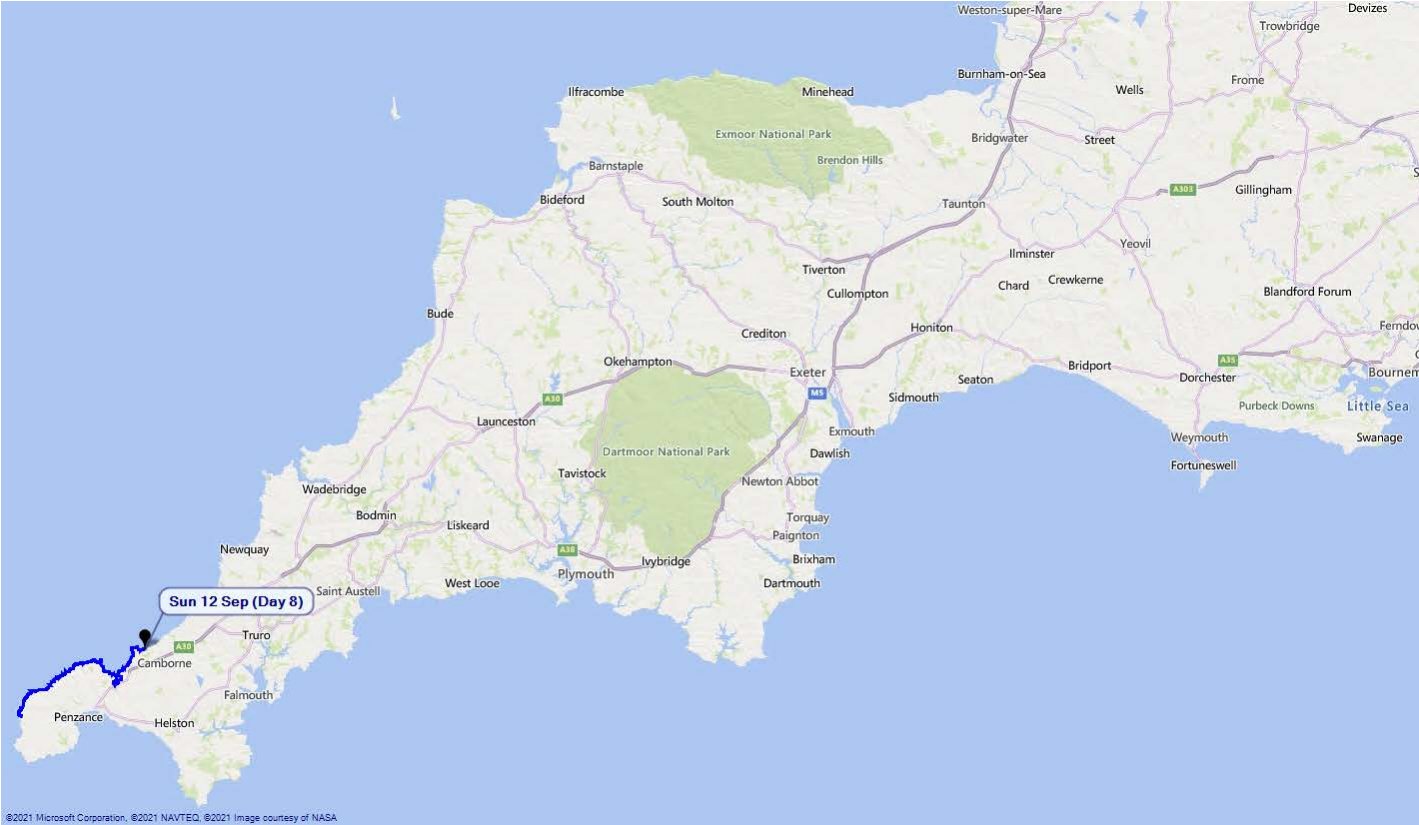
Start: 07:00 at [Map Link](#)

End Time: 18:30 at [Map Link](#)



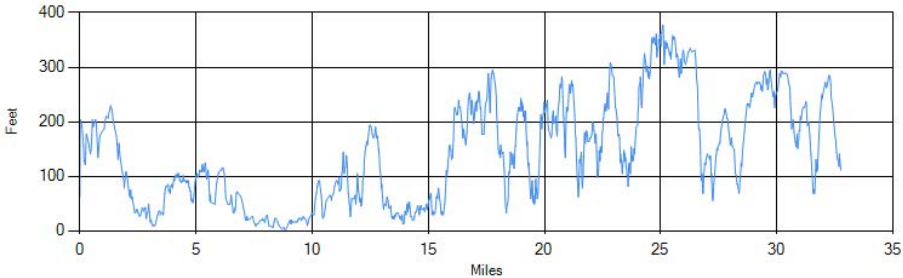
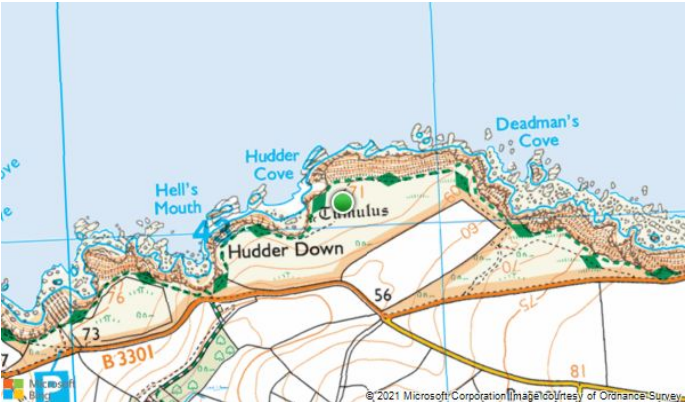
Total Distance	32.94 miles
Elevation	+6198ft / -6152ft
Average Pace	20:57/mile
Sunrise/Sunset	Rise at Start: 06:49 Set at End: 19:45
POIs	Newquay (ferry split):7.06 miles, +981/-1083ft, Estimated TOD: 09:19 Porthtown:24.91 miles, +4524/-4639ft, Estimated TOD: 15:38 Portreath:29.06 miles, +5377/-5449ft, Estimated TOD: 17:07

Day 8 (Sun 12 Sep), 07:00-18:30 - 32.75 miles



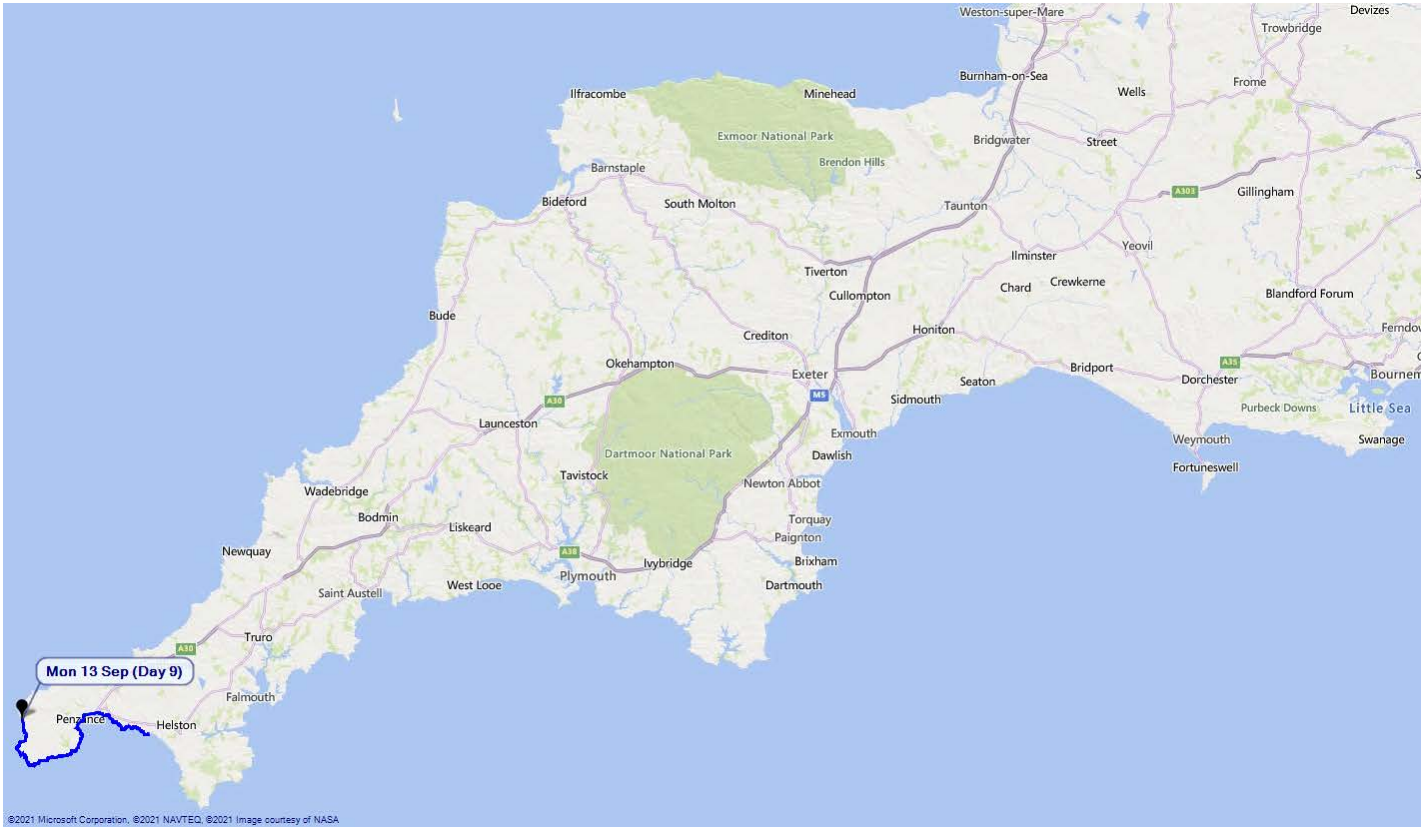
Start: 07:00 at [Map Link](#)

End Time: 18:30 at [Map Link](#)



Total Distance	32.75 miles
Elevation	+6043ft / -6135ft
Average Pace	21:05/mile
Sunrise/Sunset	Rise at Start: 06:52 Set at End: 19:44
POIs	St Ives:13.26 miles, +1486/-1634ft, Estimated TOD: 11:15 Zennor Head:20.44 miles, +3182/-3186ft, Estimated TOD: 13:54 Pendeen:27.50 miles, +5118/-5164ft, Estimated TOD: 16:43 Cape Cornwall:31.57 miles, +5738/-5873ft, Estimated TOD: 18:04

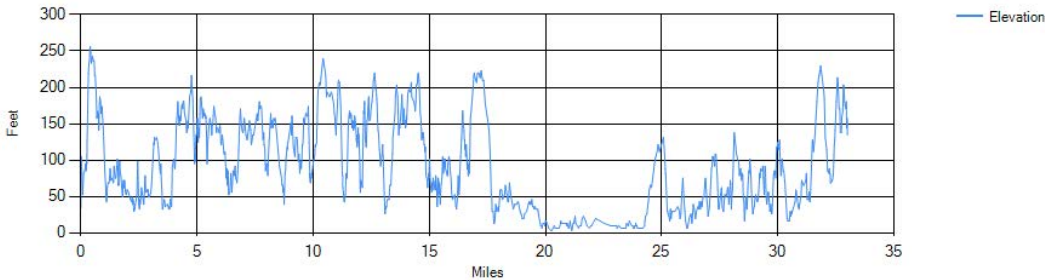
Day 9 (Mon 13 Sep), 07:00-18:30 - 32.99 miles



Start: 07:00 at [Map Link](#)

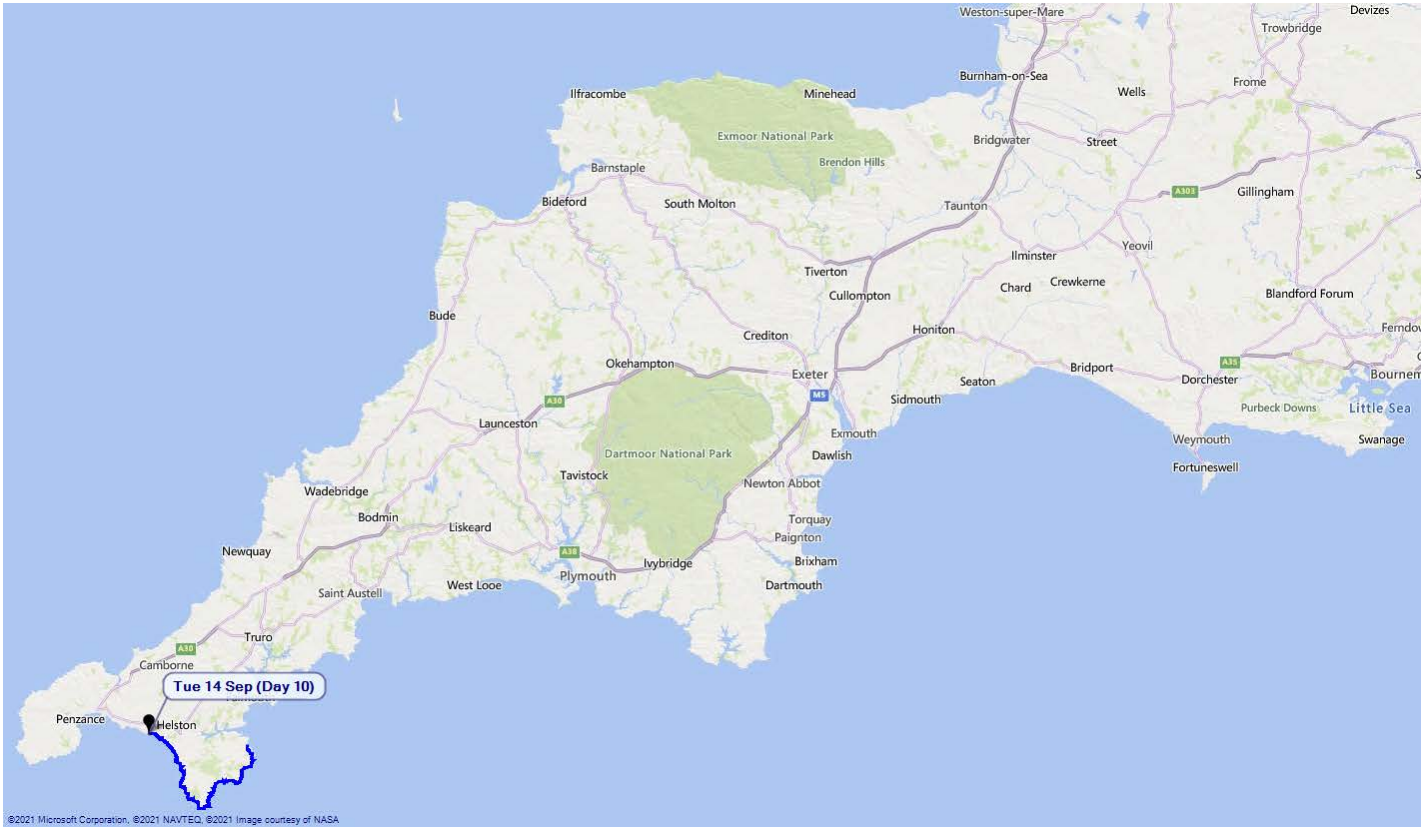


End Time: 18:30 at [Map Link](#)



Total Distance	32.99 miles
Elevation	+5896ft / -5873ft
Average Pace	20:55/mile
Sunrise/Sunset	Rise at Start: 06:55 Set at End: 19:41
POIs	Lands End:5.06 miles, +1161/-1145ft, Estimated TOD: 08:52 Minack:9.84 miles, +2139/-2146ft, Estimated TOD: 10:33 Lamorna:15.34 miles, +3432/-3507ft, Estimated TOD: 12:38 Mousehole:17.90 miles, +4012/-4094ft, Estimated TOD: 13:34 Penzance:22.17 miles, +4232/-4324ft, Estimated TOD: 14:51

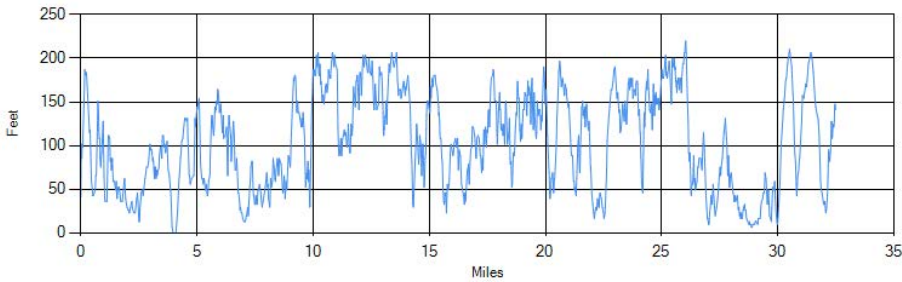
Day 10 (Tue 14 Sep), 07:00-18:30 - 32.48 miles



