

## Ian West. Newsletter 6

I arrived at the ferry to go across and I was lucky that they were running, because if the weather is bad they get cancelled. I made my way to the Lizard, where the roads were a little easier underfoot but I still had to concentrate because they were so tight. After arriving in the area of the Lizard I saw the coastal path that took me around where the lighthouse is so I thought I would walk that way. Again I was not disappointed it was beautiful with a hotel that stands proud on the top of the cliffs, not too near the edge however. But again I had to be careful and concentration was needed because the large drop was in front of me. There were beautiful views of the coast line and the sea. The sea crashed against the tall cliffs and white horses were riding on each crest, no wonder the cliffs are breaking down, the sea is unforgiving. Again I remember during the Cod War (Charlie remembers it well) the waves can be small and gentle and then in the space of a couple of hours they can turn into monsters 60 feet high with awesome power.

Looking around the Lizard I took a few photos and I noticed a board full of information with pictures about the life boats in the area that had saved many sailors lives (pictures separate) very impressive. There was a cafe so I popped in for a well deserved coffee and spent time thinking about the good morning I had experienced. I also met a family of five from Worcester, they were having a weekend break from home, away from the hustle and bustle of city life.

Having left them I carried on my walk around the coastal path but it was too close for comfort, too near the edge for my liking, but I did get on my belly and take some photos. So again I used the road to get to my next point, taking in the scenery and taking photos finally arriving back at the YHA after having another good day.

Having left the comfort of my bed (YHA Penzance) I ventured outside only to be confronted with rain but only light rain. I already decided that the day would take me down to Land's end. I wanted to go through a couple of fishing villages, that's if

they still exist, with today's times you never know. I arrived at Newlyn just out of Penzance, tight little roads, even a Mini would find it difficult to get around but it's been like that for years. I was enjoying going through the little town when I was lucky enough to come across a fresh fish mongers displaying his wares which he had purchased from the trawlers returning that very morning. A full range of fish was on show a very impressive sight. I couldn't buy any because I was walking, but I was tempted. The one fish that hadn't come from the trawlers was salmon and that was purchased separately by the fish monger.

I then went through a village called Mousehole, which is a lovely name for a village. Old houses, old shops and roads that were similar to those in Newlyn and gave it plenty of character, a most enjoyable afternoon.

After walking along the coastal walk with some spectacular views, the weather wasn't too good but I was loving it. I arrived at Lands End having negotiated the paths that didn't seem to be more than a foot wide. The winds that come in from the sea made it very hard to concentrate on walking, but again it was worth it.

I decided to have a coffee break with a well deserved fruit scone with cream.

Having had my break I wanted to take a video of me singing, like I did at the white cliffs of Dover. So I asked two young people who were visiting the area if they wouldn't mind doing it for me and after explaining to them what I was doing they kindly agreed to take the video of me. (Video done separate). After leaving Land's End I made my way along the coastal path again but being careful and taking my time. As I approached an area with a ravine I came across another shipwreck. There was a notice board explaining what had happened to the ship (photo separate). Having read what had happened I couldn't imagine what they must have gone through, frightening to say the least. Again I carried on to finish my great days walking and made my way to Botallack or Pendeen then onwards to Penzance.