



National
Trust

What's on West Cornwall

The action in 2017



Trelissick Night Run

28 January, 5:40pm run start

Discover the Trelissick estate by torchlight with a c.3km or c.7km run, walk or jog. Expect marshmallow toasting, glow stick and some mud. Book online nationaltrust.org.uk/nightrun

Tin-K

Sunday 21 May

10K run and activity day on the Tin Coast. Venture out on this special, Cornish Mining World Heritage Site. Discover the history, enjoy the activities and have the landscape take your breath away

7Nations Touch Rugby Tournament & Family Fun

Saturday 15 July

Bring friends and family to play in this touch rugby tournament on Marazion beach, try beach games, wildlife hunts, 'Archery GB' Arrows and more

Trelissick 10K

August 2017, date to be confirmed

Part of the Cornwall Multi Terrain Race Series, this 10K run is an annual challenge amongst undulating, scenic woodland, parkland and gardens.



**[nationaltrust.org.uk/
activecornwall](http://nationaltrust.org.uk/activecornwall)**

Throughout the year...

Don't miss Trelissick and Penrose parkruns, Trust10 (coming soon), Penrose cycle trails, downloadable walks, Tin Coast cycling, all at National Trust places in West Cornwall.

The teams working with the National Trust

Freedom Racing: Poldhu 10K (date tbc)

Bys Vyken Events: Challenging trail runs.
Cousin Jack Run, Saturday 4 March;
Smuggler's Scuttler, Saturday 1 July

Lizard Adventure, Canoe Cornwall, Kernow
Coastering, Dan Joel Surf School, Walk
Kernow. To find out more visit
nationaltrust.org.uk/activecornwall

Summer of Sport

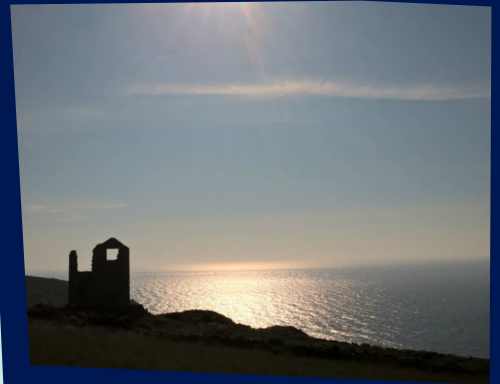
May - September

Have-a-go activities to fill your summer, across West Cornwall. Keep checking our website for updates. 'Arrows' from Archery GB, badminton, tennis, table tennis, running games, and plenty more to come. nationaltrust.org.uk/Cornwallsport

South West Coast Path Challenge

October 2017

Learn about our spectacular coast, enjoy a fun run on the edge of the Atlantic, try new activities, and raise money to support the work of the South West Coast Path Association and National Trust. Events throughout October. Details coming soon



**To avoid disappointment, please book events
in advance on the website below. For more events
visit nationaltrust.org.uk/activecornwall**

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**'If you need this in an alternative format please contact
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