

Digital Editions

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Guide to Rural England

CORNWALL



WHERE TO GO | WHAT TO SEE | WHAT TO DO
WHERE TO STAY | WHERE TO EAT | WHERE TO BUY
Fully illustrated with detailed directions and maps

LOCATOR MAP



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Cornwall

"I like Cornwall very much. It is not England," wrote DH Lawrence. That was more than 80 years ago, but the ancient Duchy of Cornwall remains stubbornly distinct from the rest of England, not just in its dramatic and spectacular scenery, but in its strong Celtic heritage. The landscape is dotted with ancient monuments, crosses and holy wells, and ancient legends – especially those relating to King Arthur and the Knights of the Round Table – appear to have been hot-wired into the Cornish psyche.

Cornish people have been recognised as a separate identity by the Commission for Racial Equality and they have their own distinctive and attractive dialect. According to the Cornish Language Board, around 2600 people still speak Kernuack, the original language of the peninsula. A firm in Helston occasionally publishes books in the ancient language and Kernuack has been recognised as a living language by the European Commission. Elements of Kernuack still survive in the names of Cornish places and people – as Sir Walter Scott put it: "By Tre-, Pol- and Pen-, You shall know all true Cornishmen."

One simple fact about the county helps to explain its distinct character. Wherever you are

in Cornwall, you are never more than 20 miles from the sea. Maritime trade started early here – in the days of King Solomon, the Cornish people were already trading tin with the Phoenicians. Cornish eyes, it seems, were always turned seawards rather than inland, and the people's cultural affinity was with the Celtic diaspora of Ireland and Brittany rather than their mainland neighbours.

Added to this cultural separation was the county's physical distance from major centres of population. Even today, Cornwall's population of around 500,000 is less than that of the city of Bristol. There's not a single mile of motorway within its boundaries and long stretches of the main through route, the A30 from Penzance to London, are still single carriageway.

It was this isolation – and the luminous light of the area – that attracted major artists to the little seaside resort of St Ives, which now boasts a world-class art gallery in the Tate St Ives. More recently, an abandoned china clay pit has been transformed into what has been described as the Eighth Wonder of the World, the inspired – and phenomenally successful – Eden Project, whose enormous bio-spheres celebrate the complex relationship between plants, people and resources.

Elsewhere, the county boasts the third largest natural harbour in the world, Falmouth; acres of glorious gardens such as the Lost Gardens of Heligan; King Arthur's legendary fortress at Tintagel, and other medieval castles at St Mawes, Falmouth and St Michael's Mount; the wonderful Elizabethan mansion of Prideaux Place at Padstow; and, of course, Land's End where the granite bulwark overlooks the Atlantic waters beneath which lies the legendary Land of Lyonesse.



Tintagel Castle Remains

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Penzance

- Market House Egyptian House
- Union Hotel Maritime Museum
- National Lighthouse Centre
- Penlee House Art Gallery Mazey Day
- Trengwainton Gardens
- Cornwall Geological Museum

Penzance's famous promenade, the longest in Cornwall, runs from the open air art deco-style Jubilee Swimming Pool around the broad curve of Mount's Bay. Just along from the Jubilee Pool are the harbour and docks, still busy with fishing and pleasure boats. The town's main street is Market Jew Street whose curious name is believed to be a corruption of the old Cornish Marghas Yow, meaning Thursday Market. This busy shopping area leads gently uphill to the handsome classical

building of the silver-domed **Market House** (1836), which now serves as a bank. In front of this granite structure stands a statue to Penzance's most famous son, Sir Humphry Davy, the scientist best remembered for inventing the miners' safety lamp. Born in a nearby street, the son of a local woodcarver, Davy was one of the foremost chemists of the 19th century and, along with his contribution to miners' safety, he also founded both the Athenaeum Club and London Zoo.

Leading downhill from the Market House is the town's most interesting area, Chapel Street. Along this thoroughfare stands the exotic **Egyptian House**, created from two cottages in the 1830s by John Lavin, to entice customers into his shop. Although the designer of the magnificent façade is unknown, it is believed to have been inspired by the Egyptian Hall in Piccadilly, London.

IRISS

66 Chapel Street, Penzance,
Cornwall TR18 4AD
Tel: 01736 366568
e-mail: sales@iriss.co.uk
website: www.iriss.co.uk

The historic street in which **Iriss** stands is one of the most interesting in Penzance and has not been significantly changed since the mid 19th century. It is now a fascinating area to explore with a wealth of independent and specialist shops and a good selection of restaurants, coffee shops and public houses.

Iriss is just one of the many independent shops worth a look along the main thoroughfare from the harbour to the town centre. Owned by Mariarosa Martin, this delightful shop is a fantastic find for creative people fond of knitting and other crafts. Iriss specialises in rug making equipment, knitting wool, silk painting, tapestry and needle work. It is popular with locals and visitors to the area and for those who don't have the pleasure of having this shop on their doorstep Mariarosa has a comprehensive website, where she sells products online.

Iriss can be found in a four-storey building, which dates back to the 1800s and was originally run by a tailor. The present shop was established in 1985 and is definitely worth a look for keen crafters.



THE ALVERTON GALLERY

5 Alverton Street, Penzance,
Cornwall TR18 2QW

Tel: 01736 351668

e-mail: info@thealvertongallery.co.uk

website: www.thealvertongallery.co.uk

Located in the heart of Penzance with plenty of parking nearby, **The Alverton Gallery** is a gallery with a difference for the discerning art lover. The large picture window frontage invites the passer-by to pause, and then step inside the spacious gallery where they will be welcome to watch the resident artists at work, ask questions and sample the coffee and biscuits while you browse! The owners, Diana and Tim Wayne, are both makers themselves. Diana works at her etching press or with screen prints; Tim exhibits his own woodcut prints and ceramic sculpture in the gallery.

Their working studio gallery offers an unusual blend of contemporary fine art, featuring artists and makers predominantly from West Cornwall. There's an ever-changing wall display of west country and other artists with a variety of landscape, seascape and figurative paintings in oil, acrylic, watercolour and mixed media. Also on display are original wood engravings, etchings, screen prints and lithographs. Then there's the glassware, featuring designer and hand-formed pieces using fused techniques and decals.

The jewellery exhibits include designer and hand-made necklaces, bracelets, rings and brooches in silver with gold, copper and semi precious stones, along with Venetian murano glass and beaded jewellery. The gold items include new and second-hand necklaces, bracelets, brooches and rings. Another section of the gallery is devoted to contemporary decorative, sculptural and everyday pottery, ranging from traditional tableware to unusual, unique and experimental ceramics, using stoneware, porcelain, terracotta and crank clays.

The gallery also features sculptures - unique pieces carved and hand moulded from bronze, wood, clay and marble and other stone. Items in wood include turned wooden bowls and plates, keepsake and jewellery boxes in exotic, native and recycled wood.

Then there are the objets d'art, the French term for the eclectic mix of bygone, collectables and pieces of past times that intrigue us. These might include treen, pewter, sculpture, crockery, figurines and boxes.

With so much on display and of such quality, this outstanding gallery should not be missed. It is open from 9.30am to 5pm, Monday to Saturday.



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The house is now owned by the Landmark Trust and its upper floors can be rented for holiday stays.

Opposite this splendid building stands the **Union Hotel** whose Georgian façade hides an impressive Elizabethan interior. From the Minstrel's Gallery in the sumptuous dining room was made the first announcement in

mainland England of the victory of Trafalgar and the death of Lord Nelson. Chapel Street was also the childhood home of Marie Branwell, the mother of the Brontë sisters.

For centuries, a remote market town that made its living from fishing, mining and smuggling, Penzance today is popular with holidaymakers as well as being the ferry port for the Isles of Scilly. Along with its near neighbours, Newlyn and Mousehole, Penzance was sacked by the Spanish in 1595. Having supported the Royalist cause during the Civil War, it suffered the same fate again less than 60 years later. A major port in the 19th century for the export of tin, the fortunes of Penzance were transformed by the railway's arrival in 1859. Not only could the direct despatch of early flowers, vegetables and locally caught fish to the rest of Britain be undertaken, but the influx of holidaymakers boosted the town's fledgling tourist industry.

Penzance celebrates its long-standing links with the sea at the **Maritime Museum**, which houses a fascinating collection of artefacts that illustrate the ferocity of the waters along this stretch of coast. The museum's interior re-creates an 18th-century four-deck man-of-war, complete with creaking floorboards, and contains displays of pieces of eight and other

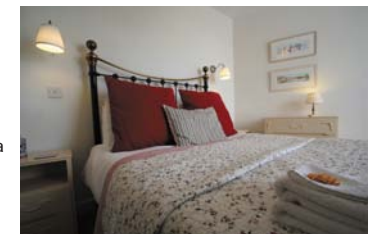
GLENCREE HOUSE

2 Mennaye Road, Penzance, Cornwall TR18 4NG

Tel: 01736 362026 e-mail: stay@glencreehouse.co.uk

website: www.glencreehouse.co.uk

Glencree is a fine Victorian granite house established as a hotel back in 1946. With its wealth of character and many original features, it echoes the romance of yesteryear, combined with the comforts of today. There are 7 spacious, recently refurbished guest rooms, all with en-suite or private facilities - one with a four-poster bed and some with sea views. Lynsey and Andrew, your friendly & welcoming hosts, will help get your day off to a great start with breakfast using the best of local, organic and/or fairtrade produce.



BOHEMIA GUILD

54 Market Jew Street, Penzance, Cornwall TR18 2HZ

Tel: 01736 363919

e-mail: bobemiaguild@aol.com

website: www.bobemiaguild.com

'A Gallery with a Conscience'

Bohemia Art, Craft and Re-Makers Guild is as much about the people as their art. It opened its doors in November 2009 on Market Jew Street, opposite the railway station. Bohemia Guild exhibits for sale the functional and decorative work of a wide cross-section of Cornish and West Country makers of all ages. Works on display come from people who are just starting out or simply enjoy the act of creating beautiful things, and from others who have successfully made their life's work in art or come to art late in life. Together, Bohemia Guild and these makers are united in their quest for and commitment to the highest standards of work in all its diverse forms, both decorative and practical.

The range is truly amazing, from painting, prints and photography to ceramics, pottery, wood turning and carving, children's crafts, toys and clothing, gloves, scarves, booties, glass-making and stained glass, découpage, bags and baskets, textiles, jewellery and much more. The gallery places particular emphasis on re-making, whether it is in the people who have left previous careers and re-invented themselves as artists, or in the objects they have taken from the past to re-create something new and out of the ordinary.

Art is sometimes born out of a case of 'needs must'. Art in Adversity is another aspect which the Bohemia Guild is enthusiastic about. Some of the local fishermen are a case in point. Many have found themselves unable to work due to ill health, accidents or changed and reduced circumstances. Turning their heads from fish to art has given many a new meaning and purpose in life; it is hoped that Bohemia Guild can help those in adversity to achieve an alternative income stream as well.

A gallery with a conscience, Bohemia Guild not only tells the story behind the art but also ensures that those exhibiting gain the maximum financial benefits from the sale of their work. Business hours are 10am to 5pm Monday to Saturday.



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HOTEL PENZANCE

Britons Hill, Penzance, Cornwall TR18 3AE

Tel: 01736 363117 Fax: 01736 350970

e-mail: enquiries@hotelpenzance.com

website: www.hotelpenzance.com

Sometimes in life you are lucky enough to find a special place that forces you to leave behind the hectic pace and endless schedules of modern life, enabling you to slow down and relax. **Hotel Penzance** provides just such a place, converted from two Edwardian merchant's houses in the 1920s. All rooms retain their original proportions and atmosphere. Its location is set in a Mediterranean style garden around an outdoor heated pool perched high above the rooftops of Penzance overlooking the waterfront activity of the harbour and Mounts Bay.

The warmth of the hotel is enhanced by the very special team of people who welcome you, never pompous always genuinely caring nothing is ever too much trouble.

A superb base for exploring; Enjoy the rugged cliffs of Land's End and the surrounding coastal paths. Learn to surf at Sennen Cove or relax on Britain's best blue flag beaches. Watch open-air performances at the Minnack Theatre. Swim in the Art-deco Jubilee Pool. Take boat trips from Penzance Marina. Explore artisan Chapel Street and the town's many galleries – so much to do!

THE BAY RESTAURANT (Two Rosettes) combines the very finest cuisine with an excellent wine cellar, welcoming residents and non-residents alike.

