

Tintagel

PILGRIMAGE

Walk. Connect. Remember.

11th - 13th September 2026

Pilgrimage Guide



Welcome!

The Tintagel Pilgrimage is a weekend of walking, exploring, reflection and simple ceremony, set among some of Cornwall's most extraordinary landscapes.

We'll walk through Tintagel, along the coast, through Rocky Valley and on to St Nectan's Glen, with time to slow down, eat together, sit around the fire and step away from normal life for a couple of days.

You don't need to be particularly spiritual, and you don't need to arrive with anything figured out. You don't need a big intention or some enormous question that needs answering.

You can come curious, apprehensive, excited, knackered, completely up for it — or some combination of all of the above.

Just come as you are.

This guide is here to give you a feel for what the weekend involves, what the walking is like and what you can expect from the experience. Full practical information is sent to everyone once they've booked.

Jo



Campsite Info

The pilgrimage is based at a small campsite near Tintagel, which we use as our base for the weekend.

Accommodation is camping, with the option to bring your own tent or campervan. A limited number of pre-pitched tent spaces may also be available depending on the pilgrimage.

The site has toilets, hot showers, drinking water and basic washing-up facilities, but it is deliberately simple and there is no electricity or mains charging on site.

What to bring

You'll need to bring your own bedding and general camping kit, and full practical information is sent out after booking.

You'll need to come prepared for a full weekend outdoors and a proper day of walking.

For the campsite, you'll need your own sleeping setup and general camping kit unless you've booked a pre-pitched tent space.

For Saturday's pilgrimage - sturdy walking footwear, comfortable walking clothes, covered legs, waterproofs, a day bag and a water bottle are essential.

It's also worth bringing layers for the evenings, a headtorch and anything else you normally rely on for an overnight camping trip.

A full packing list is sent to everyone after booking.



Food and Drink

Food is kept relaxed and informal throughout the weekend.

On Friday evening, we'll share a simple bring-and-share meal together at the campsite.

On Saturday, we'll have breakfast in Tintagel village before setting off, pick up lunch to carry with us for the walk, and then return to the campsite for dinner together in the evening.

Sunday breakfast is self-catered at the campsite.

Vegetarian and vegan food is always easy to accommodate, and there are usually gluten-free options available too. If you have specific dietary requirements, just let me know before booking so we can make sure the weekend will work for you.

Full meal arrangements and practical details are sent out before the pilgrimage.



Itinerary

Friday 11th September

Afternoon

Arrival, settle in, welcome and introductions

Bring & share dinner - Opening spiral walk - Intention setting - Fire ceremony

Saturday 12th September

Morning

Morning meditation

Set off into Tintagel! - Breakfast in the village - Tintagel Castle - Merlin's Cave

Afternoon

Coastal walk begins - Lunch at Willapark - Rocky Valley - St Nectan's Glen & Water Ceremony

Evening

Dinner, campfire and relaxed evening

Sunday 13th September

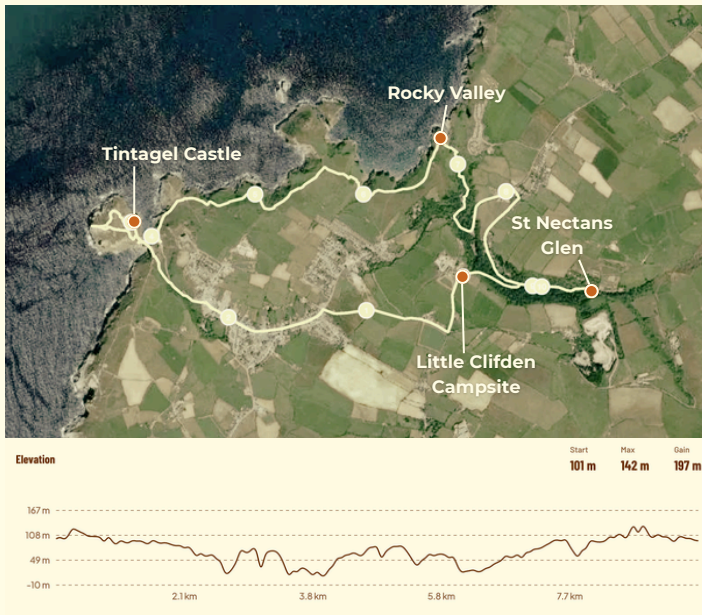
Morning

Morning meditation

Breakfast - Closing spiral walk and reflection - Depart



Route & Terrain



What to expect

This is a proper walking day.

The route is hilly and, in places, steep. There are lots of steps, uneven ground, exposed tree roots and sections where the path can be rough underfoot.

There are also areas of ankle-height vegetation and thistles along the route. Sturdy walking footwear and covered legs are essential.

Preparing for the walk

I walked the full route during my recce and definitely felt it in my knees and ankles afterwards, so I'm currently doing some training walks myself in preparation for September.

If you're not already walking regularly, I strongly recommend getting a few longer, hillier walks in before the pilgrimage. You don't need to become an endurance athlete, but getting your legs used to uneven ground, climbs and descents will make the day much more enjoyable.

Your day pack

Remember that you'll be carrying a day pack.

We'll be out for most of Saturday, so you'll need to carry water, waterproofs, lunch, snacks and whatever other essentials you want with you. If you normally walk without a backpack, it's worth doing some of your training walks with the bag you intend to use, with roughly the same amount of weight in it.

A note on pace

We won't be racing. There are planned stops throughout the day for food, water, ceremonies and time to explore, and we'll walk as a group.

That said, it is a full and physically active day, so arriving prepared will make a big difference.

If you have any concerns about whether the route will be manageable for you, please speak to me before the weekend rather than waiting until we're there.



Ceremony & Reflection

Throughout the weekend, I'll weave in a few simple ceremonial and reflective practices. These may shift slightly depending on the weather, the group and how the weekend unfolds. Some elements may be adapted, moved or left out entirely if the conditions make that the better choice.

I find these practices really meaningful, and I'll share the things that work for me, but there's no expectation for you to experience them in the same way.

Everything is optional. If something doesn't feel right for you, or you simply don't want to join in, you are always welcome to sit it out.

You don't need to have any particular belief system to take part. I try to keep what I offer grounded, simple and accessible, rather than overly "woo", so that there's space for everyone to engage in whatever way feels natural to them.

The Spiral Walk

A spiral walk is a simple walking meditation. We'll slowly follow the spiral towards the centre, using the walk as an opportunity to step away from the noise of everyday life and consciously arrive into the weekend. At the centre will be a small altar, where you'll be invited to place a stone that I'll give you, along with anything small and meaningful you may wish to bring with you.

We'll return to the spiral at the end of the pilgrimage to collect our things and close the weekend.

Fire ceremony

The fire ceremony is about what we choose not to carry into the pilgrimage with us. We'll use the fire as a symbol of transformation, taking some time to consider what we're willing to put down for the weekend and leave outside the pilgrimage bubble.

Water ceremony

Towards the end of our journey, we'll return to the element of water for a simple cleansing ceremony. Water has long been associated with cleansing and renewal across many cultures, and it holds that meaning for me too. You'll be invited to consider what you are ready to wash away rather than simply leave behind for a weekend — and, if you want to, to physically step into the waterfall as part of that process.

Exactly what this looks like will depend on the conditions, the group and what feels appropriate on the day. As with everything else, taking part is entirely optional.

