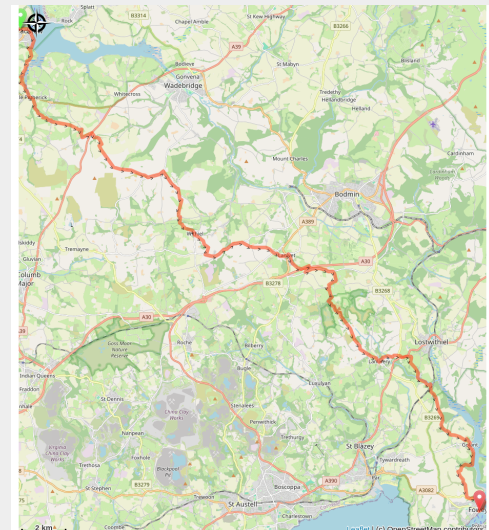


02. 590 Great Britain

England



Also known as the Saint's Way, this Cornish crossing alternates small country roads and footpaths in a historic and peaceful landscape of lush green hills from coast to coast, both very different.

Around 590, Colomban and his companions left Northern Ireland and crossed the Irish Sea in a rustic boat (currach) and probably landed in the neighbouring island on the north coast of Cornwall. He took advantage of this opportunity to replenish his supplies and cross British territory as quickly as possible before embarking again to cross the English Channel and reach the continent.

Useful information

Practice : Pedestrian

Length : 44.4 km

Trek ascent : 1081 m

Difficulty : Easy

Type : Multi-day trek

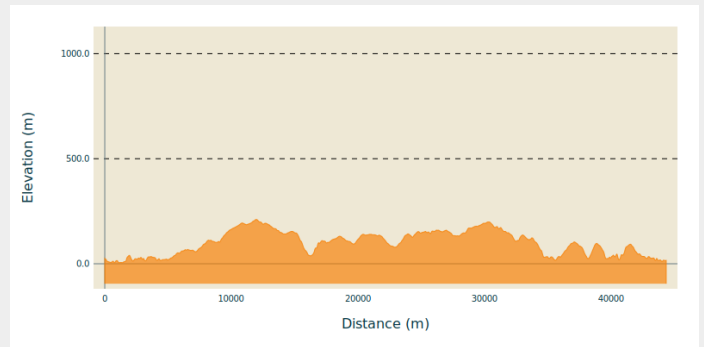
Trek

Departure : Padstow (Cornwall)

Arrival : Fowey (Cornwall)

Cities : 1. Cornwall

Altimetric profile

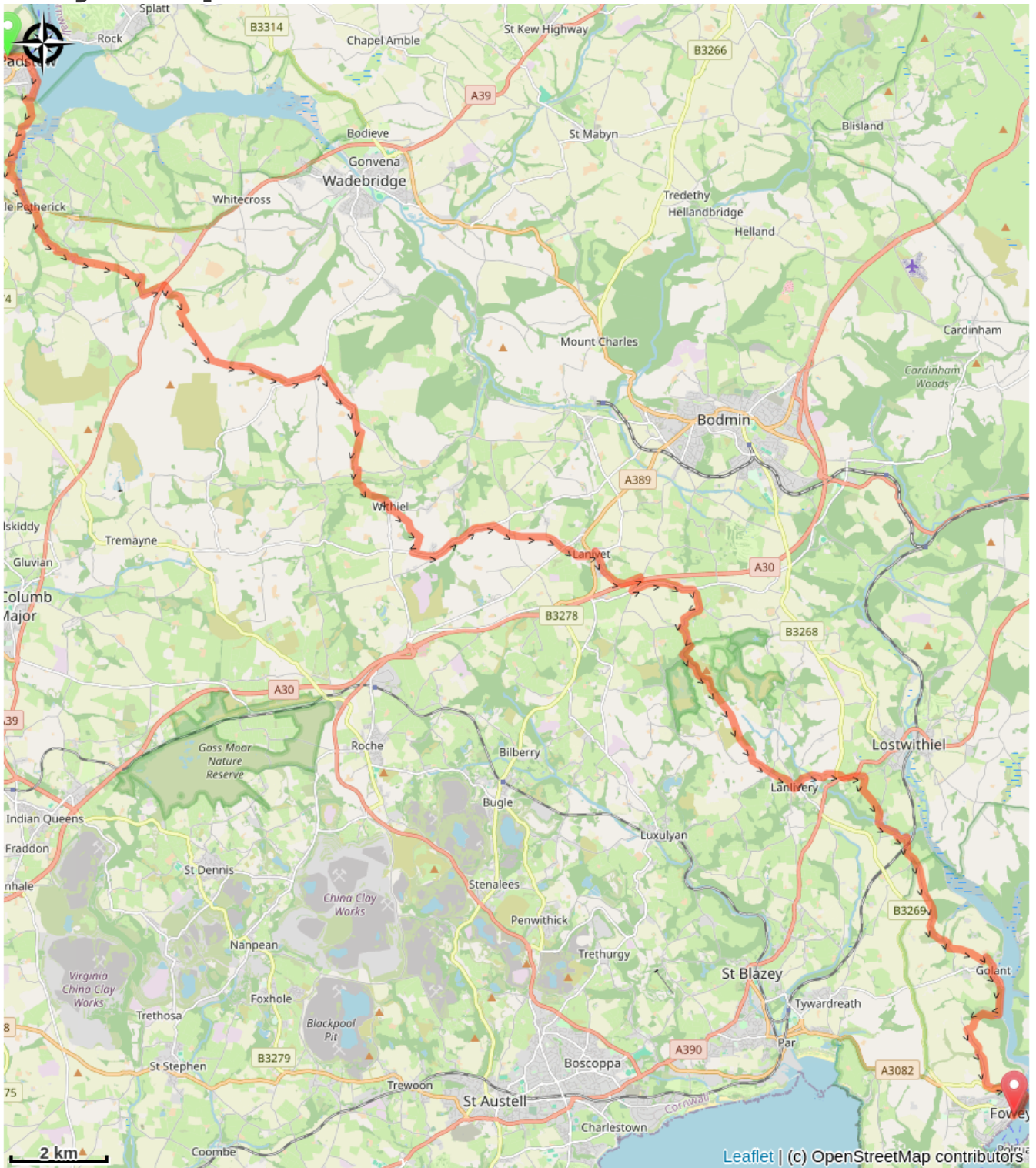


Min elevation 5 m Max elevation 211 m

This short 43km crossing sums up in two stages the diversity of the landscapes and the maritime coasts of this region, making you really want to go further:

1. Padstow - Lanivet : 21km
2. Lanivet - Fowey : 22km

On your path...



All useful information

How to come ?

Transports

Padstow can be reached by bus from Bodmin in 50 minutes, the terminal station of a railway line coming from major railway centres such as Bristol or Plymouth.

[Bus](#)

[Train](#)

Access

Padstow is only accessible by road from the major railway, port and airport centres in this southern part of the British Isles.

On arrival in Fowey, the nearby road or railway at St Austell provides access to important points of communication with the country or the continent.