Under the guidance of Head Chef Ben Reeves, the restaurant offers a seasonally changing menu, taking advantage of immediate local availability. By doing this it offers you the best of regional produce in its peak condition... Fish from Newlyn and St Ives...meats, poultry and dairy produce from local farms... vegetables and herbs grown especially and wild produce foraged from the shores and woodlands.

Ben is always quick to instil his values in his brigade; 'we have to become far more aware of our responsibilities to the environment, especially sustainability and provenance. Great ingredients are necessary to the creation of great food, so we need to ensure that what we are using today will be sustainable and therefore available for the chefs of tomorrow and the future. As a guiding principal, searching for quality, always begins closest to home'



Number 36

No. 4 Causeway Head, Penzance, Cornwall TR18 2SN
Tel: 01736 367590 e-mail: andrea@no36.fsworldco.uk

Number 36 is located in the old pedestrianised street of Causeway Head with its Victorian cinema, speciality shops, galleries and eateries that spill out onto the street in summer. This fashion, accessories and gift shop was established in 2007 by Andrea Simmons who has many years experience in the trade. The shop occupies a traditional building of Penzance stone with a huge picture window displaying samples of the colourful and vibrant stock available inside. Here, there is clothing appealing to all ages and purses, with a large range of sizes. There are some wonderful accessories on offer, especially the huge selection of scarves which are personally sourced by Andrea directly from which she visits twice yearly. The extensive range of jewellery includes some items designed and made by Andrea herself. Also on sale is an intriguing selection of quality gifts, including some novelty items such as bath bombs in the shape of cup cakes. Finally, there's a range of crockery and a tasteful selection of cards, including humorous ones.



Harbour Lighthouse

artefacts recovered from wrecks off the Isles of Scilly.

Down at the harbour, at the **National Lighthouse Centre**, the story of lighthouse keeping is told. Opened by Prince Andrew in 1991, the centre has assembled what is the probably the largest and finest collection of lighthouse equipment in the world. Visitors can operate the 100-year-old apparatus, blast off a foghorn, or just sit back and watch a video about the history of the lighthouse.

Elsewhere in Penzance, local history and the work of the Newlyn School of artists can be seen at the **Penlee House Art Gallery and**

Museum. The county's long association with the mining industry is highlighted at the **Cornwall Geological Museum**, which has some intriguing fossil displays and surveys 400 million years of Cornwall's past.

At the end of June, the town celebrates **Mazey Day**, a revival of the St John's Eve celebrations abolished in Queen Victoria's reign. Mazey Day is now the climax of Golowan Week and the Golowan Festival when large numbers of visitors join local revellers to take part in the music, dance, drama and pagentry.

Just to the northwest of the town, and close to the village of Madron, lie **Trengwainton Gardens**, the National Trust-owned woodland gardens that are known for their spring-flowering shrubs, their exotic trees and the walled garden that contains plants that cannot be grown in the open anywhere else in the country. The walled garden was built in the early 19th century by the then owner Sir Rose Price, the son of a wealthy Jamaican sugar planter.

Two miles west of Penzance, Trewidden

UNION HOTEL

Chapel Street, Penzance, Cornwall TR18 4AE
Tel: 01736 362319
e-mail: enquiries@unionhotel.co.uk
website: www.unionhotel.co.uk

During its long history, the **Union Hotel** has provided accommodation for Royalty, Prime Ministers and some great artistes. The hotel occupies a prime position in the centre of Penzance, in what is considered to be one of the finest streets in Cornwall. It has a bar offering a tempting bar menu and a Theatre Bar Restaurant serving superb food cooked to your liking by a qualified chef. In the en suite bedrooms you'll find crisp white sheets, fluffy white towels, direct dial telephone, colour TV, hospitality tray and hair dryer. Breakfast is served in an impressive room that was once the town's Assembly Rooms and in which the death of Nelson at Trafalgar was first proclaimed in England.

There are two sister hotels - The White Hart Hotel in Hayle and the Angel Hotel in Helston (see pages 22 and 53).



Gardens is one of the finest informal gardens in Cornwall and contains one of the best collections of camellias in the country.

Around Penzance

ZENNOR

5½ miles N of Penzance on the B3306

-  Wayside Folk Museum  Zennor Quoit
-  Chysauster Ancient Village

This delightful ancient village, situated between moorland and coastal cliffs, shows evidence of Bronze Age settlers. It also has a 12th-century church, famous for its carved bench end depicting a mermaid holding a comb and mirror. A local legend tells of a mysterious young maiden who was drawn to the church by the beautiful singing of a chorister, the churchwarden's son Matthew Trehwella. An enchanting singer herself, the maiden lured Matthew down to nearby Pendour Cove where he disappeared. On warm summer evenings, it is said that their voices can be heard rising from the waves.

By the porch in the church is a memorial to John Davey, who died in 1891, stating that he was the last person to have any great knowledge of the native Cornish language Kernuack. It is said that he remained familiar with the language by speaking it to his cat. There has recently been a revival of interest in Kernuack, and visitors to Cornwall who chance upon a Kernuack speaker might impress him by asking, "Plema'n diwotti?" and with any luck directed to the nearest pub. Another useful entry in the Cornish phrasebook is, "Fatell yu an pastyon yn gwerthji ma? A wrons I ri dhymn drog goans?" which means, "What are the pasties like in this

shop? Will they give me indigestion?"

For an insight into the history of Zennor and the surrounding area, the **Wayside Folk Museum** is a unique private museum, founded in 1935, that covers every aspect of life in Zennor and district from 3000BC to the 1930s. On display are waterwheels, a millhouse, a wheelwright's and blacksmith's premises, a miller's cottage with kitchen and parlour, and exhibits on tin mining. The collection has more than 5000 items in 16 display areas and includes an extensive collection of photographs and information on people who have lived in the area.

Tin mining is also referred to in the name of the local inn, The Tinnars Arms, whose name DH Lawrence borrowed as the title of a short story. Lawrence spent many hours at this pub while living in the village with his wife Frieda during World War One. It was during his stay here, under police surveillance, that Lawrence wrote *Women in Love*. However, his pacifist tendencies and Frieda's German heritage (her cousin was the flying ace the Red Baron von Richthofen) caused them to be 'moved on' in October 1917. Lawrence refers to the episode in his semi-autobiographical novel *Kangaroo* (1923).

To the southeast of the village are the



Wayside Folk Museum

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dilapidated remains of the Neolithic chamber tomb, **Zennor Quoit**, believed to be some 4500 years old. One of many ancient monuments in the area, the tomb has a huge capstone that was once supported on five broad uprights.

A couple of miles to the south of Zennor, on a windy hillside, stands **Chysauster Ancient Village** (English Heritage), the best-preserved prehistoric settlement in the southwest. This Romano-Cornish village, built around 2000 years ago, has one of the oldest identifiable streets in the country. The site was only discovered during archaeological excavations in the 1860s. Villagers here were farmers, as cattle sheds have been unearthed. They also worked tin beside the nearby stream. Their housing consisted of stone-walled homesteads, each with an open central courtyard surrounded by several circular living

rooms topped with thatch or turf. Eight of these have survived.

St Ives

7 miles NE of Penzance on the A3074

-  Tate St Ives Gallery
-  Barbara Hepworth Sculpture Garden
-  Leach Gallery  St Ives Museum
-  Knill Steeple  St Ives Festival
-  Trewyn Subtropical Gardens  Carbis Bay

This lovely old fishing town with its maze of narrow streets and picturesque harbour, has been showered with various awards in the past few years. It won the Gold Award in the international Entente Florale, has made off with more Britain in Bloom top prizes than any other UK town, and a recent University of

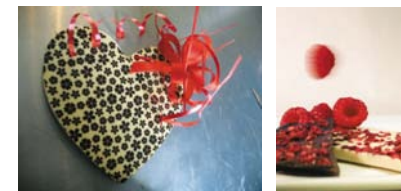
I SHOULD COCO

39 Fore Street, St Ives, Cornwall TR26 1HE
Tel: 01736 798756 / 07811 647738
website: www.ishouldcoco.co.uk

Founded in 2009, I Should Coco is a unique little chocolate boutique overlooking the harbour in St Ives. This beautifully light and airy shop has a fascinating glass wall to the workshop, where you can watch the chocolatiers at work. The smell in the shop is wonderful, and there are always tasters of the work in progress. All the products are hand made on site by a team of artisan chocolatiers, headed up by founders Andrea and Kevin Parsons. Fresh cream truffles – a treat very difficult to find these days – are a speciality and the team make full use of the wonderful ingredients available on their doorstep to make these sublime creations, including Cornish Cream; Honey; Strawberries; Raspberries; Elderflowers and even Cornish Seasalt! For the more adventurous, Chilli and Tequila truffles are a revelation not to be missed.

Other exciting original products include a range of single origin chocolates from Peru; Mexico; Madagascar and many other exotic locations and award winning infused chocolates such as Nutmeg and Vanilla and Habanero chilli pepper. Bespoke chocolate creations can be undertaken on commission for Birthdays, Weddings and other special occasions and these can range from a personal message to a picture hand painted in chocolate.

Its a very creative atmosphere but just to help things along, original works by local artists have been used on the wrappers and boxes and adorn the walls of the shop. Not surprisingly this unique enterprise has garnered many awards including most recently 4 Gold Awards from the Taste of the West. With undoubtedly many more to follow!



THE SPRUCE TREE

11 Fore Street, St Ives, Cornwall TR26 1AB

Tel: 01736 794713

e-mail: thesprucetree@chessbroadband.co.uk

Located in St Ives main cobbled street with a wide variety of interesting shops, **The Spruce Tree** specialises in quality items made of wood, glass and ceramic. Many of these items are individually sourced from around the world. In the shop's unusually shaped semi-circular display window is a range of Moorcroft Pottery from Burslem in Staffordshire and a selection of items to be found inside. The ground and first floor galleries have beautifully displayed wooden pieces from around the world. There are hand-carved, hand-painted wooden figures for Nativity scenes from Italy, Noah's Arks and other wooden gifts are sourced in the USA, while the range of coloured boxes come from a co-operative in Columbia. The wooden vases made of lignum vitae - the 'tree of life' are from Bolivia while the wooden puzzle trees are sourced in Worcester, England. Lladro porcelain from Spain is another well known product available in this shop.

This shop prides itself on having highly unusual items, Swedish glass sculptures and glass flowers from Wales being good examples. It also supports local artists and craftsmen, the hallmarked solid silver jewellery coming from a nearby village.

The Spruce Tree is also a Steiff Club Store with a good selection of Steiff and other collectable teddy bears.



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Surrey survey, using a complex formula to decide which were the best beach destinations globally, placed St Ives at the top of its UK list, and fourth in the world. An organisation called The Most Beautiful Bays in the World has declared St Ives Bay one of its select few, on a par with Caribbean, Asian and American beauty spots. Another two of St Ives' five sandy beaches have also qualified for a Blue Flag award. And in 2010 the town received the Coast Award as Best Family Holiday Destination.

Culturally, the town is famous worldwide as an artists' colony. They were drawn here by the special quality of the light – ultra-violet radiation is greater here than anywhere else in the country. JMW Turner was the first major artist to arrive, in 1811, to be followed in later decades by Whistler, Sickert, McNeill, Munnings, Ben Nicholson, the sculptor Barbara Hepworth and the potter Bernard



Tate St Ives

Leach. Art still dominates and, along with the numerous private galleries, there is the **Tate St Ives Gallery** where the work of 20th-century

KUIAMA CRAFTS

42 Fore Street, St Ives,

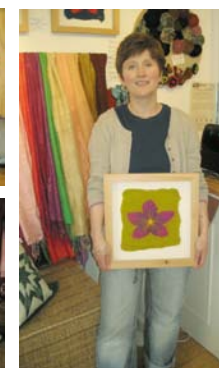
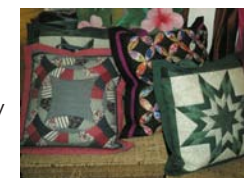
Cornwall TR26 1HE

Tel: 01736 798009

website: www.kuiamacrafts.com

Kuiama Crafts owned and run by Heidi Kuiama Moore, is a vibrant, friendly and informative gift and lifestyle shop on the main shopping street in St Ives. Opening in 2005 selling a selection of unique gifts, they have since expanded the range year by year with handcrafted gifts from home and world sources. The range includes interiors with a nautical theme; hand woven and dyed silk accessories from a Fairtrade

source in an exciting spectrum of colours; and Dunoon Ceramics Fine Bone China mugs. Kuiama Crafts also stock an expanding range of hand knitting yarns and accessories, in particular a Fairtrade range by Manos del Uruguay in pure wool, silk, cashmere and merino blends, all hand dyed. There are also available yarns in alpaca, cotton and speciality yarns for sock and lace knitting. Heidi is a trained artist and has a passion for all textiles, in particular felt making. The shop always carries a selection of her unique hand felted and embroidered pictures of local landscape scenes. Heidi's mother Norma is a very talented quilter producing lovely soft furnishings and interior decorations that will enhance any home, for any time of the year. Styles include vintage, nautical, traditional and contemporary Christmas.



