

TRIP TO CORNWALL

STEPS WALKED.... 124331

CORNISH PASTIES CONSUMED.... MANY MANY

AMOUNT OF TIMES LUCAS WAS BLOWN OVER 3

TIMES TRURO WAS MENTIONED... FAR TOO MANY ...!

CUPS OF TEA DRUNK.....500+

WILDLIFE SPOTTED COWS, SHEEP, LLAMAS, MANY INSECTS, EXOTIC BIRDS, OWLS AND EVEN A MINION OR TWO...!!

We began our journey very late on Tuesday 27th October, meeting at Camden Town Tube station from where we began our first walk. We walked along the canal westwards towards Paddington Station before departing we had words with a gentleman who asked where we were travelling to ... Cornwall we replied, and he then told us that Dumbledore was in fact Cornish for Bumblebee...!

On our walk to the station we found a massive pile of scrap pulled out of the canal and this started a conversation about rubbish and pollution in seas and rivers etc very apt as this was one of the focus points for our trip to Cornwall.



We arrived at the station in good time ours was the only train departing at 23.45 and there were only a few people around mostly staff. We were welcomed onboard and shown to our rooms for the night... they were small but extremely comfortable and we all had a great night's sleep.



DAY TWO - 28TH October – Redruth to St. Agnes

We arrived early in the morning to Redruth and all was very quiet We stepped outside and the drizzle began. We prepared ourselves for the first part of the walk Josiah took the lead and we were all hoping that the café would be open on our arrival. We passed many interesting points along the way including fairy houses, woodlands and rivers. We arrived at the café and it was open so full English breakfasts for all, in preparation for the second part of the walk. The second part was very challenging it was along the coastal path, so we spent a lot of time going up and down some very steep hills. The natural surroundings also challenged us with Rahim falling and getting many gorse thorns in his hands – we would spend many days trying to get them out. The weather also threw some challenges at us and we had to hold on tight to Lucas as the tail end of a hurricane passed by the waves hitting the rocks were huge you could feel the spray even on top of the cliff...!



We finally arrived at the footpath leading inland to St Agnes and it was nearly dark, so we walked quickly and with headtorches on. We arrived at the Scout Hut a brilliant refuge at the end of a long day. We found the brilliant heaters and the warm and welcoming showers, and all felt rejuvenated quickly. Dinner eaten we then settled in for film night accompanied with well earned treats. Early to bed and all slept very very well indeed.



DAY THREE – 29th October - St Agnes to Porthtownen

We began the day with a hearty breakfast and made our way the short (6km) walk to Wheal Kitty ... Wheal a word we learnt that meant place of work. We walked quickly without our rucksacks on and just carrying the stuff we needed for the surf lesson later. We arrived in good time and waited for the arrival of George and Tom.

We were led into the hub of Finisterre and given a cup of tea and invited to take a seat. We were then introduced to the company and its ethics and importance of nature and working with it to save the planet. It was interesting to hear how they are trying to find innovative ways of working with old clothes and the fact that you can send any of their products back for repair.

We finished the tour with a visit to their shop to see the products and the repair programme – a great way to start the morning – Thanks Tom.



We then walked down the cliffside path to go for our surf lesson. Before we went to Breakers Surf School, Tom joined us again and showed us the RNLI boat and gave a talk about how it operates, and training involved.... a real insight into the dangerous work they do.



We then went down to the beach only to discover that the lesson had to be cancelled – really this came as no surprise as the waves were still huge and the tide was coming in very quickly and high. We all left together a little downhearted but ready for lunch. We walked back up to the town and found an amazing bakery from where we bought Cornish Pasties for all and doughnuts – both of which were huge, and we all felt quite full after them. We also purchased sausages and provisions for the next few days before leaving St Agnes.

Lunch eaten we said goodbye to the Get Exploring Trust crew, who by the way had a great Landy, and began our short walk to Porthtownen where we would find the Mount Pleasant Eco Farm, home for the next two days.

The walk was very pleasant this afternoon and we had many adventures ... we meet some cows that at first seemed a tad aggressive but it all ended well.. we meet a man who was geocaching and found some minions and a brilliant rope swing along the way.



We arrived and found our way to the hut a little challenging in the dark... but what a lovely space it was. Jane and Alex set up their tents (unlucky for them) ...we were all tired and ready for dinner and bed after a review of the day and a laugh about the cows and the dancing during the walk.



DAY FOUR – 30th October – Mount Pleasant Eco Park

We all slept well in the hut think it was a different story for those outside who were awoken to Lucas and his torch looking for the toilet cabin...!

Today was a rest day from walking with the rucksacks... but no rest from the rain that was still falling and the wind still blowing. We started the day by being part of the Volunteer Friday crew altogether there was 11 of us. We got put into our working teams ... the lads all went off to the manure heap and spent their morning cutting compost and transporting it in the barrows to the allotment. Jane spent her time clearing the brambles and discovering weaponry buried in the hedges...!!! The remainder helped in weeding the vegetable patches and clearing the wall in the amphitheatre area that had become rather overgrown. We all worked hard for four hours only stopping for a cup of much needed... you guessed it tea...! At the end of the morning we were treated to a delicious homemade soup that warmed us all up and prepared us for the afternoon.