Start: 07:00 at [Map Link](#)

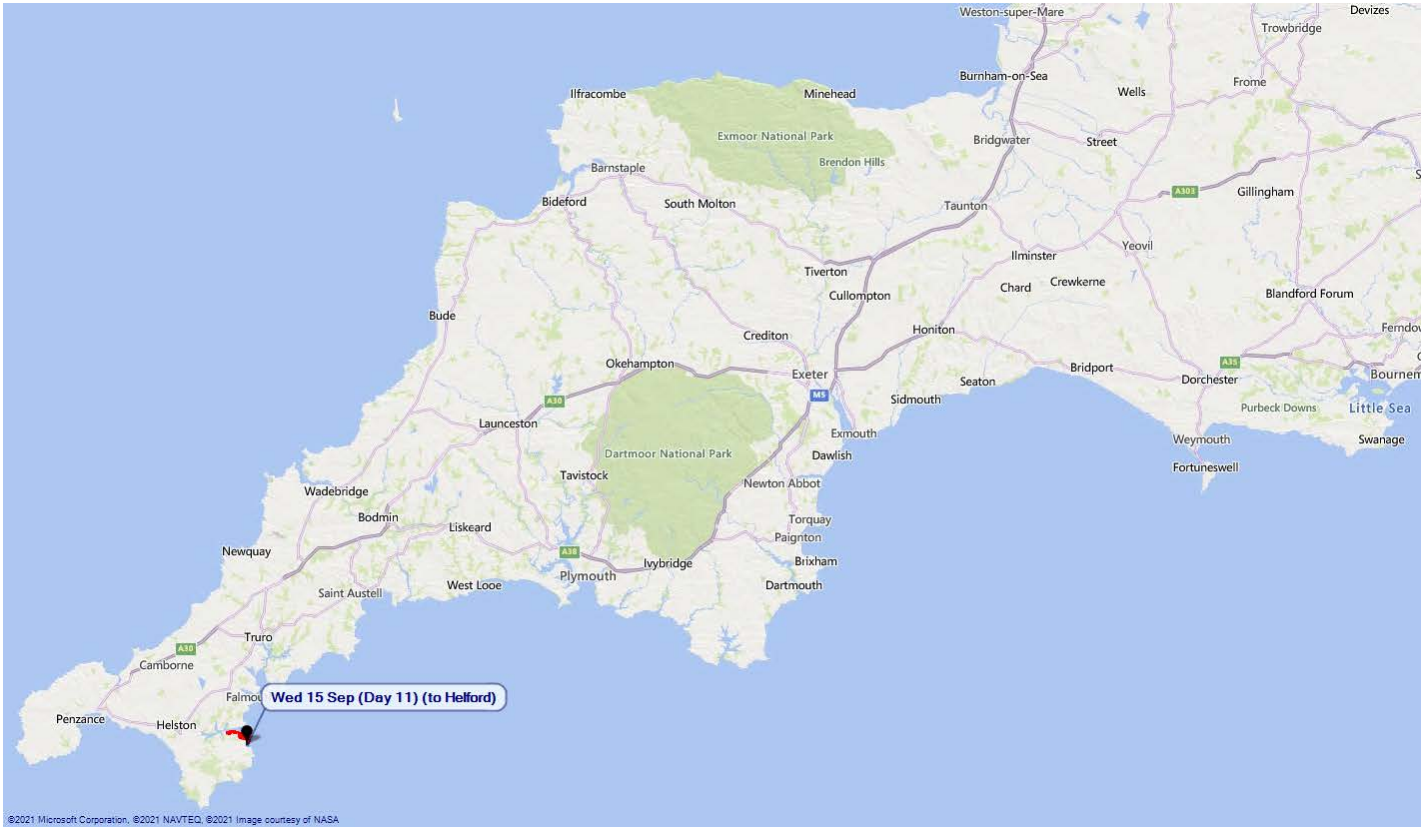


End Time: 18:30 at [Map Link](#)



Total Distance	32.48 miles
Elevation	+6634ft / -6627ft
Average Pace	21:14/mile
Sunrise/Sunset	Rise at Start: 06:56 Set at End: 19:38
POIs	Lizard:16.85 miles, +3346/-3360ft, Estimated TOD: 12:55 Coverack:27.30 miles, +5758/-5873ft, Estimated TOD: 16:46

Day 11 (Wed 15 Sep), 07:00-09:09 - 6.43 miles

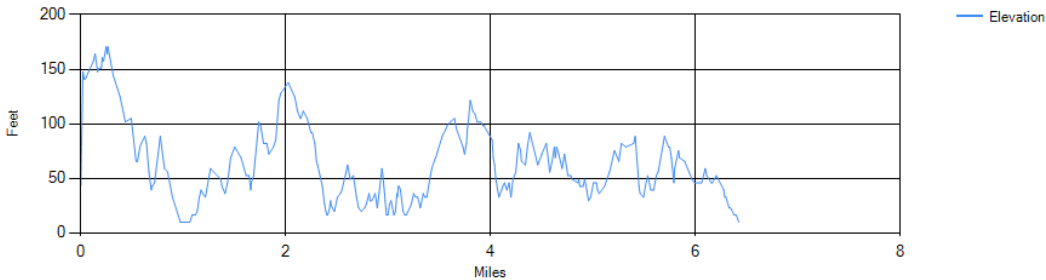


©2021 Microsoft Corporation, ©2021 NAVTEQ, ©2021 Image courtesy of NASA

Start: 07:00 at [Map Link](#)



End Time: 09:09 at [Map Link](#)



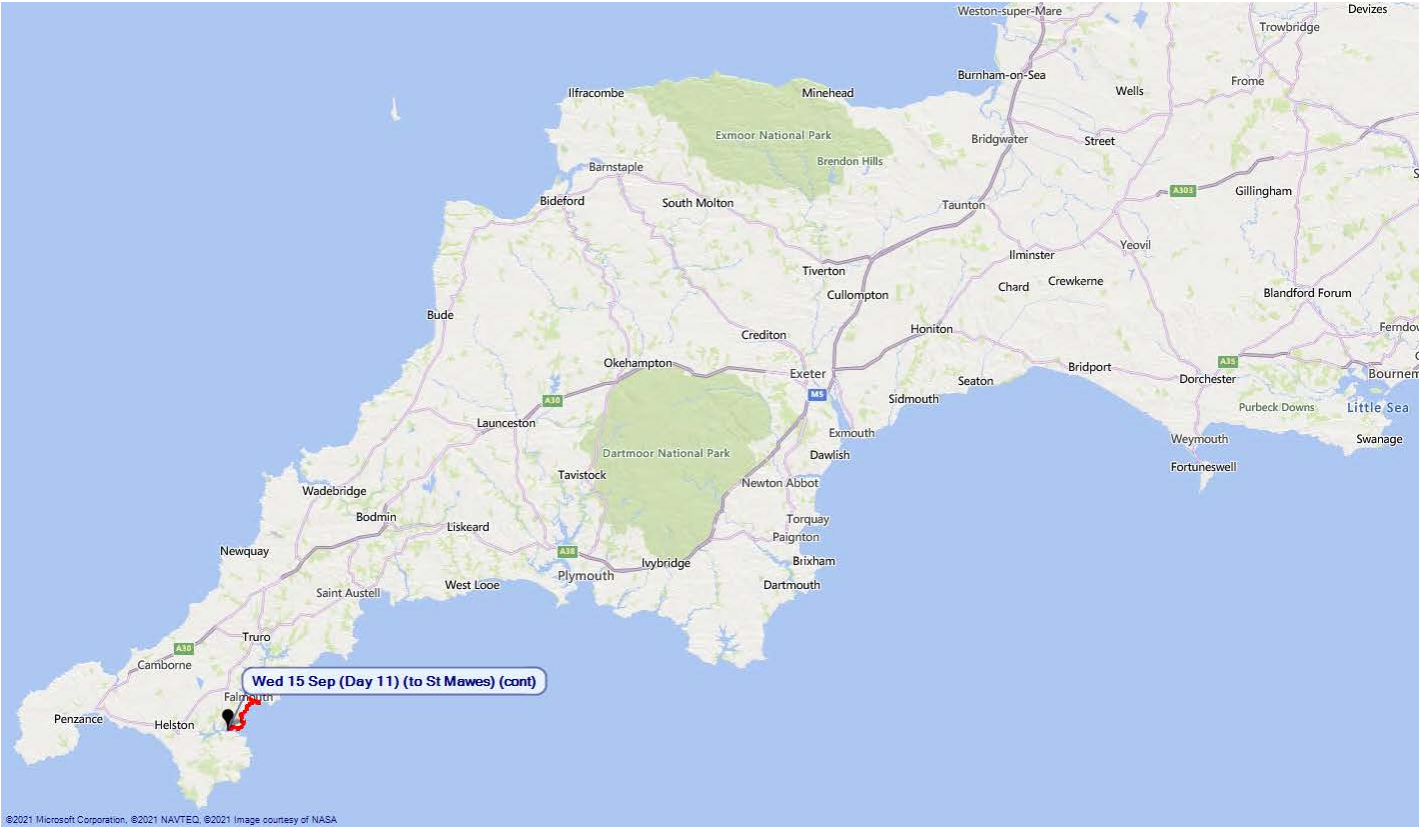
Total Distance	6.43 miles
Elevation	+1060ft / -1191ft
Average Pace	20:05/mile
Sunrise/Sunset	Rise at Start: 06:56 Set at End: 19:36
POIs	

Helford: <http://helford-river-boats.co.uk/ferry/>

The ferry operates from 1st April to 31st October. The ferry will run on demand between 09:30 and 17:00.

Starting at Helford Passage on Wed 15 Sep 10:00

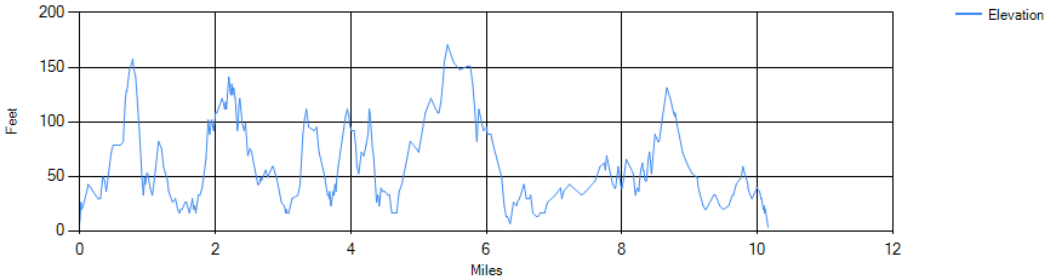
Day 11 (Wed 15 Sep), 10:00-13:18 - 10.15 miles



Start: 10:00 at [Map Link](#)



End Time: 13:18 at [Map Link](#)

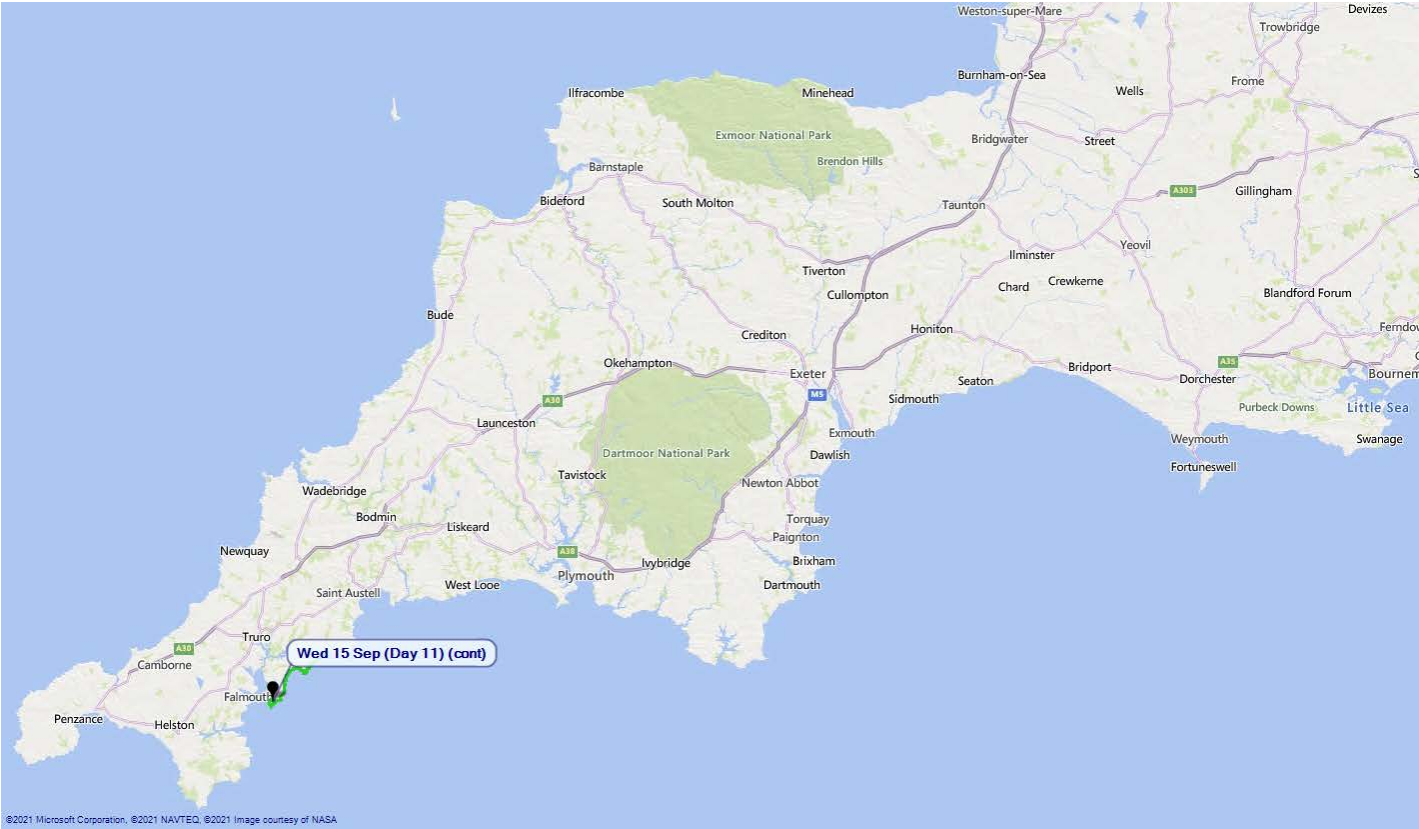


Total Distance	10.15 miles
Elevation	+1411ft / -1434ft
Average Pace	19:30/mile
Sunrise/Sunset	Rise at Start: 06:56 Set at End: 19:35
POIs	

PWP/CHQ to St Mawes: <https://www.falriver.co.uk/ferries/st-mawes-ferry/timetable>
Autumn Timetable (4/9-31/10): 0830-1715. Seems to be every 30 mins on :15 (PWP) or :45 (CHQ).
Sailing takes approximately 20 minutes.

