

DISCOVER CORNWALL

We live here. We love it. Your holiday is our priority.



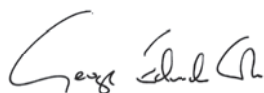
CORNISH
TRADITIONAL
COTTAGES



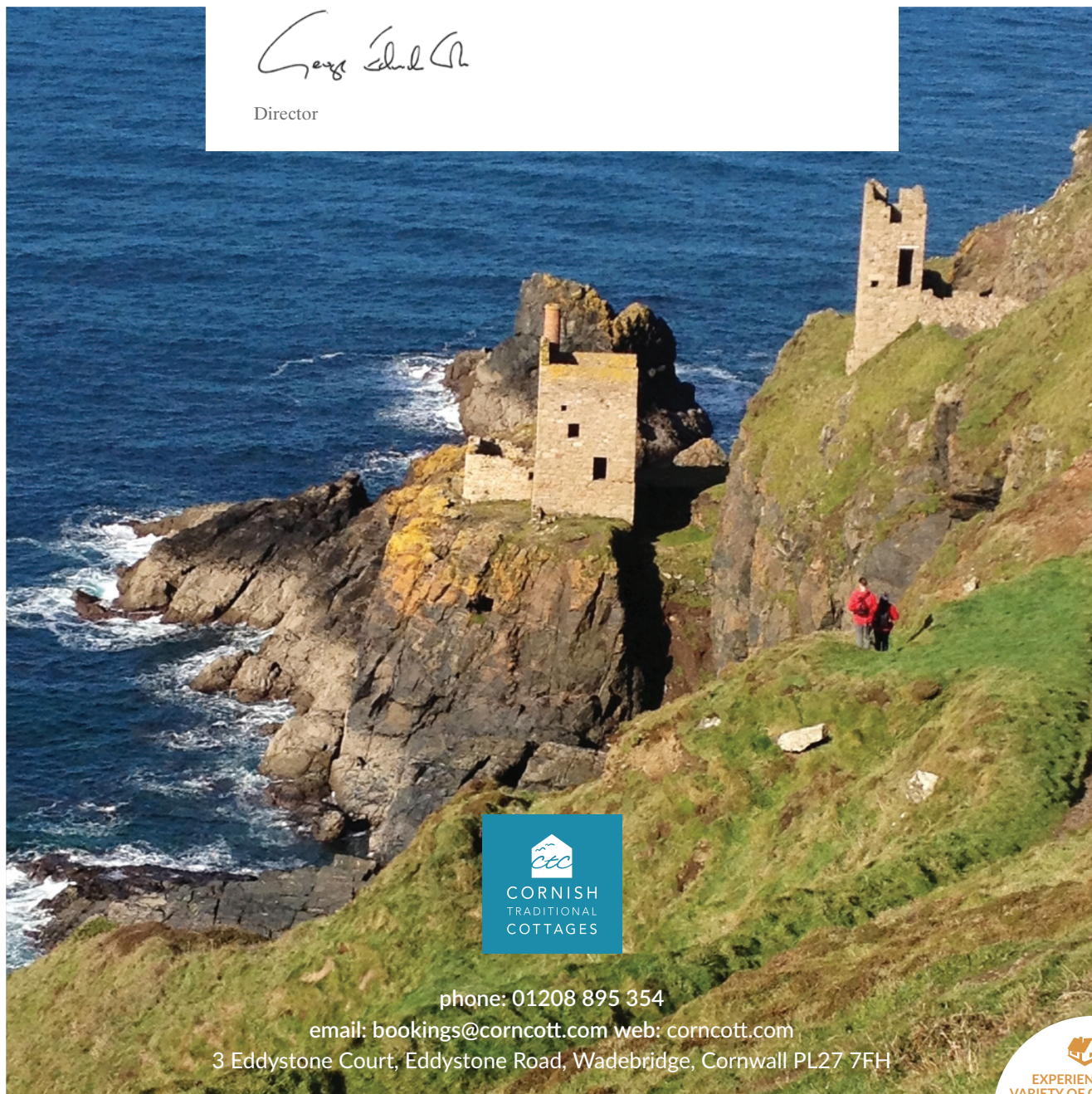
INTRODUCTION

Cornish Traditional Cottages has been letting holiday homes since 1964 and we have gained a tremendous amount of knowledge about the County we know and love. Discover Cornwall is our way of passing onto you some of our inside knowledge from culture to food, people to places and whether you are new to Cornwall or a seasoned guest we hope this magazine will provide you with some inspiration.

Whatever your reason for choosing your well-earned break in Cornwall the team at Cornish Traditional Cottages hope that you find a place and location to relax, unwind and have a memorable holiday.



Director



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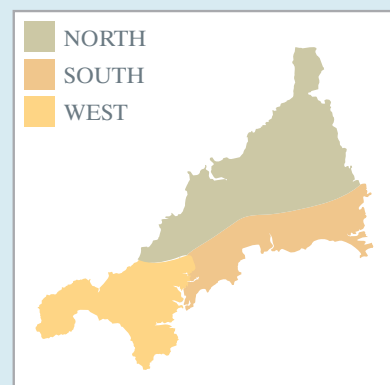
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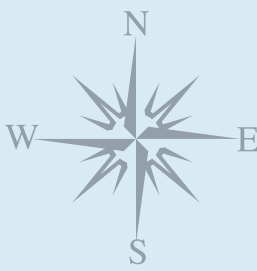
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TOP TEN THINGS TO DO IN CORNWALL

Cornwall is brimming with things to do and see, so to help make sure you fit everything in we've compiled our top ten favourite Cornish experiences.



Image courtesy of: The National Trust



Image courtesy of: Adam Gibbard

main
Housel Bay
and Lizard
Wireless
Station
left
Gyllyngvase
right
Eden Project



1. BOAT TRIPS

If there is one thing that Cornwall has in abundance it is stunning waters. Whether the striking, clear blues of the coast or the tree-lined tranquil waters of the rivers and estuaries, boating trips are the perfect way to experience these idyllic settings. And with boat trips from Falmouth, Padstow, Helford Passage, Fowey and Cremyll, you'll be spoilt for choice.

2. BEACHES

It goes without saying that Cornwall boasts some of the most captivating beaches in the world. It doesn't matter which part of Cornwall you are visiting, a short distance will take you to a beautiful example of the Cornish coast. In the north, you'll find dramatic cliffs and near-white sandy beaches, while the south offers some truly amazing stretches of golden sand. And in the west, you'll be met with a breathtaking combination of the two, with beaches that could easily be taken from a Mediterranean postcard.

3. WALKS

If you are up for a more active look at the beauty of Cornwall then embarking on some of our stunning walks is the perfect opportunity. With rolling countryside, heather-topped moors and rugged coastlines, Cornwall boasts some truly spectacular walks. The South West Coast Path is perfect for those wanting the salty sea air throughout their ramble, while Bodmin Moor offers stretching moorland views as a backdrop. Get those walking boots on and make the most of our outstanding landscape.

4. CYCLE TRAILS

If you're gearing up for a holiday of overindulgence, the time is ripe to get out

and explore Cornwall. Burn off those extra calories while discovering wildlife, heritage and a Cornwall you never knew existed. Some of our favourite trails include the Bodmin Beast Trail, the Lanhydrock Trail, the Great Flat Lode, the Camel Trail and the Tamar Trails; all perfect for seeing Cornwall from a different perspective.

5. GARDENS

Cornwall's mild climate and unique location have allowed its gardeners to create some of the country's most stunning gardens. From the perfectly pruned displays of Trelissick, Glendurgan and Trebah to the wild and fantastical magic of The Lost Gardens of Heligan and the floral displays of Abbey Garden, Cornwall's gardens are a must for all ages.

6. EDEN PROJECT

Deserving of its own place on our list, the Eden Project is an iconic got-to-go-to destination. Inside the biomes, you will find an array of exotic plants unmatched throughout Europe as the carefully controlled climates create a sensational tropical rainforest and a peaceful Mediterranean haven. Outside the biomes, you will also find an array of interesting activities, including educational displays, seasonal events such as ice-skating and an impressive selection of live music and shows.

7. ALL WEATHER ACTIVITIES

As much as we would love it to be so, we cannot always guarantee lovely Cornish sunshine. But these rainier days need not be squandered as Cornwall has plenty of indoor attractions for you. If you fancy an interesting and interactive visit then the National Maritime Museum and the

Telegraph Museum are a must. With the National Maritime featuring 15 stunning galleries and exhibitions and the Telegraph Museum offering a historic look into the home of modern global communications, these museums offer a fascinating day out.

8. ICE CREAMS

Let's face it, nowhere else in the UK does ice cream quite like Cornwall, boasting something for every taste. There's just something truly enjoyable about enjoying a proper Cornish ice cream while sitting by the sea on a beautiful sunny day! Our top recommendations for ice creams have to be Roskilly's, Kelly's of Cornwall and Callestick Farm. These creamy delights are the only way to really experience the taste of Cornwall. And we definitely recommend trying one from all of them!

9. EATING OUT

If dining with a view is on your to-do list then Cornwall should be on top! Boasting an array of fantastic eateries, many with sea views, Cornwall is a foodie haven. You can overlook the stretching sands at Gylly Beach Café, tuck into the perfect burger at The Hub or feast your eyes and stomach at The Falmouth Packet Inn, an award-winning traditional pub.

10. WATERSPORTS

No trip to the beach is complete without having a go at some of our exhilarating watersports. You can hit the waves with surfing at Newquay, travel the coastline with some sea kayaking in St Austell Bay, get up close to Cornwall's amazing wildlife with diving off of Penzance and test your climbing skills with some coasteering, which is available around the Cornish coast.

left
Maritime
Museum
middle
The Lost
Gardens of
Heligan
right
Roskilly's





NORTH CORNWALL

When you envisage Cornwall in your mind's eye, it probably conjures up images of steep, rocky cliffs punctuated by vast stretches of golden sand, sunrays shimmering off a seemingly endless sea that stretches into the horizon. The north coast really does fulfil this promise, with miles of stunning coastal walks, ancient harbour villages

and world-class beaches looking out upon the Atlantic. Wheal Coates on the outskirts of St Agnes neatly epitomises everything that's great about the north coast – the iconic engine house ruin perched majestically on the clifftop, is a popular spot for walkers and those who venture there simply to drink in the jaw-dropping views.

image

Wheal Coates'
iconic engine house

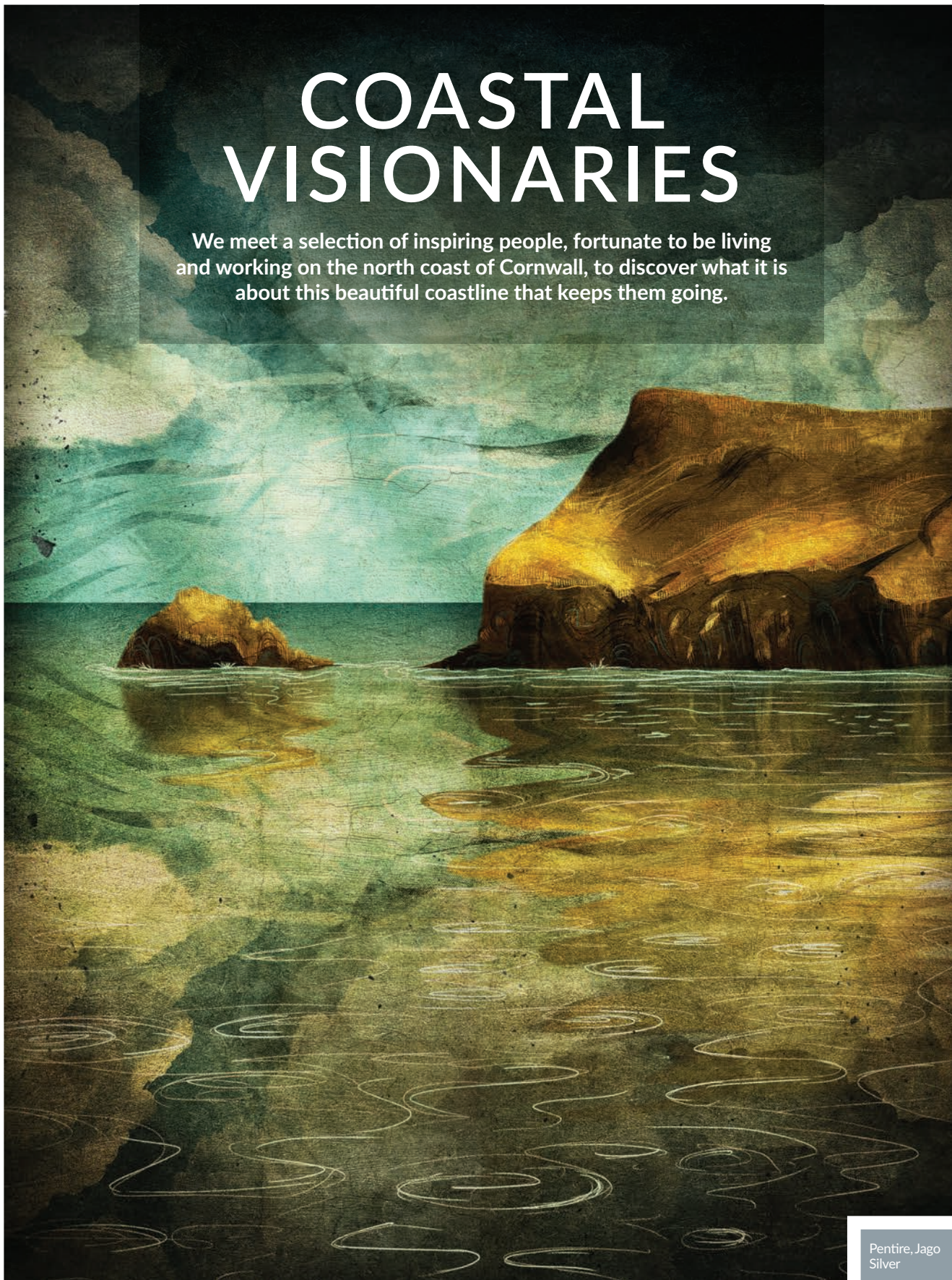


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COASTAL VISIONARIES

We meet a selection of inspiring people, fortunate to be living and working on the north coast of Cornwall, to discover what it is about this beautiful coastline that keeps them going.