After lunch we made our way to the studio space where, we were to take part in a printing workshop. It was an introduction for all of us to a new way of printing called Risograph. We split into two teams and talked about our initial ideas all relating to Climate Change. The next stage involved us making two collages on two separate pieces of paper and then these were turned into a stencil which were then overlaid on each other in our two chosen colours. We were all very happy with the resulting posters. We left the studio and the rain was still falling and the mud even thicker than before. After our hard working we were all in need of a shower Lucas and Rahim made their way first but three times they returned unable to find the showers we all had a laugh together and then Josiah went with them and finally they were located. In our Shepherd Hut we had minimal facilities, but the fire was amazing at heating the space quickly that is after about 20 attempts we had at lighting it. Luckily, we also had a gas cooker which served us well and produced a beautiful dinner using the sausages and chicken we bought at the butchers yesterday we had this with plenty of pasta and the squashed apple pies for pudding. We did however manage to drain the solar panel electricity supply – think it was a lack of sun and too many phones to charge.

When we were in the restaurant earlier Jane had seen that there was live music playing tonight which we began to hear from the shepherd's hut, we decided that it would provide us with some evening entertainment and made our way back through the mud to the communal space. We spent about one and half hours around the beautiful fire listening to the music and Lucas was very kind offering to buy

us all drinks...but eventually it was with Janes bankcard...it's the thought that counts though. We were warned that the winds were going to be terrible during the night and they were not wrong – the door swung open many times during the night and one of the tents ended up in the bushes.



DAY FIVE – 31st October – Mount Pleasant Eco Park – Eden Project

We awoke early and set ourselves the challenge to walk to red roof in less than two hours. the walk was a little muddy to start with, but the last two kilometres were through the town. We had really pushed ourselves this morning, but it would mean that we would arrive early to the Eden Project. At Redruth we took the train for a short journey to Par a total of approximately 20 minutes just long enough to have a yes you guessed it ... cup of tea. This was the only part of the trip where we used anything other than our feet to transport us.



At Par we had a second breakfast of toast, Snickers and more tea to give us little energy for the walk to the Eden Project. The first part of the walk involved us walking through some woodland and then along by a very fast flowing river after this Rahim and Lucas did a little navigating and took us up, a steep Hill. It was a great feeling when we arrived and could see the Eden Project in the Valley the biomes were massive.



We had a pass for the weekend to the Eden Project so Josiah and Jemima as they were leaving tonight went to explore the project and the biomes first the rainforest one and then the Mediterranean one. The others went on a small walk upper not so small Hill to the youth hostel our place of residence for the evening. We had to wait a while to get into our rooms and sadly the bell tent was not available. Alex and Jane went back down to bring Jemima and Josiah back in time for the taxi to take them to St Austell. In the evening we were saddened to see them go and later to find out that the hostel had run out of pizzas. We then had a mission to try and find some restaurants that would deliver to us at the hostel in the end Domino's save the day and it was pepperoni pizza and chicken wings all round. Nothing seemed to work well at the hostel but at least the beds were in the dry and semi warm.



DAY SIX – 1ST NOVEMBER – Eden project – St Austell and home

Sadly, we woke this morning knowing it was our last day on our adventure, but we all decided that we would make the most of the day. We visited the Eden Project getting there as it opened and not leaving until 4:00 o'clock in the afternoon. We first discovered all the plants and interesting facts that were outside on the terraces, we had a book to complete and some of the answers we found here. We also had a story app that at various spots played a relevant story for us this we really all enjoyed particularly the story about the lemons. We then spent quite a while walking through the rainforest biome which was amazing the plants and trees, were massive and from the ground we saw the rope bridge and couldn't believe that we would be walking over it soon. We slowly made our way up in the biome passing various crops including bananas, papaya, lychees, and various spices such as vanilla. At the very top there was a waterfall which felt very refreshing in the warm air next we had to tackle the rope bridge we all slowly went over it one at a time taking photos to prove we did it. Towards the end of the path we saw some very beautiful exotic birds that seemed to be very used to people and Jane managed to get very close to one of them.

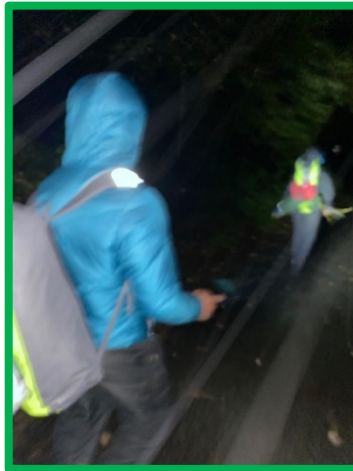
We all really enjoyed the biome but we're ready for lunch which consisted of either pizza, pasty, toasted sandwich, or burrito and we all went for the opposite of what we ate yesterday finished off with locally made ice cream mmmm. After lunch we ventured into the core which was an artistic piece representing microbes and the link with oxygen and important all of this for human survival. We pondered here for awhile trying to catch the smoke rings in a photograph. Next on our list was The Mediterranean biome which was a little cooler than the rainforest and the plants were growing in a noticeably dryer soil environment we also noticed that the leaves were all much smaller and thinner to help the plants survive in an environment with much less rainfall.