St Mawes to Place: <https://www.falriver.co.uk/ferries/place-ferry/timetable>
Up to 31/10: 0930-1730. Looks like every 30 minutes at :00 and :30. Takes approx 10 minutes.
Starting at Place on Wed 15 Sep 14:20

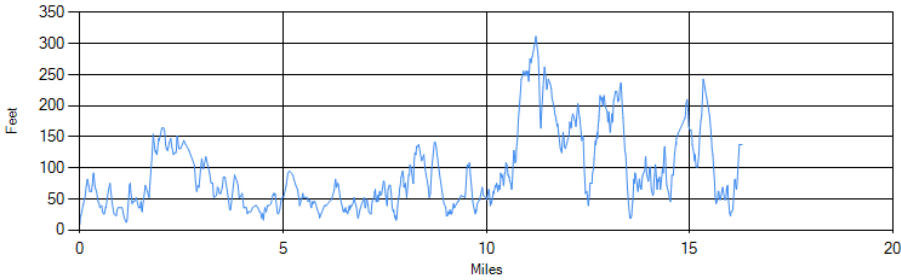
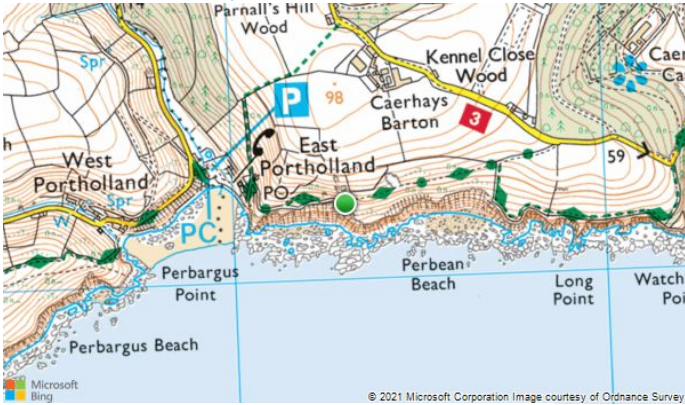
Day 11 (Wed 15 Sep), 14:20-20:10 - 16.29 miles



Start: 14:20 at [Map Link](#)



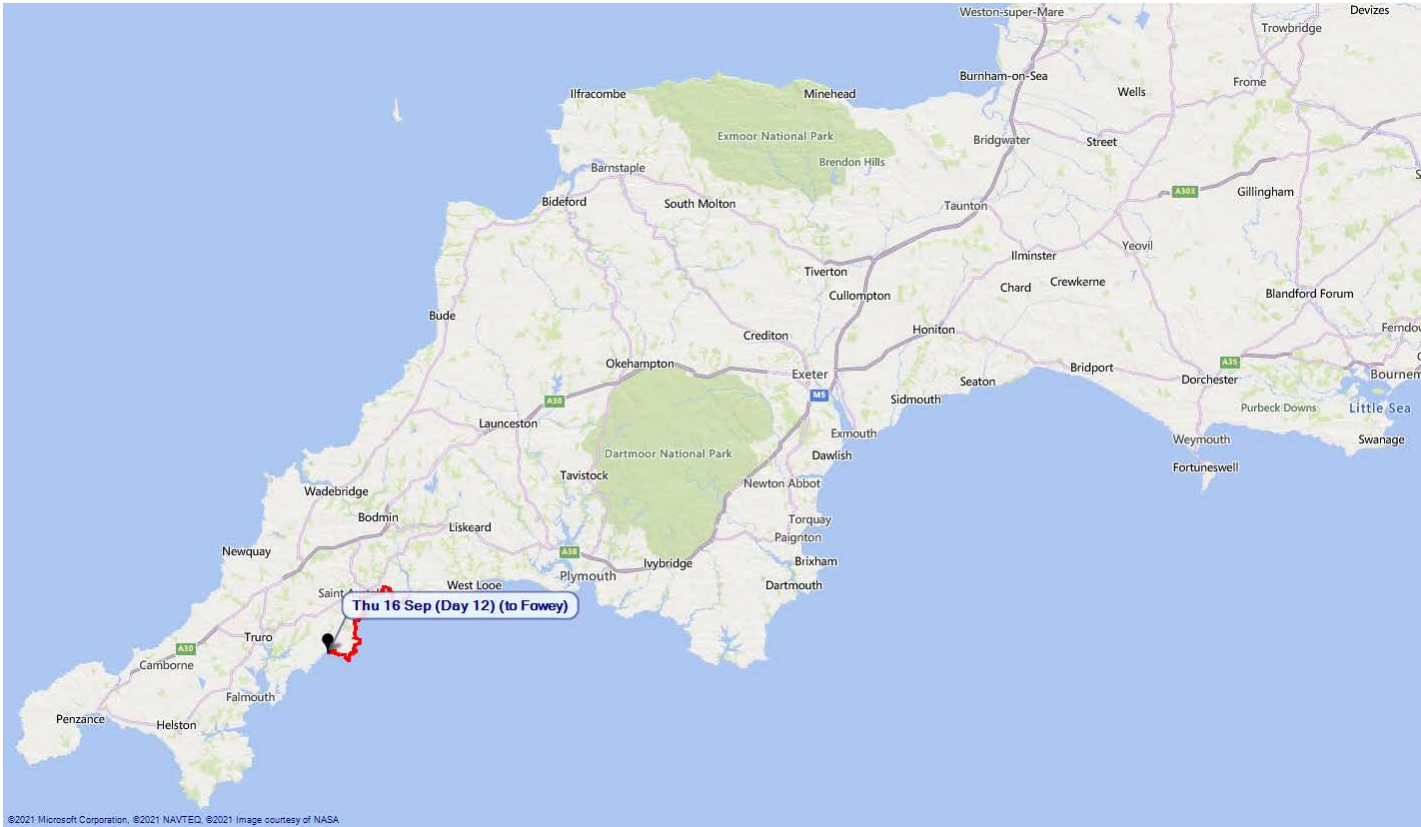
End Time: 20:10 at [Map Link](#)



Total Distance	16.29 miles
Elevation	+3491ft / -3383ft
Average Pace	21:30/mile
Sunrise/Sunset	Rise at Start: 06:56 Set at End: 19:35

POIs	
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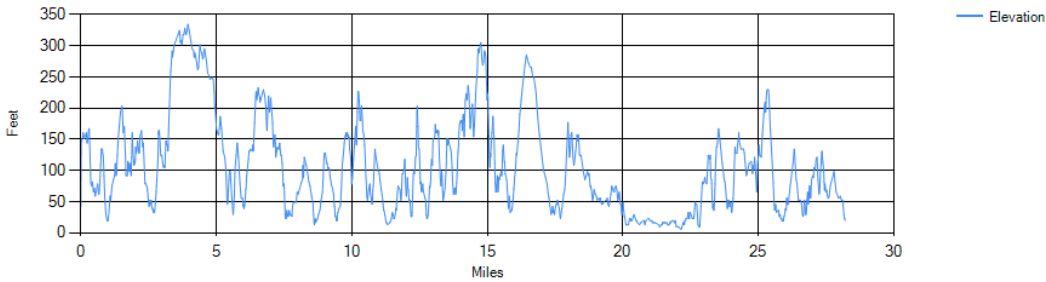
Day 12 (Thu 16 Sep), 07:00-17:02 - 28.19 miles



Start: 07:00 at [Map Link](#)



End Time: 17:02 at [Map Link](#)

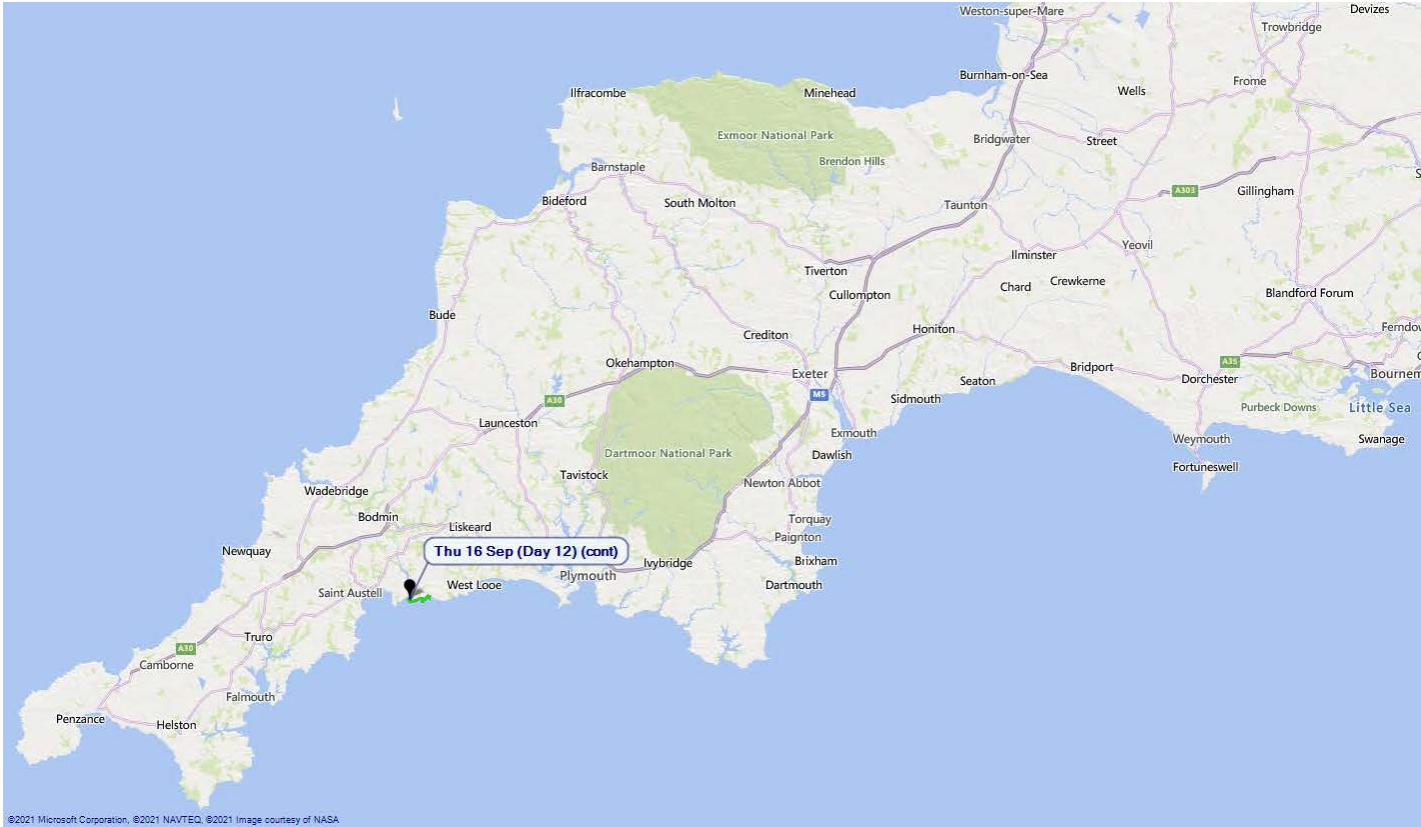


Total Distance	28.19 miles
Elevation	+5725ft / -5843ft
Average Pace	21:23/mile
Sunrise/Sunset	Rise at Start: 06:56 Set at End: 19:31
POIs	

Fowey: <http://www.ctomsandson.co.uk/polruan-ferry/ferry-fares-and-timetables/>
0700-2300 M-F, (0800 Sa, 0900 Su).

Starting at Fowey ferry (Polruan) on Thu 16 Sep 18:00

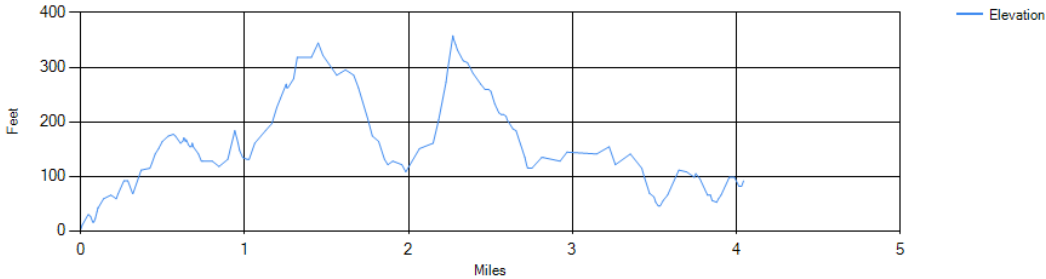
Day 12 (Thu 16 Sep), 18:00-19:30 - 4.04 miles



Start: 18:00 at [Map Link](#)

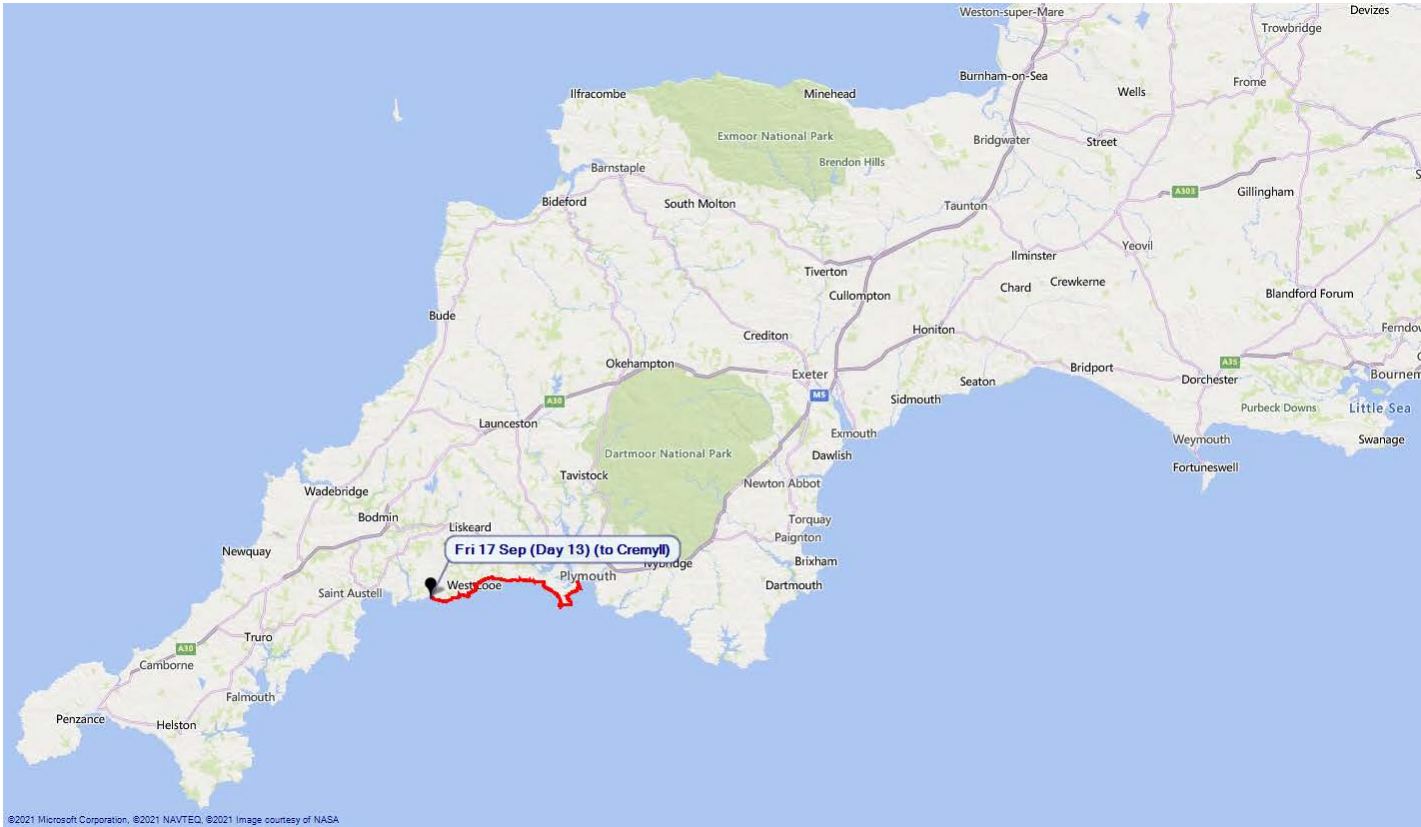


End Time: 19:30 at [Map Link](#)



Total Distance	4.04 miles
Elevation	+978ft / -896ft
Average Pace	22:20/mile
Sunrise/Sunset	Rise at Start: 06:56 Set at End: 19:31
POIs	

Day 13 (Fri 17 Sep), 07:00-17:46 - 30.09 miles



©2021 Microsoft Corporation, ©2021 NAVTEQ, ©2021 Image courtesy of NASA

Start: 07:00 at [Map Link](#)

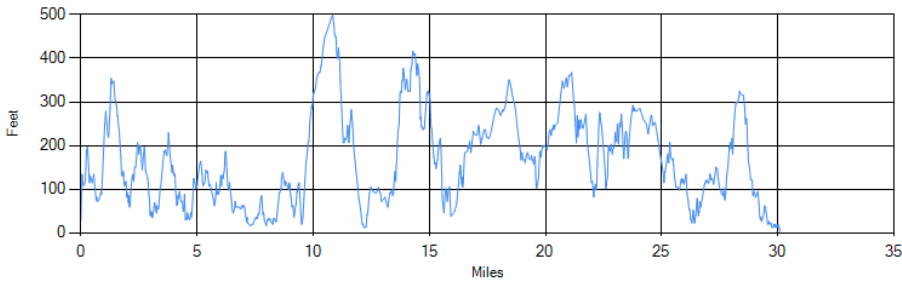


© 2021 Microsoft Corporation Image courtesy of Ordnance Survey.