Pentire, Jago
Silver



JAGO SILVER

Hiding away in bits of Cornwall are innovative ventures and artisan makers, from high-tech scientists to designers. A more connected world means you really can have the best of both – living on Cornwall's rugged north coast, while operating on a large stage. One such is award-winning children's book illustrator Jago Silver.

Jago's Wadebridge home is all whitewashed floorboards, clean lines and big windows, though, as the family home, it also has all the hallmarks of two smallish children. One end of the wooden kitchen table is covered with examples of Jago's work: sumptuous children's books, gorgeous stationary and beautiful prints. Jago is warm, welcoming and typically self-effacing. "I've been lucky so far, there have been a few very near misses! I nearly cancelled an old email address from my student days, decided to leave it for one more month... and that's the one my American agent Ronnie used to contact me during that very last month!"

Now over 90% of his illustration work comes from the States. One project, The Jesus Storybook Bible, has now sold 2.6 million copies in the USA. Now Jago's illustrations are seen all over the world – and he's won a string of awards – all from his home studio in north Cornwall. Jago's studio is strewn with small sketchbooks that he uses to sketch out ideas. But he works almost entirely by drawing

"I love the stories behind the prints... The woman on the ship is off on her adventures leaving her husband behind to look after the lighthouse."

on a large digital drawing pad to create his illustrations. He carries his camera and a

sketchbook with him wherever he goes. His wife, Alex, not only features in some of his prints but also helps run their online shop. Their two children, Lily (ten) and Rudy (six) help with the packing... it's a real family affair. "We produce all the prints here, anything else we try and get done in Cornwall."

Jago has lived in Cornwall since he was ten and before that the family regularly came to Polzeath for summer holidays. His great-grandmother used to ride her motorbike down to Cornwall in the 1920s and '30s to go surfing! Time off is still tricky but the family love to go to the beach where Lily is learning to surf. Rudy loves den building so they often head into the woods – it's easy to see the influence in Jago's work. He points to one of the prints on the table and explains, "I like to think that the woman on the ship is off on her adventures leaving her husband behind to mind the lighthouse."

I love the stories behind the prints. I am extremely lucky to work in such a fabulous place!"



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TOM KAY

Jago is not alone in finding inspiration from the Cornish coast. We meet Tom Kay, founder of the hugely successful Cornish business Finisterre, at the workshop just outside St Agnes. It's no surprise that it is a bit out in the wilds, with views out over the sea; the Finisterre brand and indeed, Tom himself, are all about the environment and getting out whatever the weather. The place is quietly bustling; with surfboards against the walls, and pictures and design boards; with several dogs curled up under the desks. The whole place has a warm and collaborative feel; it's just how a creative workshop should be.

"The sea's always been part of my life;

it's very much in me and in my blood."

Tom explains with a grin. "I read Biology (Marine focus) at the University of Bristol and then trained as a chartered surveyor in London. But I wanted to return to the sea and Cornwall. We'd always come here for family holidays and I would come down to Cornwall surfing whenever I could. Then thirteen years ago I finally moved to St Agnes and started Finisterre."

The Finisterre brand has grown a huge reputation for the quality and style of its product as well being an ethical and sustainable brand that researches its fabrics and supply chains, only working with suppliers who share the same beliefs. "It would be hard

not to be a belief based company living and working in Cornwall," says Tom.

Tom loves the life that Cornwall offers; he and the team go down to the beach for a surf or swim; they have team days out and can often be found in the stores. In his spare time, Tom is a helm on the St Agnes lifeboat, loves Chapel Porth for a surf and "going down to West Penwith because it still feels like you're getting into the wilds of Cornwall." He is as passionate about the environment as ever and his enthusiasm is contagious. Tom says, "It's all about the journey, sticking to your beliefs, and you just have to keep going. I have a talented team to work with and an equally fabulous place to live... I consider myself lucky!"





left
Walking with
friends
right
Jo Midwinter
below
Family garden



JO MIDWINTER

Many of us dream of a change of job and lifestyle, and it's exactly what award-winning, garden designer Jo Midwinter has done. Catching up with Jo at her home overlooking the Camel Estuary, she is warm, easy-going and bubbling over with enthusiasm. Conversation flows easily over mugs of tea in her colourful kitchen, Jo's golden retriever, Harry, at her feet.

Jo explains with a huge smile: "I loved gardening from an early age and enjoyed creating gardens for myself, family and friends. I always had a strong feeling for space and shapes. The way you can create a space to make you feel more comfortable, energised or tranquil. I had also fallen in love with Cornwall – especially around Padstow. We kept coming back for family holidays. Little did I know that one day I would actually be working in garden design and finally living in Cornwall right next to

the Camel Estuary!"

It wasn't quite as simple as Jo makes it sound – there was a lot of determination involved in realising her dream. With her children finally settled and working, Jo, with a huge leap of faith, gave up work and enrolled on a garden design course at Duchy College, Rosewarne. "It was finally time to do what I had always wanted to do." Jo says with another huge smile. Jo thrived – in her final year at college she was a joint winner of the Society of Garden Designers' (SGD) national student of the year. "It was wonderful!" Jo exclaims. "Just being at the awards ceremony; meeting designers whose work I had been studying!" She followed this up swiftly the subsequent year, winning an SGD professional award for the garden of a contemporary coastal home in north Cornwall.

"When I approach a garden I think about how it makes you feel and how you

want it to feel. I think about creating the places that will encourage people to spend time together, with a sense of discovery and excitement. And I do love coastal gardens, using robust plants that can withstand whatever the weather has to throw at them."

In any spare time she has Jo likes to go surfing, "though I'm not very good! I run and walk the Camel Trail, and I love wildflowers so I photograph any I find, and blog about them. Oh, and we enjoy eating out, particularly in relaxed restaurants like Gilmores in Newquay for Mexican food, it's a little shack by the golf course or Scott and Babs at Retorrack Mill."

We love Jo's approach of simple but exciting; of making spaces that will add to people's lives, and her warmth and enthusiasm for the life she has made.

A TASTE OF THE COAST

We sample the locally caught flavours of Padstow in the boutique seafood bar Prawn on the Lawn.



below
Scallops and
Oysters in
the shell





below
Interior of Prawn
on the Lawn,
Padstow



inset
Freshly prepared
dishes



Balmier evenings and opalescent waters remind us that on our doorstep lies a paradise akin to those we often seek abroad. And, as more people look to the shores of Cornwall for the perfect stay-at-home holiday – whether it's a weekend away, a fortnight by the sea or just an afternoon spent meandering about – it's really no wonder that Padstow sits at the top of the list. With cycling, boat trips, fine dining and stunning beaches, the popular north coast fishing town has something for everyone.

As you might expect, there's a thriving supply and demand for seafood. So, having not visited since I was a boy, my partner J and I headed north one Saturday afternoon, to sample a true taste of the sea. As we walked down to Prawn on the Lawn, a restaurant aptly named for its delectable seafood menu, we found ourselves charmed by the boutique shops adorning the streets and welcomed by the kick-back, take-your-time atmosphere.

It was J who spotted the restaurant. Modestly nestled between its terraced neighbours, on a street conveniently close to the harbour head yet comfortably removed from the hustle and bustle, we got the feeling that we'd stumbled across a hidden gem. Taking our seat on one of a handful of

tables, we began to drink in the finer details: locally salvaged sea shells doubling as salt and pepper pots; fresh, interspersed white tiles and red bricks contrasting beautifully with a wooden floor so that when we sat, we felt as if we'd boarded the very boat on which our meals were caught.

Gazing up at the menu, hungry from the road, I was awed by the sheer variety on offer. When we saw the number of the boat on which the day's catch was caught, we knew we were in for a treat! Before we ordered, a friendly couple sat on the next table recommended the small plate menu. We were told that each dish would come out at different times. Indeed, as soon as the skilled chef had prepared each dish, cooked to order, they were brought straight to the table, fresh as the sea air filtering through the windows.

We opened the meal with a crisp bottle of white, soothing our throats on what was a particularly muggy afternoon, and soon began to chatter excitedly as we awaited our first course – oysters! I was initially dubious about our choice of appetizer, after a particularly harrowing episode on my travels in Cambodia. On this occasion, however, seeing just how fresh they were and not one to let foodie-phobias get the better of me, I dressed mine with lemon and knocked it

back. What a flavour! Having left my fear for all things shelly behind me, we clinked our glasses, took a draught and eagerly awaited the next course.

From the small plate menu, we tried north African spiced ray wing, crab som tam, clam and mussel broth, scallops in the shell and the establishment's signature dish Prawn on the Lawn. Every last morsel was packed with its own, rich flavour and each dish came out beautifully presented, down to the last detail – it seemed a crime to dig in!

Prawn on the Lawn first opened in Islington, London, where owners Rick and Katie set up a fully licensed fishmongers-come-seafood bar. Before long, the couple decided to head south west, moving to Cornwall and unveiling Prawn on the Lawn Padstow. Based on the Islington model, it boasts the additional benefit of a hot food license. The couple place their focus on locally sourced seafood and Rick makes the most of the wealth of fresh, local produce by experimenting with new recipes, surprising tourists and locals alike with an ever changing menu. The restaurant serves just 24 covers, so it's certainly worth booking. In fact, I get the feeling that, come rain or shine, high or low season, Prawn on the Lawn Padstow will be a sell-out all year round.

A TASTE OF NORTH CORNWALL

Make the most of north Cornwall's fantastic, locally sourced cuisine.

With dramatic cliffs, long sandy beaches and beautiful coastal villages, north Cornwall offers the opportunity to enjoy a delicious meal with a stunning view. And with the sea next door, most restaurants boast an amazing array of freshly caught fish in their dishes, so you can really experience all that this striking part of Cornwall has to offer.

THE SEAFOOD RESTAURANT, RICK STEIN

This vibrant, Padstow restaurant is the flagship for Rick Stein's impressive range of seafood eateries. With fresh and local fish as the backbone of the menu, head chef Stephane Delourme creates simple and classic dishes for you to enjoy.

ST ENODOC HOTEL

Overlooking the Camel Estuary, St Enodoc Hotel is the perfect place to enjoy fantastic food in a relaxed and welcoming atmosphere. Utilising local produce to create delicious, fresh and healthy meals, chef James Nathan is dedicated to providing the best recipes in his menu.

CRACKING CRAB

Nestled in Polzeath sits this cheerful eatery that is brimming with character and good food. Offering a brilliant range of seafood and copious amounts of crab, this restaurant can provide you with a delicious meal and truly outstanding views of the beach.

OUTLAW'S FISH KITCHEN

Surrounded by the beautiful Port Isaac, Outlaw's Fish Kitchen delivers fresh fish straight from the sea to your plate. Michelin-starred chef, Nathan Outlaw, provides expertly crafted dishes in a relaxed setting, allowing you to experience fresh fish in the best possible way.

CHAPTER 1

At the heart of Newquay you'll find chef Tom Mackins and his Michelin Guide recommended restaurant. Providing unforgettable food with an affordable price tag, Chapter 1 creates a dining experience you won't forget with an unbeatable venue and locally sourced produce.



above and bottom left
Outlaw's Fish
Kitchen

bottom right
St Enodoc's
haddock,
cauliflower and
curry



Image courtesy of: David Griffen



PADSTOW SHELLFISH CO.

Founded by Jason Nicholas, member of the famed Fisherman's Friends, the Padstow Shellfish Co. operates aboard the Three J's off of Trevoze Head, providing freshly caught shellfish on a daily basis.

CAMEL VALLEY

Producing award-winning, world-class wines since 1989, Camel Valley vineyard is the perfect place to explore this extraordinary industry through guided tours before finding your perfect bottle at their wonderfully varied shop. This is a fantastic destination for wine connoisseurs.



left
Camel Valley
above right
Chapter 1
below right
Padstow Shellfish Co.



EXPERIENCE THE EXCITEMENT

With iconic cliffs and beaches, rolling moorlands and beautiful villages and towns, north Cornwall is bursting with activities and experiences that you can hold onto and treasure for years to come.

POLO ON THE BEACH

Found on the stretching sands of Watergate Bay, Polo on the Beach is brought to you by Watergate Bay Hotel and offers a fantastic experience, free of charge. Come and join in the excitement and watch the dynamic and action packed spectacle that polo provides. With sand underfoot and the crashing of waves in the background, there is something truly magical about this event.

WAVERUNNER SAFARIS

Explore the iconic waters of the north coast like never before: on the back of a jet ski or waverunner. These exhilarating watersport activities are the perfect way to shake up your holiday as they offer the chance to experience the coastline you love from a whole new perspective. Available to hire from Newquay Harbour Lusty Glaze beach, you feel the salty spray of the sea as you race across the bay and create lasting memories.

COASTEERING

There is nothing like the excitement of clambering over the dramatic cliffs of north Cornwall before jumping into the beautiful blue sea below.

Coasteering offers a fun alternative way of traversing the coast. Tap into your inner adventurer as you swim, scramble, climb and jump around the rocks: the ultimate way of getting from A to B.



this image
Bodmin Moor

below
Surfing at
Polzeath



Image courtesy of Bob Berry

SURFING

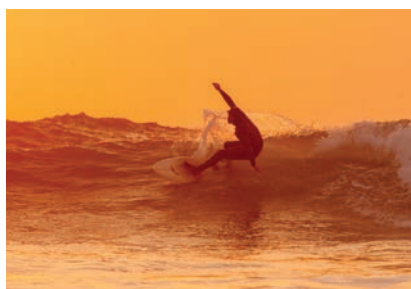
It goes without saying that one of the most famous past-times of north Cornwall is surfing. Whether you are experienced riding the tube, or are hitting the waves for the first time, it's a must-experience activity. With beaches such as Fistral Beach and Harlyn Bay offering surf equipment for hire, there has never been a better time to grab a board and head out into the swell.

