



St Ives

St Ives is the jewel in Cornwall's crown



Location & Transport

St Ives is situated on the North coast of Cornwall. It has its own train station, bus station, coach park and the nearest airport (Newquay) is just a 45 minute drive away. It's a 5 hour train journey from London Paddington Station or a short flight from London Heathrow Airport. It is also possible to fly into Newquay from regional airports in the UK and Europe including Edinburgh, Dublin, Newcastle and York.

About St Ives

Starting life as a small, fishing village St Ives became the international centre of the modern art world in the 1950s. Characterised by spectacular, sandy beaches and tiny, cobbled streets St Ives is both beautiful and historically important.

Home to Tate St Ives, Barbara Hepworth Museum & Sculpture Garden and Leach Pottery St Ives retains its vitally important place in the art world; at the same time it's home to world class surfers and the epicentre of some of Cornwall's most spectacular and challenging sporting activities.

St Ives is flanked by four beaches and miles of stunning coast path. It is small enough to feel safe and large enough to create an action packed trip.

Surrounds

St Ives is a great place to base yourself to explore West Cornwall. It's within easy reach of iconic sites such as the Eden Project and Tintagel Castle as well as being a short drive to Lands End, the Minack Theatre and St Michael's Mount.





Art trips to St Ives

I have gained very great inspiration from Cornish land – and sea –scape, the horizontal line of the sea and the quality of light and colour which reminds me of the Mediterranean light and colour which so excites one's sense of form; and first and last there is the human figure which in the country becomes a free and moving part of a greater whole. This relationship between figure and landscape is vitally important to me. I cannot feel it in a city.

Barbara Hepworth

Inspire your students in St Ives

In the 1950s St Ives was the international centre of the modern art world. A sleepy little fishing town had the art world's eyes on it due to its powerful associations with world famous figures such as Barbara Hepworth, Alfred Wallis and many others who made St Ives their home.

Turner, Whistler and Sickert were drawn here in the 19th century by the dramatic landscape and brilliant light, and age hasn't reduced St Ives' allure. Ramshackle fishermen's cottages jostle for space with galleries and artists' studios, crowned by our very own, newly refurbished, Tate Gallery.

Whatever art discipline your focus is you'll find a workshop or activity to test your students' abilities, challenge their thinking and enhance their techniques.

TRIP PLANNING

At Cohort we are more than happy to help you plan a great itinerary so please ask us for our input and contacts.

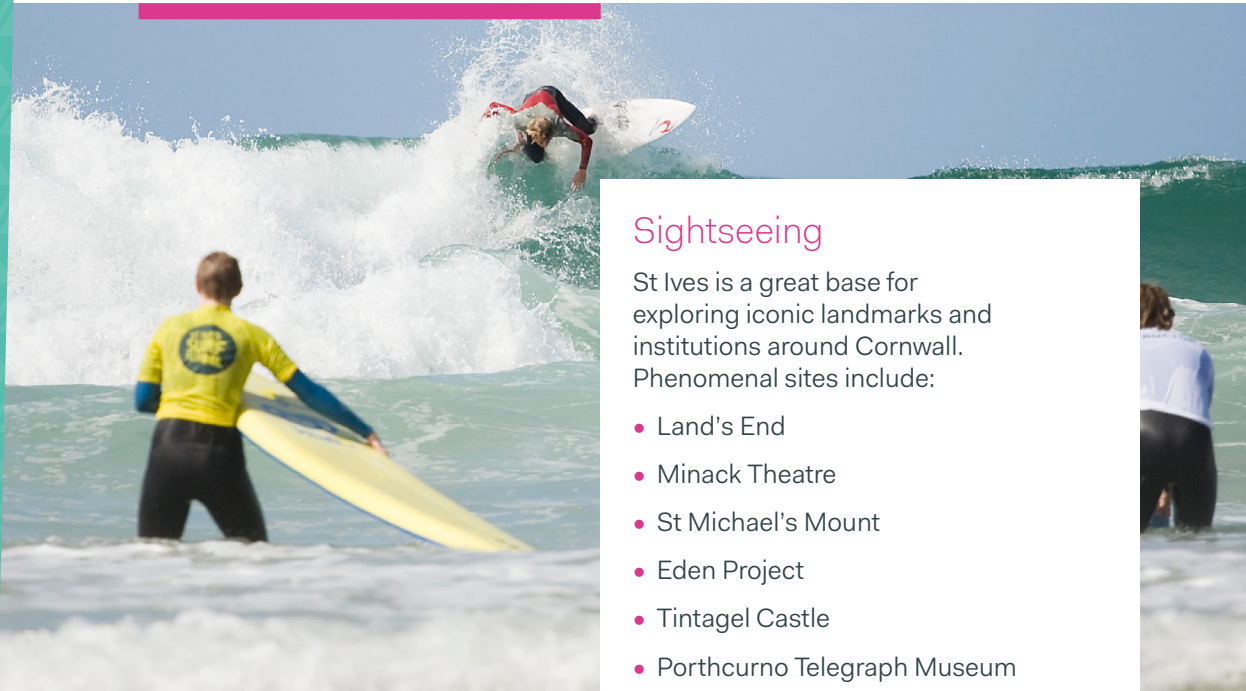
Workshops & Activities in St Ives: A small taster of what is available