End Time: 17:46 at [Map Link](#)



Elevation



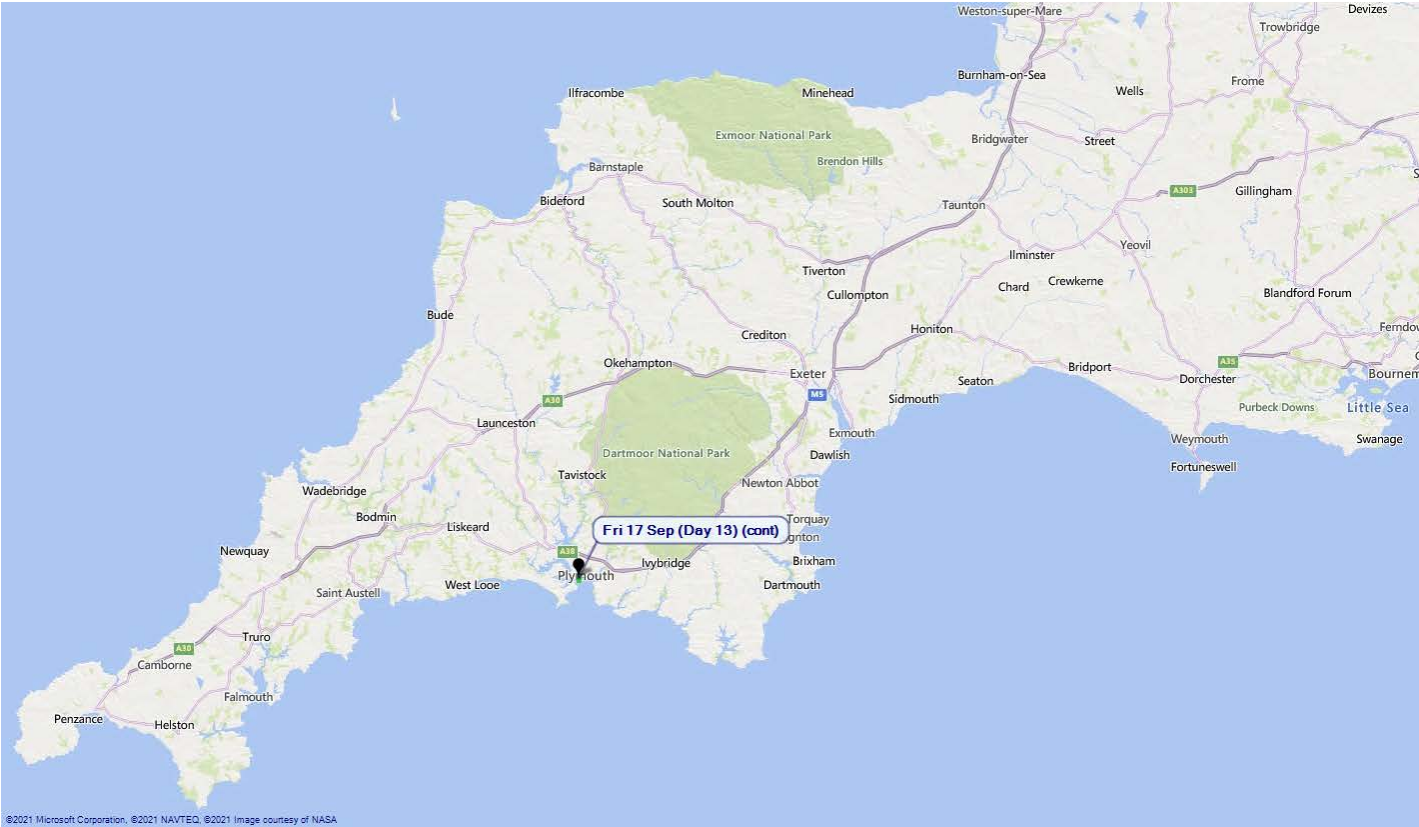
Total Distance	30.09 miles
Elevation	+6207ft / -6296ft
Average Pace	21:30/mile
Sunrise/Sunset	Rise at Start: 06:57 Set at End: 19:27
POIs	

Cremyll Ferry: <https://www.plymouthboattrips.co.uk/ferries/cremyll-ferry/>

M-Th 0645-2100, F 0645-2200, Sa 0730-2200, Su 0830-2130, every 30 mins at :00 and :30. Adult: £2

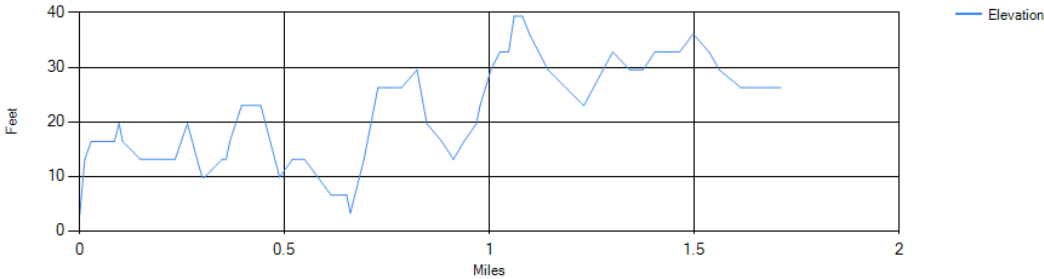
Starting at Cremyll (After) on Fri 17 Sep 18:30

Day 13 (Fri 17 Sep), 18:30-19:01 - 1.71 miles



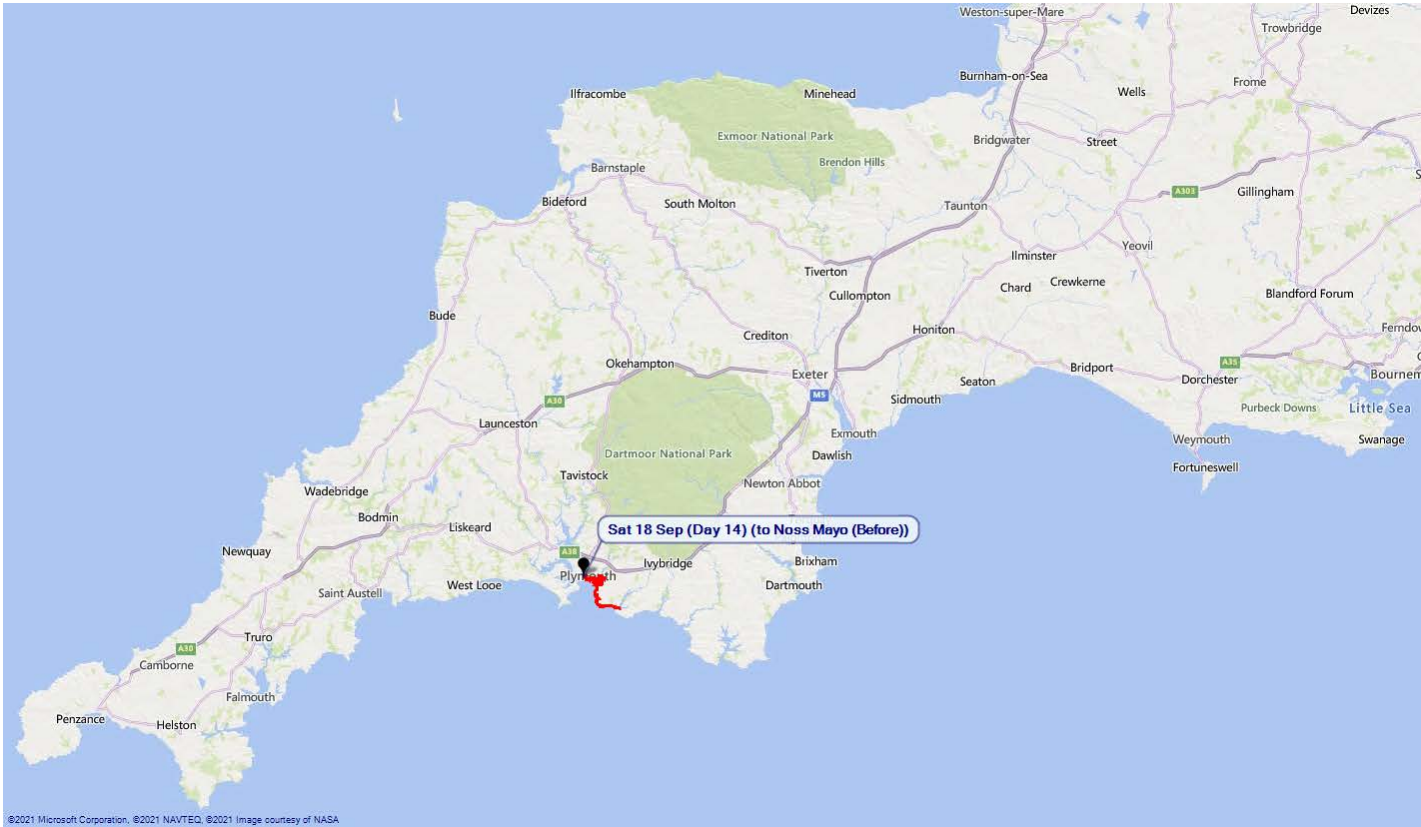
Start: 18:30 at [Map Link](#)

End Time: 19:01 at [Map Link](#)



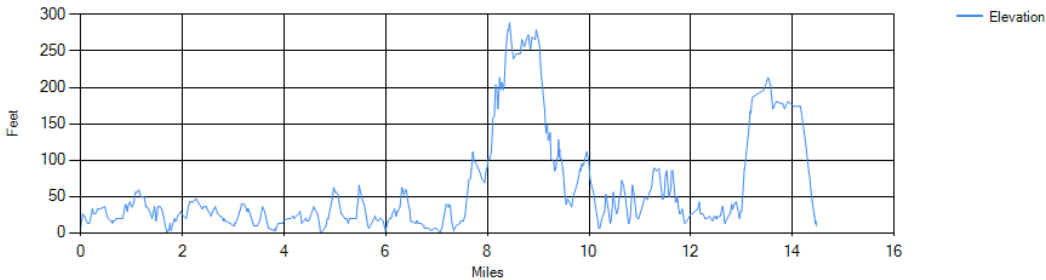
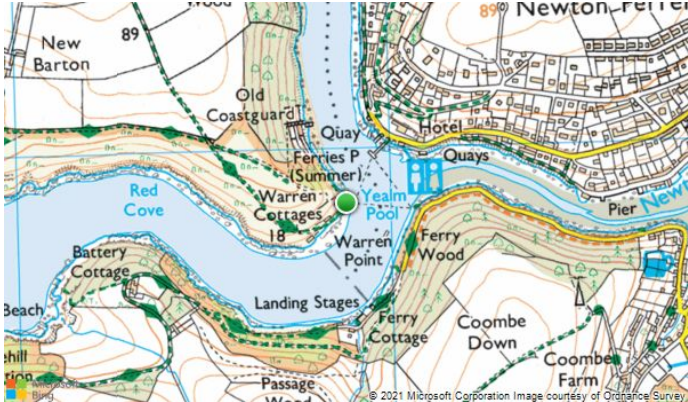
Total Distance	1.71 miles
Elevation	+102ft / -85ft
Average Pace	18:11/mile
Sunrise/Sunset	Rise at Start: 06:55 Set at End: 19:27
POIs	

Day 14 (Sat 18 Sep), 07:00-11:44 - 14.47 miles



Start: 07:00 at [Map Link](#)

End Time: 11:44 at [Map Link](#)

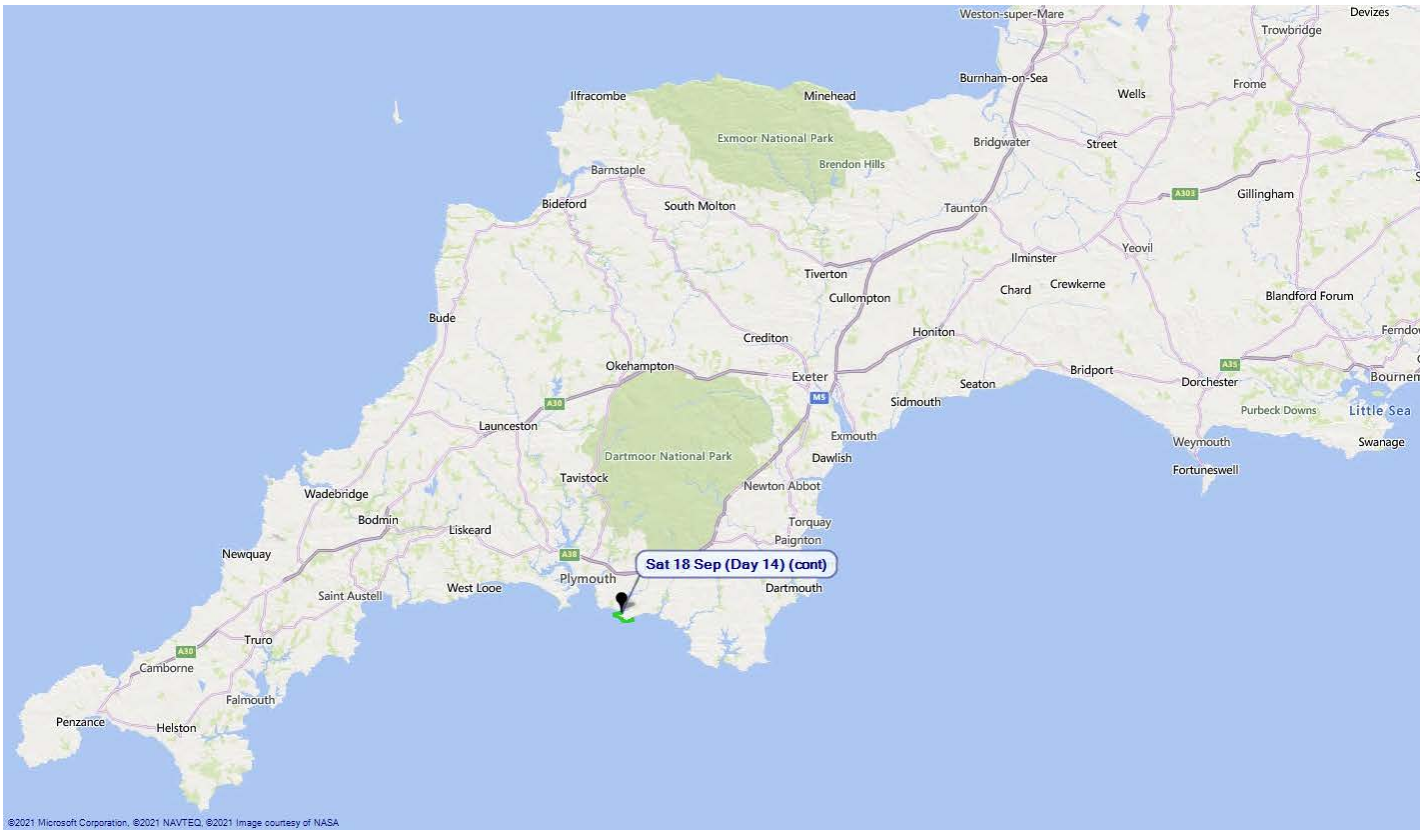


Total Distance	14.47 miles
Elevation	+1883ft / -1900ft
Average Pace	19:38/mile
Sunrise/Sunset	Rise at Start: 06:57 Set at End: 19:25
POIs	

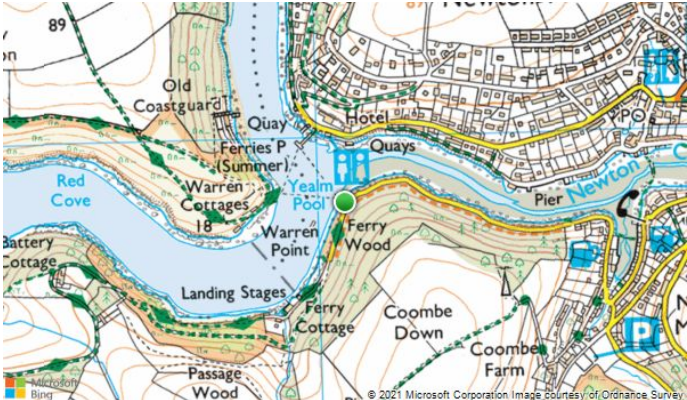
Noss Mayo: <https://www.nationaltrust.org.uk/noss-mayo/features/noss-mayo-ferry>
10-4 daily, but 10-12/3-4 during bad weather or quieter times.