WALKING

In north Cornwall you really do have the pick of the litter with walks. You can take a stroll along the dynamic coastline and experience the rugged cliffs and crashing seas first hand, or you can head out across Bodmin Moor and enjoy the expansive rocky tors and heaths. There are many established trails you can follow or you can simply pop on your walking boots and see where your feet take you.

CYCLING

Make sure your bike chain is well oiled as north Cornwall has a plethora of cycle trails for you to enjoy. If mountain biking is your passion then head out on the Bodmin Beast cycle trail, a 12km trail for experienced riders that explores the slopes of Cardinham Valley. While nature lovers will enjoy the Goss Moor cycle trail, which follows an easy-going 12km circular trail around the Goss Moor National Nature Reserve.



What our team recommends...

"Starting and ending at the Blisland Inn (the only remaining village in Cornwall with a village green), the Blisland and Pendrift Downs walk is a moderate to strenuous, but rewarding, circular walk, returning the invigorated participants to the popular free house pub.

The walk starts at Blisland, along lanes to the farmstead at Pendrift, where it heads onto the moor. The route descends into the wooded valley, along the De Lank river, crossing the river to the De Lank granite quarries. The walk then skirts the edge of the quarry pit, before climbing onto the Pendrift Downs and crossing the downs to Jubilee Rock. The walk then returns to Blisland via lanes and fields, passing the impressively ornate church before ending at the Blisland Inn" – Mat.

"Rough Tor is a family favourite, particularly with my teenage children and their friends. It doesn't really matter what time of year or what the weather conditions are (strong gales could be challenging) as it's easy enough to get to by car and the decent walk has interesting rock formations and moorland animals, which keep the ordinarily languid adolescents entertained. It's a good whole morning, or whole afternoon, activity, with kids and dogs. The excursion costs no more than a heightened heart rate and perhaps a few strategically offered sweets on the ascent. The views are stunning from the top and there are plenty of stone outcroppings for a good game of hide and seek!"



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BEAUTIFUL GARDENS

From aromatic flora, rich shrubberies, and exotic displays to impressive woodlands and perfectly landscaped lawns, the gardens in north Cornwall offer a peaceful and scenic place to spend your day.



Image courtesy of: Andrew Butler National Trust



TRERICE

Found near Newquay, this Elizabethan manor house, the upkeep of which is carried out by the National Trust, boasts fine interiors and a delightful exterior. While enjoying a stroll in the informal garden and Cornish orchard, take a moment to breathe in the fresh air and bask in the tranquillity that this exquisite property boasts at every turn.

PENCARROW HOUSE AND GARDENS

Situated at the foot of a sweeping valley near Bodmin, Pencarrow House and Gardens provides a truly spectacular day out. The gardens consist of a combination of formal landscaping and woodland walks. Regardless of when you visit, you will always be met with a dazzling display.

PRIDEAUX PLACE

This historic garden in Padstow offers you the chance to stroll through gardens that have survived the Elizabethan, Georgian and

Victorian eras while maintaining a beautiful and serene, landscape. Recently, much clearing and new planting has been undertaken so as to restore this beautiful garden to its former glory.

LONG CROSS VICTORIAN GARDENS

Remaining in the original Victorian garden layout, Long Cross Victorian Gardens in Port Isaac provide you with a chance to enjoy the splendour that this historic time celebrated. The iconic water feature with statue is the perfect place to pause and experience the calm that these gardens offer.

JAPANESE GARDEN

East meets west in these absolutely breathtaking meditative gardens, found in St Mawgan. The beauty of nature is effortlessly combined with artistic refinement through the shaping and styling of plants. These gardens are the perfect place to fully appreciate the feeling of tranquillity as you let go of all your worldly stresses.

facing page
Trerice

above
Japanese Garden

top left
Prideaux Place

below
Trerice

bottom left
Pencarrow House

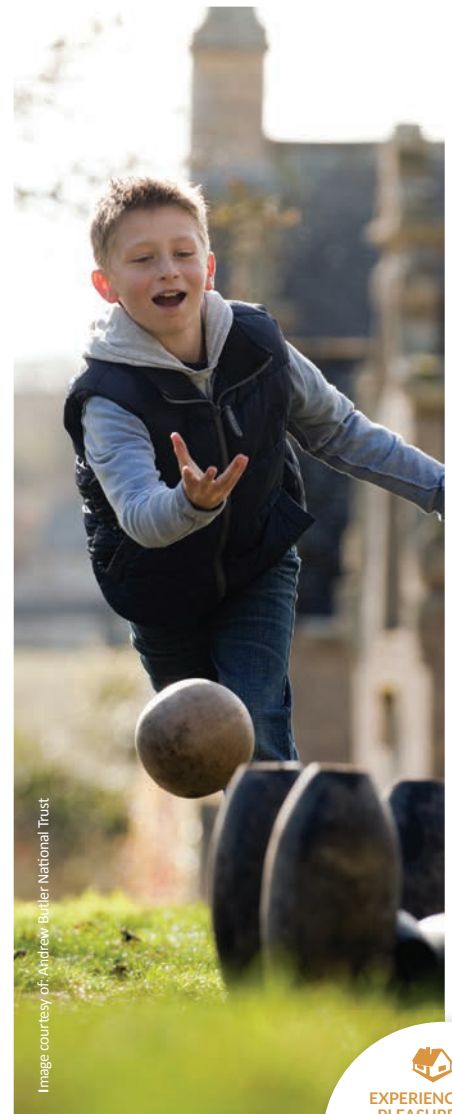


Image courtesy of: Wolfgang Clock

Image courtesy of: Andrew Butler National Trust

STUNNING BEACHES

Nestled between rugged cliffs and gorgeous blue waters, Cornwall's northern beaches boast sand, surf and scenery, a winning combination that results in unforgettable days at the beach.



main
Perranporth

left
Constantine Bay

right
Fistral - early morning



PORTREATH

With soft, fine sand and clear blue water, Portreath beach provides the ultimate Cornish day out. The waves offer good surf while refreshments can be found at nearby cafes and restaurants. Whether you are a sunbather, a surfer or sandcastle builder, this fantastic beach has you covered.

PERRANPORTH

Surfing, snorkelling, sailing and swimming are just some of the activities this fantastic beach has to offer. But the sea doesn't hold all of the cards as the size of the beach lends itself perfectly to ball games and kite flying. The beach is also dog friendly all year round, making it perfect for the whole family.

FISTRAL

Fistral is Newquay's iconic beach and offers people one of the most consistent surfing locations in the UK and Europe. At the top of this sensational sandy beach you will find first class beach facilities such as surf equipment hire, showers, toilets, restaurants and cafes, so you will want for nothing during your sunny day out.

PORTHTOWAN

Situated within a designated Area of Outstanding Natural Beauty, this stunning beach is one of Cornwall's most popular surfing beaches. The beach itself is bordered with golden sand dunes and spectacular cliffs, so there is a view to be had in every direction.

HARLYN BAY

With golden sand and a collection of rock pools and dunes, this beach offers great fun for all the family. Harlyn is also home to a surf school that is perfect for beginners due to the safe nature of the waters. And with a beach this size, it is easy to feel like you have it all to yourself.

A recommendation from our team...

“Visiting National Trust owned Port Quin, near Port Isaac, on a Sunday with the dog, finished off with a traditional Sunday roast at Trevathan Farm at St Endellion” – Charmian.

WATERGATE BAY

Another expansive sandy beach, Watergate Bay is the perfect destination for seaside sports. Caves and rock pools are dotted around the edge and provide fantastic exploring opportunities for children and adults alike, while the north coast sea continues to provide excellent surf.

MAWGAN PORTH

This beautiful beach is sheltered by high cliffs, which make it the perfect spot whatever the wind is doing. Make sure you bring your buckets and spades, as the stream that runs down the beach is ideal for honing your dam building techniques.

TREVAUNANCE COVE

Home to an old harbour and crystal waters, Trevaunance Cove is a little known, Cornish gem. With a labyrinth of caves to explore and rock pools to discover, the cove provides plenty of amusements for all ages, while the surrounding coastline offers some truly breathtaking cliff top walks.

CONSTANTINE BAY

With soft pale sands, stretching dunes and numerous rock pools, this beach offers the north coast's iconic scenery paired with great surf for experienced surfers. This beach isn't just popular for people though as it boasts a good marine wildlife, as well as allowing dogs.

PORT QUIN

A beautiful natural harbour, just a couple of miles south from Port Isaac, Port Quin is a superb location for aquatic activities. With clear blue waters that show interesting rocks beneath the surface, cliff jumping, snorkelling and kayaking are some of the best ways to enjoy this picturesque harbour.



Image courtesy of: Nillatlon

left
Portreath
top right
Fistral
Beach
bottom right
Harlyn
Bay



Image courtesy of: Gurney



Image courtesy of: shoo22



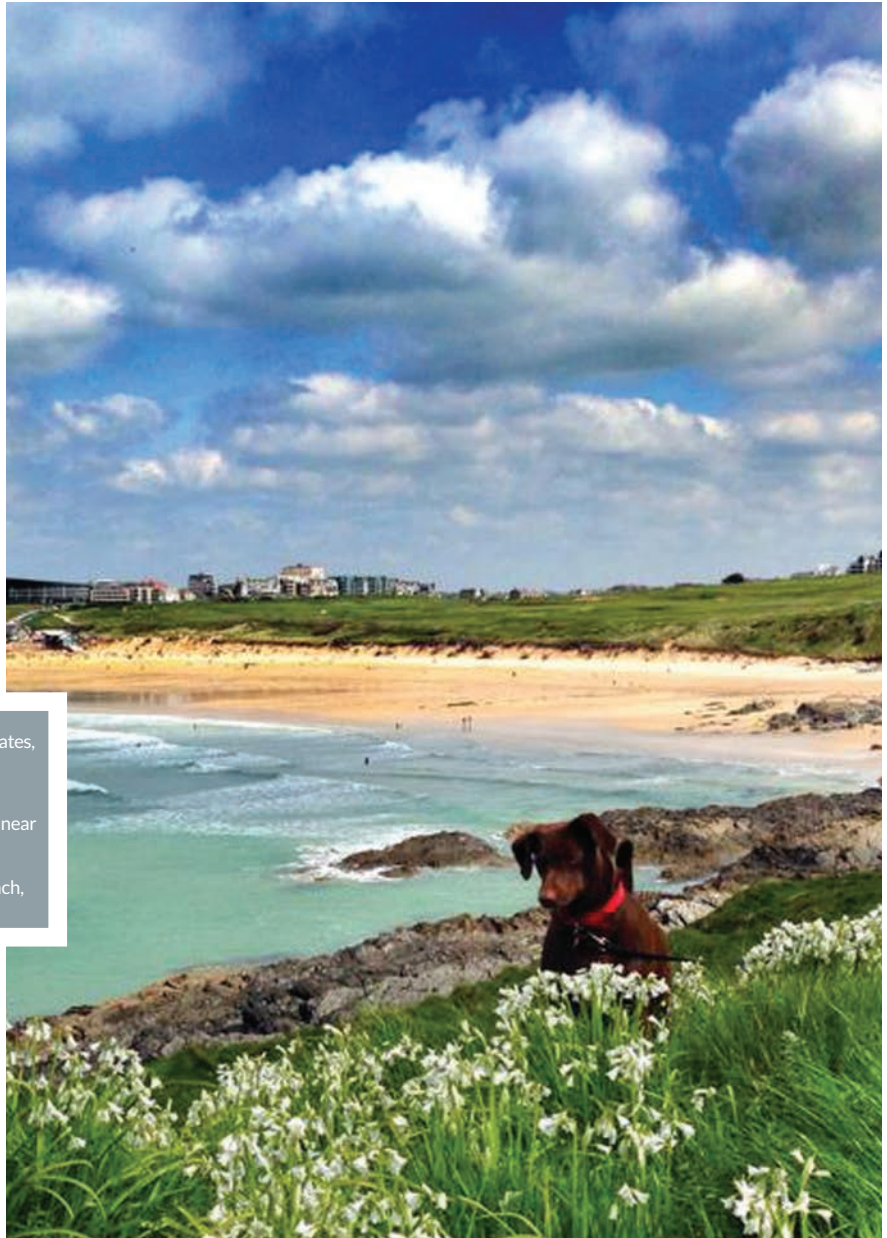
above
Rumps Point,
Pentire Head



above left
Wheal Coates,
St Agnes

below left
Trevose
headland, near
Padstow

right
Fistral beach,
Newquay



right
Evening lifeboat
launch at Padstow

SOUTH CORNWALL

Reaching from the welcoming views of Saltash all the way along to the picturesque vistas of St Mawes, the south coast of Cornwall boasts some truly captivating destinations. Walk along the coastline and you'll be met by a new snapshot view at each headland, each showing a unique inlet, bay or beach. The calm and serene waters are perfect for watersports while the rugged and fascinating cliffs and rocky outcrops are ideal for coasteering and fishing. Each long stretch of sand carries with it a new opportunity for seaside

relaxation while the rivers and creeks provide endless scope for exploration and adventure. The fishing villages and harbours dot the coastline with idyllic cottages and fishing boats, adding a splash of vibrant colour to the already captivating palette of blues and greens. Inland you will find rolling countryside and gardens filled with beauty and wonder. St Mawes, pictured here, is the epitome of this stunning landscape as it encapsulates the unspoilt beauty and famed heritage Cornwall has to offer.

image

Stunning St Mawes,
with Henry VIII's
coastal castle
perched above the
waterline



SAILING THE DREAM

Meet Marcus and Freya Pomeroy-Rowden, an inspiring couple who have built a beautiful Cornish lugger on the south coast and now sail it around the world.



