



ADS VENTURES
WALKING HOLIDAYS & SHORT BREAKS

THE ISLES OF SCILLY

Trip notes

The Isles of Scilly: an island-hopping venture.

Step back in time to explore the idyllic Isles of Scilly from the lovely Bell Rock Hotel on St Mary's Island.



- 5 nights, 6 days walking
- Departure date: September 25th 2025
- Cost May: £ 1165
- Single room supplement £100 but see below.

- Grade 

Rising from the Atlantic Ocean just 28 miles from Land's End, the Isles of Scilly are a delight to visit and explore. These granite islands, fringed by rugged cliffs and sandy beaches, enjoy more sunshine hours than anywhere else in the UK and with just 6 ¼ square miles of land but

over 50 miles of walking routes they offer splendid coastal walking as well as some beautiful inland routes. In order to maximise our time on the islands we use the arrival and departure days to explore the Island of St Mary's. The ferry from the mainland arrives at 12 noon and departs at 4:30 pm giving plenty of time for walks on these days. On the 4 complete days we take the ferry to explore the neighbouring islands of Tresco, Bryher, St Agnes and St Martin's. For this holiday we will be staying in the 2-star Bell Rock Hotel in Hugh Town close to the beach.

- Walk on sandy paths along rugged coastlines and beautiful beaches on these delightful islands, soaking up stunning views of the sea and the sky.
- Discover the rocky outcrops and rugged coastlines of the Scillies on daily boat trips to visit the neighbouring islands of St Mary's; Tresco, Bryher, St Martin's and St Agnes.
- Explore the world-renowned Tresco Abbey Gardens built in the grounds of a Benedictine Priory.
- Stay in the lovely and friendly Bell Rock Hotel and enjoy dinner each night in the hotel restaurant.

Accommodation

The friendly Bell Rock hotel is ideally situated in a level position midway between Town Beach to the front and Porthcressa Bay at the rear. All bedrooms are ensuite and have tea and coffee making facilities.

The hotel has a spacious and comfortable bar - an ideal place to relax in after our walks, or with a drink before dinner. There is also an indoor swimming pool for guest use.



Single supplements and upgrades

- There is one single room available for no supplement
- Sole occupancy of a compact double £100
- Sole occupancy of a standard double or twin £300

Included

- En-suite half board accommodation in the Bell Rock Hotel, St Marys.

- A three-course meal, served on each evening in the hotel restaurant.
- 5.5 days guided walking with a qualified and professional leader.
- All travel to neighbouring islands.

Not included

- Lunches -these are available to buy from local shops or during the day on the islands that we visit.
- Incidental expenses such as drinks.
- Travel to and from the Isles of Scilly.

Detailed Itinerary

The following is the proposed itinerary. However, please bear in mind that in the event of local conditions changing, for example due to weather or other unforeseen circumstances, it may be necessary to change the itinerary.

Excursions to neighbouring islands will be ordered to make the most of the conditions and ferry times.



Day 1

Arrive on the Isles of Scilly and transfer luggage to the Bell Rock Hotel.

Meet at 3 pm for a short walk around Hugh Town and St Mary's Garrison Wall.

Meet in the hotel bar for a short briefing about the week ahead.

3.5 miles ascent/descent 50m

Meals included: dinner

Day 2: Tresco

Today we travel to the second largest of the Isles of Scilly: Tresco. We start by exploring the barren but beautiful north of the island with its rocky coastline and 16th and 17th century King Charles' and Cromwell's Castles. Turning south our walk finishes at Tresco Abbey with time to visit the gardens of this former Benedictine Priory before travelling back to St Mary's.



12 km (7.5 miles) ascent/descent 50 m

Meals included: breakfast and dinner

Day 3: St Martin's

The beaches on St Martin's have the reputation for being the best on all of the Scillies. The coastal path on our walk today takes us past many amazing sandy beaches, as well as old kelp pits, mysterious stone labyrinths, and tiny flower fields. We finish by walking through gorse heathland to St Martin's Head to explore the Daymark chapel and ruined Signal Station.

10 km (6 miles) ascent/descent 80m

Meals included: breakfast and dinner

Day 4: St Agnes



Today we visit butterfly-shaped St Agnes where our circular walk will take us past the old lifeboat station, Troytown Maze, a labyrinth laid out in beach pebbles, and the granite outcrop of the Nag's Head. From the coastal path we will have impressive views of the treacherous Western Rocks and the famous Bishop Rock lighthouse. We may also be able to visit Gugh (pronounced like the name Hugh, but with a G) but this is determined by the tide.

9 km (4.5 miles) ascent/descent 200 m

Meals included: breakfast and dinner

Day 5: Bryher



Of all the islands Bryher has the most windswept, wild, and unkempt feel, hardly surprising when you consider that fewer than 100 people live here. Even the names are a delight: Hell Bay, Stinking Porth and Hangman Island to name a few. On our walk we use sandy coastal paths to explore the wild rugged north with its amazing undisturbed views out into the Atlantic, and the peaceful bays and secluded beaches of the south, as well as possibly even stopping for refreshment in the Fraggie Rock Bar before returning to Saint Mary's.

8 km (5 miles) ascent/descent 120m

Meals included: breakfast and dinner

Day 6: St Mary's circular



Our walk today circumnavigates the main island and our base for the week, St Mary's. On this coastal route we take in cosy little coves, granite headlands, areas of woodland and open heath. Walking clockwise around the island we pass the archeological sites of Bant's Carn and Innisidgen before returning to Hugh Town via the granite tors of Porth Hellick and Peninnis Head. We will be back in Hugh Town in plenty of time to catch the ferry back to the mainland at 16:30.

14 km (8.5 miles) ascent/descent 100 m

Meals included: breakfast and dinner

Kit list

For walking each day:

- Good walking boots or shoes
- Waterproof jacket and trousers
- Lightweight, quick drying trousers
- Base layer
- Mid-layer such as a fleece jacket and an additional 'spare' layer depending on the forecast
- Walking socks
- Warm hat and gloves -just in case the weather turns
- Sun hat, sunglasses, lip salve and high SPF sun block
- Day sack (25 litre capacity is a good size) to comfortably carry your kit, lunch and water
- Dry bag or rucksack cover to keep the contents of your daypack dry
- Water bottle

- Basic first aid kit (plasters, blister treatment, antiseptic etc)
- Some snacks to keep you going
- Walking/trekking poles (if you use them)

Maps: OS Explorer map 101 Isles of Scilly

Group size

This guided holiday will have a maximum group size of 15.

Personal expenditure

All breakfasts and evening meals are included in the holiday cost.

You will need enough money to cover lunches and incidental expenses such as drinks.

Any other queries, please get in touch with me.