FORE STREET DELI

30a Fore Street, St Ives, Cornwall TR26 1HE

Tel: 01736 794578

e-mail: info@forestreetdeli.co.uk

website: www.forestreetdeli.co.uk

There has been a delicatessen here on the main shopping street for many years, but since being acquired by Peter Williams in 2008 the **Fore St Deli** has gone from strength to strength. An eye-catching array of fresh fruit and vegetables outside the shop tempts shoppers into a world of fine food, from meat, poultry, fish and shellfish to cheese and dairy, cooked and cured meats, chutneys, pickles and preserves, oils and vinegars, chocolates, beers, wines, spirits and fruit juices.

The owner is dedicated to sourcing and promoting the best of local produce, so naturally Cornwall's specialities are all to be found – honey, fairings, Yarg, cheddar, camembert, cider, sea salt and many more. The Deli also has touches that really set it apart from the norm: they marinade and flavour olives and keep an oil drum from which customers can draw the finest olive oil into their own bottles. Fore St Deli is also a haven for those with an intolerance for gluten, and Peter has spent many years perfecting his range of gluten-free delights. He has found the ideal base in Doves Farm self-raising flour, and the selection of cakes includes banana, chocolate, lemon polenta and coconut St Clements. He also prepares a range of frozen ready meals, including pies and lasagne.

The Deli offers a range of Welcome Packs (including ready assembled or pick and mix) and Hampers that make wonderful gifts – the Luxury Hamper contains Camel Valley 'Champagne', Worthy Farm Cheddar, Cornish Camembert, Bath Oliver biscuits, Crelow chutney and chocolates.

THE ORGANIC PANDA

1 Pendolver Terrace, St Ives, Cornwall TR26 2EL

Tel: 01736 793890

In the same ownership as Fore St Deli, the **Organic Panda** is a unique and totally delightful B&B and Art Gallery in an elegant Victorian house a short walk from the Blue Flag Porthminster Beach. The three bedrooms are stylish and contemporary, designed on environmental principles, with eco-friendly materials, wool carpets and organic cotton bedding. Also on the premises is a vibrant art exhibition with original artwork for sale by Peter Williams and others.



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TREMAYNE APPLIED ARTS

Street an Pol, St Ives, Cornwall TR26 2DS

Tel: 01736 797779

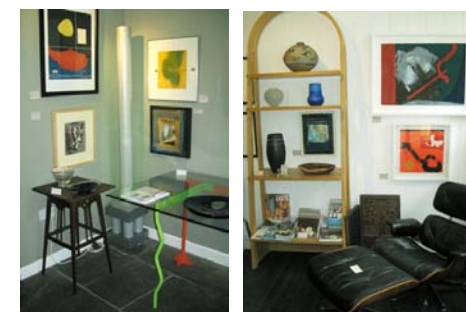
e-mail: tonkinson@btinternet.com

Tremayne Applied Arts was founded in 1997 and is still run with great knowledge and enthusiasm by owners Roger and Eileen Tonkinson. Set on a narrow street right in the heart of the artistic community of St Ives, their gallery is housed in a Victorian/Edwardian building that was originally a bakery. Two of its three rooms still have the original slate floors, while the third room opens out onto a pleasant little slate-paved courtyard. It's a lovely setting for a gallery where you might be able to find original works for sale by some of the famous artists who made St Ives their home.

Visitors are often surprised by some of the artists whose work can be found at Tremayne Applied Arts. The renowned and influential potter Bernard Leach is one such name, alongside his wife Janet Leach and Bernard's son, David, who made up a St Ives pottery dynasty. Ben Nicholson and Patrick Heron are two more of the famous names associated with St Ives, and their work can be found in the Tremayne Gallery too. The work of Dame Lucie Rie, whose pottery is on display in places such as the Museum of Modern Art in New York, can also be found at Tremayne, as can the abstract pioneer Victor Pasmore.

The gallery doesn't only show local artists, though, as work by international names including Laliue, Braque, Tapio Wirkkala and Le Corbusier can also be seen here in what is almost a Design Museum as much as an art gallery. The owners like to cover all the major design periods of the 20th and 21st centuries, from the Arts and Crafts Movement at the turn of the 20th century through to the present day. You're therefore likely to find work here from the 1920s and 1930s, and the 1950s-1970s, in all areas of the Applied Arts.

Tremayne displays and sells not just paintings, prints and ceramics, but also furniture, sculptures, glassware and fabrics too. If you don't find what you're looking for then Roger and Eileen will be happy to help you try to find it through their search service. As well as their regular displays there are also occasional exhibitions, often coinciding with the St Ives September Festival, though any time is a good time to visit this exceptional gallery.



GAUGE GALLERY

26 Fore Street, St Ives, Cornwall TR26 1HE

Tel: 01736 795107

e-mail: info@gaugegallery.co.uk website: www.gaugegallery.co.uk

In light, spacious premises the **Gauge Gallery** exhibits the work of world-renowned jewellers, showcasing original works rarely seen outside prestigious galleries in the world's capitals and major cities. Many of the artists whose work can be seen here have exhibited at the Victoria & Albert Museum and the British Museum in London and in Museums in Tokyo and New York – so quality is very much to the fore in this amazing place. Clients of the gallery have a unique opportunity to become totally involved in designing and creating their own pieces of jewellery with the owner and in-house silversmith/jeweller Ed Wilson. He is always on hand and ready with his extensive knowledge and experience to assist with commissions or to help clients choose just the right piece from the wonderful items on display. Ed's interest in design began while studying as an architectural student, during which time he started making his own jewellery. In 2002 he began an apprenticeship with Timothy (Tim) Lukes, a silversmith based in St Ives. Ed's work is greatly influenced by the environment – the seasons, the energy of the sea, the ebb and flow of the tide, all symbolising contrast and movement. His pieces display an elegant simplicity; each piece is unique, handcrafted and finished to the highest quality.

Tim Lukes learned his trade at Garrard's in London, then gained experience in many workshops in the UK and overseas before returning to St Ives in 1994 to his original interest, design. His beautifully crafted silverware and designer jewellery is widely admired and he is always ready to discuss commissions, visualising ideas with clients and recreating them in precious metals.

Paul Spurgeon is an inventive, award-winning designer/goldsmith known for his imaginative use of platinum and white and natural coloured diamonds, with minute attention to detail evident in his elegant, stylish work, which is inspired by the visual arts, literature and nature.

Shaun Leane is a Member of the Institute of Professional Goldsmiths and a multiple winner of UK Designer of the Year. After spending many years in a traditional workshop with a focus on diamond mounting and antique restoration he started his own business in 1999. He works at his bench as often as possible, creating bespoke pieces and iconic catwalk pieces in collaboration with leading fashion designers.

The craftsmen described above are just four of the major personalities linked with the Gauge Gallery. The Gallery's excellent website provides profiles and examples of the work of many other designer/artists.



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painters and sculptors is permanently on display in a rather austere three-storey building backing directly into the cliff face. Opened in 1993, the gallery offers a unique introduction to contemporary and modern art, and many works can be viewed in the surroundings that inspired them.

The Tate also manages the **Barbara Hepworth Sculpture Garden and Museum** at Trewyn Studio where she both lived and worked until her tragic death in a fire in 1975. Sculptures in bronze, stone and wood are on display in the museum and garden, along with paintings, drawings and archive material. Many of her other works are exhibited in the Tate St Ives Gallery; still more are dotted around the town.

The famous potter, Bernard Leach, is celebrated at the **Leach Gallery** housed in his former studio at Higher Stennack, about

three-quarters of a mile west of the town centre. The original workshops Leach used are still in place, and there's also an exhibition room, a gallery of contemporary work, and a shop. A new purpose-built studio houses a number of resident 'start-up' potters and student potters who make the new range of high-fired Leach tableware designed by Lead Potter Jack Doherty.

The original settlement at St Ives takes its name from the 6th-century missionary St Ia, who is said to have landed here from Ireland on an ivy leaf. The 15th-century parish church bears her name along with those of the two fishermen Apostles, St Peter and St Andrew.

One of the most important pilchard fishing centres in Cornwall until the early 20th century, St Ives holds a record dating back to 1868 for the greatest number of fish caught in a single seine net. Known locally as The Island, St Ives Head is home to a Huer's Hut, from where a lookout would scan the sea looking for shoals of pilchards. A local speciality, heavy or *henna* cake, was traditionally made for the seiners on their return from fishing. As well as providing shelter for the fishing fleet, the harbour was also developed for exporting locally mined ores and minerals. The town's two industries led the labyrinthine narrow streets to become divided into two communities: 'Downalong' where the fishing families lived and 'Upalong', the home of the mining families.

Housed in a building that once belonged to a mine, **St Ives Museum** displays a range of artefacts chronicling the natural, industrial and maritime history of the area. There is also a display dedicated to John Knill, mayor of the town in the 18th century. A customs officer by profession, he was also rumoured to be an energetic smuggler. Certainly one of the



Barbara Hepworth Sculpture Garden

THE LEACH POTTERY

Higher Stennack, St Ives, Cornwall TR26 2HE

Tel: 01736 799703

e-mail: office@leachpottery.com

website: www.leachpottery.com

The year 2010 marks the 90th anniversary of the founding of **The Leach Pottery** which was established in 1820 by Bernard Leach and Shoji Hamada. One of the great figures of 20th century art, Leach played a crucial pioneering role in creating an identity for artist potters in Britain and around the world. In March 2008, a £1.7 million capital project was completed, giving new life to the Leach Pottery and enabling it to set up in production and open its doors to the public once again.

The Leach Pottery is managed by the Bernard Leach (St Ives) Trust whose primary purposes of the trust are to advance the education of the public in the life and work of Bernard Leach and his circle, and the development of studio pottery, and to provide training in the art, craft and making of pottery.

At the Trust's premises in Higher Stennack, visitors can see the Old Workshop where pots were thrown, decorated and glazed. The fireplace where Bernard used to hold impromptu debates on the nature of craft pottery is still in place. Up to 8 people would work in here. The Clay Room is where the clay was prepared and recycled. Here you can see the clay mixers, the pug machine for creating 'slugs' of clay for using on the wheel, and the bins for the powdered clay and glaze materials. Also on display are the Leach Wheels, were designed by David Leach and Dicon Nance. The flywheel is driven by the potter's foot via a cranked pedal and provides steady momentum to the wheel head.

The Kiln Room, once open-sided to the south, was the first building on the site. The climbing kiln, built in 1923, was the first of its kind in the western world and was in use until the 1970s.

A new building hosts annually changing exhibitions, examining the Leach legacy and the history of studio pottery. Also new is the production studio where recently established potters and ceramics students work under the guidance of lead potter Jack Doherty.

Housed in the old cottage is the Gallery where the selling exhibition changes regularly and features the best of British and international craft pottery.

Finally, the shop provides the opportunity to buy 'Standard Ware' created on site, and to see work from featured Cornish potters.



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town's most memorable citizens, he built the **Knill Steeple** monument to the south of the town to be his mausoleum, but it also served to guide ships carrying contraband safely to the shore. Knill left a bequest to the town so that every five years, a ceremony would be held at the Steeple when 10 girls and two widows would first sing the 100th Psalm and then dance around the monument for 15 minutes to the tune of a fiddler. For performing this strange ceremony the participants received 10 shillings (50p). The custom is still maintained - the next will take place on 25 July 2011.

A more conventional celebration is the **St Ives Festival** in September each year which brings together musicians, artists and writers of the highest calibre from all over the country, and beyond.

If you feel the need to escape the busy streets, seek out **Trewyn Subtropical Gardens**, just off the High Street. Wooden sculptures of musicians stand on lawns surrounded by banana

trees and other exotic flora.

It is not only artists who have been inspired by the beautiful surroundings of St Ives: Virginia Woolf recaptures the happy mood of her childhood holidays here in her novel *To the Lighthouse*; and Rosamunde Pilcher, famous for her books set in Cornwall, was born near the town in 1924.