Image courtesy of: Georgina Faithful

*“Forget climbing Everest
or a walkers’ retreat – the
ocean is where you really
find yourself”*

IMAGE COURTESY OF RACHAEL / QUBA

facing page
Setting sail

right
Marcus with his
son Malachi

below right
On deck

Walking around the marina on a bright summer’s morning it’s not difficult to find Grayhound. Even with sails furled, the 108ft three-masted 18th century replica lugger is truly one of a kind, rising tall above all else in the marina. Even here in south Cornwall, where beautiful classic sailing vessels abound and with each port boasting a rich maritime heritage, such a visitor is clearly no everyday occurrence. This vessel is one that turns heads and the pontoon is a hive of activity. People come and go, some working or delivering supplies, others simply passers-by, who, like me, have been drawn in to admire the fascinating boat.

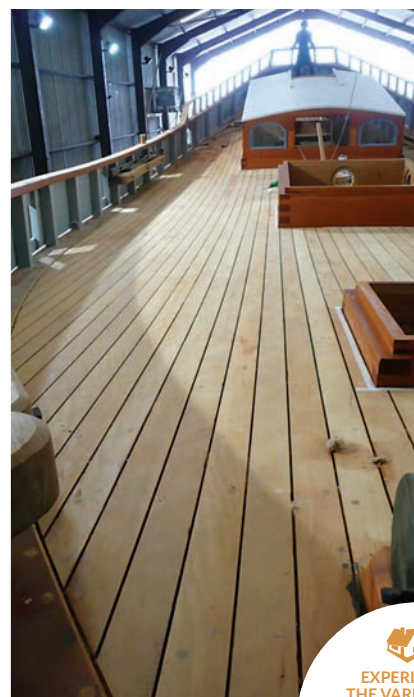
Grayhound of Fowey, owned by Marcus and Freya Pomeroy-Rowden, is back in home waters – a brief stop over on Cornwall’s south coast in amongst a hectic schedule, having just completed a cargo run from Douarnenez, Brittany, trading Cornish ales and cider for French wine. She is shortly to head off again to Nantes on the Loire River. Seizing upon this short window, we

catch up with Marcus in the cockpit for a quick coffee.

Marcus exudes warmth as he sits relaxed, effortlessly recounting the story so far. Marcus grew up on the river Dart with a passion for traditional boats; in his early 30s, he built Veracity, a replica 32ft Cornish fishing lugger. Later, whilst on his travels around the world, Marcus met his future wife Freya, a like-minded soul who shared his love of life under sail, and together they dreamed up a plan to make such a future a reality.

Enlisting good friend and acclaimed traditional boatbuilder, Chris Rees, they embarked on building their very own lugger. Marcus felled oak trees from his mum’s fields to construct the hull and, over a period of two years, the mighty ship gradually took shape. The result is Grayhound: a 5/6-scale replica of its 1776 namesake, built just a few miles or so from the original shipyard in Cawsand Bay in south Cornwall.

Along with their young son, Malachi, Marcus and Freya now sail Grayhound



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around the world – Marcus as skipper, Freya as chef, also taking care of operational logistics. They are a rare anomaly: professional seafarers who actually get to enjoy life with the family – the simple solution is to make the boat your home and take it with you!

They are joined by a small professional crew, and a rotation of adventurous individuals who sign up for day sails and ‘working holidays’, eager to experience life under sail on an 18th century cargo ship.

“There’s a physical element that attracts those who want to get stuck in and try something new,” explains Marcus. “But, unlike skiing, for example, there’s also a purpose other than purely the enjoyment itself – the teamwork and sense of camaraderie; achieving something under their own power.” You’re getting a one-of-a-kind experience. But, even more, people are buying into a story; a narrative with its own unique allure – a window into another world. “Forget climbing Everest or a walkers’ retreat – the ocean is where you really find yourself.”

You don’t need any prior sailing experience, so it’s not just for the salty seadogs out there. Everyone has value to add, each extra hand helping to lighten the load. You get the sense that this is where Marcus comes into the fore, bringing out of people’s individual skills. He is perfectly complemented by Freya, a very able seafarer in her own right, who keeps fellow travellers well fed with delicious food prepared in the galley, often fresh fish caught off the stern. Malachi, who has grown up on board, excels at keeping everyone’s spirits up, cracking a smile and teaching you about the boat.

They specialise in sustainable shipping. As founding members of the Sailing Cargo Alliance, Grayhound is one of a few boats today transporting cargo around the world under sail and the very first registered on their French trading route, carrying out eight to ten trips per year.

Grayhound can certainly sail... the cannons ominously poking out of the hull remind us that this vessel had a purpose.

“we can all enjoy the beautiful, world-class waters of Cornwall’s south coast for ourselves, with boat trips, day charters and more advanced courses all available”



She was originally a privateer ship, built for speed to catch other ships. With the sails up it's quite a sight, the distinctive lugsails covering around 3500 square foot of canvas.

Grayhound's very existence is helping to keep traditional skills alive, from building to sailing and general maintenance – whipping, splicing and so forth. After all, when you own an 18th century privateer, you're not going to find the typical spares you need in the average chandlery. “We make everything!” beams Marcus.

Grayhound can also add ‘filmstar’ to her CV, having already racked up some impressive movie credits. What's even more remarkable is that the films have come to them – another quirk of owning such a unique period vessel. They filmed scenes for Mike Leigh's ‘Mr Turner’ here in Cawsand Bay. Ron Howard's ‘In the Heart of the Sea’ was a healthy combination of right-place-right-time, and speculative opportunism on Marcus's part. “Basically, we sailed into the filmset and got a part!” says Marcus, turning to Malachi with a smile: “We got to dress as

pirates, didn't we!” The film is set in 1820, so being a 1776 replica vessel the timing was absolutely perfect for authenticity.

After a quick tour, it's time to let Marcus get back to work, leaving just a tiny bit jealous of this lifestyle they've created. It's a phrase that gets bandied around all too often, but it seems they really are the physical embodiment of living the dream. Marcus, however, laughs at the lofty sentiments. “Not to be too poetic; it's just about living life that supports the family and allows us to stay together, supporting ourselves in a way that's friendly to our environment.”

Although, of course, that's easier said than done. It takes a unique set of skills, attributes and experiences to bring a project of such scale into fruition – thankfully one that Marcus and Freya clearly possess in spades. That said, we can all enjoy the beautiful, world-class waters of Cornwall's south coast for ourselves, with boat trips, day charters and more advanced courses all available. So why not, have a go yourself? Perhaps it's time for your own mini adventure.



A HIDDEN GEM

A family adventure takes us to the Roseland on the hunt for The Hidden Hut.



above
Porthcurnick
beach





The Roseland Peninsula is one of Cornwall's hidden treasures. Best reached via the King Harry Ferry, the journey alone across the tranquil stretch of the Fal River gives a wonderful sense of anticipation of things to come. As you drive off the ferry it feels as if you are entering another world, one of magic and promise.

It is fitting then that one of the jewels in The Roseland's foodie crown is The Hidden Hut – and it really is hidden. We pull into the car park, which overlooks the bay and the golden sand of Porthcurnick beach that lies below. A short stroll takes us down a gentle path, where the heady scent of gorse and bracken fills the air, leading down to the beach. Suddenly the smell in the air changes as wafts of Indian spices and warm bread mingle with sweet patisserie and heady coffee notes. What could possibly be the cause of this wonderful olfactory assault?

And then it reveals itself, nestled at the back of the beach and literally on the edge of the cliff, The Hidden Hut. The small green shed sits in perfect harmony with its surroundings and as we arrive a small queue of expectant diners is forming at the hatch. Seating is on communal wooden tables in front of the hut, with a few smaller tables dotted here and there. Our children spot some giant beanbags laid out on a grassy bank to the side and immediately head off to stake their claim on a couple. We are more

interested in the menu than the seating plan and so head to peruse the boards outside. Small, but perfectly formed The Hidden Hut offers a lunch menu that is hard to choose from, such are the delights on offer.

I opt for the special of the day, a chicken and potato curry served with warmed flatbreads and couscous. The other half can't resist a toasted focaccia filled with roast pork, coleslaw and pickles, while our children choose the ubiquitous Cornish pasty. The Hidden Hut isn't licensed but you are welcome to bring your own wine or beer. We opt for lashings of organic lemonade in true Famous Five style, after all, we are on an adventure!

All of the food is served in recyclable containers which I do wonder might detract from the taste of the food – how wrong I am. My curry is fragrant, the chicken succulent and the warm flatbread a welcome accompaniment. The pork and pickle filled focaccia is declared a similar triumph, full of flavour and incredibly juicy. And the pasties? Well, they are devoured in minutes. A small girl is unable to comment when asked for her opinion as she is too busy eating while number one son declares it: "The best pasty ever. Every time I take a bite I think yummy in my head," and he should know, he's sampled a lot of pasties!

I should add at this point that everything is homemade from cakes to pastries, pasties to flatbreads and the meals are prepared

on massive burners in an outside kitchen from which the chefs create their culinary magic. As we sit with full bellies and happy hearts the gentle murmur of happy diners in convivial surroundings makes me realise that you don't have to have silver cutlery and linen tablecloths in order to produce high-quality food – in fact, sat eating from a cardboard container overlooking the bay seems to heighten the sense of taste.

Lunch is followed by a happy couple of hours on the beach searching for cowries. The lure of afternoon coffee and cake is too much and after a short stroll we can't help but return to sample the desserts. I don't have a sweet tooth but my three compadres devour a luscious carrot cake, a light-as-a-feather lemon drizzle and a slab of flapjack that is almost as big as the small girl. I am more than happy with a coffee watching the boats sail across the bay.

All of the food at The Hidden Hut is available to take away and so in a bid not to end our foodie foray sooner than we have to we order hummus, mackerel paté, flatbreads and olives to take home for our supper. All are delicious but the mackerel paté is outstanding. We can't wait to return for one of The Hidden Hut's feast nights when we shall be all grown up and take a bottle of something chilled. But shhhhhhh, don't tell anyone – we want to keep The Hidden Hut our little secret!



FLAVOURS OF THE SOUTH

With cosy coves and inlets and beautiful rolling countryside, south Cornwall is the perfect setting for your meal. You can find freshly caught fish, locally sourced beef and homegrown vegetables that send you back to those childhood Sunday roasts.





main
Hidden Hut
left
The Watch
House
right
Trevalsa
Court Hotel



OLD SAIL LOFT

One of the oldest buildings in Looe, the Old Sail Loft provides a cosy atmosphere and a delicious menu, which centres on steak and fresh local fish. And with a new cocktail area, it's the perfect place to spend an evening with family and friends.

HIDDEN HUT

Tucked away on the National Trust coastal path on the Roseland Peninsula, the Hidden Hut offers the perfect location to enjoy fresh food and drink after a dip in the sea. By day the menu offers simple beachside refreshments, while a few evenings a month boast fantastic open-air feast nights.

TREVALSA COURT HOTEL

Perched on the cliffs at Mevagissey you will find Trevalsa Court Hotel, a restaurant with stunning views and a fantastic, locally sourced menu. Head chef, Adam Cawood, utilises these fresh ingredients to create a delicious and creative menu of simply cooked dishes.

THE LLAWNROC HOTEL

Situated in Gorran Haven, and within reach of the beautiful south coast, Llawnnroc Hotel offers a fantastic range of food for any occasion. You can enjoy a tasty breakfast, lunch and dinner as well as light bites and

the ever-popular cream tea at this fantastic modern Cornish bistro.

THE GLOBE

The Globe, in Fowey, has worked tirelessly since its restoration to provide the very best food and drink Cornwall has to offer. With a brilliant selection of drinks from local micro-breweries and ingredients sourced not far from the doorstep, experiencing proper Cornish food has never been easier, or more enjoyable.

THE WATCH HOUSE

Sit peacefully on the harbour in St Mawes, The Watch House is a comfortable and cosy place to enjoy seafood by the seashore. Here you can tuck into freshly caught lobster from St Mawes Bay alongside a fantastic range of other locally sourced produce, and all within view of the sea.

CALOGERO'S

Nestled in the heart of the idyllic town of Lostwithiel is the busy bistro, Calogero's. Offering authentic Italian dishes and freshly ground Italian sourced coffee, alongside traditional English dishes, this bistro is the perfect place to expand your taste buds and enjoy a taste of something different at the hand of experts.

Recommendations from our team...

*"Calogero's, Lostwithiel
Pop in for the Sunday
roast. The portion sizes
are generous and the
food is delicious. You
won't go hungry. They
also serve traditional
breakfast and authentic
Italian cuisine. Booking
is advisable"*

– Sophie



left
Old Sail Loft
right
Trevalsa
Court Hotel



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Image courtesy of Encounter Cornwall

left
Look out for the
local wildlife
right
Explore Fowey
River



Image courtesy of Encounter Cornwall

ENJOY THE TRANQUILLITY

With idyllic harbourside villages and a coastline teeming with wildlife, there is much to be done in south Cornwall. So, write your to-do list and start exploring this beautiful part of Cornwall.

WILDLIFE RESERVE

Looe Island, a marine nature reserve just off of the coast of Looe, is the perfect destination for nature lovers. With a variety of habitats, the island and surrounding waters boast an abundance of Cornish wildlife. You can explore woodland, grassland, sand, shingle and rocky reefs and discover the faunas that call them home. It's a truly interesting and inspiring day out.