Starting at Noss Mayo (After) on Sat 18 Sep 16:00

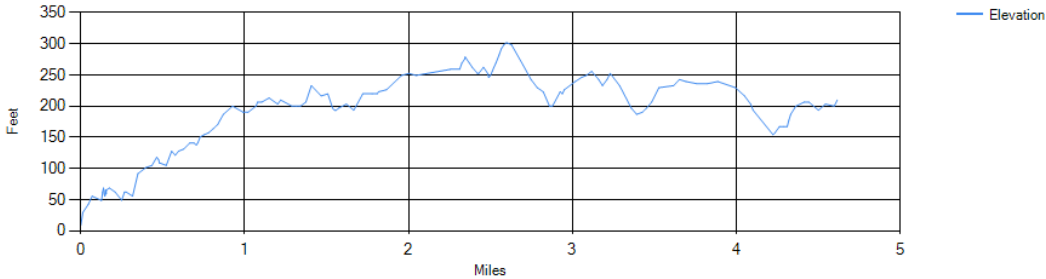
Day 14 (Sat 18 Sep), 16:00-17:30 - 4.62 miles



Start: 16:00 at [Map Link](#)

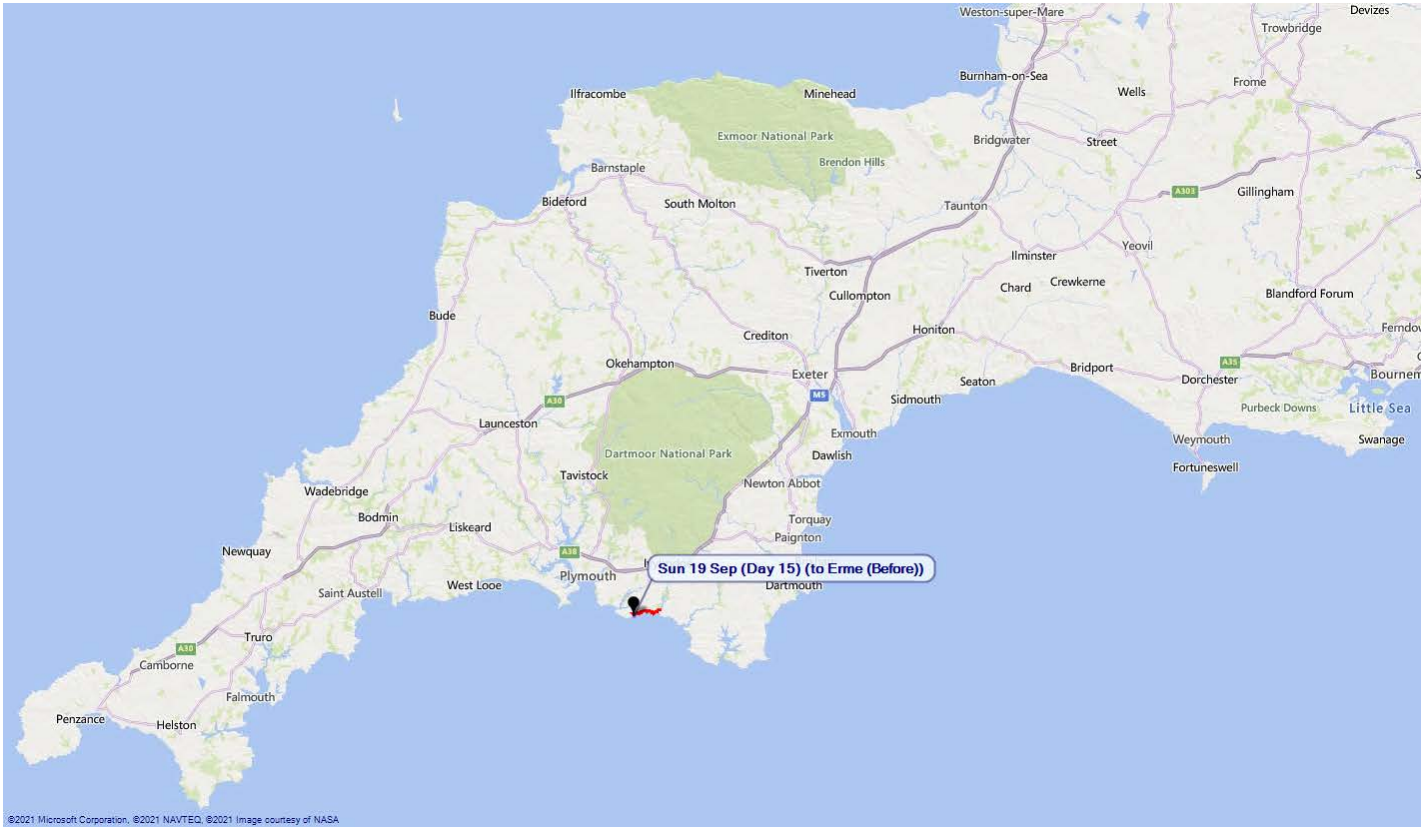


End Time: 17:30 at [Map Link](#)



Total Distance	4.62 miles
Elevation	+686ft / -505ft
Average Pace	19:33/mile
Sunrise/Sunset	Rise at Start: 06:56 Set at End: 19:25
POIs	

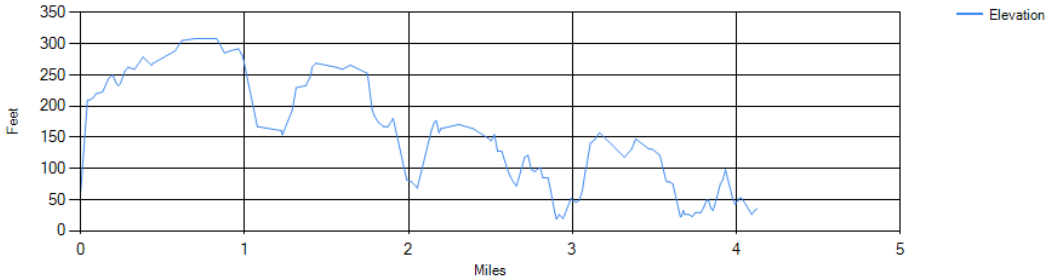
Day 15 (Sun 19 Sep), 07:00-08:29 - 4.13 miles



Start: 07:00 at [Map Link](#)



End Time: 08:29 at [Map Link](#)



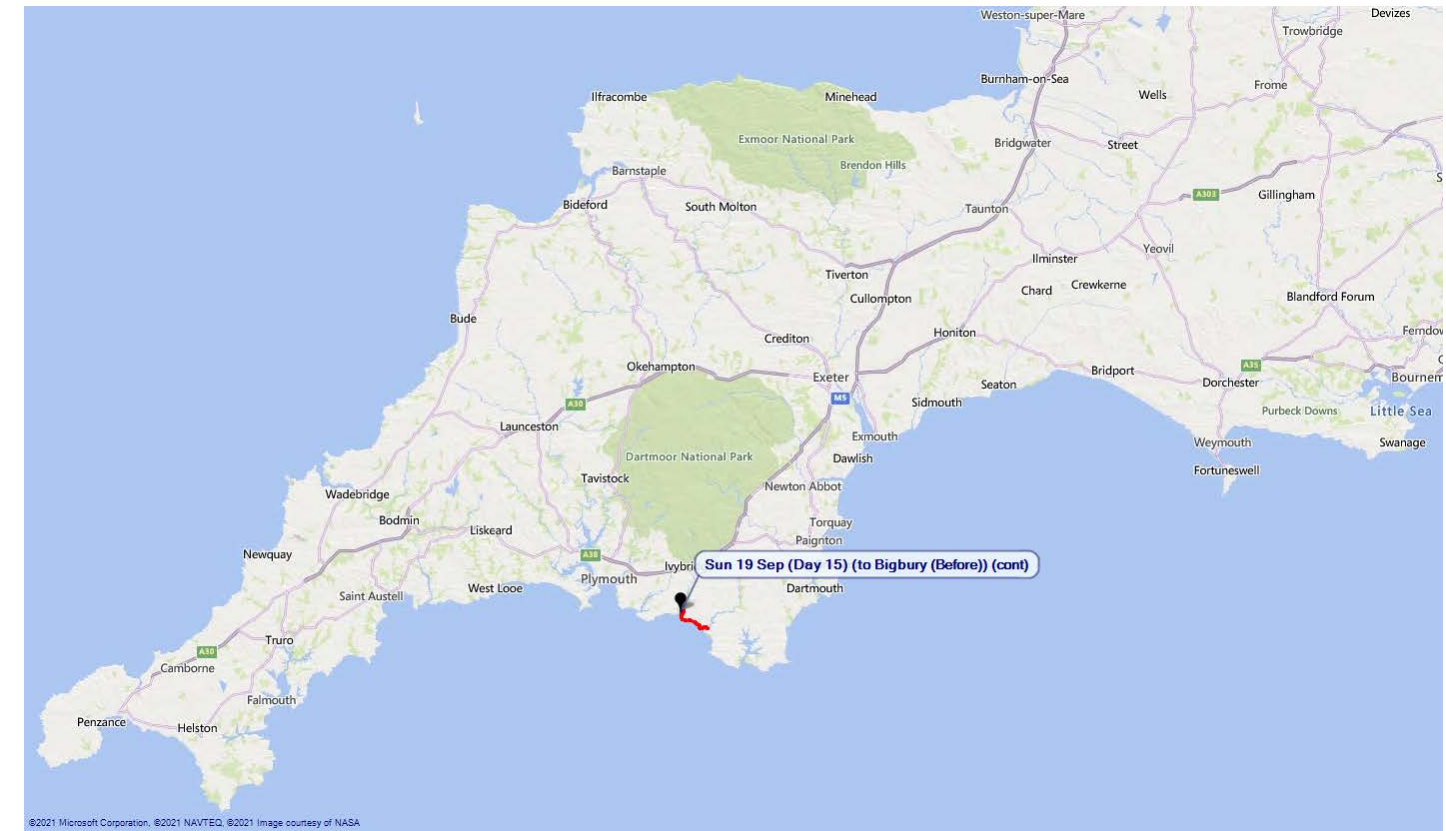
Total Distance	4.13 miles
Elevation	+761ft / -935ft
Average Pace	21:35/mile
Sunrise/Sunset	Rise at Start: 06:58 Set at End: 19:22
POIs	

Tide times:

- 19/09: 1048 GMT (1148 BST), cross 1050-1250 BST
- 20/09: 1132 GMT (1232 BST), cross 1130-1330 BST

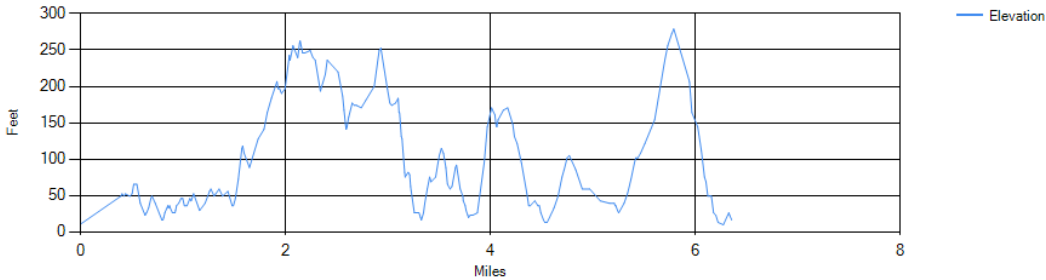
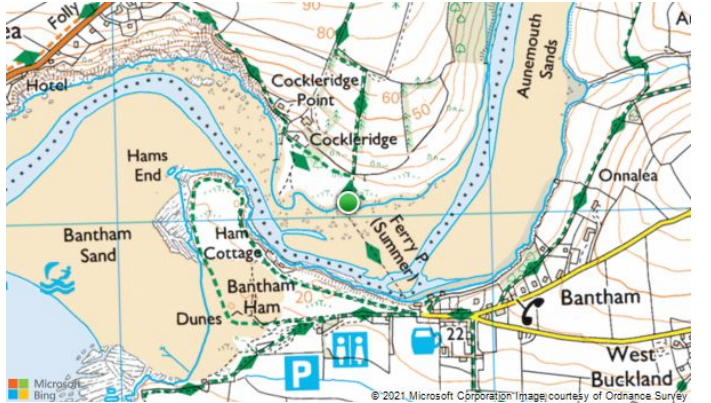
Starting at Erme (After) on Sun 19 Sep 11:30

Day 15 (Sun 19 Sep), 11:30-13:46 - 6.36 miles



Start: 11:30 at [Map Link](#)

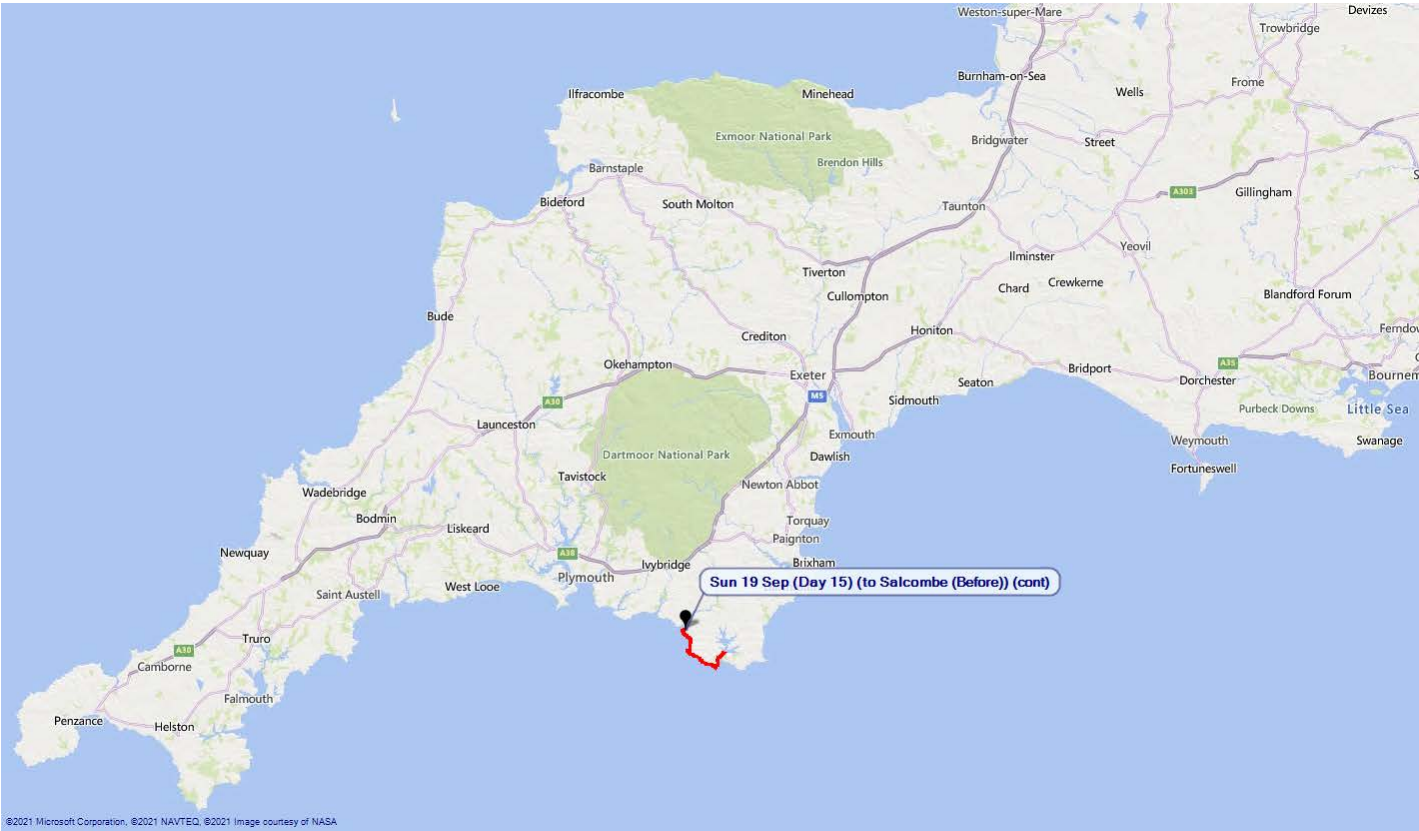
End Time: 13:46 at [Map Link](#)