Just to the southeast of the town, easy to reach on foot and a great favourite with families, lies the sheltered beach of **Carbis Bay** where various water sports are also available. To the west of St Ives is a wonderful and remote coastline of coves, cliffs and

Paradise Park

16 Trelissick Road, Hayle, Cornwall TR27 4HB

Tel: 01736 753365

website: www.paradisepark.org.uk

Cornwall's top wildlife sanctuary with Jungle Barn play

Children love the penguins, fun farm and quiz, for others the exotic gardens make their day - and everyone loves Paradise Park's feeding and free-flying shows. Colourful birds include many rare and beautiful parrots, flamingos, red-billed Cornish choughs and toucans, plus owls and kookaburras. Also cute alpacas, two kinds of otters and red pandas - with many species in conservation breeding schemes.

Now our brilliant new indoor play centre with challenging soft play, giant slides plus toddler's area and café makes Paradise Park the best in the west - whatever the weather!



headland that provides a wealth of wildlife and archaeological interest. Following the network of footpaths from St Ives to Pendeen, walkers can discover small wooded valleys, rich bogs, old industrial remains and prehistoric features such as the cliff castles at Gurnard's Head and Bosigran.

HAYLE

7½ miles NE of Penzance on the B3301

Paradise Park

Established in the 18th century as an industrial village, Hayle was also a seaport with a harbour in the natural shelter of the Hayle estuary. It was here, in the early 1800s, that the Cornish inventor Richard Trevithick built an early version of the steam locomotive. A short time later, one of the first railways in the world was constructed here to carry tin and copper from Redruth down to the port. With its industrial past, Hayle is not a place naturally associated with cosmetics, but it was Hayle-born Florence

Nightingale Graham who set up her own beauty parlour on New York's Fifth Avenue under the name Elizabeth Arden.

The Hayle estuary and sands around the town are an ornithologist's delight. Some of the world's rarest and most beautiful birds can be seen at **Paradise Park** (see panel on page 21), a leading conservation zoo located on the southern outskirts of the town. As well as providing a sanctuary for tropical birds and exotic animals, the park also has a huge indoor play centre and a special toddlers area.

Across the estuary is Lelant, a thriving seaport in the Middle Ages that suffered a decline as the estuary silted up. Now a popular holiday village with a golf course, Lelant is particularly loved by bird-watchers, who come to see the wide variety of wildfowl and waders on the mud and salt flats. Lelant was the birthplace of Rosamunde Pilcher who celebrated her native county in enormously popular novels, including *The Shell Seekers*.

WHITE HART HOTEL

10 Foundry Square, Hayle, Cornwall TR27 4HQ
Tel: 01736 752322

e-mail: bookings@whiteharthayle.demon.uk
website: www.whitehart-hotel-hayle.co.uk

Occupying an elegant Grade II listed building dating back to 1838, the **White Hart Hotel** is the oldest hotel in the town and offers period charm together with modern amenities. It has an attractive bar and a restaurant serving an appetising menu based on fresh local produce. The accommodation comprises 25 attractively furnished and decorated rooms, all with en suite facilities and provided with hospitality tray, mini-fridge and TV with Freeview. The owner of the hotel is an avid art collector so all the rooms feature original works of art from various artists. and a range of paintings and statuettes from his collection can be found decorating the rooms of the hotel. Naturally, the hotel has its own ghosts - if you feel inclined to find out for yourself, ask for Room 9!

There are two sister hotels - The Union Hotel in Penzance and the Angel Hotel in Helston (see pages 11 and 53).



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WILDLIFE WOOD CARVER

Steppy Downs Studio, 13 St Erth Hill, Hayle, Cornwall TR27 6EX

Tel: 01736 753342 / 07855 602183

website: www.wildlifewoodcarver.co.uk

Established more than twenty years ago, **Wildlife Wood Carver** was the brainchild of Roy Hewson who, at his workplace Steppy Downs Studio, just outside the small village of St Erth, worked in the creative art form of decorative wildlife woodcarving. The business has now been taken over by his son Andrew who continues to produce top quality wood carvings. They are predominantly of birds, - terns, seagulls, mallards, puffins, owls - with flying birds as a speciality. The pieces are finely balanced to produce a wing cadence close to the characteristics of the species chosen. But Andrew is happy to accept commissions for any kind of wood carving. One commission he received was for a birthday present, a carving of one man's prize possession, his racing car. He can work from photographs and has done many family portraits of children and pets.

Andrew also continues his father's use of 'pyrography', a very ancient and precise art form whose name comes from the Greek for 'burning onto wood'. Combining skills learnt as an instrument maker in the aviation industry, Roy created his wildlife pieces in fine detail, using a technique that he termed 'painting with heat'. This uses the 'Firefly' control unit that Roy manufactured which provides a calibrated control of the hand piece temperature over the range from 0 to 2000 degrees Fahrenheit, a range of temperature which Roy considered as his temperature/palette producing a range of texturing colour which is very pleasing to the eye.

Steppy Downs Studio enjoys extensive views of the Hayle Estuary to the north and St. Michael's Mount and Penzance to the south west. To find it, leave the A30 at St Erth Station, just south of Hayle, and continue to the T junction. Turn left, continue through the village and up St Erth Hill. Steppy Downs House and Studio are situated on the left hand side at the brow of the hill.





St Michael's Mount

MARAZION

5 miles E of Penzance off the A394

Marazion Marsh St Michael's Mount

St Michael's Mount Castle

Cornwall's oldest charter town (dating from 1257), Marazion was for many centuries the most important settlement around Mount's Bay. The legacy of this harbour town is its fine old inns and residential houses overlooking the sandy beach. The town is now a windsurfing and sailing centre, but to the northwest is **Marazion Marsh & RSPB Reserve**, an extensive area of wetland and reed beds behind Marazion Beach on the Penzance road. More than 450 plant species have been recorded here, and the reserve is home to many nesting and roosting birds, including herons, reed and sedge warblers and Cetti's warbler.

Situated a third of a mile offshore, **St Michael's Mount** rises dramatically out of the waters of Mount's Bay. It is connected to Marazion by a cobbled causeway that is exposed at low tide; at other times you can travel there on one of the three small ferries. Inhabited since prehistoric times, this granite rock is named after the Archangel St Michael who, according to legend, appeared to a party of fishermen in a vision in the 5th century. In

the 11th century, Edward the Confessor founded a priory on the mount in tribute to the famous Benedictine Mont St Michel in Normandy. The remains of that building are incorporated into the marvellous **St Michael's Mount Castle** owned by the St Aubyn family from 1660 until 1954 when it was donated to the National Trust. The St Aubyn family remain in residence however, with a 999-year lease. Along

with the impressive medieval remains, the castle incorporates architectural styles from the 17th to the 19th century. A fine plaster frieze of 1641 depicting scenes of bear and deer hunting, and some elegant Chippendale furniture are amongst the heritage treasures; a model of the castle made out of discarded champagne corks by the St Aubyns' butler, Henry Lee, is amongst the quirkier attractions.

When an earlier St Aubyn resident, the 4th Lord St Levan, was asked what had been his most significant contribution to the family home, he replied, "The 10 tons of manure I had brought to the island." They were used to fertilise the extraordinary maritime garden created in terraces just above the sea. Sub-tropical plants flourish here in abundance and even in winter fuchsias and hydrangeas are still in bloom.

GODOLPHIN CROSS

9 miles E of Penzance off the B3302

Godolphin House Wheal Prosper Mine

Praa Sands

To the northwest of the village stands **Godolphin House**, an exceptional part-Tudor, part-Stuart house that still retains its original Elizabethan stables. The former home of the Earls of Godolphin, the house has

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many splendid features. However the family members, who made their fortune in mining, are more interesting; Sidney, the poet, was killed during the Civil War fighting for the king; Sidney, the 1st earl, was a Lord High Treasurer to both William III and Queen Anne; the 2nd earl imported the famous Godolphin Arabian, one of three stallions from which all British thoroughbreds are descended. While the house remains in private ownership, the Godolphin estate is owned by the National Trust and this historic landscape includes more than 400 recorded archaeological features.

To the south of Godolphin lies the hamlet of Rinsey where evidence of tin mining can be seen in the restored 19th century engine house of **Wheal Prosper** and the ruins of a copper mine, Wheal Trewavas. Just to the west of Rinsey, two headlands enclose the mile long

crescent of **Praa Sands**, one of the finest family beaches in Cornwall. Further west again is Prussia Cove, a clifftop settlement named after a notorious 18th-century smuggler, John Carter, who modelled himself on Frederick the Great of Prussia.

NEWLYN

1 mile S of Penzance on the B3315

Newlyn Art Gallery

The largest fish-landing port in England and Wales, Newlyn has a long association with fishing. Its massive jetties, built in the 1880s, embrace not only the existing 15th-century harbour, but also 40 acres of Mount's Bay. The arrival of the railway in 1859 allowed the swift transportation of fresh fish and seafood to London and beyond. Newlyn is still a base for around 200 vessels. Cornish sardines are landed in the early hours each morning, ready

THE BLUE DOOR STUDIO

4 Greeb Way, Perranuthnoe,
nr Penzance, Cornwall TR20 9NN
Tel: 01736 719193
e-mail: barbarakarn@talktalk.net
website: www.barbarakarn.co.uk

The **Blue Door Studio**, in a pleasant village east of Penzance, is the main retail outlet of Barbara Karn's popular range of greetings cards and prints. Barbara has been a working artist for many years, after formal training in Cheltenham, and her lively, contemporary style is imbued with a generous helping of gentle humour.

Subjects for her cards and prints include cats, dogs, birds (especially seagulls) and Café Moments, as well as landscapes and seascapes that reflect changing weather patterns and other local influences.

Shoppers who can't get to the Studio can browse and buy on line, or visit other outlets for Barbara's work. These include: Veryan Galleries on the Roseland Peninsula, Open Space Galleries in Penryn and the St Ives Society of Artists, and, from further afield, Black Swan Arts in Frome, Somerset; Bluestone Gallery in Devizes, Wiltshire, and the Crooked House Gallery in Lavenham, Suffolk.



for processing and canning the same day.

In late August, the Newlyn Fish Festival celebrates the value and importance of the fishing industry to the local community. Fishing boats in the harbour are decked with flags and there are spectacular displays of fish, while the quayside is thrown open to craft markets and entertainment.

It was not fish, but the exceptionally clear natural light that drew Stanhope Forbes to Newlyn in the 1880s. He was soon joined by other artists, keen to experience the joys of painting outside. The Newlyn School of art was founded with the help of other artists such as Lamorna Birsh, Alfred Munnings and Norman Garstin, but to see their work you have to visit the Penlee House Gallery in Penzance. The **Newlyn Art Gallery** exhibits a wide variety of work with special emphasis on the work of local artists, past and present.

MOUSEHOLE

2 miles S of Penzance off the B3315

Mousehole (pronounced Mowzel) was described by Dylan Thomas, who honeymooned here in 1937, as “the loveliest village in England”. Still largely unspoilt, it fulfils the popular image of what a Cornish fishing village should look like, complete with a picturesque harbour where a small number of fishing boats off-load their daily catch. At the southern end of the quay, rising from the water, is Merlin’s Rock. Here the great wizard is supposed to have prophesied:

*There shall land on the Rock of Merlin
Those who shall burn Paul, Penzance and Newlyn.*

In July 1595, four Spanish galleys fulfilled his prophecy. Every house in the village except one was destroyed - the sole survivor, Keigwin House (private), can still be seen.

The Little Picture Gallery • Mousehole

Mill Lane, Mousehole, Cornwall TR19 6RP

Tel: 01736 732877

e-mail: little.pictures@virgin.net

website: www.littlepicturesmousehole.co.uk

For an impressive line-up of well-known, representational and naïve artists from the South West and from London, visit THE LITTLE PICTURE GALLERY, run by local artists Paul and Judy Joel, and situated opposite Pam’s Pantry, next to Stargazey.

A collection of Judy’s work is on display and commissions are Welcome. A full list of artists represented is available on the website.

Open from 11 – 5 Monday to Saturday or by appointment.



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Stargazey

Mill Lane, Mousehole, Cornwall TR19 6RP

Tel: 01736 731115

e-mail: gifts@stargazey.plus.com

website: www.stargazey.co.uk

Stockists of coast & country inspired home accessories, soft furnishings & stylish designer gifts from Gisela Graham, Archipelago, Bill Brown and many more...

Take home a little piece of Cornwall from our locally sourced candles, soaps, and slate. Discover stunning sculptured driftwood fresh from a Cornish beach, tastefully combined with new ideas & inspiration from around the world. Cool, calm & co-ordinated New England colours...breathe in the sea air, relax & enjoy the experience in our pretty courtyard setting.