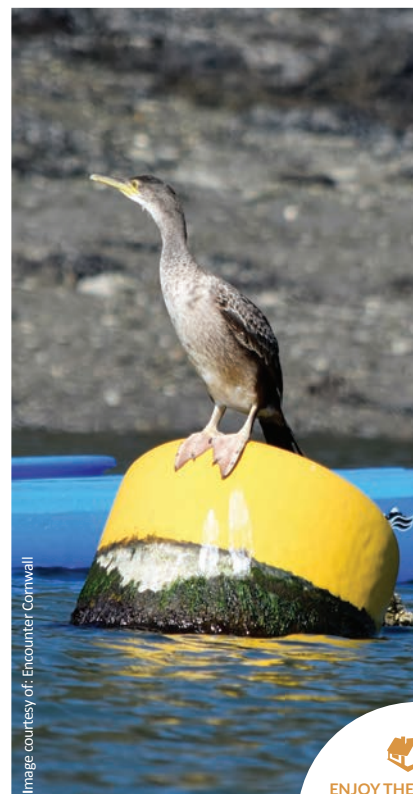
RIVER ACTIVITIES

Set out on the water and explore the beautiful Fowey River as it was meant to be experienced. You can take guided canoe tours or hire your own boat, kayak or stand up paddleboard with Encounter Cornwall. The surrounding scenery creates the perfect backdrop to the river with wooded slopes and bird sanctuaries, making it the perfect place to enjoy the tranquil waters and diverse wildlife.

FISHING

The southern coast of Cornwall is perfect for those angling to go fishing as the coast offers fishing villages, beaches, rocky outcrops and boat hires, so every form of fishing is catered for. Some of the best towns and villages for fishing include Mevagissey, Saltash, Fowey, Polperro, Looe and St Mawes. In Cornish waters you can find a plethora of fish and shellfish, as well as a peace and quiet known only to fishermen.





FOWEY – CREEKS AND COVES

For those that enjoy a challenging walk through varied and beautiful landscapes, Fowey's Creeks and Coves is the perfect circular walk. The trail offers six miles of wonderful countryside, wooded creeks and stunning coastal views, with plenty of opportunities for much deserved refreshments along the way. You can also add two short ferry rides on the walk's itinerary to make a truly memorable day out.

CLAY TRAILS

Set in the backdrop of the spectacular rural scenery of St Austell, the five Clay Trails are ideal for walking, cycling and horse riding. Discover the peace and quiet of these striking trails while keeping a look out for grazing deer. The clay pits and tips are the product of this impressive 250-year-old clay mining industry and provide an interesting and dramatic setting for your day out.

Image courtesy of: Old Fausch



main
Cotehele
left
Lanhydrock
right
Heligan



STUNNING GARDENS

From colourful rainforests steeped in wonder to ancient stone giants draped in ivy, south Cornwall boasts some truly unique gardens that offer a magical and eye-opening day out.

Image courtesy of: John Hartland

LANHYDROCK

These magnificent gardens offer a range of scenery with a fabulous formal parterre, herbaceous borders, higher gardens with a thatched cottage and the famous magnolia trees, which decorate the higher gardens perfectly. There are guided tours available so you can truly appreciate the colossal task of maintaining such intricate gardens.

EDEN PROJECT

The now iconic Eden Project, found in Par, is a must for anyone visiting Cornwall. The two biomes offer a completely engaging and unique experience as you are given the chance to explore the Rainforest and Mediterranean environments in full, including immersive climates, a plethora of exotic plants and educational surprises at every corner.

THE LOST GARDENS OF HELIGAN

Tucked away near St Austell you will find 200 acres of beautiful mystery and romance as The Lost Gardens of Heligan boast a truly magical experience. The gardens offer a fantastic range of views, including jungle, productive gardens, pleasure grounds and woodland. It's been 25 years since the gardens were discovered amidst brambles and a maze of weeds, but they are now unearthed, beautifully restored and ready to be discovered.

CAERHAYS ESTATE

This grand estate is home to a beautiful and perfectly kept garden. There are multiple walks you can enjoy, each decorated with an amazing display of plants. If all you need is one reason to visit these outstanding gardens let it be to see the majestic, 100 year old magnolia tree in flower, as it is a sight you will not forget. The sights and scents are quite unique and provide a stunning day out for any age.

TREWITHEN

There is something new to discover at every turn of the Trewithen gardens near Truro. The level, gravelled pathways make the walks perfect for everyone, while the surrounding rare and exotic shrubs and flowers create a vision of beauty. The gardens also boast the longest lawn in Cornwall, which is perfect for taking a moment to relax and absorb the exquisite surroundings.

COTEHELE

Found near Saltash, Cotehele offers a varied and picturesque garden. While relatively young in terms of historic gardens, the gardens have continued to evolve and delight visitors since the 16th century. The garden is made up of various sections, each exhibiting a different style and look. From orchard to garden to terrace, these gardens are the perfect example of great English garden design.

A recommendation from our team...

“Enjoy a walk around the grounds at Lanhydrock before heading to the café to enjoy tea and cake and then finish off with a walk around the house and church. They always have something going on as an extra from a Dilly Cart Race to dressing up in Victorian clothes” – Emma.



left
Eden
Project
top right
Cotehele
bottom right
Caerhays



Image courtesy of: Nillianon

main
Polkerris
left
Hemnick
Beach
right
Pentewan



OUTSTANDING BEACHES

With sheltered bays, picturesque fishing villages and gentle sweeps of sand, south Cornwall's beaches are perfect for relaxing days by the sea and exploring the coastline by kayak.

LANTIC BAY

Nestled underneath the green-topped cliff between Fowey and Polperro, sits this hidden gem. Lantic Bay offers a secluded and utterly serene destination, and with crystal waters and white sand, this bay boasts a near perfect vista. While it is on the trickier end of beaches to reach, it is worth every step.

CARNE

A long stretch of sand and shingle creates the perfect beach for those who want to spend their day at the beach relaxing on the sand and flitting between various beach activities. Situated on the scenic Roseland Peninsula, Carne offers beach-goers the chance to relax in comfort, surrounded with Cornish beauty.

POLKERRIS

Tucked between a sheltered harbour near Fowey, Polkerris is a cosy yet lively beach as it offers golden sand and lovely azure waters, which when paired with the slipway, are perfect for boats and kayaks. Since this little piece of heaven is southwest facing it is also perfect for basking in the warming glow of the sunset.

HEMMICK

A secret and sandy beach near Gorran Haven, Hemmick is reached by a steep road and narrow country lanes; making it perfect for escaping the crowds the summer heat invariably brings. At low tide you can explore the many tiny coves dotted around or you can just lie back and enjoy the peace and quiet.

GORRAN HAVEN

Sitting at the bottom of the pretty coastal village of Gorran Haven is this popular beach of the same name. The cove is sheltered from westerly winds making it one of the safest bathing beaches in Cornwall. The cove is also a favourite with walkers exploring this stunning coastline as the cove offers the perfect spot for a refreshing dip.

PENTEWAN

With over half a mile of sandy beach and waters perfect for watersports, this beach is a haven for visitors of any inclination. Whether you want a quick blustery stroll in the winter months, a captivating game of beach rounders, or you want to spend the day swimming, surfing and canoeing, this accommodating beach near St Austell has got you covered.

PORTHCURNICK

Bordered with high cliffs and situated on the Roseland Peninsula, Porthcurnick beach boasts sand, rockpools and scenery. After a day of relaxing on the beach you can see if you can find the Hidden Hut and enjoy a refreshing drink, bite to eat, and on some evenings, a special feast with a view.

PORTHLUNEY COVE

Also known as Caerhays, Porthluney Cove is a privately owned stretch of golden sand. With a sensational backdrop of the Caerhays Estate and gardens, this cove is a peaceful and sheltered beach with a beach café and waters perfect for relaxed swimming.

HANNAFORE

Known for its fantastic rockpools that are uncovered at low tide, Hannafore offers a peaceful place to soak up the sun. While there is not much sand to speak of, the striking rocks and rugged coastline are draw enough for locals and holidaymakers alike. And since this beach is dog friendly all year round, it's definitely worth a visit.

LANSALLOS COVE

Another breathtaking and secluded cove, Lansallos is an absolutely stunning place to spend your day. The picture perfect curve of the beach blends perfectly with the turquoise waters. You can jump into the sea from the rocks or explore the eastern end of the beach until you stumble across the majestic waterfall this serene cove is hiding.

Our team recommends...

“Porthluney/Caerhays Beach is located on the picturesque south coast and part of the Caerhays Estate. It is a calm, sandy and secluded cove backed by Caerhays Castle. The beach is perfect for families and is dog friendly too” – Sophie



left
Lantic
Bay
right
Wind-
surfing at
Polkerris





main
Lantic Bay



top
Fowey River
middle left
Looe
middle right
Hidden Hut
bottom
Heligan
Mud Maid





WEST CORNWALL

The far west is home to some of Cornwall's most iconic landmarks and coastline, from Land's End to the Minack Theatre, St Michael's Mount to the Lizard Peninsula. A haven for interesting wildlife, here you'll find flora and fauna unique to the region as well as the distinctive green serpentine rock. West Cornwall is particularly famed for

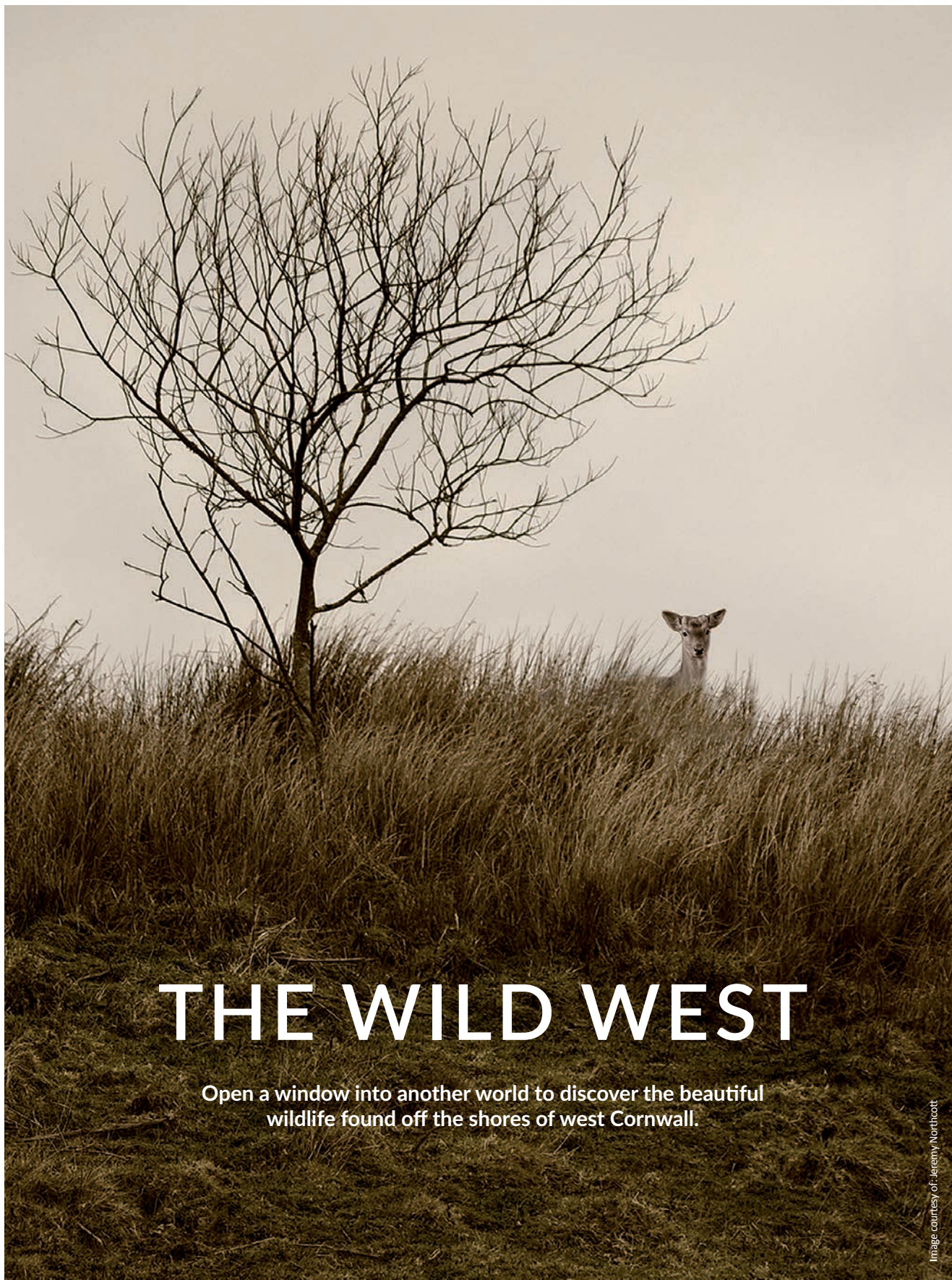
its quality of light, helping to cement its status as a magnet for artists, drawn over the years to colonies in St Ives, Newlyn, Lamorna and the surrounding areas to capture its raw beauty. You'll also find some of the south west's best restaurants here, utilising the fabulous produce grown, reared and caught both ashore and off the coast.

image
Mullion Cove on the
Lizard Peninsula



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THE WILD WEST

Open a window into another world to discover the beautiful
wildlife found off the shores of west Cornwall.

Image courtesy of Jeremy Northcott

*“Where else would
you want to be”*



facing page
A watchful eye
right
Setting off

Image courtesy of Charles Hood

Every year, thousands of visitors from around the world flock to the Cornish coast, drawn to the beautiful blue waters. If you're lucky you might spot a few of them: seals, dolphins, whales, basking sharks and blue sharks among other wonderful creatures. If you're thinking of taking the plunge to experience life beneath the waves, then west Cornwall really is the place to do it. It has it all – a seabed truly teeming with life, with a unique opportunity to explore the awe-inspiring wildlife, shipwrecks and reefs off our shores.

A good place to start is with Charles Hood, a respected underwater photographer, who runs shark and sealife safaris off the coast of Penzance. A keen and well-travelled diver, he knows these waters and their inhabitants arguably better than anyone. But what's so special about west Cornwall? “Where else in the world can you live within a mile of the coast and observe such a variety of marine life?” Charles replies. “Within half an hour of leaving home in St Hilary I can be

swimming with basking sharks, snorkelling with blue sharks, playing fin tag with Atlantic grey seals or diving on a historic shipwreck.” As well as being an accomplished diver, Charles is on the pulse with technology, using GPS and echo sounders to locate sites, and satellite data on sea temperatures, chlorophyll levels and warm currents to track down the larger sea creatures.

