

Feel Good in Nature – May to July 2017 Programme

Date & Time	Activity & Venue	Logistics
Weds May 17th 10-12noon	A circular walk around Helston Boating Lake and Penrose to observe a surprisingly large range of birds in a small area. A good place to sort out the differences between swallows, swifts and martins at close quarters.	Meet at fairground car park, just beyond Flora Motors off Porthleven road. Grid ref SW654/270 Toilet and café available; free parking. Cost £5
Sat May 20th 10-2.30pm	There's nowhere better to be in May than on the clifftops, with their beautiful display of wild flowers. Join us on a walk along the west coast of the Lizard from Predannack to Kynance , where we'll keep an eye out for choughs and basking sharks as well as the huge array of flowers at our feet.	Meet at Predannack National Trust car park Grid ref SW668/162. Donation for parking; bring packed lunch Toilet and café facilities in Kynance Cove Walk approx 5 miles Cost £10
Sat May 27th 10-1.00pm	Come and explore and learn about the unusual history, flora and fauna around Cornwall's largest natural lake - Loe Pool . We'll walk down to Loe Bar and Gunwalloe , observing coastal flowers, butterflies and birds.	Meet at Chyvarloe NT car park, near Loe Bar Grid Ref SW 652/236 Donation for parking; No toilet facilities Walk approx 2-3 miles Cost £7
Sat June 17th 10-1.00pm	Further around Mount's Bay now, this time we'll have a look at the coast around Rinsey , which should give us close views of a seabird colony including kittiwakes. Come and learn about the different kinds of 'seagull'.... We'll also visit the rugged mining remains at Trewavas.	Meet at Rinsey NT car park, near Praa Sands Grid ref SW592/271 Donation for parking; No toilet facilities Walk approx 2-3 miles Cost £7
Weds June 28th 10-1.00pm	No apologies – another coastal walk, this time around Kennack , where we'll see how many species of warbler we can find, including, if we're lucky the rare Dartford Warbler.	Meet at Kennack car park Grid ref SW733/164 Parking charge applies; toilets available Walk approx 3 miles. Cost £7
Sat July 1st 1-3.30pm	Come and spend a sunny afternoon relaxing beside our ponds, observing the dragonflies and butterflies while enjoying a cream tea .	Meet at Treloquithack, near Helston Grid Ref: SW 6935/2940 Toilet facilities available Cost £7 (inclusive of cream tea)
Weds July 12th 8.30-10.30pm	Ever heard a nightjar? If not, and the weather's kind, you'll be in for a treat as we creep onto Goonhilly Downs at dusk to observe one of our strangest species of bird. Moths, owls and grasshopper warblers may well join the fun.	Meet in lay-by at Traboe Cross Roads, on St Keverne Road, from where we'll car-share. Grid ref: SW736/206; no toilet facilities Cost £5
Thurs July 20th 11am-1pm	A change of coasts now, we'll have a roam around the sand dunes near Hayle , to observe flora and fauna rarely seen elsewhere in Cornwall, including pyramidal orchids and silver-studded blue butterflies.	Meet outside Phillack Church , north of Hayle Grid ref: SW565/384 Toilet facilities in Hayle, nearby Cost £5

Booking details

Places are limited to a maximum of 10 people per outing – so book early!

To book, contact us as follows: info@feelgoodinnature.co.uk

Or Sarah 07944 634 394 or Martin 07854 123 877

Payment details

You can pay us on the day, cash or cheque to 'feel good in nature'.

Disclaimer

In the unlikely event of unforeseen circumstances (eg extreme adverse weather), we reserve the right to postpone or cancel an outing at short notice. See website for full terms and conditions. www.feelgoodinnature.co.uk