Fabulous interiors at affordable prices, don't miss us on your next visit to Mousehole. **Find us nextdoor to Pam's Pantry & The Little Picture Gallery.**



Dolly Pentreath, reputedly the last person to speak only the Cornish language, lived in Mousehole. She died in the early 1800s and there is a memorial to her in the churchyard at Paul, a small village just above Mousehole.

In winter, the entrance to Mousehole harbour is closed by sturdy wooden beams to keep the force of the sea at bay. In past times, the village has suffered ferocious winter storms and one of these events is

remembered annually shortly before Christmas on 23 December, Tom Bawcock's Eve, when a huge fish pie - Starry Gazey Pie - is baked and consumed by the patrons of the inn on the quayside. This event commemorates the catch landed by Tom Bawcock, which saved villagers who were close to starvation as storms had prevented other fishermen from leaving harbour.

ST BURYAN

5 miles SW of Penzance on the B3283

Church of St Buriana

Boscawen-Un Stone Circle

Tretyn Dinas Logan Rock



Mousehole Harbour

The landscape around this village is dominated by the 14th-century tower of one of the finest churches in Cornwall, the **Church of St Buriana**. It also provides a day mark for shipping around Land's End and can be seen

from the Scilly Isles. Its major treasure is a beautiful medieval screen, painted in dazzling gold, red and green.

To the north of St Buryan is the isolated **Boscawen-Un Stone Circle** whose central standing stone is an attractive leaning pillar of sparkling quartz.

To the southwest, and sheltered in a shallow valley, is the unspoilt hamlet of Treen. A short walk away is the spectacularly sited Iron Age coastal fort, **Tretyn Dinas**. Also on this headland stands the famous **Logan Rock**, a massive 60-ton granite boulder that was once so finely balanced it could be rocked by hand.

PORHCURNO

7½ miles SW of Penzance off the B3315

 Porthcurno Telegraph Museum

 Minack Theatre

A recent survey by the *Sunday Times* listed the beach at Porthcurno as one of the Top Ten Best Beaches in the World. It praised its “secret coves, craggy cliffs, soft sand and proper rock pools”.

It was from this dramatic cove, protected by Gwennap Head and Cribba Head, that the first telegraph cable was laid in 1870 linking Britain with the rest of the world. The **Porthcurno Telegraph Museum**, housed in a secret underground wartime communications centre, explains the technology that has been developed from Victorian times to the present.

This interesting village is also home to the **Minack Theatre**. This open-air amphitheatre cut into the cliffside looks as if it might have been created by the Romans, but in fact it was founded by a very determined lady, Rowena Cade, in the 1930s. Appropriately, with Porthcurno Bay providing a not always serene



Minack Theatre

backdrop, the first play produced here, in 1931, was Shakespeare's *The Tempest*. Since then the Bard's plays have provided the central focus for each season's performances, along with other classics, avant-garde plays and the perennially popular *Pirates of Penzance*. Daytime visitors can explore the Rowena Cade Exhibition Centre, which tells the story of how Rowena spent decades developing the 750-seat theatre.

LAND'S END

9 miles SW of Penzance on the A30

 Land's End Experience

Mainland England's most westerly point, Land's End was once a mystical place. Somewhere beyond its craggy cliffs lay the Lost Land of Lyonesse and the stark, treeless surroundings often draped in sea mist spoke eloquently of elemental, hostile forces. Then in 1982, a London businessman, Peter de Savary, outbid the National Trust to buy the

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FIRST AND LAST COTTAGES

Treeve Moor House, Sennen, Penzance, Cornwall TR19 7AE

Tel: 01736 871284

Mobile: 07771 914660

e-mail: info@firstandlastcottages.co.uk

website: www.firstandlastcottages.co.uk

A very personal service is offered at **First and Last Cottages** owned by Liz Trenary. The selection of self-catering holiday cottages, apartments and barn conversions are all set within an Area of Outstanding Natural Beauty in West Cornwall. Stunning scenery surrounds the properties, which are close to the breathtaking coastline and nearby fishing villages.

Liz has a wide range of self-catering accommodation available in a variety of locations including Porthcurno, Porthgwarra, St Buryan, Sennen Cove and St Just. It is Liz who takes the bookings here, meets and greets all guests and answers any enquiries. She also owns Treeve Moor House, which is the closest bed and breakfast to Land's End. It is in an ideal location for visiting the outdoor Minack Theatre, walking the coastal path and it's just four miles from Land's End airport.

There is plenty in West Cornwall to keep visitors occupied.

Tourists can indulge in water sports, bird watching, the lively arts scene, visiting sub-tropical gardens and eating fabulous food. There are currently 19 self-catering properties available in the area. Ring for details.



120-acre site. At the same time he bought John o'Groats, 874 miles away near the northern tip of Scotland. “Cornwall is a goldmine,” he declared and proceeded to make Land's End into a kind of theme park with a huge hotel, amusements complex and car parks. The evocative name still draws many thousands here each year and the coastline itself, swarming with herring gulls and fulmars, remains as awe-inspiring as ever. From this headland can be seen Longships Lighthouse, just off shore, and Wolf Rock Lighthouse, nine miles to the southwest.

There's almost always a queue jostling to be photographed in front of the signpost showing the distances to various cities around the world, while the **Land's End Experience** is a flashy video presentation that is certainly an experience of a kind. More acceptable are an exhibition telling the story of the men of

the RNLI and state-of-the-art displays of local tales and legends and the lives of the Cornish farmers and craftsmen.

SANCREED

3½ miles W of Penzance off the A30

 St Credan's Church  Sancreed Holy Well

 Carn Euny  Martinney Downs

The best example of an ancient Celtic Cross in Cornwall stands nine feet high in the churchyard of 15th-century **St Credan's Church**. In the surrounding area are two Bronze Age monuments, the Blind Fiddler and the Two Sisters. Like many Cornish menhirs, they are said to represent humans turned to stone for committing irreligious acts on the Sabbath.

Just outside the village, steps lined with glowing moss-green phosphoresce lead down

to **Sancreed Holy Well**, which was re-discovered by the local vicar in 1879. It is in a sheltered pine and holly grove. In his book, *Holy Wells of Cornwall*, the Rev A Lane-Davies wrote, "This spot always seems to me to possess a greater air of mystery and sanctity than any other in Cornwall." Above the well is the remains of an old chapel.

To the southwest of the village is **Carn Euny**, a fascinating Iron Age courtyard farming settlement that was founded around 200BC. By far the most impressive building here is the Fogou, which was first discovered by miners in the 19th century and takes its name from the Cornish for cave. This underground chamber was constructed in three separate stages, and the 65-foot-room was entered by a low 'creep' passage at one end.

Immediately west of Carn Euny is **Bartinney Downs**, a large area of heathland where programmes are in place to preserve wildlife habitats, archaeological sites and historic features, including old china clay works, abandoned quarries and the ruins of Martinney Castle.

ST JUST-IN-PENWITH

7 miles W of Penzance on the A3071

The Tinnners' Way The Count House

The westernmost town in mainland Britain, St Just was a copper and tin mining centre and the surrounding area is littered with industrial remains. A narrow road leads from this rather sombre town westwards to Cape Cornwall, the only cape in England, passing the last remnant of Cape Cornwall mine – its tall chimney. On the southern side of this headland lies Priest's Cove, a quiet boulder-strewn beach, while, further along, the South West Coast Path follows the cliff tops. The coastal road from St Just to St Ives, the

B3306, is regarded by many as the most spectacular coastal route in England.

For a town its size, St Just is well-supplied with art galleries displaying the work of local artists. There are four in the town itself and another, the Tregeseal Gallery, just outside.

St Just marks the start (or the end) of **The Tinnners' Way**, an ancient track way between the town and St Ives. The track follows ancient moorland paths that were certainly used more than 2000 years ago and may originally have been part of a network of paths dating back to Neolithic times.

To the northeast of the town lies Botallack, where the remains of Three Crowns Mine rise dramatically on the clifftop. Here, tunnels were cut over half a mile out to sea, under the seabed, to extract rich copper lode. **The Count House** (National Trust) was formerly the accounts office for the mine and now contains exhibits detailing the area's mining history, geology and wild life.

PENDEEN

8 miles NW of Penzance on the B3306

Geevor Tin Mine Levant Steam Engine

Tin has been mined at Pendeen since prehistoric times. At the Geevor Mine tin was still being extracted until 1985 when the international crash in tin prices sounded its death knell. The mine closed in 1990 but has been preserved as the **Geevor Tin Mine and Heritage Centre**. It not only preserves the mine but offers visitors the chance to experience the claustrophobic conditions of miners underground, while former miners relate their own stories of working here.

Close by, housed in a tiny building perched high on the cliff, is the National Trust-owned **Levant Steam Engine**, Cornwall's oldest beam engine. It has been restored and is once

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PENDEEN POTTERY & ART GALLERY

Pendeen, nr Penzance, Cornwall TR19 7DN

Tel: 01736 788070

e-mail: pendeenpottery@tiscali.co.uk

website: www.pendeenpottery.co.uk

Situated in the former mining village of Pendeen, on the exceptionally scenic B3306 St Ives to Lands End road, **Pendeen Pottery and Art Gallery** is a working pottery run the husband and wife team of John and Gemma Swan.

They produce an interesting and varied range of domestic and gardenware, all hand-thrown by John and hand-decorated on the premises. As well as decorating John's white earthenware in a variety of styles, Gemma paints landscapes and still life and botanical subjects and teaches botanical and flower painting at Penzance Art School. They supply various galleries and outlets, including the Lost Gardens of Heligan, the Eden Project and National Trust properties, and John also supplies jars for the cider industry.

Paintings and crafts by other invited Cornish artists are exhibited at the pottery, which is close to Geevor Mine and Heritage Centre as well as Levant Mine and Botallack, owned by the National Trust.



again producing power. Further to the north, on the slate promontory of Pendeen Watch, stands Pendeen Lighthouse, which has been guiding ships for nearly a century.

Redruth

[The Tin Miner](#) [William Murdoch](#) [Carn Brea](#)
[Hell's Mouth](#) [Gwennap Pit](#)

Redruth was once the capital of the largest and richest metal mining area in Britain. The deep mining of copper after the 1730s brought prosperity to the town – at the peak of production in the 1850s, two-thirds of the world's copper came from Cornwall. Some pockets of Victorian, Georgian and earlier buildings bear witness to those days of comparative affluence for some. The miners themselves endured dreadful conditions. Children started work as young as eight and fatal accidents were frequent. The average life span of a miner was less than 40 years. Until recently, the only memorials they had were the ruined mine buildings and chimney stacks dotted across the countryside around Redruth. But in 2008, a 6-foot-high bronze



Gwennap Pit, nr Redruth

sculpture by David Stannard of **The Tin Miner** was erected in Fore Street.

In the late 1790s, Redruth was the home of the Scottish inventor **William Murdoch** who is famous for such innovations as coal-gas lighting and vacuum powered tubes. His home, Murdoch House, was the first private house to have gas lighting installed, in 1792. It now houses the Global Migration Project where visitors with Cornish roots can trace their forebears.

Immediately south of the town rises dramatic **Carn Brea**, a granite hill that reaches some 738 feet above sea level and is crowned by a 90-foot monument to Francis Basset, a local benevolent mine and land owner. Once the site of an early Neolithic settlement, Carn Brea is also home to a small, part-medieval castle and it is still the site of the pagan ritual of the Midsummer Bonfire ceremony.

To the north, along the coast, are the two thriving holiday centres of Porthtowan and Portreath. Although they developed as a copper mining village and ore-exporting port respectively, they are now favoured by surfers and families during the summer season. Near

Portreath is the startling natural feature known as **Hell's Mouth**. The geology of the cliffs here causes the inrushing seawater to make a loud booming noise as the caves fill with surging waves.

Just to the southeast of Redruth is the mysterious **Gwennap Pit**, a round, grass-covered amphi-theatre, thought to have been created by the collapse of a subterranean mine shaft. Once used as a pit for the staging of cock fights,

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this curious theatre is sometimes known as the Methodist Cathedral, as John Wesley preached here on many occasions. Methodists from all around the world still gather here on Spring Bank Holiday.

A few miles further southeast of Redruth, the village of Ponsonooth is home to a rather special Cornish delicacy, Cornish Yarg Cheese. This famous cheese, with its distinctive flavour somewhere between Cheddar and Caerphilly, comes wrapped in a nettle leaf covering. This local delicacy reaches many of the best restaurants and delicatessen counters around the country.