- Dawn seascape photography workshop
- Sand sculpture workshop
- Workshops based on the St Ives artists
- Interactive tours of Tate St Ives, Leach Pottery and Barbara Hepworth Sculpture Garden
- Guided sketch and photography walking tours
- Print making workshops with working artists
- Artist studio tours
- Pottery workshops including pottery making techniques and firing
- Smartphone photography workshops
- Arts & Craft workshops using found materials from the beach
- Sketching from over 25 spectacular vantage points
- Exploration of over 60 galleries from ceramics to watercolours and prints
- Nearby galleries include: Kurt Jackson Foundation Gallery, Penlee and Newlyn Art Galleries



Activity trips to St Ives

Activity trips are ideal for schools, youth groups, field trips, team building, corporate away-days, university societies or other organised groups interested in sampling everything St Ives and the surrounding area has to offer. Equally all activities can be combined with more curriculum based trips giving students a broad spectrum of experiences.



Activities in St Ives

- Surf lessons for all levels
- Stand up paddle boarding
- Kayaking tours
- Coasteering
- (Wild) Swimming
- Walking, hiking & running
- Big Beach Activity Day with St Ives Surf School
- Walking tours
- Arts & craft workshops for all levels (curriculum or non-curriculum based)
- Chocolate making workshop
- Rockpooling / Beach foraging

Sightseeing

St Ives is a great base for exploring iconic landmarks and institutions around Cornwall. Phenomenal sites include:

- Land's End
- Minack Theatre
- St Michael's Mount
- Eden Project
- Tintagel Castle
- Porthcurno Telegraph Museum
- Godrevy Lighthouse
- Geevor Mine & Museum / Botallack Mines
- Lanhydrock House and other National Trust sites
- Trebah Gardens
- Lost Gardens of Heligan
- Falmouth Maritime Museum
- Truro Cathedral

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Cohort Hostel – A bit about us

Cohort Hostel resides in a unique, Grade II listed building in the heart of St Ives



Newly renovated hostel

Newly renovated and completely independent Cohort is run by a friendly and professional team.

Facilities

There is superfast, fibre-to-the-premises WiFi throughout the building with no black spots. WiFi is available in all the rooms and communal areas including the kitchen, courtyard and dining room. Cohort Hostel has a cinema screen, large lounge, bar, TV room, private courtyard, self-catering kitchen, laundry facilities, wetsuit rack, hot outdoor shower, football table, vending machine and secure bag storage.

FREE PLANNING TRIPS & ITINERARY ASSISTANCE

We offer free planning trips to organisers once a booking is confirmed and for primary schools we are happy for this trip to take place prior to a confirmed booking.

Lee and Dan are on hand 7 days a week to assist you with all aspects of your trip – suggesting activities, itineraries and getting in touch with local organisations on your behalf.

Award winning

- Two GOLD awards for Tourism Innovation: Cornwall Tourism Awards and South West Tourism Awards
- GOLD for Best Accommodation at the British Youth & Travel Awards (organised by BETA)
- Silver Green Tourism Award



Health, Safety & Safeguarding

We have public liability insurance up to £5m and relevant health & safety policies and risk assessments in place. The safety of your group is of the utmost importance to us, we have first aiders on site and staff available 24/7. The hostel is safe and secure with an electronically controlled key card system and CCTV.