Charles shares more than a little in common with Porthleven filmmaker, and founder of Shark Bay Films, John Boyle. Like Charles, John has travelled the world, diving in oceans with beautiful wildlife. But it's telling that they both chose west Cornwall as their base. We catch up with John and his collaborator, Fionn Crow, in their Porthleven studio. Shark Bay Films is entirely independent and self-sufficient: John and Fionn devise the concepts, write, shoot and edit the films, selling them through distributors, many through the National Geographic. Their latest project ‘Castro's Secret Reef’ pre-sold worldwide

even before completion.

So, having filmed award-winning documentaries in stunning locations around the world, what draws John to Porthleven? “Where else would you want to be?” he asks, looking around. “I love Cornwall. It's home.” With stunning views overlooking the harbour in one direction and the deep blue ocean in the other, it's not hard to see why. “Mounts Bay is Shark Bay to us!” he says with a smile.

Originally a lawyer, John began diving and underwater filming as a hobby. After sending out his first film speculatively, he was surprised just how quickly and positively it was received. Soon the hobby became more serious, and he relinquished the promising law career to pursue his dream. John might be making a tenth of what he could as a lawyer, but here he has found his paradise. “The West Country has some of the clearest waters in the UK, being a fringe that juts out into the Atlantic”,



right
Wildlife watching
off Gwennap Head

Image courtesy of: Charles Hood



continues Fionn. “Plus the gulf stream brings a lot of interesting life here; the water is warmer than it should be.”

So what is Cornwall’s best dive site? “There are so many fantastic sites it’s difficult to pick a favourite”, says Charles. “However, it would probably be the Runnel Stone. A mile offshore of Gwennap Head, this complex critter encrusted reef rises from a depth of 50 metres to just below the surface. As well as the prolific amount of marine life, the seabed is littered with numerous shipwrecks including the famous carrier the City of Westminster, which founded in 1923. There are so many wrecks around the Runnel Stone it’s sometimes impossible to determine which particular one you are diving on!”

But arguably nothing leaves a more lasting memory than the sight of basking sharks – gentle giants of the ocean, the second largest fish in the sea, and frequently spotted in Cornwall. “By far my most incredible encounters have been snorkelling with basking sharks”, says Charles. “The largest

one we spotted was over nine metres long and probably weighed over 10 tons. In September 2008 the waters of Land’s End experienced a second gigantic plankton bloom and the Celtic Sea was simply brimming with basking sharks gorging on the nutrient rich waters. There must have been over 400 sharks – just an incredible sight. Being plankton feeders they don’t have any teeth and are harmless to humans.”

Fionn recounts a similar experience at Praa Sands. “One year, there was an incredible amount of basking sharks – you didn’t even need a boat, you could swim out from the beach and snorkel with them! It was also the first time I’ve actually seen them breach [jump out of the water].”

Charles’ pièce de résistance is his ability to track down the elusive blue shark, a naturally shy fish, not used to human interaction. “They can be found within an hour’s boat journey from Penzance but you need a secret concoction of ‘rubby-dubby’ to attract them. One occasion we had several blues around the boat when they

*“Get out there and do it!
Whether it’s walking the
South West Coast Path with
a pair of binoculars,
chartering a vessel or
donning a wetsuit and
snorkelling with sharks,
give it a go”*

all of a sudden disappeared – behaviour usually indicative of a larger predator in the immediate vicinity. A couple of minutes later a dozen or so pilot whales simultaneously blew and surfaced right beside our boat – what an incredible spectacle to witness!”

The question arises of how sealife tourism sits with conservation, but the consensus among John, Fionn and Charles is that experiencing sea creatures in their environment can only be a good thing, provided it is respectful and helps in our understanding. Though critical of ‘catch and release’ trophy fishing, John’s view is that: “Shark tourism is a really good thing. It’s fantastic increasing people’s awareness of the sheer diversity of wildlife off our coast, which in turn leads people to respect and protect it.” Charles takes a similar stance: “Providing operators are responsible and take care as far as possible from disturbing the wildlife then bringing people and

animals together is a fantastic way to both educate and encourage conservation.”

In fact, if respectful of these unique and largely peaceful creatures, there can be nothing more exhilarating than swimming with sharks in their natural habitat. But if the idea of swimming with sharks sends your blood cold, there are always opportunities to experience some of the magic from the comfort of dry land. “So much of Cornwall’s wildlife can be witnessed from the shore using a good pair of binoculars”, says Charles. So, if you’re patient and keep your eyes peeled on a clear summer’s day, you might just be in for a treat – whether dolphins, sharks, whales or seals.

Indeed, Cornwall is special because it makes you slow down and look around. And that is the secret to good wildlife watching... just stopping to observe what’s around you. Once you have found your spot, settle down, and just look – don’t even think of raising those binoculars yet! Once you have grown accustomed you will start to notice movements and silhouettes on top of telegraph poles and gateposts. Then with your eyes still firmly on whatever it is – raise your binoculars – and take a look! Deer, rabbits, fox or raptors (birds of prey to us) it’s always exciting and hugely rewarding.

The Lizard with its wide variety of habitats is a great place to start; head out to Windmill Farm Reserve with its fascinating 17th century windmill building, which has been roofed and restored as a lookout. This impressive Scheduled Ancient Monument has quite a history; it was a lookout tower during World War II and a hideout for an

infamous sheep smuggling gang in the early 19th century... kids old and young would love it! There’s an information centre with visitors’ book to check for recent sightings and then you can climb to the top of the windmill; it’s not that high but the land around is flat so you can see for miles, with stunning sea views. Outside, this wonderful home for wildlife comprises grassland and heathland, scrub, bog, swamp and hedgerow. Look out for hen harriers swooping over the fields, and the barn owls which have successfully fledged four chicks this year that can sometimes be seen flying around the reserve at dusk. What’s more, diurnal short eared owls return each winter and can be seen hunting over the old airfield during the day.

From there it’s only a short trip down to the Lizard Point. Arriving at the Lizard, walk down to the far point and you are almost guaranteed to see seals lazing on the rocks below when the tide is out. Choughs, kestrels and peregrines are often seen along the coast path. It’s a great place to see passing seabirds in their thousands especially in the autumn as migrating birds depart for their winter feeding grounds.

Charles encourages everyone to experience it firsthand: “Get out there and do it! Whether it’s walking the South West Coast Path with a pair of binoculars, chartering a vessel or donning a wetsuit and snorkelling with sharks, give it a go. The most common comment I receive from my guests when taking them out is, ‘I had no idea of just how much wildlife there is off the coast of Cornwall – you must have one of the best jobs in the world’.” They make a good point!



left
The Windmill
Reserve,
The Lizard
right
Deep sea
photography
far left
Lizard watchpoint



THE STUFF OF LEGEND

Pandora Inn, an enchanting riverside pub at Restrouguet Creek, proves the perfect remedy for a wet Sunday lunchtime.



In 1791, a ship named HMS Pandora was shipwrecked off the Great Barrier Reef while on its way to capture the mutinous crew of the infamous Bounty. The surviving captain supposedly retired to Cornwall, becoming the landlord of a riverside pub, which now bears his ill-fated ship's name. The Pandora Inn is tucked away in a serene spot on the south bank of Restrouguet Creek, a tributary of The Carrick Roads. It's an inspiring location; Olympic champion Ben Ainslie learnt to sail in and around these very waters.

Legends aside, this thatched pub's story begins much earlier, with parts of the building dating back to the 13th century. Sympathetically restored throughout, it has been extended and remodelled over the years, surviving flash floods and a devastating fire in the last decade alone – a few chargrilled beams and photographs now the only testament to its plight.

On our visit, we were in search of an altogether different bounty, namely the perfect Sunday lunch. A rare family day out with three generations, we yearned for a unique yet relaxed and informal setting – an atmosphere buzzing enough to withstand our two-year-old's occasional public meltdowns without fearing the wrath of our fellow diners.

With the rain unrelenting, the brief was no-nonsense, fantastic fare – food to warm the soul, as we warmed our feet. The Pandora ticked all boxes.

Entering the sprawling listed building, with low beams above and flagstones below, character seeps from every nook and cranny. For those seeking a more formal experience, the first floor dining room, featuring a stunning oak vaulted ceiling and more river views, is perfect. But for us, the roaring fire and bustling bar atmosphere beckoned, so we swiftly escaped the mizzle and set up camp around the warming embers.

As is expected these days, the award-winning Pandora prides itself on the wealth of local produce, whether the rare breed meats reared by Brian Etherington or fish from Stevenson in Newlyn, complemented by an extensive and considered wine list, including a selection from our favourite, Camel Valley. But for me, it had to be a pint of Proper Job – deliciously hoppy, the perfect accompaniment to a hearty meal.

Starters included a winter vegetable soup – sure, nothing revolutionary, but a simple classic, done well – served with locally baked artisan olive focaccia. I opted for the



left
Settle around the warming fire
right
A truly stunning waterside location





above
Arrive by
boat
right
Delicious,
hearty food



chargrilled halloumi – rich and flavoursome, counterbalanced by the sweet beetroot dressing. The coriander and stem ginger fish cakes with garlic aioli were beautifully presented and, I'm informed, very tasty too!

Onto the main event, we savoured the honest food, bursting with flavour, and generous portions – none of those delicately balanced miniature sculptures! The Sunday carvery offers a choice of two meats (on this occasion, succulent pork and wonderfully tender beef) and a vegetarian option, served with all the usual trimmings.

The full a la carte menu is offered on Sundays too, and vegetarians are well catered for with a genuine choice – the curry proved

the perfect warmer for the soul. There's a great kids' menu – ours happily tucked into the crispy battered catch of the day, with thick cut chips, mushy peas and homemade tartar sauce (which could have fed a small family!).

One downside of a restaurant packed to the rafters can be long waiting times and flustered looking staff, but thankfully this was never a concern. Throughout, the team were friendly, attentive and eager to please, without being too in-your-face.

Needless to say, dessert was an indulgence rather than a necessity. Nevertheless, with a selection so tempting, it would've been rude not to! The rich chocolate fondant, orange ganache and pistachio ice cream was

evidently popular judging by the constant flow from the kitchen. But the treacle tart, with berry compote and Rodda's clotted cream, was a calling not to be resisted. The perfect end to a fantastic meal.

The surrounding creeks and inlets of The Carrick Roads are waiting to be explored (by foot, cycle or boat), making The Pandora the ideal spot to start or end your journey, whether working up an appetite or walking off your lunch! And it really comes alive over the summer, with craft of all shapes mooring up at the private pontoon to enjoy food and drink, quite literally, on the water. (Note to self: Buy boat. Point in direction of Pandora.)

A WEST CORNWALL APPETITE

Home to stunning vistas, both inland and around the coast, west Cornwall is the ultimate destination for a meal with a view. And with a plethora of ancient fishing villages and farmlands, the produce is the truest representation of this outstanding corner of Cornwall.





left
The Old
Coastguard
right
The Shore

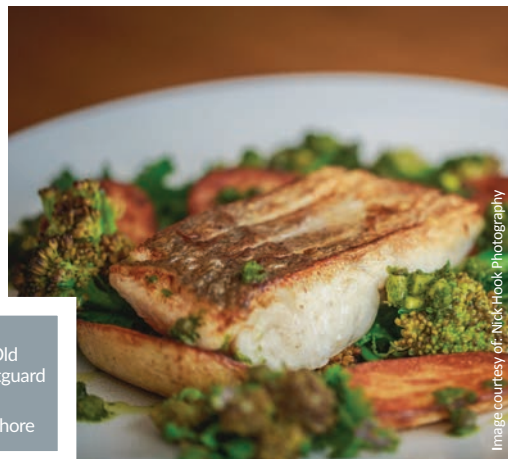


Image courtesy of: Nick Hook Photography

TREVASKIS FARM

Tucked away within 28 acres of stunning countryside in Connor Downs, Trevaskis Farm is a fantastic example of Cornish produce. You can take a tour around the farm, pick your own produce, visit the amazing restaurant or pop into the on-site market shop and take a taste of the country home. This farm really does offer it all.

THE SHORE

Top Penzance restaurant, The Shore, offers a small seafood menu that reflects the passion chef and owner Bruce Rennie feels for the coast. All dishes are crafted using the best ingredients available from local fishermen and farmers. Every care in the world is taken to ensure your experience is perfect and reflects the taste of Cornwall.

THE VICTORIA INN

While considered one of the oldest inns in Cornwall, The Victoria Inn certainly isn't behind the times. Serving award-winning food, this inn is the perfect amalgamation

of the traditional country pub and stylish dining. Situated in the peaceful coastal village of Perranuthnoe, The Victoria Inn is the ideal place to enjoy a delicious meal after a day on the beach.

THE OLD COASTGUARD

Situated in the idyllic fishing village of Mousehole, The Old Coastguard boasts meals with a view in a cosy atmosphere. The menu has a fantastic range of fish, all of which are caught freshly from Newlyn, and can be enjoyed as lunch or dinner. The view of St Clement's Isle can be seen from most of the upper deck tables, while the sun deck looks out across the lovely palm tree lined gardens.

THE GURNARD'S HEAD

What could be better than reaching the top of one of Zennor's dramatic cliffs and spotting the iconic Cornish yellow of The Gurnard's Head, which has offered walkers a delicious and warming meal and a drink for years. The meals are made from the

best local produce and offer a moment of peaceful respite from the busy world outside.

GYLLY BEACH CAFÉ

Located above the popular Gyllyngvase Beach in Falmouth, Gylly Beach Café boasts spectacular views and a truly impressive menu. Head Chef Dale McIntosh works tirelessly to ensure that his menu is creative and rewarding while the staff maintain a cosy yet stylish atmosphere throughout the restaurant. Stroll off the beach and into this wonderfully welcoming eatery.