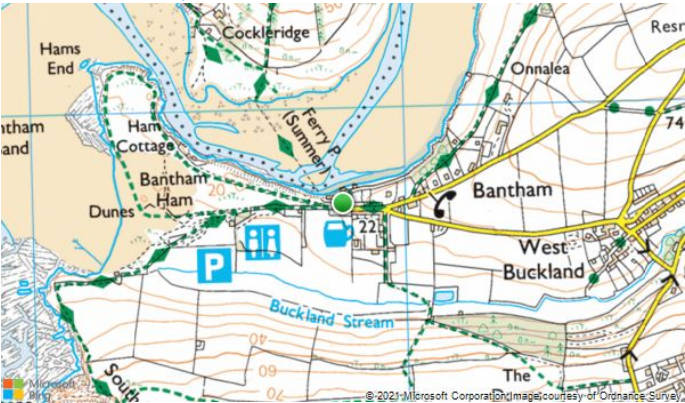
Total Distance	6.36 miles
Elevation	+1329ft / -1348ft
Average Pace	21:31/mile
Sunrise/Sunset	Rise at Start: 06:57 Set at End: 19:22
POIs	

Bigbury <https://banthamestate.co.uk/getting-here/ferry/>
Up to 26/09, 10-12/2-4 every day. £4 per person (contactless available)
Starting at Bigbury (After) on Sun 19 Sep 14:30

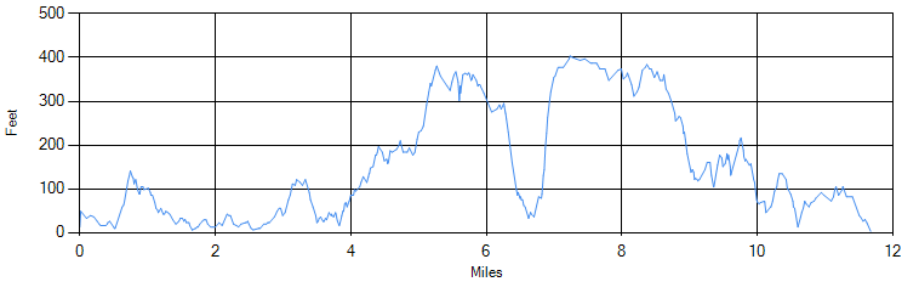
Day 15 (Sun 19 Sep), 14:30-18:35 - 11.67 miles



Start: 14:30 at [Map Link](#)



End Time: 18:35 at [Map Link](#)

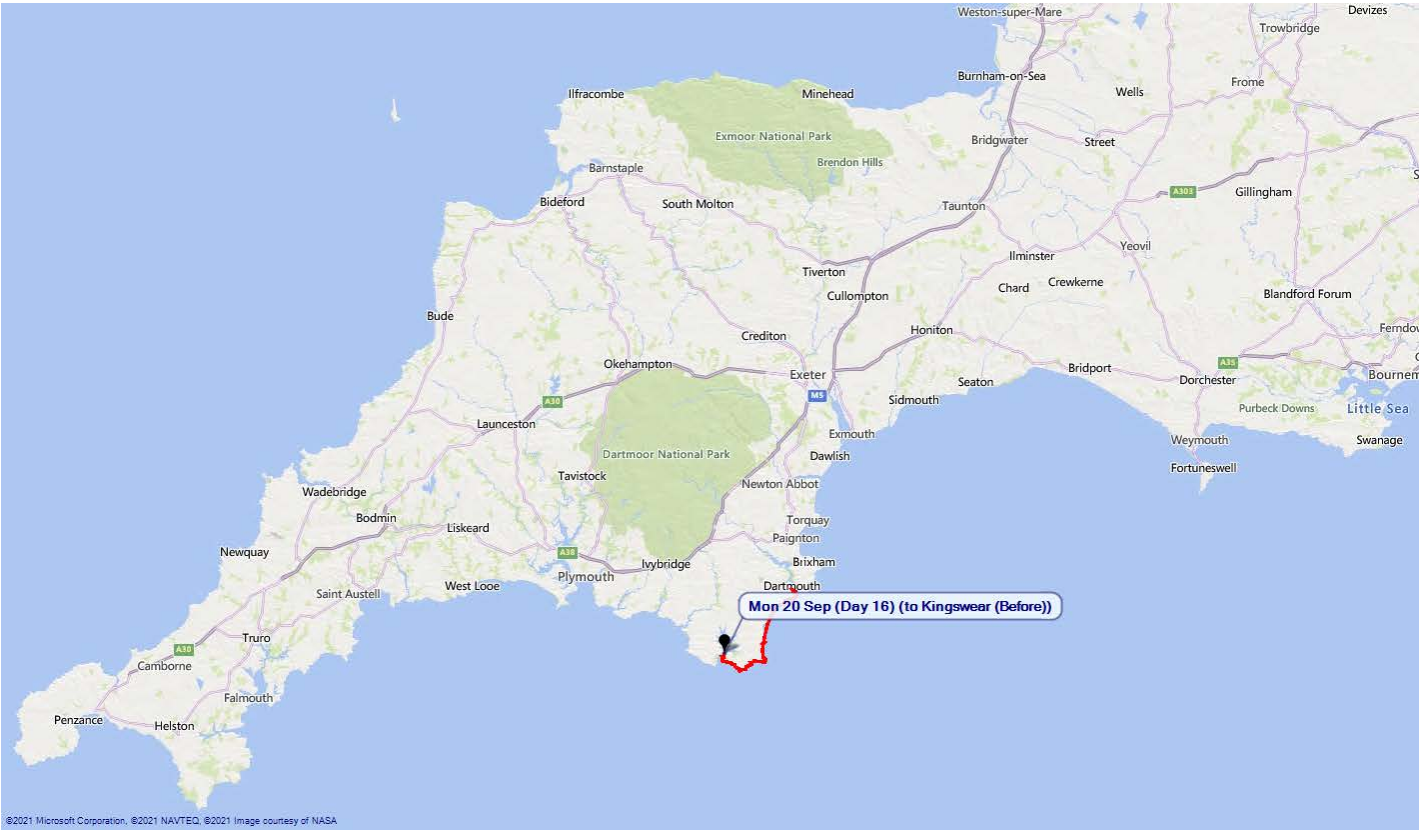


Total Distance	11.67 miles
Elevation	+2188ft / -2228ft
Average Pace	21:03/mile
Sunrise/Sunset	Rise at Start: 06:57 Set at End: 19:21

POIs

Salcombe <https://www.salcombeinformation.co.uk/advertiser/salcombe-ferry-3/>
0900-1800 "at the moment", checking early August 2021. **CONFIRM THIS before setting off.**
Starting at Salcombe (After) on Mon 20 Sep 09:30

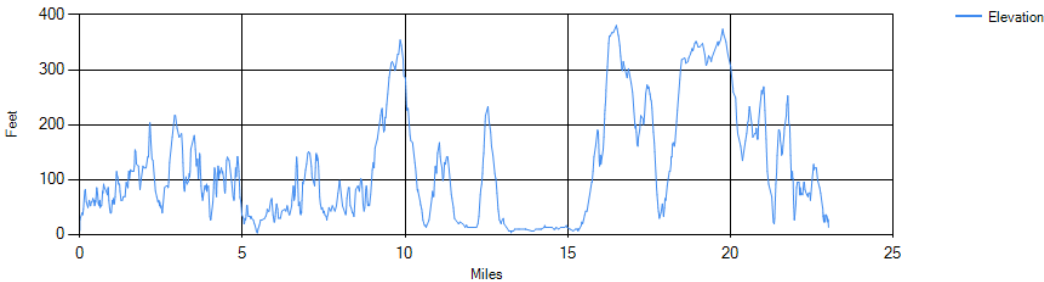
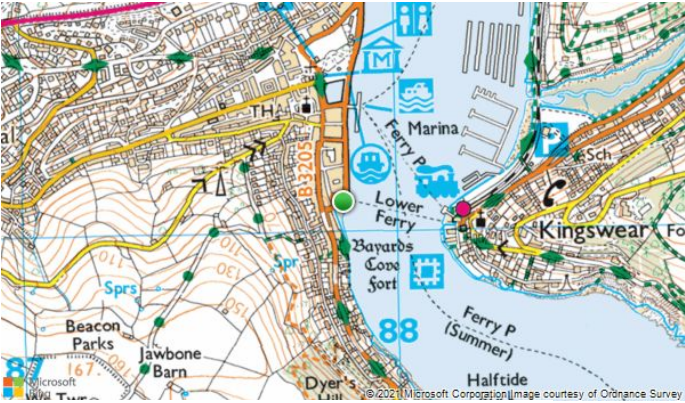
Day 16 (Mon 20 Sep), 09:30-17:48 - 23.01 miles



Start: 09:30 at [Map Link](#)



End Time: 17:48 at [Map Link](#)



Total Distance	23.01 miles
Elevation	+4747ft / -4757ft
Average Pace	21:39/mile
Sunrise/Sunset	Rise at Start: 06:58 Set at End: 19:18

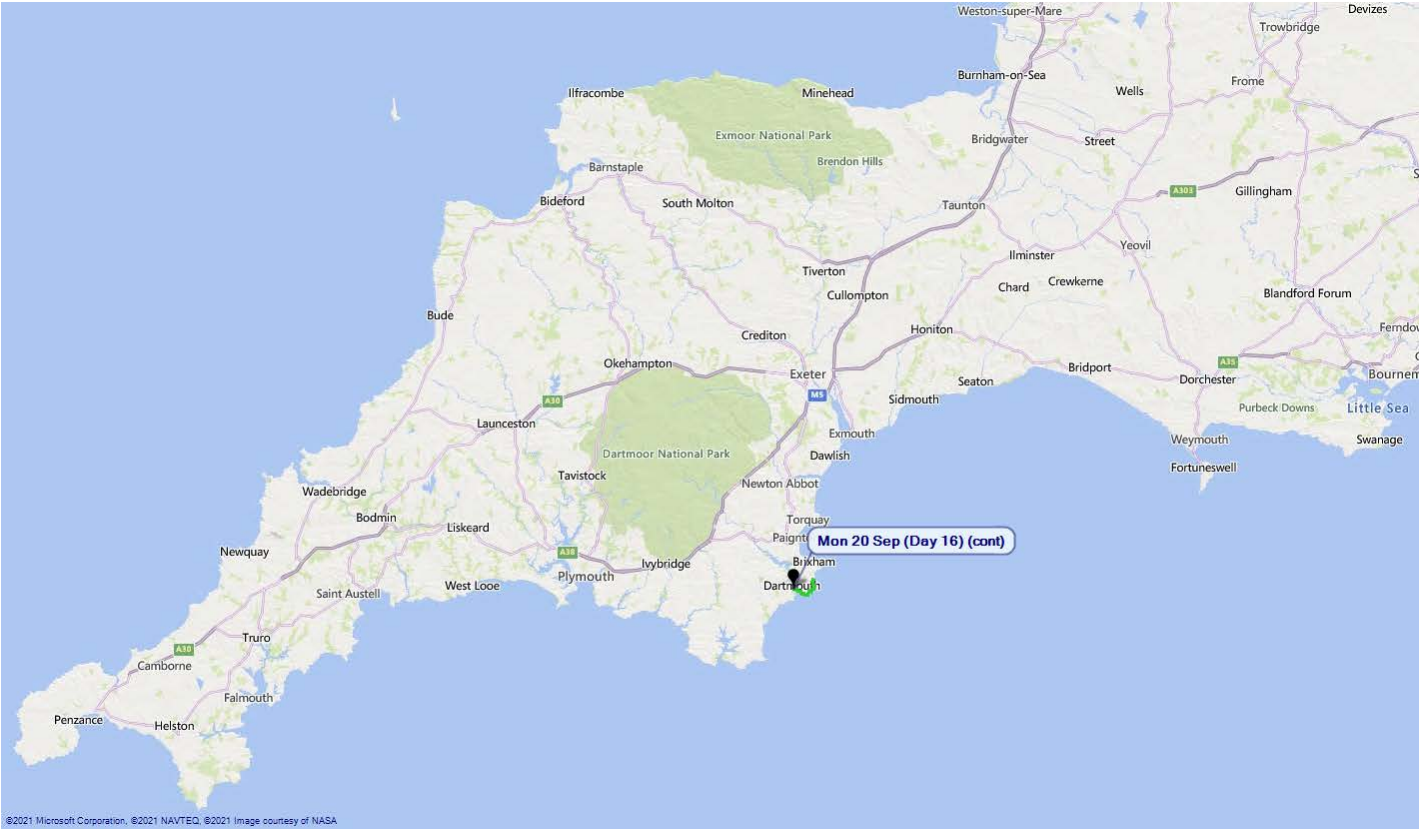
POIs

Kingswear: <https://southhams.gov.uk/dartmouthlowerferry>

Runs 0710 - 2245

Starting at Kingswear (After) on Mon 20 Sep 18:20

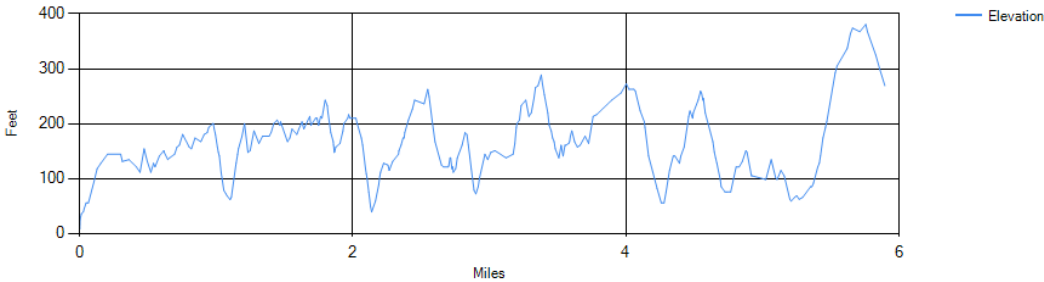
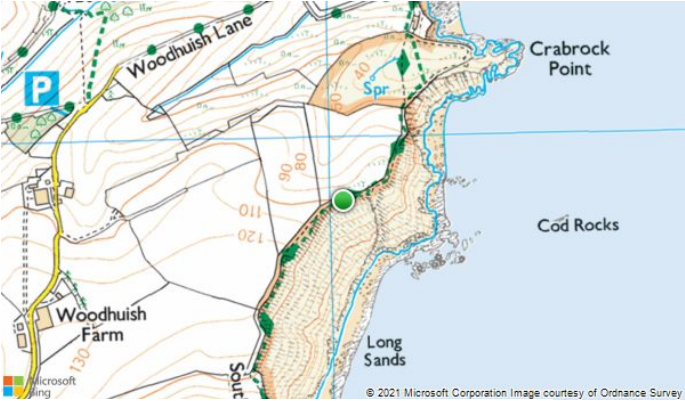
Day 16 (Mon 20 Sep), 18:20-21:00 - 5.90 miles



Start: 18:20 at [Map Link](#)



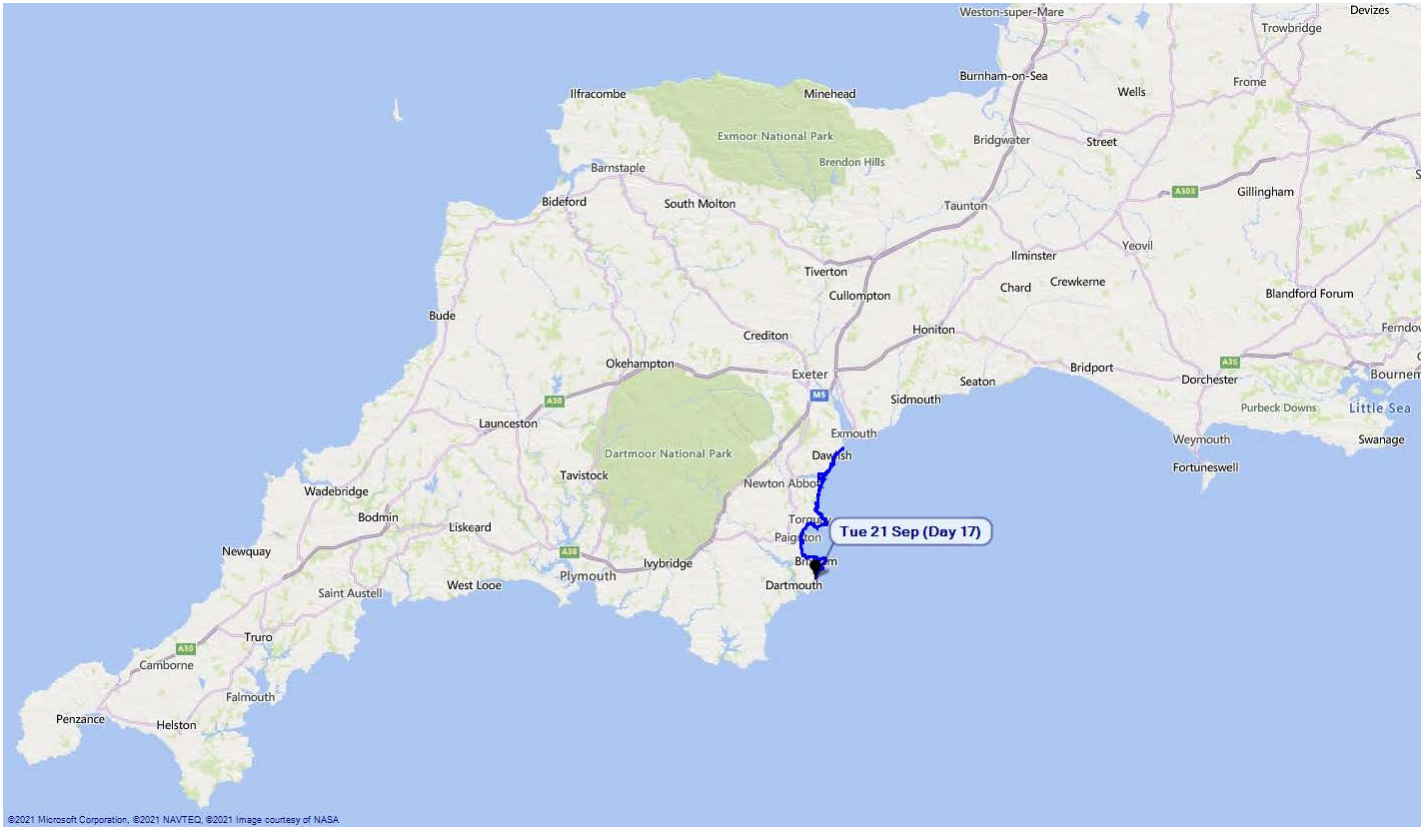
End Time: 21:00 at [Map Link](#)