Around Redruth

ST AGNES

5 miles N of Redruth on the B3285

[Stippy-Stacky](#) [Wheal Coates](#)
[St Agnes Parish Museum](#)
[Blue Hills Tin Streams](#) [St Agnes Beacon](#)

This picturesque coastal resort, with some of the finest surfing beaches in the UK, was once known as the source of the finest tin in Cornwall. It still retains many of its original miners' cottages and grander mine owners' houses. Of particular interest is the steeply terraced row of 18th-century cottages known as **Stippy-Stacky**, the Cornish dialect term for walking uphill. Surrounding the village are many haunting ruins of old mine workings, including the clifftop buildings of one of Cornwall's best known mines – **Wheal Coates**



Tin Mine, nr St Agnes

(National Trust). The mine operated between 1860 and 1890 and its derelict Engine House is one of the more exceptional landmarks along this stretch of coast. The walk to the remains of Wheal Kitty provides panoramic views over this once industrial area.

Visitors coming to this now popular seaside resort can learn more about the village's heritage through the displays on mining, seafaring and local natural history at the **St Agnes Parish Museum**. Those with an interest in learning about the tin production processes should join one of the guided tours around **Blue Hills Tin Streams** at nearby Trevellas where production still continues on a small scale. Items made with the tin mined here are on sale in the shop.

Noted as the birthplace of the Georgian society painter, John Opie, St Agnes was also introduced to thousands of readers through the *Poldark* novels of Winston Graham in which the village appeared as St Ann.

From the village, a footpath takes walkers out to St Agnes Head and **St Agnes Beacon** from whose summit may be seen 30 parish



PAPER MOUNTAIN AND SCRAP ANGELS CRAFT SUPPLIES

Unit 9, Great Western Railway Yard, St Agnes, Cornwall TR5 0PD
Tel: 01872 554405

e-mail: scrapangels@btinternet.com

website: www.scrapangels.co.uk

Paper Mountain and Scrap Angels Craft Supplies is the first dedicated scrap book specialist in Cornwall. Standing in the quaint village of St Agnes, on the north coast of the Duchy, it stocks a wide range of products for those interested in scrapbooking, card making and paper crafts.

This delightful independent shop is owned by Kerry Grant who also offers a variety of classes in the shop's very own workshop (ring for details). The cost of the class includes a generous class kit, two hours tuition and another hour to complete the project.

A fun evening of scrapbooking can be enjoyed every third Wednesday and Thursday of the month at the Scrapangels shop from 7pm-10pm. The Scrapangels Scrapbook Club gives keen scrapbookers the opportunity to meet people with a similar passion for paper crafts. Those attending can work on their own projects or try one of the Page Kits on offer.

If a trip to the pretty seaside village is not on the cards you can always reap the benefits of secure shopping on the scrapangels website, which has new products added every week.



churches, both Cornish coasts, part of Devon and, at night, the lights of 12 lighthouses. There are also spectacular views over the old mine workings and remains from both the Bronze and Iron Ages. Now the home of some rare and localised plants and a wide variety of bird life, this area is criss-crossed by footpaths and is owned by the National Trust.

PENHALLOW

8 miles NE of Redruth on the A3075

Cornish Cyder Farm

Acclaimed by the English Tourist Board as The Nation's Favourite Farm Visit, the family run **Cornish Cyder Farm** just south of Penhallow offers a fully guided tour of the site and orchards. Visitors can sample some of the 40 different fruit products made here, including jams, country wines, cider, cider brandy and

traditional Cornish Scrumpy. The Cyder Museum tells the history of cider-making through displays of old equipment and artefacts, and the Mowhay Restaurant serves Cornish cream teas and home-made food.

PERRANPORTH

10 miles NE of Redruth on the B3285

Lowender Peran Festival Millennium Sundial

St Piran's Oratory

This pleasant holiday resort, with its three-mile stretch of golden sand, much favoured by surfers, was at one time a pilchard fishing and mining village that also harboured smuggling gangs. Though little has survived from those days, the small town's Celtic heritage is still remembered during the annual **Lowender Peran Festival** in mid October, which brings all the Celtic nations together through music and dance.

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High on the cliff above the village rises the **Millennium Sundial**, a giant construct, which is adjusted to indicate Cornish time - 20 minutes earlier than GMT.

High up in the dunes overlooking Penhale Sands is **St Piran's Oratory**, a ruined 6th or 7th-century building constructed on the site of St Piran's grave. The ruins lay beneath the sand until it was uncovered in 1835. It's the oldest known church in the southwest, but the shifting sands have once again claimed the remains. A simple plaque now marks the burial place of the saint who is said to have travelled from Ireland to the Cornish coast on a millstone.

Perranporth rather surprisingly has its own airfield. It served as a Spitfire base during World War Two and is regarded by English

Heritage as one of the most important remaining airfields of that period. The field is now used as a base for parachuting and gliding clubs. Scenic flights are also available.

ST ALLEN

9½ miles NE of Redruth off the A30

Chyverton Garden

As in many parts of the country with a Celtic tradition, Cornwall has its own 'little people' - the piskies. One legend tells of a boy from St Allen who failed to return home after going out to pick flowers in a nearby wood. His frantic mother began a search and eventually he was found, three days later, dazed but unharmed. All the boy could remember was being led deep into the forest, to a fantastic cave filled with jewels, and being fed the

Chyverton Garden

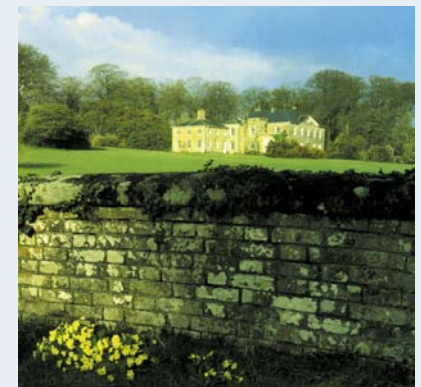
Zelah, nr Truro, Cornwall TR4 9HD

Tel: 01872 540324 Fax: 01872 540648

The core of the house at Chyverton was built in 1730 and in 1770 two wings were added by John Thomas, a wealthy mine owner. Over the next 55 years he created a Georgian landscape garden on the property: he dammed a small stream to form a lake, built a bridge and a walled garden and planted 94 acres of woodland.

The first rhododendrons, for which **Chyverton Garden** is renowned, were planted in 1890; most of them are the old hybrid Cornish Red and many are of an immense size, perhaps the largest in cultivation in Europe. The garden also has notable magnolias and camellias and a fine collection of conifers. In 1924 the estate changed hands for the first time and became the home of Treve and Muriel Holman, keen gardeners who added many exotic plants brought back from plant hunting trips to the Far East and who created a woodland garden.

The whole garden is looked after by their son Nigel, who has encouraged the wild and natural appearance that is such a feature. Some of the plants are named after Treve Holman and Nigel's late wife Elisabeth, and in the memorial garden is a wooden bridge designed by Nigel that commemorates the death of Treve in 1959.



purest honey by the piskies.

Just to the north of St Allen, at the village of Zelah, is **Chyverton Garden** (see panel on page 35) which is centred around a grand Georgian house (private) built by a wealthy local mine owner. The landscaped garden is renowned for its rhododendrons, the first of which were planted in 1890, and for its magnolias, camellias and conifers. Admission to the garden is by appointment only and the best time to visit is during April and May.

POOL

2 miles SW of Redruth on the A3047

-  Cornish Mines & Engines
-  Cornwall Industrial Discovery Centre
-  Shire Horse Farm

Now subsumed into the Camborne and Redruth conurbation, this village was very much at the heart of Cornwall's mining industry. **Cornish Mines and Engines** (National Trust) displays two huge engines that were used to pump water from the mines. At the nearby Cornwall **Industrial Discovery Centre** the secrets of the county's dramatic heritage are revealed.

Before the days of steam, heavy work was carried out by horses, and the **Shire Horse Farm and Carriage Museum**, at nearby Treskillard, pays a living tribute to these gentle giants. The farm is also one of the very few remaining breeders of the Suffolk Punch horse. The museum has an interesting collection of private carriages and horse-drawn commercial vehicles (including the largest collection of horse-drawn omnibuses in the country), farming implements and hand tools used by previous generations. There are wheelwright and blacksmith shops, and wagon rides are available.

CAMBORNE

3 miles SW of Redruth on the A3047

-  Geological Museum
-  Richard Trevithick
-  Trevithick Cottage
-  Godrevy Point

Once the capital of Cornwall's tin and copper mining area - in the 19th century the land around Camborne was the most intensely mined in the world. In the 1850s, more than 300 mines were producing some two thirds of the world's copper. However, the discovery of extensive mineral deposits in the Americas, South Africa and Australia led to the industry's decline in Cornwall in the early 1900s. Before the industry took off in the 18th century, Camborne was a small place and the traces of rapid expansion can still be seen in the numerous terraces of 18th and 19th-century miners' houses.

As the town's livelihood has depended on mining for several hundred years, it is not surprising that Camborne is home to the world-famous School of Mines. Its **Geological Museum** displays rocks and minerals from all over the world. Outside the town's library is a statue to **Richard Trevithick**, a talented amateur wrestler known as the Cornish Giant who was responsible for developing the high pressure steam engine, the screw propeller and an early locomotive that predated Stephenson's Rocket by 12 years. His achievements are celebrated in Camborne on Trevithick Day, towards the end of April, and his childhood home, **Trevithick Cottage** (National Trust), is open on Wednesday afternoons during the season.

To the northwest of Camborne is **Godrevy Point** whose low cliffs mark the northern edge of St Ives Bay. It's a popular beauty spot from where seals can be sighted offshore. Just off the point lies Godrevy Island with the

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POOLEYS MEAT PANTRY

103 Trelowarren Street, Camborne, Cornwall TR14 8AW
Tel: 01209 712350

The town of Camborne is lucky enough to boast a truly traditional butcher's shop, **Pooleys Meat Pantry**. There has been a butcher's shop on this site since 1930. It was established by the late William Pooley, continued by Douglas Pooley and then over in 2007 by Roy Clemens of the Meat Pantry and Leonard Tresidder who has worked in the town for 20 years. They make their own sausages and championship Hoggs Pudding on site and also supply hotels and other catering outlets.

Customers here have come to expect knowledgeable service from the well-trained and pleasant staff as they select their steaks, pork and poultry. Popular products here are the shop's own Cornish Porker Sausages, Pork & Apple Burgers and Black Cracked Pepper Sausages, all of which are made from locally sourced ingredients. The shop also sells Cornish Heavy Cake, Pickled Eggs and Pickled Onions. If you are not able to get to the shop Pooleys operates a daily home delivery service.



lighthouse that featured in Virginia Woolf's novel *To the Lighthouse*. Much of the coastline from Godrevy eastwards to Navax Point is owned by the National Trust and the clifftops support some of the botanically richest maritime heath in Europe.

Falmouth

-  Pendennis Castle
-  Fox Rosehill Gardens
-  National Maritime Museum Cornwall
-  Jacob's Ladder

Falmouth has grown up around a spectacular deep-water anchorage that is the world's third largest natural harbour - only Sydney and Rio de Janeiro are more extensive. The town lies in Britain's Western Approaches and guards the entrance into Carrick Roads. First settled centuries ago, it was not until the 17th century that the port was properly developed, although Henry VIII, 100 years earlier, sought to

defend the harbour from invasion. Impressively sited on a 200-foot promontory overlooking the entrance to Carrick Roads, Henry's **Pendennis Castle** (English Heritage) is one of Cornwall's great fortresses. Along with St Mawes Castle on the opposite bank, it served as a powerful deterrent against enemy attack. Strengthened further during the threat of a second Spanish Armada, Pendennis was one of the last Royalist strongholds to fall during the Civil War. It remained in use until



Blockhouse at Pendennis Castle

JUST LIKE THIS

37 High Street, Falmouth, Cornwall TR11 2AF
Tel/Fax: 01326 212895

In a handsome period building on Falmouth's bustling High Street, **Just Like This** is stocked with an eclectic mix of ladies' designer clothes and footwear, gifts, jewellery and accessories large and small. Fun is the name of the game here, with words like quirky, zany and fabulously funky describing the bright, colourful items on show. It's worth a visit just to meet the bubbly owner Jane Thomas, who had been in the retail business in Truro for 25 years before opening here in 2006. Since then she has been adding fun and colour to the clothes and the lives of the good ladies of Falmouth and the many visitors who spend time in this lovely place every year. Almost everything in stock is just that little bit different, great to wear and guaranteed to turn heads. Clothes and shoes are naturally the main items, but the accessories are a big part of the business, from zany bright bathing hats in vintage style to Funky umbrellas, crazy hair dyes, hair brushes and feather boas. The following are among the British and Continental brand names to be found at Just Like This, very different from each other in many respects but sharing a sense that choosing a wardrobe is something to enjoy:

Desigual, established in 1984, makes colourful Spanish clothing and accessories for ladies and girls in distinctive style. The range includes shirts, tank tops, T-shirts, blouses, skirts, dresses and coats.