CORNWALL GOLD

Surrounded by 18 acres of Cornwall's mining landscape, Cornwall Gold offers a brilliant day out with a look into the last working tin mine in the world, beautiful jewellery and a delicious array of hearty food. While the whole menu is worthy of a mention the true star is the full Cornish breakfast as it is ingeniously served on a shovel, thus rounding off your expedition into the heart of Cornwall's mining industry.



main
The Gurnard's
Head
left
Trevaskis Farm
right
The Victoria Inn



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PRODUCE OF
CORNWALL

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www.corncott.com

IMMERSE YOURSELF

From a rugged and azure lined coastline to captivating heather covered heaths, west Cornwall has much to offer with things to do and see.

SEA SAFARIS

The west coast of Cornwall is teeming with wildlife, boasting dolphins, seals, basking sharks and a variety of birds. While there are multiple ways to view the animals one of the most popular is by boat, as you can get up close to the majestic creatures while remaining comfortable and dry. Penzance is one of the best locations for these safaris as the position is perfect for accessing the surrounding coast.

SWIMMING WITH SHARKS

Boats are a great way to interact with the Cornish wildlife, but for a truly up close experience with the animals getting into the water is the way to go. With Charles Hood, all abilities are catered for as you can swim, snorkel or dive with our local kings of the sea. There is nothing like sharing the water with a basking shark as they are a true representation of the wonder of the ocean, and while you're there, why not take a photograph of one?

MINACK THEATRE

Carved into the cliff overlooking the stunning Porthcurno sits the Minack Theatre, one of the most famous outdoor theatres in the world. While sitting down to enjoy one of the many plays there is always the chance that an unexpected extra might appear in the form of a basking shark, as the theatre looks out across the Atlantic Ocean. First airing in 1932, the Minack Theatre has seen a fantastic range of amateur and professional performances and has drawn visitors from



top left
Land's End

bottom left
Guided diving
with Charles
Hood

right
Minack Theatre



Image courtesy of: Charles Hood



Image courtesy of: Greg Blundell

Image courtesy of: Anthony Greenwood



above
Bird watching
on St Mary's,
Isles of Scilly

left
Boat trips from
Tresco, Isles of
Scilly

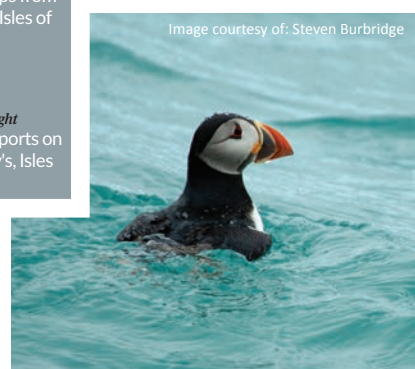
right
Puffin

bottom right
Watersports on
St Mary's, Isles
of Scilly



Image courtesy of: Anthony Greenwood

Image courtesy of: Steven Burbridge



around the world. It really is a spectacular sight, even if you are just passing through.

THE ISLES OF SCILLY

Consisting of five main islands, the Isles of Scilly have attracted waves of visitors for many years, and there is no wondering why. Each island is steeped in history and offers an array of beauty in the form of exotic plants, thriving wildlife, unspoilt coastlines and sandy beaches that could easily be found in the Mediterranean. Boat tours can be taken around the uninhabited islands, where you can come face to face with an abundance of birds, seals and pure, untouched seascapes.

WALKING THE COAST

While every inch of the Cornish coast can be said to be the home of stunning walks, there is something special about the westernmost point of this great county. Designated pathways lead you around the coastline

surrounding Land's End, each having paved the way for thousands of walkers throughout the years. As you explore you will be met by beautiful purple heather, wild and unruly gorse, weathered cliffs and untameable waves crashing against them. It is the ultimate backdrop to your walk and can, and should, be enjoyed in any weather.

HERITAGE

Dotted around this historic part of Cornwall you will find a variety of historical sights. These can come in all shapes and sizes, from ancient stone circles, Iron Age villages and historic mining settlements. Some of the most popular destinations include; Pendennis Castle in Falmouth, Chysauster Ancient Village near Penzance, Poldark Mine near Helston, and Cape Cornwall near St Just. All of these destinations are a fantastic reminder of Cornwall's varied history and are a brilliant way to soak up the local culture.



Image courtesy of: Anthony Greenwood



STRIKING GARDENS

With mazes, mounts and beautiful collections of exotic and native plants, the gardens of west Cornwall provide stunning days out, enhanced only by the captivating landscape in which they reside.



Image courtesy of Abbey Gardens

TREBAH

Found just outside of Falmouth, Trebah Gardens are a truly visual experience. Boasting a fantastic collection of sub-tropical plants, a secluded cove and an exciting amphitheatre, Trebah is rated as one of the finest gardens in the world, and it isn't hard to understand why. With stunning 100-year-old rhododendrons, magnolias and camellias in the spring, the impressive giant gunnera in the summer and the Hydrangea Valley in the autumn, Trebah Gardens is an inspiring visit all year round.

GLENDURGAN

Beauty and adventure waits at Glendurgan, as this brilliant garden offers a variety of wild and exotic plants, as well as an exciting maze and giant's stride rope swing. Absorb the sights and scents of this prolific garden as you stroll down the valley and find yourself at the peaceful Helford River. The idyllic village of Durgan offers a beautiful place to look out across the river while the Glendurgan Tea House provides a cosy place to enjoy a cream tea before heading back out to soak up all this fascinating garden has to offer.

ST MICHAEL'S MOUNT

An iconic sight in Cornwall, St Michael's Mount adds a sense of grandeur to the Marazion vista. Set to the remarkable backdrop of the Mount, the gardens bloom and flourish despite the salty air of the sea.

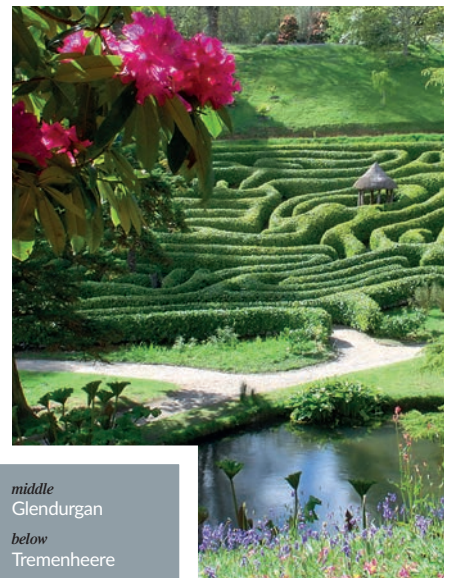
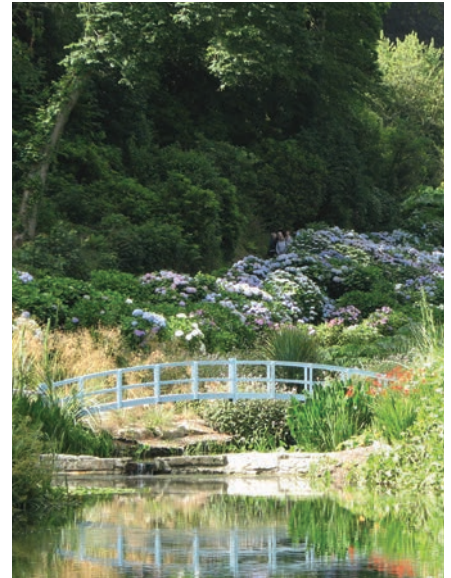
Worn stone walls act as home and a natural heater to the stunning array of plants, which stand as a unique reminder of the history of the Mount. The stoned terraces and walkways provide a fascinating walk through this history, as does the harbour and castle. Take a stroll around to fully appreciate this remarkable landmark.

ABBHEY

Situated on the outstanding Tresco Island, one of the islands in the Isles of Scilly, Abbey Garden is home to an extraordinary variety of plants, most of which would have no chance surviving on the mainland. The diversity of the plants, and where they originate, is truly remarkable, with thousands of exotic plants from around 80 countries making up this impressive garden. You can also find a selection of shipwrecked figureheads in the Valhalla Museum, which makes for an interesting and impressive visit.

TREMENHEERE SCULPTURE GARDENS

Nestled in a beautiful valley near Penzance, Tremeneheere Sculpture Garden offers a tour of lavish subtropical plants and unique pieces of art. Woods and streams surround this peaceful haven and create a charming and serene atmosphere for your exploring. Amidst the brush, you will find artwork by internationally and nationally renowned artists that blend effortlessly with the exquisite surroundings.

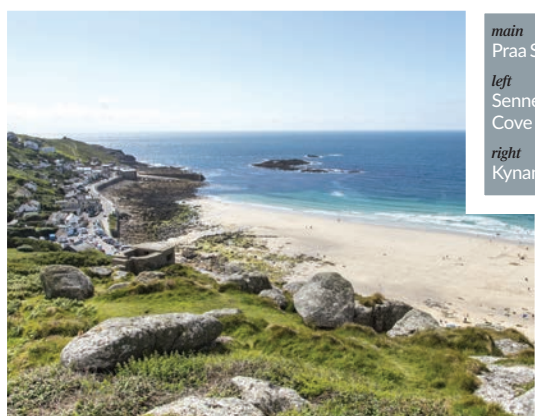
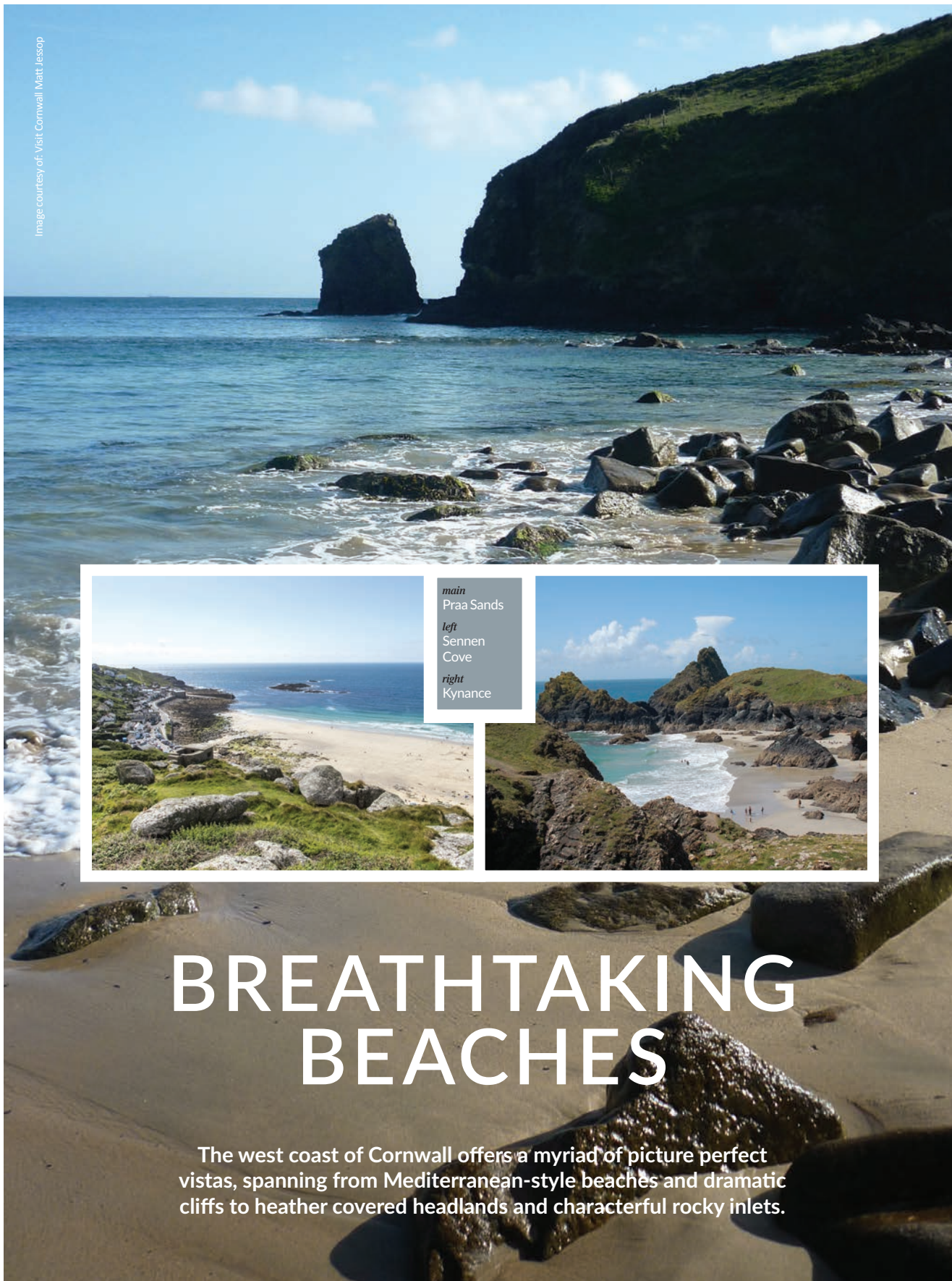


facing page
Abbey Gardens
bottom left
St Michael's Mount
top
Trebah

middle
Glendurgan
below
Tremeneheere



Image courtesy of: Claire Braithwaite



main
Praa Sands
left
Sennen
Cove
right
Kynance



BREATHTAKING BEACHES

The west coast of Cornwall offers a myriad of picture perfect vistas, spanning from Mediterranean-style beaches and dramatic cliffs to heather covered headlands and characterful rocky inlets.

SENNEN

One of the most popular beaches in west Cornwall for surfing, Sennen Cove boasts a sweeping, near-white sandy beach and crystal clear waters, perfect for swimming and surfing. At the top of the beach you will find a lovely assortment of refreshments as well as a well-positioned beach shower, so you can wash away all of the pesky sand.