Total Distance	5.90 miles
Elevation	+2231ft / -1988ft
Average Pace	27:12/mile
Sunrise/Sunset	Rise at Start: 06:57 Set at End: 19:18

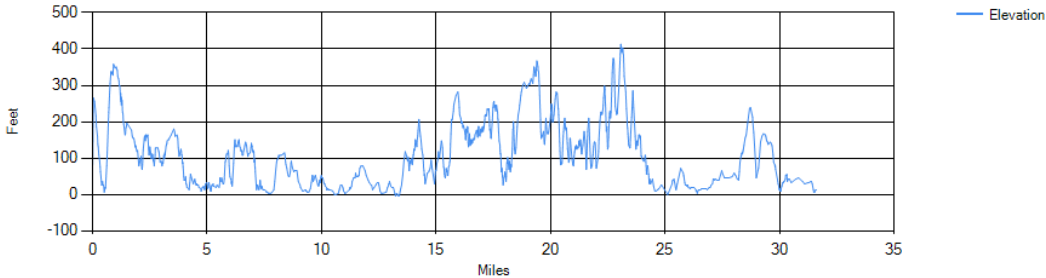
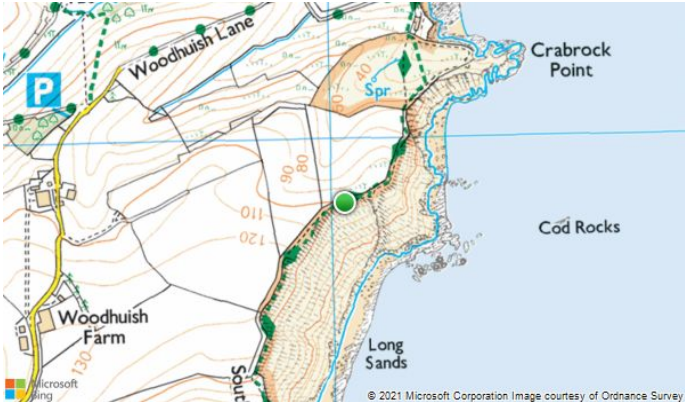
POIs	
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Day 17 (Tue 21 Sep), 07:00-18:30 - 31.61 miles



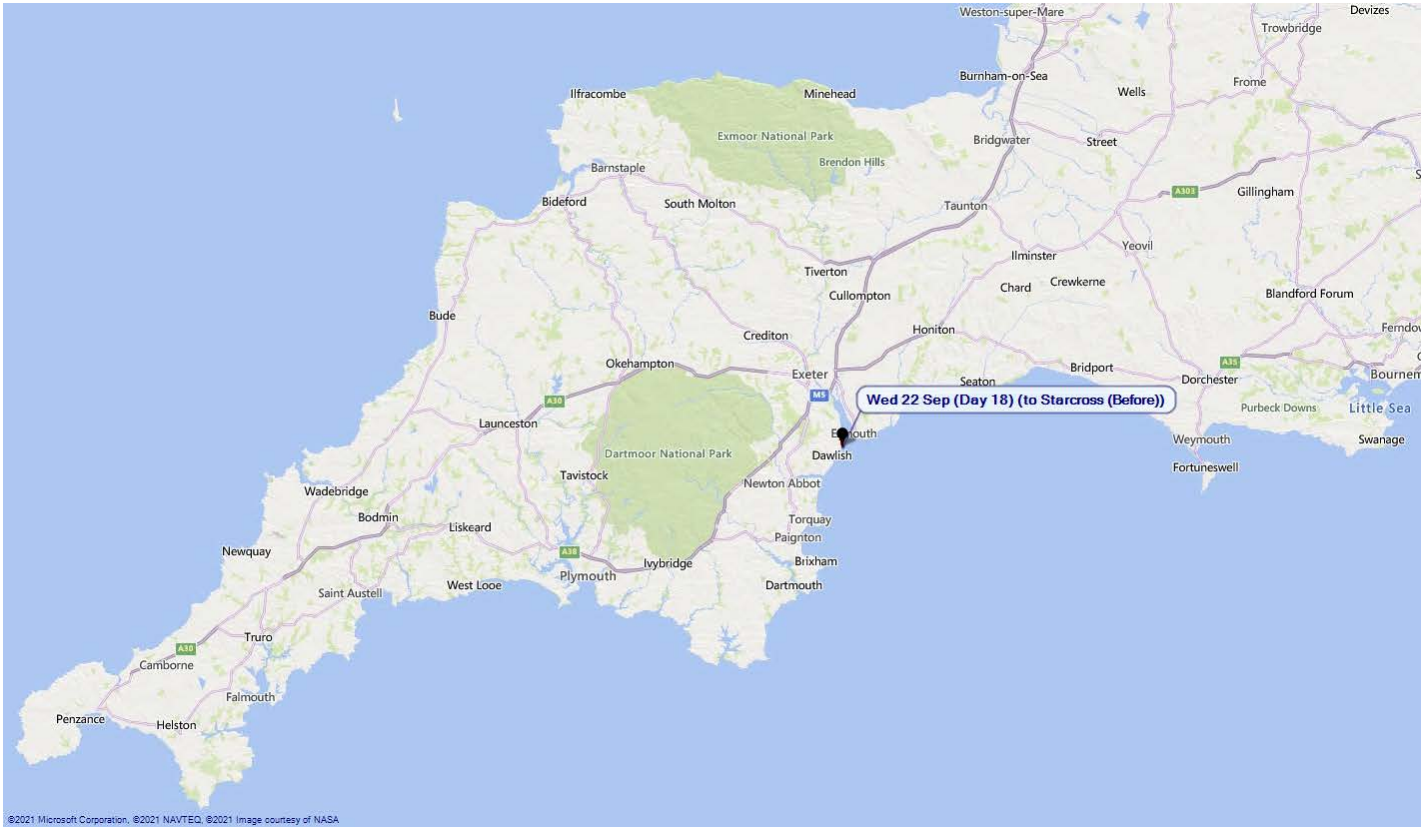
Start: 07:00 at [Map Link](#)

End Time: 18:30 at [Map Link](#)



Total Distance	31.61 miles
Elevation	+6178ft / -6434ft
Average Pace	21:50/mile
Sunrise/Sunset	Rise at Start: 06:59 Set at End: 19:16
POIs	

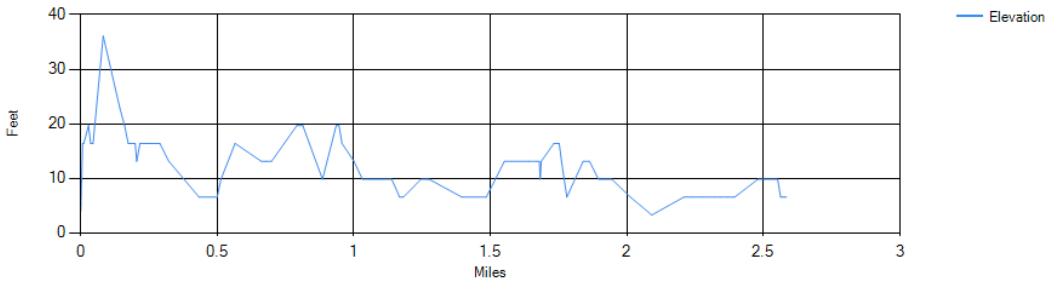
Day 18 (Wed 22 Sep), 07:00-07:46 - 2.58 miles



Start: 07:00 at [Map Link](#)



End Time: 07:46 at [Map Link](#)



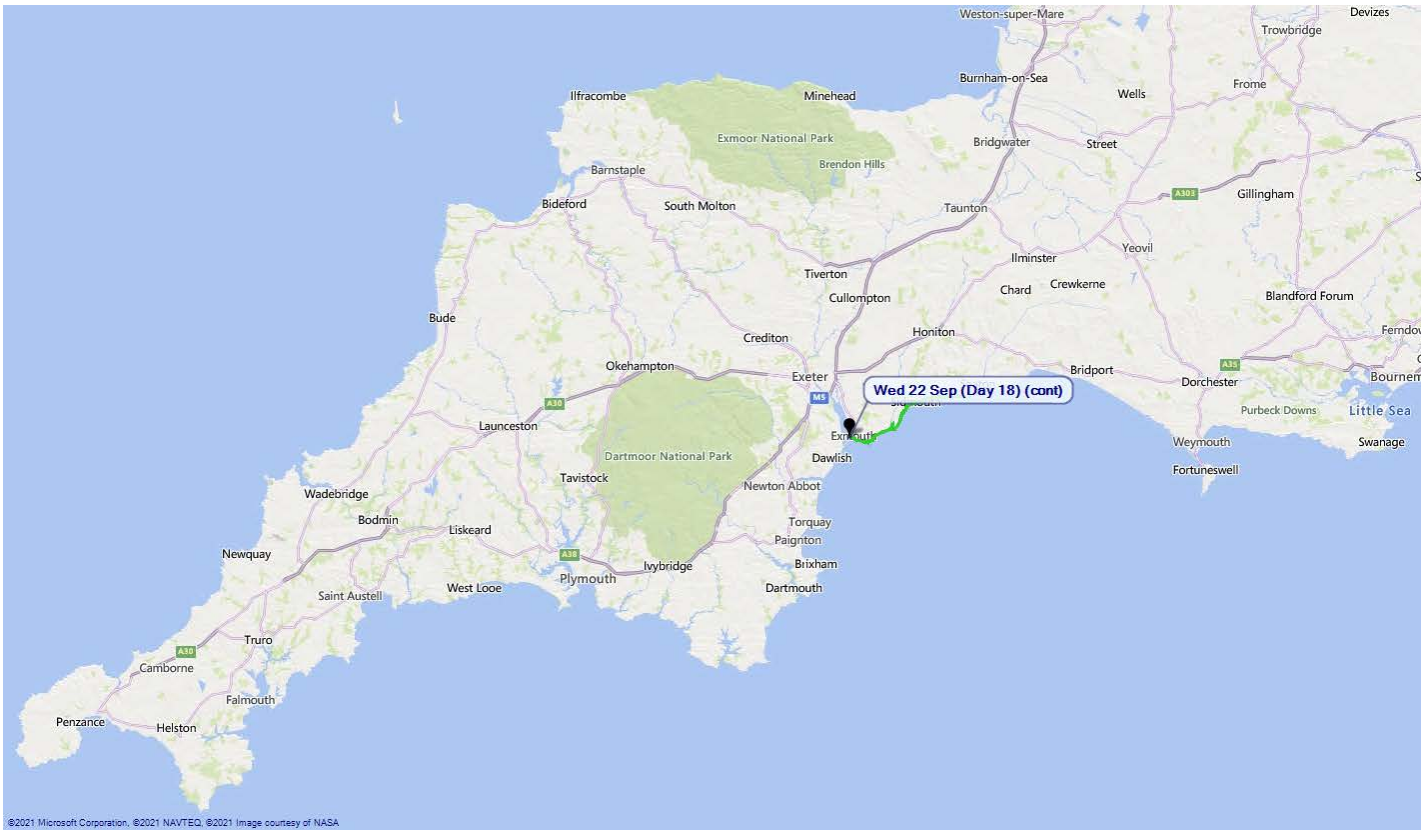
Total Distance	2.58 miles
Elevation	+85ft / -92ft
Average Pace	17:59/mile
Sunrise/Sunset	Rise at Start: 07:00 Set at End: 19:13
POIs	

Starcross, <https://www.facebook.com/StarcrossExmouthFerry/>

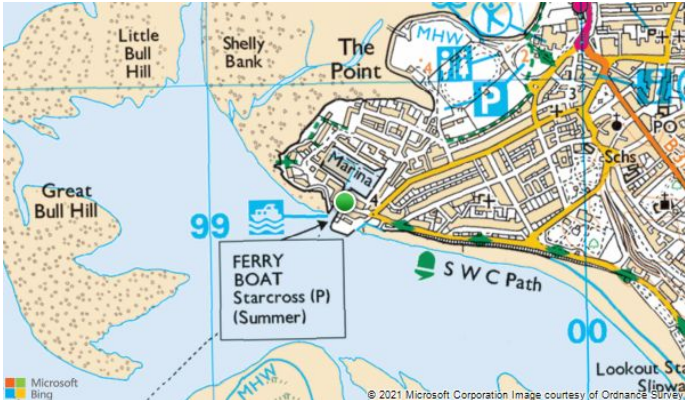
Hourly from 1010-1610

Starting at Starcross (Before) on Wed 22 Sep 10:40

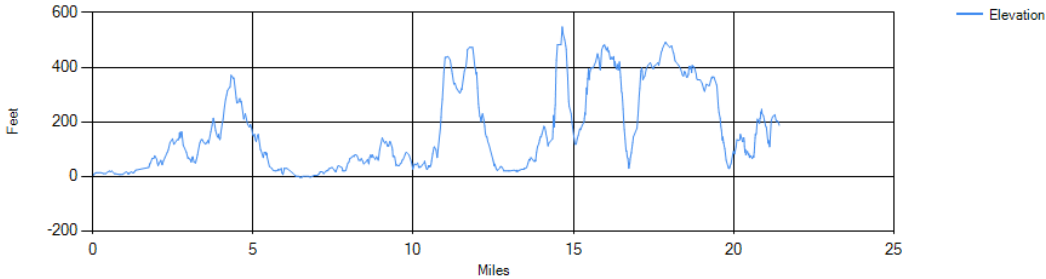
Day 18 (Wed 22 Sep), 10:40-18:40 - 21.42 miles



Start: 10:40 at [Map Link](#)