Accommodation at Cohort Hostel



Rooms & Pod beds

Cohort Hostel has both dorms and private rooms; all our dorm rooms have pod beds which are handmade to fit our different sized rooms. Each bed has its own privacy curtain, light, USB port and plug socket along with lockable, under-bed storage.

Private rooms are ideal for single or twin occupancy and have hand basins in the room.

All beds are furnished with crisp, white linen; towels and additional pillows are available to hire from reception.

Shower blocks

There are 3 spotlessly clean shower blocks at Cohort Hostel – male, female and unisex. All have good sized toilet and shower cubicles and plenty of space. All bedrooms – both private and dorms are situated close to these shower blocks.



Capacity & Layout

Cohort Hostel can accommodate up to 60 people in the following configuration:

- 7 x 6 bed dorms
- 1 x 8 bed dorm
- 1 x 4 bed dorm
- 3 x twin, private rooms

Access

The majority of the accommodation is on the first floor near to the lounge and single sex facilities. There are 3 bedrooms situated on the ground floor near to the unisex facilities and kitchen.



Food at Cohort Hostel

All food at Cohort is optional and there is a self-catering kitchen for you to do your own thing if you wish. Alternatively, if you'd like to take advantage of what we offer you can choose from just breakfast all the way through to full board; or mix and match to suit your itinerary.

All dietary requirements can be catered for.



Breakfast

£1.75 per person per day*

Help yourself to: Assortment of cereals, milk, toast, jams / marmalade, tea, coffee, fruit juice.

Your breakfast is kept in the kitchen for you to help yourself to in the mornings: your group will also have a dedicated area of the fridge.

Packed lunch

£3.80 per person per day*

We use local, Cornish suppliers for our packed lunches and each lunch consists of a sandwich, Cornish pasty or a wrap, a packet of crisps and a piece of fruit.

All sandwiches and pasties are pre-selected by you a few weeks before the trip.



Happy Dinners

£9 per person per day*



We work with a great, local chef to produce wonderful two course dinners served at the hostel at a time of your choosing.

Sample menu: Chicken and black bean rice bowl or Sweet potato and black bean rice bowl, both served with guacamole, sour cream, coriander and lime. Followed by Ginger cake with Cornish clotted cream.

Dining in St Ives

There are approximately 40 eateries within a ten minute walk of Cohort Hostel – plenty of wonderful places to choose from if you'd rather eat out. Phenomenal, award winning fish and chips through to cafés on the beach, tapas and Thai. The quality of places to eat in St Ives is extremely high and we are happy to help you book and plan your meals in town.

* Prices correct as of March 2019.



Sustainable Travel

Humankind is an awesome thing. However, we have put immense pressure on our planet's resources and have not always treated our world as kindly as we should.

At Cohort Hostel we recognise the effect of our business on the environment and our planet and are committed to minimising this impact. We have a Silver Green Tourism award which is a reflection of that commitment and our constantly improving, green policies.

We...

- Are almost entirely single-use plastic free at the hostel
- Offer guests the opportunity to offset their carbon footprint by planting a tree in the developing world when they book with us
- Use LED lights in over 95% of the building
- Have fitted water saving devices in all our shower blocks
- Use 100% renewable electricity
- Provide recycling facilities throughout the building
- Use only eco friendly cleaning products, make our own glass cleaner and work with eco friendly suppliers
- Installed energy monitoring equipment



Responsible tourism

- We actively encourage all our visiting groups to use our recycling facilities throughout the building
- We have water points throughout the hostel for guests to fill up water bottles and all tap water is suitable to drink
- We grow our own herbs in the courtyard for guests to use in their cooking thus negating the need to buy packaged seasonings
- We actively promote locally owned, independent businesses on site and work in collaboration with other organisations in town to build fantastic itineraries and experiences for all our groups

Plastic Free St Ives

Cohort Hostel heads up the steering group which is earning St Ives plastic free status as part of the Surfers Against Sewage Plastic Free Communities initiative.