ST IVES

A vibrant seaside town, St Ives is home to multiple beaches, each with something different to offer. Porthmeor, one of St Ives' main beaches, consists of a long stretch of golden sand and turquoise waters, while St Ives Harbour beach boasts the idyllic harbour as its background, a sight that has been depicted in many pieces of local art.

PORTHCURNO

With towering cliffs as a backdrop, and the Minack Theatre perched grandly above, Porthcurno is a truly captivating beach. The golden sand slopes down towards azure waters, which are often in the form of exciting waves to frolic in. And with a beach café nearby and a sizeable car park, this beach is a firm favourite amongst locals and visitors alike.

PORTHGWARRA

A secluded and relatively unknown cove, Porthgwarra boasts an enchanting spot to soak up the scenery and explore the interesting nearby rock formations. Although there is only a tiny beach at low tide this idyllic cove has much to offer. With outstanding coastal walks on either side, this is the perfect place to have a quick dip and a bit of lunch as you explore this exceptional section of the Cornish coast.

MARAZION

With a view of St Michael's Mount and Land's End, Marazion is a truly scenic place to spend your day. The beach itself is an impressive size and is often used for kitesurfing, while above the beach you'll find a lovely playground and a collection of cafes, art galleries and eateries.



above
Gwithian
below
Porthgwarra



PRAA SANDS

The white sand and blue waters make Praa Sands a constant favourite for beach-goers. The sea offers good surf in the winter and perfect conditions for sunbathing and swimming in the summer. The beach is also home to the Sand Bar, a delicious place to enjoy a drink and a bite to eat while looking out over this stunning location.

GWITHIAN

With reaching dunes, an impressive stretch of beach and good surf, Gwithian offers a variety of things to do. In the winter it is perfect for a blustery walk, while the summer provides the perfect conditions for surf and a sandcastle. The dunes that reside on the cliffs above are also great for a walk, particularly for those with dogs.

KYNANCE

One of the most photogenic locations in Cornwall, Kynance Cove boasts white sand, clear waters and a unique blend of red and green serpentine rock. A rugged and dramatic cliff surrounds the beach, with iconic outcrops creating truly breathtaking panoramas. It might be a bit of a walk to reach the beach but it is well worth the extra effort.

PERRANUTHNOE

Another favourite with holidaymakers, Perranuthnoe offers a long stretch of beach and scenic views of the neighbouring headlands. A beach hut café can be found on the way down from the car park so you can enjoy a classic Cornish ice cream as you savour your time in the sun. The beach also boasts a ramp, as well as steps, as access, so the beach is perfect for kayakers and surfers.



left
St. Michael's
Mount
top right
Porthcurno
bottom right
St. Ives







top
Porthcurno
below
Gurnard's Head
right
The Pandora
Inn
bottom
St Michael's
Mount




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DOG FRIENDLY CORNWALL

Visiting Cornwall is an experience all should be a part of, so next time you plan your holiday here make sure you include your four-legged friends, so that they can enjoy all of the sights and smells that Cornwall has to offer.

As any dog owner will understand, going away on holiday and leaving your dogs behind can be truly heartbreaking as a family holiday should be enjoyed by every member. But this need not be the case when visiting Cornwall as this beautiful county offers a truly dog-friendly holiday destination.

All of us here at Cornish Traditional Cottages understand that bringing your best canine friend is essential so we try and ensure we have a fantastic selection of holiday cottages around Cornwall that welcome pets, so that no man, or dog, is left behind.

Once you have found your perfect holiday

cottage it's time to explore all that Cornwall has to offer, which might take more than one visit! Cornwall is possibly most well known for its absolutely stunning array of beaches, all of which offer something different. We have long sandy beaches, sheltered bays, coastlines covered in shingle and rocky coves that offer plenty of rock pools to explore. Beaches are the perfect day out for people and dogs alike as they offer endless entertainment. With sand for digging, space for Frisbees and balls and the biggest paddling pool your dog will ever experience, the beach really is the ultimate place to get tails wagging.





PAW-PRINTS IN THE SAND

While some of our beaches operate a seasonal dog ban, meaning they are only available to dogs during certain months of the year, some beaches are completely dog friendly all year round! These beaches provide lots of fun for dogs and their owners; with some offering beachside cafes that are also open to our furry friends.

- Harlyn Bay, Padstow
- Fistral Beach, Newquay
- Mexico Towans, Hayle
- Keneggy Sands, Penzance
- Pedn Vounder, Porthcurno
- Perranporth beach, Perranporth

DOGGY DAYS OUT

If you need a break from returning home with a salty and sand-covered dog then you can head to one of Cornwall's many dog friendly in-land attractions.

- Eden Project, Par
- The Lost Gardens of Heligan, Pentewan
- Trebah Gardens, Mawnan Smith
- Tintagel Castle, Tintagel
- The Seal Sanctuary, Gweek

WALKIES

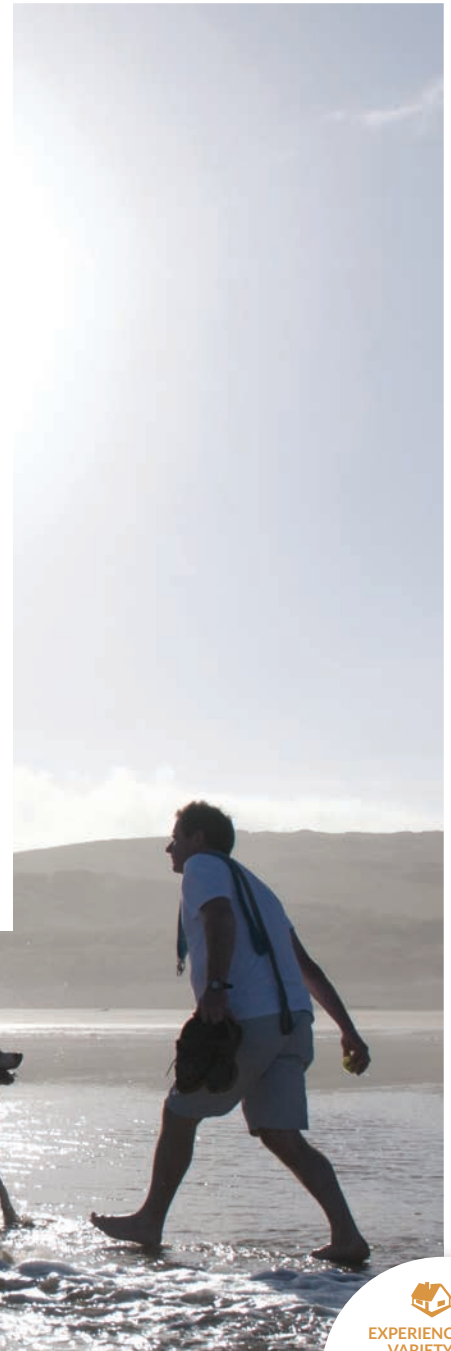
While most walks in Cornwall are dog friendly we've found some to be particularly perfect for your canine companions.

- Cardinham Woods, Bodmin
- Frenchman's Creek, Helford
- Goonhilly Downs, Helston
- Rough Tor and Brown Willy, Bodmin
- Tehidy Woods, Camborne
- Trewardreva Mill, Constantine
(particularly beautiful in late spring when the bluebells are in full force)

DINING OUT WITH YOUR DOG

Once you've worked up an appetite running around Cornwall you can settle down to a drink or a bite to eat at one of our dog-friendly cafes, pubs or restaurants.

- Café Mylor, Mylor
- The Gurnard's Head, Zennor
- Old School Bar and Kitchen, Truro
- Lemon Arms, Mylor Bridge
- The Old Quay Inn, Devoran
- Ohana Beach Café, Newquay
- Godrevy Beach Café, Hayle
- The Ship Inn, Wadebridge
- The decking of Gylly Beach, Falmouth – they even provide you with blankets and a heater on those chillier days.



AN ARTIST'S PARADISE

There is a reason artists flock to Cornwall, with stunning scenery, peaceful environments and a vibrant art community; it's the perfect place for an inspirational getaway.



LANDSCAPE

One of the reasons Cornwall is such a popular destination is the breathtaking and varied scenery that captures the heart and soul of this grand county. Along the north coast you will find dramatic stretches of rugged cliffs, which contrast perfectly with the long sandy beaches that lie below. In the west you'll find rolling seas that change with the season as well as the tide, from the turquoise waters of summer to the white tipped swells of winter. Cornwall's heartland offers a rich collage of moorlands, patchwork fields and a vast sense of Cornish heritage, with mines and engine houses showcasing our iconic industrial roots. Cornwall's other famous industry can be found scattered along the striking coastline in the form of fishing villages and harbours, where you can watch the fishermen's trawlers heading off into the sunrise and returning with nets and pots filled with freshly caught fish.

All of these outstanding scenes have been depicted throughout history in Cornish artwork, as they provide a clear

view into what makes Cornwall so special. This is not to say you have to recreate Cornwall in your work, the still and salty air acts as a natural stress release, allowing you to create your own unique piece. In fact, the Cornish air, when paired with light, is an attraction in and of itself, as it's so crisp and clear the views are unlike anything you have encountered before.

COMMUNITY

Famous for its schools of art, such as the Newlyn and St Ives schools, Cornwall offers a supportive and ever expanding creative community. Most towns you visit will have a gallery displaying local art, and many will have neighbouring studios where you can talk with the artists. Cornwall also boasts a fantastic variety in its art. You can visit Penlee House in Penzance and view the classic collection from the Newlyn School and St Ives artists or you can head over to the Tate in St Ives for your fix of contemporary talent.

You will also find a wide range of photography, jewellery, and crafts created

from materials collected from the sea, such as sea glass, driftwood and general oceanic debris. Whatever your creative inclination, there is always something to inspire you in a Cornish gallery.

TO-DO

With a vibrant artistic community comes the opportunity to step into it, even if just for a day or two. There are quite a few galleries and studios that offer workshops in varying styles and mediums, so whether you want to hone the skill you've been working on for years, or you want to broaden your understanding and learn something new, taking advantage of others' experience is essential.

Similarly, you can find various retreats around Cornwall that specialise in freeing the senses and focusing the mind. These retreats often combine meditation and mindfulness with artistic flow and expression. They are perfect for those that want to tap into their inner creativity before starting their Cornish experience.



main
John Dyer
above
Laurie McCall
above right
Penlee House
below
Tate
below right
Lands End



GALLERIES

- * Penlee House Gallery, Penzance
- * Tate, St Ives
- * Newlyn Art Gallery, Newlyn
- * The Exchange, Penzance
- * Summerhouse Gallery, Marazion
- * Wave 7, Port Isaac
- * Jo Downs Handmade Glass Galleries, Launceston
- * Bank Square Gallery, St Just
- * The Poly Guild, Falmouth
- * Customs House Gallery, Porthleven



ABOUT CORNISH TRADITIONAL COTTAGES



left
Charles & Vicky
Edward-Collins
right
The team at CTC



Cornish Traditional Cottages was the brainchild of Michael and Dawn Powell in 1964, who wanted to provide guests with comfortable accommodation across Cornwall, starting with one property in Padstow. Drawing on their experience of booking holidays, Michael and Dawn looked to provide a friendly, personal, yet professional, booking service for guests.

Charles Edward-Collins joined Michael and Dawn's family business in 1986 having moved back to Cornwall with his young family, subsequently buying the business in 1991 upon their retirement. Under his wing, the business continued to grow, building a reputation for its friendly, knowledgeable and helpful team commonly referred to as his "family". Charles' son, George, flew back to the nest joining the business in 2009, and after seven years of hard work found his way to the top perch in 2016.

Charles says, "From the moment I joined Michael and Dawn I knew that CTC had a great future ahead of them, with a team focused on providing memorable Cornish holiday experiences. I am immensely proud of all we have achieved as a team

and the reputation we have built. I am delighted that my son George will carry the baton to the next generation."

George adds, "I am thrilled that I have worked my way to the top and feel that with an enthusiastic flock around me we can look forward to continuing to expand our selection of properties for your enjoyment. Paul, the wise Owl, looks after all the pennies, Alison and Charmian, the crazy Cuckoos, are flitting around the County to visit your holiday nest, Carol, Emma and Hailee, the reliable Robins, will help you with all things connected to booking your holiday and last but not least is Sophie, our persuasive Peacock, keeping you up to date with all things Cornish."

We live here and we love it, so much so that in 2016 Carol celebrated 25 years, Alison 16 years and Paul 10 years' service with CTC, three impressive milestones that are almost as old as the business.

"We are trusted Cornish experts with traditional family values"

VISITOR FEEDBACK

Every year Cornish Traditional Cottages is independently inspected by Visit England and awarded the Quality Accredited Agency status. In addition to their annual service and MOT from Visit England the team actively seek feedback from customers on their service using the independent review site, Feefo, and will publish good and bad feedback received. Feefo awards the business a rating each year based on the feedback received and the Cornish Traditional Cottages team are proud of the "gold status" they have achieved since using the platform.

Cornish Traditional Cottages is a member of EASCO (English Association of Self Catering Operators), Love Cottages (industry owned and run portal), CAHHA (Combined Association of Holiday Home Agencies) – all associations with customer service at their core.

A selection of quotes from the independent review service Feefo in 2016:

"A brilliant customer focused sales team and always a pleasure to talk to the team."

"Very friendly, and probably the easiest holiday I have ever booked."

"As always, excellent service from CTC. Friendly and helpful staff and first class holiday homes at reasonable prices."

"Fantastic customer service! The booking process was fast easy and I never felt like 'just another customer'. The paperwork and confirmation followed within half an hour!"

"Always cheerfully helpful. We have never had any problems with properties booked through this company."

"This is our third time booking with Cornish Traditional Cottages and we have yet to find fault. I would highly recommend them to my friends and family"

"The team at Cornish Traditional Cottages were very prompt in returning my emails, very helpful and polite too. I would recommend to friends and family."



The Combined Association
of Holiday Home Agencies





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