Irregular Choice was founded by design entrepreneur in 1994 to maintain and encourage creativity and individuality in what he saw as a world of increasing conformity. His shoes – flats, heels, boots and trainers – have been dubbed 'the lifestyle choice of fashion footwear'.

Iron Fist, founded in 2001 by two friends from South Africa, makes shoes that are unique and stylish, with individual artwork on every item. Ideas come from skateboarding, surfing, art, music and street culture, and the artwork sets iron Fist shoes apart from streetwear counterparts.

The founders of Vendula, which was established in London in 2003, saw a gap in interesting and unusual accessories and started designing and making a range of colourful, witty bags – cute 'apple' bags, clutch bags, pearl bags, evening bags and purses. Open from 10 to 5.30pm Monday to Saturday.



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the end of World War Two. Now, through a variety of displays and exhibitions, the 450-year history of the fortress is explained.

During its heyday in the early 1800s, Falmouth was the home of almost 40 packet ships, which carried passengers, cargo and mail to every corner of the globe. The introduction of steam-powered vessels put paid to Falmouth's days as a major port and, by the 1850s, the packet service had moved to

Southampton. A charming legacy of the packet ships' prosperous days is **Fox Rosehill Gardens**, which are stocked with many exotic plants from around the world brought back by various ships' captains, including one named Fox. Blessed by the mild Cornish climate, banana, eucalyptus, bamboos, agaves and a wide variety of palms flourish here – and in many private gardens.

Although the docks continue to be used by

SPARKLES

15 Theydon Road, Falmouth, Cornwall TR11 2RG
Tel: 01326 314138/0783 7770013
e-mail: moirasparkles2000@yahoo.co.uk

Moira McCullough produces beautiful, unique pieces of jewellery at her home in Falmouth. Her speciality is beaded jewellery, with beads in glass, crystal, pearl or wood threaded on virtually unbreakable thread. She has recently started to produce pieces from Precious metal Clay – a clay-like medium with very small particles of metal mixed with an organic binder and water. This can be shaped, then dried and fired to burn away the binder, leaving the pure metal. She also accepts commissions, particularly for bridal jewellery.



SISLEY

28 Church Street, Falmouth, Cornwall TR11 3EQ
Tel: 01326 315090
e-mail: shop@sisleycornwall.co.uk
website: www.sisleycornwall.co.uk

Located on Falmouth's main shopping street, with easy parking nearby, **Sisley** is the only retail outlet in the South West for the internationally renowned Sisley brand of ladies fashionwear. Proprietor Veronique Eastham buys this range of modern classics to cater for all ages and sizes, and the displays, beautifully laid out in colour tones, and the friendly, helpful staff make it a pleasure to shop here. The Sisley brand, a division of Benetton, covers a wide range of dresses and tops, skirts and trousers, knitwear, shoes, bags and accessories, all of the highest quality, with the finest attention to detail.

Ladies who wear Sisley will look and feel a million dollars, but considering the quality and the undoubted touch of class the prices are really competitive. Services offered by the shop include a wardrobe makeover and image consultancy. Shop hours are 10am to 5pm (to 5.30 Saturday, 12 to 4 Sunday). The website shows the Sisley range and shoppers who can't get to Falmouth can shop by mail order. An e-mail to the shop will get the latest news, offers, sales dates and new stock details.



THE COURTYARD DELI

2 Bells Court, Falmouth, Cornwall TR11 3AZ
Tel: 01326 319526

e-mail: courtyarddeli@btconnect.com

The **Courtyard Deli** is housed in traditional slate-hung stone building dating from 1764, set back behind the main street up the slipway opposite Marks & Spencer. Just thirty seconds from the hustle and bustle of Market Street, it provides an air of peace and seclusion that's perfect for a relaxing coffee and a snack or taking time to choose something to take away from the mouth-watering array of top-quality fare. The premises are light and inviting, with some easy chairs and sofas and the work of local artists on the walls. Outside is a sunny, sheltered courtyard set with tables and chairs and also offering full waiter/waitress service. It's equally popular with locals meeting friends for a chat or taking a break from work or shopping and with the many visitors who come to Falmouth throughout the year. The deli is owned and run by Lyn Pollard, who opened here in 2006. She sources as much as possible locally, using her extensive knowledge of the top producers/suppliers in the area, and has established contacts with all the suppliers of goods that come from further afield. The bread and many of the cakes, pastries and pies are made on the premises, and customers return time and again for the home-cooked ham, the zingy fresh salads, the pork pies, the homity pies, the apple pies, the meringues, the bread-and-butter pudding, the Origin organic coffee, the ice cream and the Cornish cream teas. The Deli also caters for dietary requirements, including a gluten free menu. There's also a good selection of Continental goods, including olives and olive oil, chorizo, salami and other cooked and cured meats, houmous and taramasalata.

Sandwiches with home-baked white or seedy bread tempt with generous fillings like Cornish Brie with onion marmalade, home-cooked ham with piccalilli, and sweet chilli crayfish tails. Served with chips and a salad garnish, they make tasty, satisfying snacks or lunches. Equally popular are the platters – Greek, tapas, fish, cheese and a Cornish selection.

The Deli offers a bespoke catering service that includes picnic and gift hampers, with orders taken for parties, weddings and other special occasions and cakes themed for the event.

Lyn is happy to share her passion for good food with her customers and outside the usual shop hours (daytimes Monday to Saturday) she organises occasional informal deli talks, discussions and workshops, which take place from 7 to 9 in the evening – see the website for details of upcoming evenings.



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merchant shipping, the town's traditional activities are being overtaken by yachting and tourism. Falmouth's nautical and notorious past is revealed at the **National Maritime Museum Cornwall** where the wealth of displays explain the rise in popularity of the town due to the packet ships. The museum's collection includes 120 historic British and international boats, as well as contemporary vessels, prototypes and future designs. In the vast Flotilla Gallery, an array of vessels is displayed suspended in mid-air and can be viewed from three different levels. A great way to arrive at the museum is to use the Park & Float service, located on the A39 at the northern end of the town, and sail to the museum on a classic ferry. Opposite the museum stands the town's oldest residence,



Arwenack House (private), parts of which date back to the 14th century - most of the house, however, was remodelled in the 16th and 17th centuries.

From Killigrew Street a flight of 111 stone steps, known as **Jacob's Ladder**, climbs up the hillside to reveal sweeping views across the town and harbour. The Ladder is not named

THE WATERMEN'S GALLERY

Custom House Quay, Falmouth, Cornwall TR11 3JT

Tel: 01326 312165 Mob: 07971 283975

e-mail: sophi@beharrell.net

website: www.sophiart.co.uk

SOPHI BEHARRELL is a long-standing artist based in Falmouth.

She has sold in some of the leading galleries in the South west for over 13yrs, selling her canvases to all kinds of people from here and abroad.

Sophi has always managed to capture the essence of Cornwall whether it be in her **Cliffscapes** enhancing the beauty of the wildflowers or the majestic **Beachscapes** that go on forever, right through to the tranquil **Creeks and Coves**.

Come and Visit Sophi working on her latest canvas in her beautiful waterside studio overlooking Falmouth Docks.

The Watermen's Gallery also shows a wide range of local artists work and a wonderful array of crafts and giftware to suit everybody's pockets.

So, next time you are in Falmouth pop into see Sophi and her incredible studio.

"Pure Escapism, Pure Inspiration"



THE CORNISH STORE

11 Arwenack Street, Falmouth, Cornwall TR11 3JA

Tel: 01326 315514

e-mail: sales@thecornishstore.com

or store@cornishtreats.com

website: www.thecornishstore.com or www.cornishtreats.com

The Cornish Store is a family run business based in the historic maritime town of Falmouth.

Keven and Anne Ayres aim to provide their customers with the very best merchandise that Cornwall has to offer – an impressive variety of gifts, crafts and souvenirs both traditional and contemporary. With a combined experience in the trade of over forty years they are true professionals with a passion for both their business and Cornwall. Ninety-nine percent of everything they sell comes from Cornwall and the UK and they are currently supporting over ninety Cornish producers. Many items are designed and produced exclusively for the Cornish Store and with prices starting at 50p there is something to suit all budgets.

The range is truly amazing, from clothing, household textiles and pottery to jewellery, clocks and watches, or from books maps and CD's to greetings cards, soft toys and delicious food and drink items. Stock changes constantly but among the perennial favourites are Cornish retro rugby shirts, T-shirts featuring Kernowman, Kernowgirl and the Cornish Mafia, Pasty Peeps soft toys, Cornish Tartan accessories, Dreckly Clocks, St.Piran Flag beach towels and Cornish sayings mugs. Cornish food and drink products are incredibly popular, who could resist delicious homemade chutneys, preserves and breakfast marmalades or luxurious fudge and handmade chocolates? You will also find the famous Furniss Fairings, Cornish Sea Salt and Tregothnan Tea. Selections of all these delectable items can be purchased in the pretty Cornish Treat Gift Baskets available in a range of prices. There are unique Camel Valley Wines, Cornish Mead and Cider and locally produced beers and liqueurs, with occasional tastings on high days and holidays. Cornish tin and pewter is seen in a wide variety of handsome jewellery that makes a fine souvenir of a visit to Cornwall. CD's cover the spectrum of Cornish music, male voice choirs, brass bands, sea shanty groups, folk, humour, dialect and the traditional Cornish carols.

A trip to the Cornish Store – a light, airy space in a Grade II listed 17th century building, is a must on any visit to Falmouth – shop hours are 9.30am – 5.30pm Monday to Saturday all year round and 11am – 4pm on Sundays between Easter and Christmas. Shoppers who can't get to the Cornish Store can browse the excellent and comprehensive websites and order on line, where, you can be assured, delivery is never Dreckly!



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CHELSEA HOUSE HOTEL

Emslie Road, Falmouth, Cornwall TR11 4BG

Tel: 01326 212230 Fax: 05600 764160

e-mail: info@chelseahousehotel.com

website: www.chelseahousehotel.com

Chelsea House is a high-quality Bed & breakfast establishment in a quiet, peaceful setting off the main road but just 100 metres from the seafront. The guest accommodation has recently been refurbished to a very high standard, and most of the ten rooms have smart new bathrooms. Each of the rooms has its own theme, most enjoy fine views and three have south-facing private balconies. Guests have the use of beautiful gardens and a terrace set with tables and comfortable chairs.

The house was built in 1908 for a Dutch packet boat captain, and many attractive original features have been retained while providing modern comfort and facilities. The day starts with an excellent breakfast that includes full English and vegetarian options, several ways with eggs, kippers, Danish pastries and home-made marmalade.

Owner Donna Barbett knows everything there is to know about the area and is always happy to help guests plan their stay here. Gyllyngvase Beach and the National Maritime Museum Cornwall are close by, and Henry VIII's Pendennis Castle is a gentle stroll away.



SATURDAY BREAKFAST
PAELLA CATERING

PROVEDORE

LUNCH
EVENING TAPAS

43 Trelawney Rd, Falmouth TR11 3LY - 01326 314888 - www.provedore.co.uk

THE MARCH HARE

20 Church Street, Falmouth,
Cornwall TR11 3EG
Tel: 01326 312106

Specialising in high quality ladies fashion, **The March Hare** was one of the first "boutiques" to open in the picturesque Cornish town of Falmouth. It first started trading in 1967 and owner Angela Cortis has been here since the beginning, which explains her good hospitality and expertise.

It is a real delight to shop in Falmouth, with its cobbled streets, independent shops and seaside location. It is an all year round working port and the town bustles with people in the summer months. From the main shopping street there are side streets which lead down to the sea and so a coastal view is never far away.

Angela offers a large range of occasion wear for weddings, cruises and dances and caters for sizes 10 – 24. There is a beautiful selection of accessories such as hats, bags, scarves and jewellery as well as shoes, and German and Danish casual wear. Tivoli, Zele, Peruzzi, Chianti, Michaela Louisa and Steilmann are just some of the ranges stocked here.

The staff members are extremely friendly and accommodating and take pleasure in ensuring each visitor has an enjoyable experience.