In this biome we also learned a lot about crops that grow in this type of environment particularly we liked the lemon and orange trees some of the lemons were so massive and we couldn't believe that they were still managing to hang on the trees.

After finishing in the Biome it was time to leave the Eden Project so we made our way up the stairs but there was one more surprise install for us at the top there was a man who was displaying three different types of owl and we got to have our photo taken with one of them and this made what was already a brilliant day even better.



We had five hours to get to St. Austell for the train and we made the walk easily thanks to all the practise we have had during the week of walking with all bags. It was a beautiful walk in the dark and we even heard some owls the woods. It was being able to see the funny place was when we was a shooting range and we managed to cross only at St. Austell the rain was we had three hours until googling where we could go There were very few for three hours eating, gambling promise, the time out so walked back up the train arrived. When the to get on at the other end of the train so we ran down the platform and made it just about, the staff were so helpful again and led us to our cabins for the night. We settled in slept until we arrived back in Paddington at 5:00 o'clock in the morning in time for everyone to go to college and work on Monday.



calling out to us as we walked through challenging walking in the dark and not ground we were walking on, one really got to the end of a path and on the right on the left a small river which as a team getting our feet a little damp. On arrival still falling and the wind blowing, and our train so we spent a little time to sit as the waiting room was closed. choices so we ended up in McDonald's drinking more tea, and playing cards no passed quickly and we were all dried Hill with 10 minutes to spare before our train arrived the conductor said we had

Thank you from all of us to the whole team at Get Exploring Trust and Finisterre for making this trip possible we all learnt so much from it and really felt like we challenged ourselves to the max.



"I thoroughly enjoyed my trip to Cornwall. I had new experiences, learned new things and developed my character during the trip. We did a lot of walking come rain or shine. I didn't know I could walk 20 kilometres in a day! It was fascinating to learn how the Finisterre clothing company makes eco friendly products. I also loved the Eden project. I built up my teamwork skills and made great friends. I couldn't have had a better time."

Jemima Burden November 2020

"I really enjoy the trip to Cornwall because I was able to see some amazing sights that I had never seen before. It also made me realize the power of the forces of nature. Although the trip was tiring it pushed me to do things I didn't know I could do (the long walks). It was always a great relief when we stopped for lunch at a warm cafe. As I had never been on an over-night-sleeper I found it really fun. Looking back on the trip I really appreciated it and made some new friends."

Josiah Burden November 2020

"It was wonderful for the children to have the opportunity to go on such an amazing trip. As we have 7 children many things are more difficult to do as a family. This trip gave them the opportunity to experience many new things and push themselves to limits that they had never tried before."

The long hikes were a challenge and yet they managed to keep going and achieved. This especially gave Jemima the confidence to be able to do longer walks in the future, as she is still recovering from an inflammatory bone condition which has severely limited her in the past.

The children also learnt more about working in a team, helping one another, and have new friends that they continue to keep in contact with.

Thank you so much for making this trip possible. It has had a very positive influence on the children and they have learnt so much."

Elizabeth Burden(parent) November 2020

"Going on this trip has made me realise so many things, at first I thought I might not enjoy it but I didn't know what to expect. The travelling was fantastic because I love travelling long distances on trains so I had no problems with that and then when we got there I loved the greenery and the countryside and it was nice to breathe the fresh air It was somewhere different from where I live. When we started doing the first activity which was walking to the Tideline Cafe, the first hill we walked up was tiring for me but I still wanted to give it a go and I did do it, I was very proud of myself. All of this just wanted me to keep going, I thoroughly enjoyed the sleeping throughout this, I was able to get my sleep and that was good and I did always look forward to wake up the next day and complete the next activity, It just made me feel like that I'm a strong man and I can do this."

Thank You for having me on this trip, If I didn't go I don't know what I would've been missing."

Rahim Oscar November 2020

"From the time he got there and he rang and spoke to me on how he had enjoyed travelling on the train. I heard in his voice how confident he spoke about everything and knowing Rahim for him to have gone on the trip and the only one he really knew was Lucas and for him to be around other people who he never met and being able to talk to them and to get to know them and to get involved in everything, that tells me a lot about him being away from home for 5 days and to be in control of what he's doing around other people who he didn't know. It shows going on these kinds of trips gives a child the upper hand of doing things on their own and it just makes them feel so independent and makes them think I'm in control now and I'm going to go ahead and just to do things and challenge things and to say to myself I can do this and I'm going to try. Since coming home I've seen

the change in him where he has told me that he wants to man up and wants to take the lead of so many things by himself. Thank you for letting him come along and enjoy the experience."

Yvonne Oscar November 2020