

dementia adventure®

Cornwall

St Austell

5 days, Monday to Friday

Price: From £500 per person

Dates: 1–5 May 2017 and 25–29 September 2017

NEW

The Location

We have chosen to base our Cornish Adventure in the St Austell area due to its proximity to a number of attractions. The Eden Project, the Lost Gardens of Heligan, and Charlestown with its shipwreck centre and picturesque harbour, not to mention a wealth of beautiful beaches.

There are wonderful walks along cliff-top paths and the coastline is dotted with pretty coves and charming old fishing ports such as Mevagissey. Also close by are the Cornish moorlands for a blast of fresh air in one of Cornwall's areas of outstanding natural beauty. We are grateful to our friends at the Sensory Trust for helping us organise this itinerary and aim to hook up with them if possible.

Your Accommodation

For this holiday we have chosen the large and well-designed accommodation at Tor View Centre, a working farm set back from the coast up towards the moors. An upside down house, with wheelchair accessible bedrooms on the lower floor and a stairlift to reach the common areas upstairs, it has a large kitchen, dining room and lounge with great views where we can all relax together. We can cope with some mobility difficulties on this break.



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Disclaimer note:

Although we do our best to ensure that everything runs smoothly, we are at the mercy of the weather and as such this itinerary may be altered slightly during the trip due to this or the abilities of the group on the day. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.

Your Itinerary

Day 1:

We arrive at our holiday accommodation this afternoon. We can arrange to meet you at St Austell Station, 4.5hrs from London Paddington, you can drive down yourselves, or we can arrange to pick you up from home for an extra charge. We'll settle in, get to know each other and our surroundings and then enjoy a hearty home-cooked supper together.

Day 2:

Today we enjoy a leisurely stroll around The Lost Gardens of Heligan. Taking the time to enjoy the walled kitchen gardens, Italian garden, pineapple pits (in existence since 1828) numerous glasshouses, poultry orchard and of course not forgetting the Giant's head—we can wander to our heart's content.

After a leisurely lunch in the beautiful cafe, we head off to Mevagissey—a delightful, unspoilt fishing village, for a short boat trip, a wander around the harbour and a Cornish cream tea before heading home to relax before dinner

Day 3:

We begin our day at the famous and remarkable Eden Project which was constructed on the site of a former China Clay Pit. We will spend the morning exploring the Mediterranean Biome then after a picnic lunch we meet our guide for a stroll around the outdoor gardens taking in the array of beautiful and scented plants. On our way home we stop off at picturesque Charlestown, a Grade II listed harbour with a long history of Tall Ships and used as a key location for many films (including the hit series Poldark!) with a chance to sample the award winning ice cream as well as small craft shops.

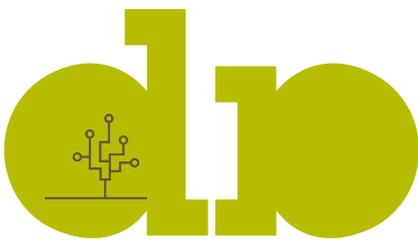
Day 4:

A drive out to Minions and tour through the Cornish Moorlands: This rugged, windswept and mostly treeless area sits high up in a remote but beautiful corner of Bodmin Moor. Spot the numerous abandoned Engine Houses and Chimney Stacks and visit the Heritage Centre to learn about the short lived boom in Copper and Tin Mining.

We head to Golitha Falls for a river walk through the ancient Oak forest followed by an amazing pit-smoked barbeque lunch at Inkie's smokehouse then heading to Respryn Bridge to explore the beautiful ancient woodlands of the Lanhydrock Estate. Finally it's off to the beach at Pentewan with its beautiful golden sands, where we can have a paddle, and stay on for dinner overlooking the sea.

Day 5:

Following a leisurely breakfast, we say a fond farewell to our new found friends and head off home.



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What's Included?

- All transport around the area.
- All meals and soft drinks, tea and coffee while in the house.
- Accommodation in twin/double en suite rooms.
- Entrance fees and tickets, etc.

What's Not Included?

- Travel insurance is advised, especially in the case of illness causing cancellation or curtailment.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you. If you need personal care bought in, please let us know well in advance, as this may be possible.
- Travel from home to Cornwall, although this can be arranged at an extra cost. Let us know if you are interested in this option. The accommodation is accessible by train to St Austel where we can arrange to pick you up.
- Alcoholic drinks with your meals.

Things To Bring

- Sturdy walking boots or shoes.
- Waterproof jacket, fleece, hat, scarf and gloves.
- Sunscreen and sun hat.
- Water bottle and lunch box for picnics.
- Towel and swimming costume.

How Much Does The Holiday Cost?

Thanks to our many supporters and particularly players of **People's Postcode Lottery**, Dementia Adventure is able to make these holidays more affordable for people living with dementia and their carers. This means your first holiday with Dementia Adventure in a calendar year will always come at less than cost price. Prices start from **£500** per person, but we would not want cost to be the reason you felt you could not access this break. If you need further information about funding, please visit us at www.dementiaadventure.co.uk.



How To Book?

If you have any questions, call us on **01245 237548** or email info@dementiaadventure.co.uk. We will go through a detailed questionnaire with you and ask you about your abilities, interests and expectations. We will do everything we can to support you to take part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.