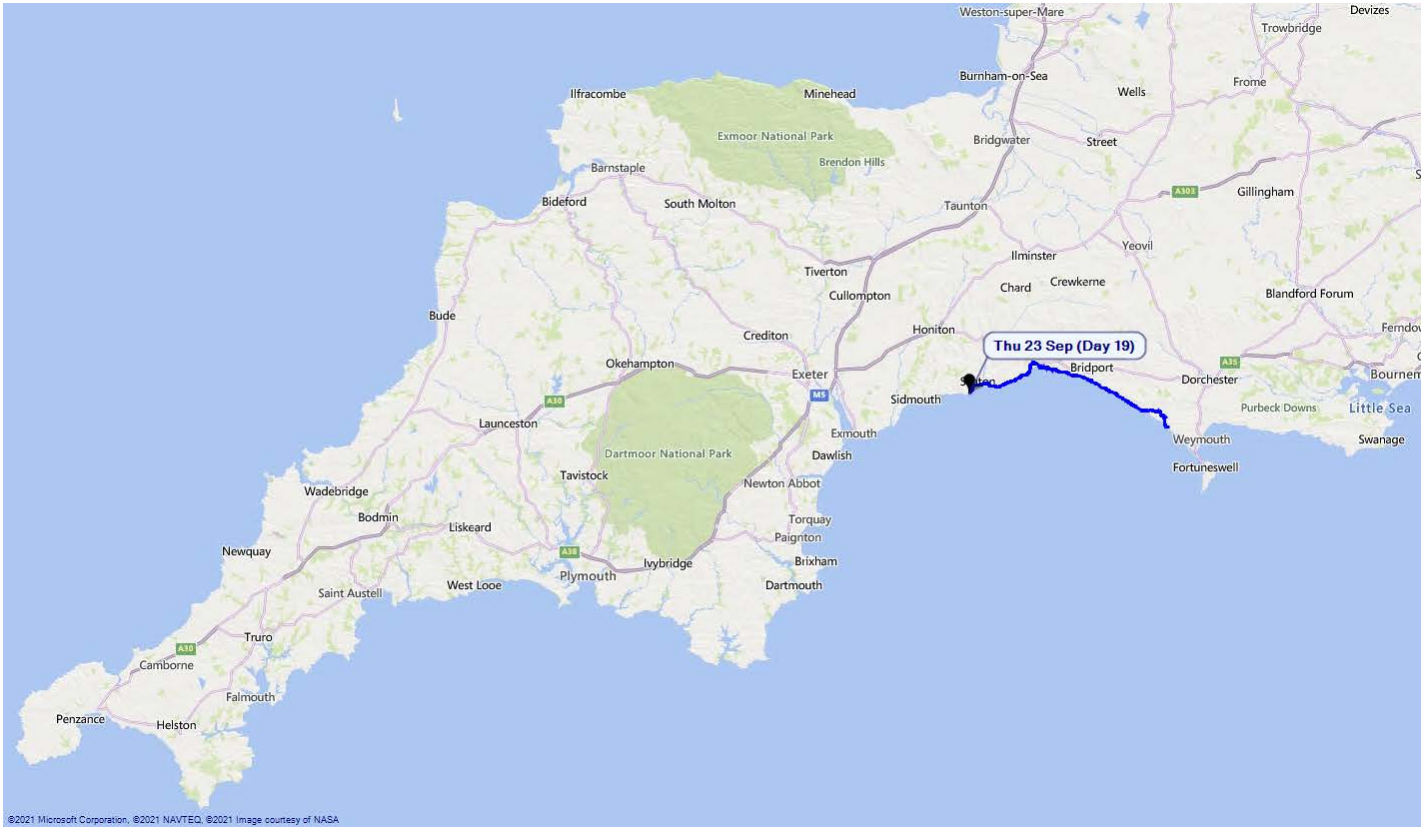


End Time: 18:40 at [Map Link](#)



Total Distance	21.42 miles
Elevation	+4514ft / -4334ft
Average Pace	22:24/mile
Sunrise/Sunset	Rise at Start: 07:00 Set at End: 19:12
POIs	

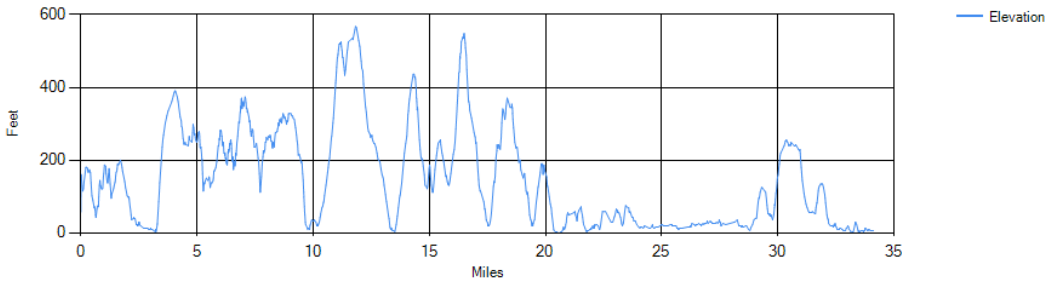
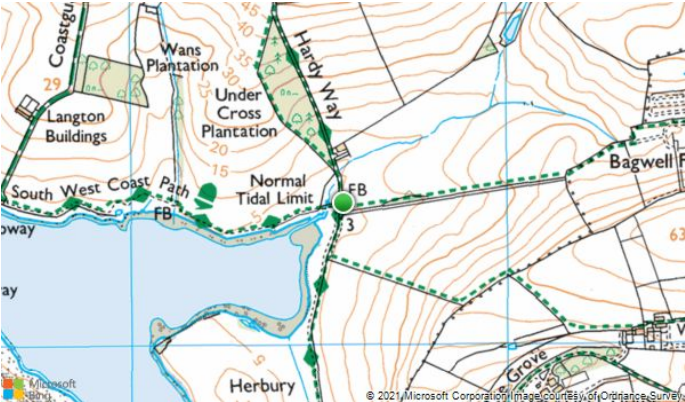
Day 19 (Thu 23 Sep), 07:00-18:30 - 34.12 miles



Start: 07:00 at [Map Link](#)

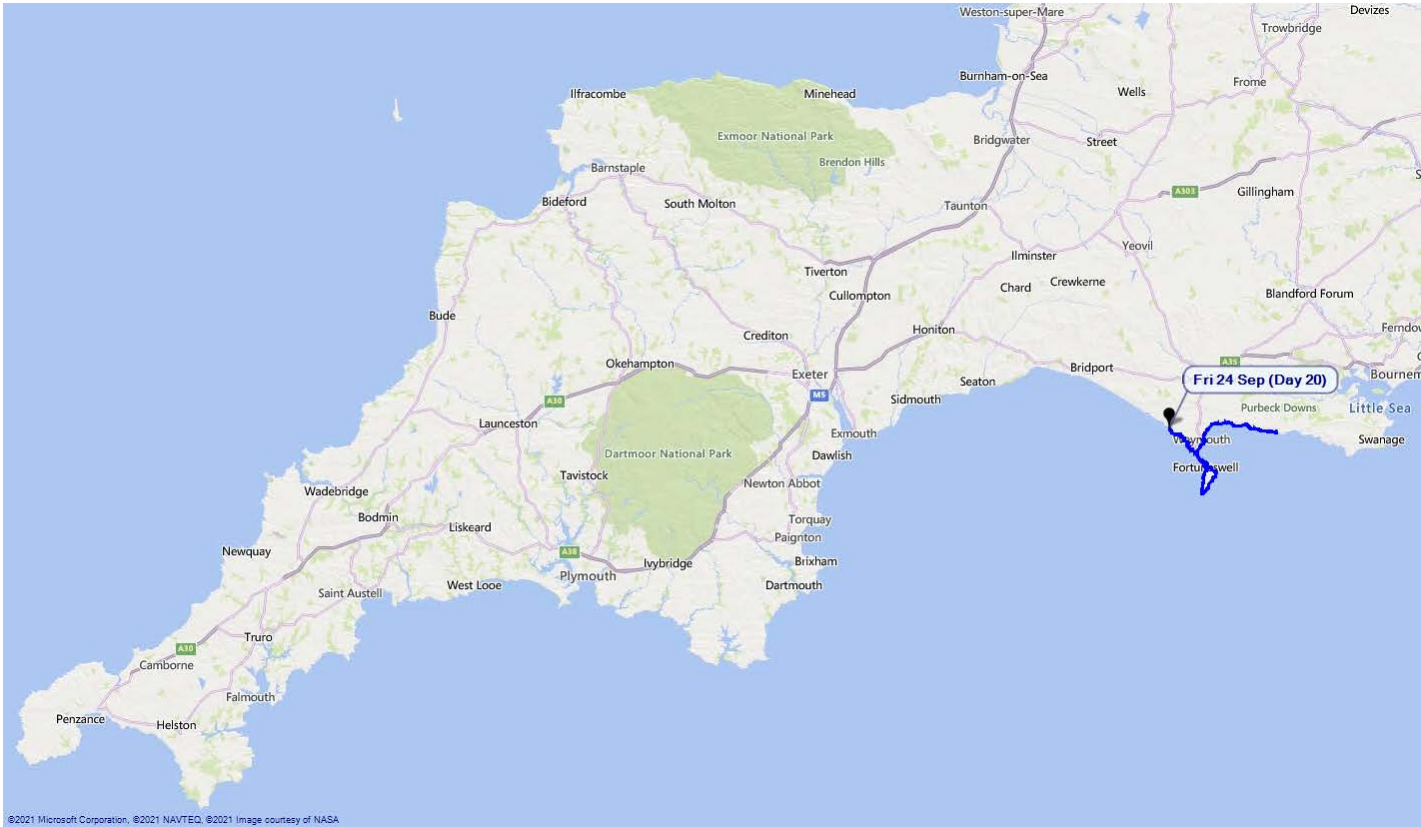


End Time: 18:30 at [Map Link](#)

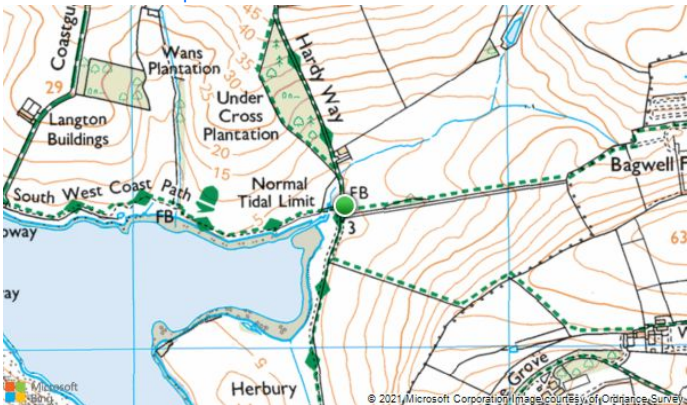


Total Distance	34.12 miles
Elevation	+5302ft / -5482ft
Average Pace	20:14/mile
Sunrise/Sunset	Rise at Start: 07:00 Set at End: 19:08
POIs	

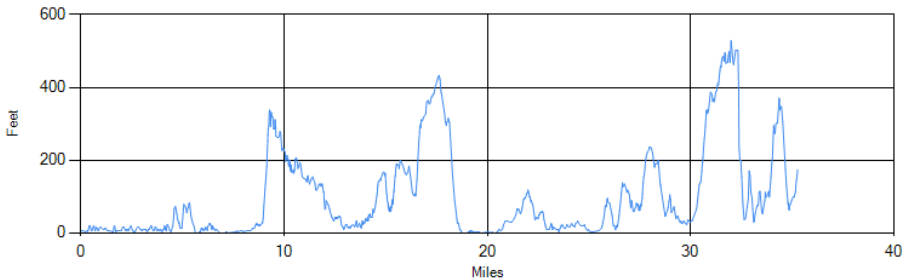
Day 20 (Fri 24 Sep), 07:00-18:30 - 35.25 miles



Start: 07:00 at [Map Link](#)

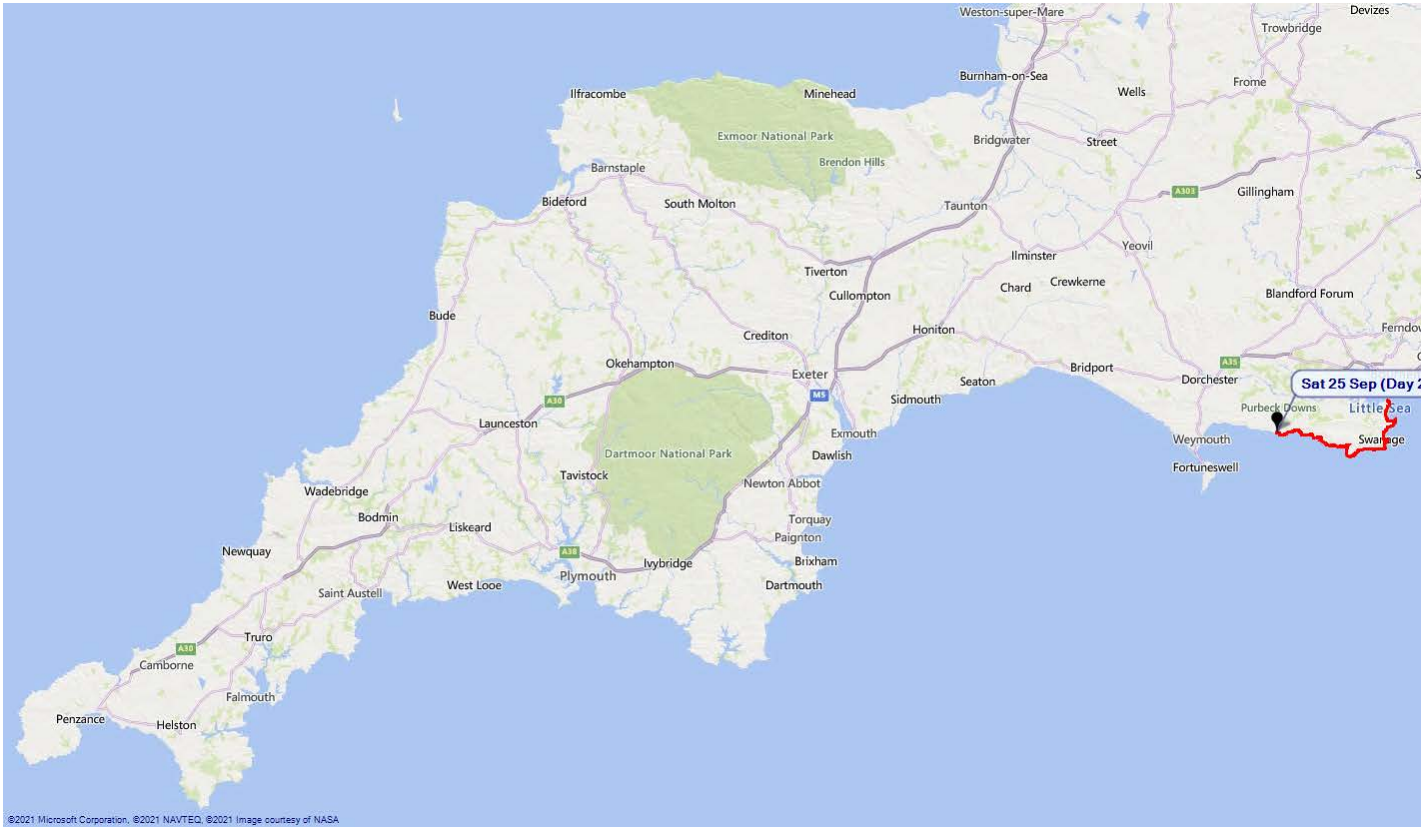


End Time: 18:30 at [Map Link](#)

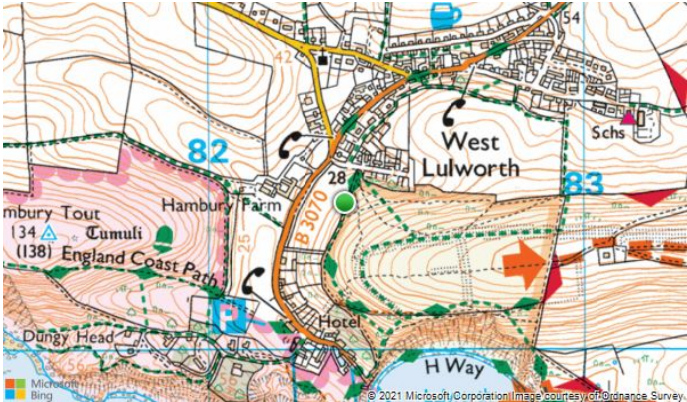


Total Distance	35.25 miles
Elevation	+4209ft / -4042ft
Average Pace	19:35/mile
Sunrise/Sunset	Rise at Start: 06:59 Set at End: 19:04
POIs	

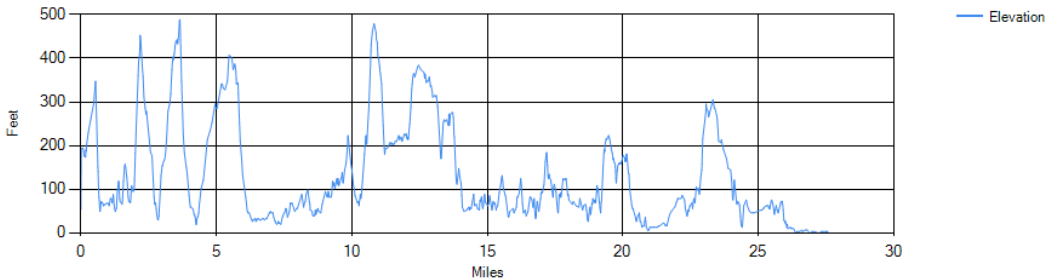
Day 21 (Sat 25 Sep), 07:00-17:06 - 28.66 miles



Start: 07:00 at [Map Link](#)



End Time: 17:06 at [Map Link](#)



Total Distance	28.66 miles
Elevation	+5043ft / -5217ft
Average Pace	21:09/mile
Sunrise/Sunset	Rise at Start: 07:00 Set at End: 19:01
POIs	