TYTO

3 Tidemill House, Discovery Quay, Falmouth TR11 3XP
Tel: 01326 313260
e-mail: gem@tytoboutique.co.uk
website: www.tytoboutique.co.uk

Tyto can be found just footsteps from the National Maritime Museum Cornwall, Falmouth, and stocks a tempting range of hand-picked products.

Founded in July 2009 and with a team of creative staff they pride themselves on offering a space for local artists and craftspeople to display their wares alongside great designer brands like Marimekko.

Always on the hunt for new and exciting treats they stock a wide selection of clothing for ladies and gentlemen as well as desirable accessories, fabulous footwear and lovely gift and homewares. Currently in store there are delights from brands such as Terra Plana, Emily and Fin, COMUNE, Gentle Fawn, Loreak Mendian and Stolen Thunder to name a few! There are also a few carefully selected vintage treasures to look out for.

Tyto is a fantastic find at Discovery Quay in this bustling fishing town, famous for its cobbled streets, the 16th century Pendennis Castle and thriving independent stores.

Open Tuesday to Saturday 10-6 and Sunday to Monday 12-4.



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after the biblical character but after the local businessman, Jacob Hamblen, who commissioned the steps.

In recent years the town has become a thriving centre for the arts. The Poly in Church Street is a general arts centre; the Falmouth Art Gallery has a small but interesting collection of contemporary art; the Falmouth Arts Centre offers a varied programme of film, drama, dance, recitals and live music events; and the Princess Pavilion hosts various shows during the season.

Pirates and smugglers were of course drawn to Falmouth. On Custom House Quay, stands an early 19th-century brick-built incinerator known as the Queen's Pipe. It was here that contraband tobacco seized by Falmouth's customs men was burnt. Another unusual memorial can be found on Fish Strand Quay; the tall granite obelisk here was erected in 1852 as a memorial to the men of the Post Office Packet Service, which delivered mail all over the world in 'packet boats'.

From Falmouth's busy harbour, ferries and cruise boats ply the local waters to St Mawes, Flushing, Truro and other enticing destinations, and also offer whale and dolphin spotting trips.

Around Falmouth

MYLOR

2 miles N of Falmouth off the A39

Celtic Cross

The two attractive waterside villages of Mylor Churchtown and Mylor Bridge have now blended into one another as a yachting and water sports centre. They are also home to the last remaining fleet of oyster fishermen. It was at Mylor Churchtown that the packet ships

called, and in the village's ancient churchyard lie the graves of many sea captains. Also in the churchyard, by the south porch, stands a 10-foot-high **Celtic Cross**, one of the tallest in Cornwall. A further seven feet of the cross extends underground.

Just to the southwest of Mylor is another popular yachting centre, Flushing, which was given its distinctive look by Dutch settlers from Vlissingen who arrived here in the 17th century.

PENRYN

2 miles NE of Falmouth off the A39

Glasney College of Priory

Camborne School of Mines

The Penryn Tragedy

Penryn is perhaps one of the oldest towns in the Cornwall districts. It first was founded in 1216; later being incorporated in 1621 by King James I. Before Falmouth's rise to prominence in Tudor times, Penryn was the controlling port at the mouth of Carrick Roads. At one time, granite quarried close by was shipped from here all over the world, in fact, some of the most prominent dwellings and world renowned monuments were built from the granite stone from Penryn; to name a few- the London Bridge and Singapore harbour.

Centuries ago, the small port town served as home and educational quarters for many priests in training. The **Glasney College of Priory** was founded in the mid 12th century; but later demolished in the 15th century. Today, visitors are permitted to view the relics of what is left of the famous college. Since Penryn's beginnings were built on education it seemed only right when Penryn was asked to be the new home of the Institute of Cornish Studies and the University of Exeter's world-renowned **Camborne School of Mines**. One of the specialists in mining education, Robert

JUST DELIGHTS

Commercial Road, Penryn, nr Falmouth,
Cornwall TR10 8AQ

Tel: 01326 379075

e-mail: justdelights@hotmail.co.uk

website: www.justdelights.co.uk

The owner of **Just Delights**, Gemma Guilmar, did what many people do – came to Cornwall and fell in love with the place. In Gemma's case, though, she loved it so much she moved here and opened her truly delightful and unique shop four years ago.

What makes Just Delights different is the range of pottery from Poland that it stocks. More specifically the pottery and ceramics come from the historic town of Boleslawiec in south-west Poland, the town where the first Polish pottery was made some 500 years ago. Today the industry still thrives, and the traditional local clay is what makes these items truly unique. The beautiful ivory and blue baking dishes could be used purely for display, although they are also fully safe for use in microwaves, ovens and dishwashers. For smaller gifts there are jugs, coffee-pots, salt and pepper pots, or mugs and cups, all in the same lovely Polish style.

The range of items in Just Delights has now expanded and includes vintage furniture, cards and soft toys for children, as well as herb drawers that are truly irresistible.



Hunt, is remembered here in the school's impressive Geological Museum and Art Gallery, which displays minerals and rocks from all over the world.

Penryn was the home of Thomas Pellow (born circa 1704) who spent two decades as a white slave in Morocco. Pirates captured him in 1715 when he was just 11-years-old. He stayed 23 years as a captive before escaping back to England. Pellow's story is told in his autobiography, "The History of the Long Captivity and Adventures of Thomas Pellow" (1740) and in "White Gold: The Extraordinary Story of Thomas Pellow and Islam's One Million White Slaves" (2007) by Giles Milton. A fascinating insight into the local history can be found at the town museum, located under the town hall.

Another reminder of the town's maritime past is the illusive tale of a family wiped out through greed and forms the basis of the play,

The Penryn Tragedy. After years at sea, a young sailor from Penryn returned home to his parents' Bohelland Barn and, as a joke, he disguised himself as a rich man but not before telling his sister of his plan. His parents, overcome with temptation on meeting this rich stranger, murdered the young man for his money. Next morning, the sister came in search of her brother and the full horror of their crime caused her parents to commit suicide. The particulars connected with this horrid deed, were preserved in a small pamphlet, which was published in 1618, the same year the event is said to have taken place, however this curious pamphlet does not appear to be in existence.

PORTSCATHO

4½ miles NE of Falmouth off the A3078

This pleasant, unspoilt fishing village with its sandy beach on Gerrans Bay, may appear

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HIGHER ROSEVINE FARM

Rosevine, Portscatho, Truro, Cornwall TR2 5EW

Tel: 01872 580247

e-mail: info@higherrosevinefarm.co.uk

website: www.higherrosevinefarm.co.uk

These 4-star, thoughtfully converted and equipped barns at **Higher Rosevine Farm** both sleep up to 4 people in a twin and double room. The perfect location for those seeking the peace and convenience of a coastal and rural position. With sandy Porthcunick beach and the S.W.Coast Path on your doorstep, you'll enjoy your stay even more knowing that both barns have been designed on sustainable principals to help preserve the unspoilt beauty of the Roseland Peninsular. Surrounded by natural beauty and wildlife you can wake up spoilt for choice as to which breathtaking walk to take, quiet beach, harbour village, restaurant or famous garden to visit.

Choose single storey Smugglers Barn, suitable for those not wanting stairs, or Wreckers Barn with the bedrooms upstairs. The combination of rustic charm and modern technology provides each with open-plan living, dining, well equipped kitchen, wet room, under floor heating and shared courtyard for al fresco dining. TV, DVD, dishwasher, fridge, microwave, hob, and oven as standard, so you can be as creative or lazy with food as desired on your self-catering holiday. The ideal escape for families, walkers, mariners, beach and garden lovers. You won't be bored, do as much or as little as you like. Sorry no pets.



TREWITHIAN FARM

Portscatho, Truro, Cornwall TR2 5EJ

Tel: 01872 580293

e-mail: enquiries@trewithian-farm.co.uk

website: www.trewithian-farm.co.uk

Trewithian Farm is a grand 400-year-old ivy-clad stone house which manages to be both a working farm and to have earned a prestigious 4 star from Visit England for its luxurious accommodation. It couldn't have a better location, on Cornwall's beautiful Roseland peninsula, a peaceful area of Outstanding Natural Beauty, yet only 10 minutes from St Mawes where a passenger ferry takes you right to Falmouth's bustling harbour. This is famous as one of the three deepest harbours in the world, and the deepest in Western Europe.

Trewithian has six bedrooms – two family rooms, two twin rooms and two double rooms, with one of the doubles having an adjoining single room too. They are all either ensuite or have their own private adjoining bathrooms, while guests can also enjoy their own private lounge, the dining room, and the farmhouse grounds. Trewithian is also open all-year, and in the winter months a hearty home-cooked evening meal is available on request, or you can dine in one of the pubs in the nearby villages, or in St Mawes. In summer there are the nearby sandy beaches of Carne and Pendower, making Trewithian ideal for family holidays too.





THE OLIVE GROVE

Cornish Garden Nurseries,
Barras Moor Farm,
Perranarworthal, Truro,
Cornwall TR3 7PE
Tel: 01872 870867

e-mail: theolivegrove@live.co.uk
website: www.tbe-olive-grove.co.uk

FULLY LICENSED TRADITIONAL BISTRO

THE OLIVE GROVE Bistro/Café has a real old fashioned feel to it, incorporating a Delicatessen, Farm Shop, offering **home cooked food and local produce** (Organic where possible).

Set within the wonderful surroundings of Cornish Garden Nurseries, Barras Moor Estate, Perranarworthal, Stocking fabulous items for the home, including flowers, cushions, paintings, etc! Hand crafted jewellery, garden paraphernalia & much more! With outside seating in a peaceful oasis surrounded by Mediterranean trees.

Open 7 days a week from 10am -5.30 Monday to Sunday, offering Breakfast Lunch & High Tea with **Gluten wheat & dairy free** options available, choice of two organic meats with seasonal veg with all the trimmings, vegetarian & vegan options available for **Sunday Lunch**.

Now Open for evening bookings on Thursday, Friday and Saturday from 6pm - Midnight

"OLIVE GROVE EVENTS!" A purpose built marquee is available for hire for functions of all descriptions. Whether you're looking for a creative corporate, fundraising event, a wedding or bar mitzvah planner, we'll put together a worry free spectacular affair that will please all!...



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Mawes Castle

familiar to anyone who watched the TV drama, *The Camomile Lawn*, for which it provided a scenic location. To the west, at St Just in Roseland, stands an exquisite 13th-century church, surrounded by gardens containing many subtropical trees and shrubs first planted by the botanist John Treseder at the end of the 19th century.

ST MAWES

2 miles E of Falmouth by ferry, on the A3078

St Mawes Castle St Anthony's Lighthouse

St Anthony's Head

This charming town, a popular and exclusive sailing centre in the shelter of Carrick Roads, is dominated by its pristine Tudor fort, **St Mawes Castle** (English Heritage). Built in the 1540s as part of Henry VIII's coastal defences, it is a fine example of Tudor military architecture. The castle's cloverleaf, or trefoil, design ensured that, whatever the direction of an attack, the castle could defend itself. However, a shot was never fired from here in anger. Today visitors can look around the Tudor interiors, which are in remarkably good condition, and shudder at the oubliette - a deep shaft where prisoners

were detained. Its opening is now covered by glass.

From the town, ferries take passengers across the river to Falmouth and, during the summer, a boat also takes passengers down the river to the remote and unspoilt area of Roseland around St Anthony. From St Anthony Head, the southernmost tip of the Roseland peninsula, there are wonderful views across

Carrick Roads. At the foot of the headland stands **St Anthony's Lighthouse**, built in 1834 to warn sailors off the notorious Manacles rocks. It is open to the public during the season.

An excellent starting point for a number of coastal walks, **St Anthony's Head**, owned by the National Trust, also provides a scenic



St Anthony's Lighthouse

DELI-CIOUS OF ST MAWES

1/2 The Arcade, St Mawes, Truro, Cornwall, TR2 5DT
Tel: 01326 270045

Claire and James Brown bought **Deli-cious** 4 years ago with the aim of buying only the best of West Country foods. They have learned to appreciate local foods and their cheeses, crabs, scallops and fish truly are a joy to cook and serve. Local early vegetables are made into soups, preserves, chutneys and pickles which are enhanced by Italian Olive Oils and flavoured stuffed olives. To complete your fantastic culinary experience, a range of fine wines and chocolate are also available. Deli-cious offer a hamper service for Christmas, birthdays and other occasions all made from their exciting selection of local and home-made produce.



THE SQUARE GALLERY

5 The Arcade, St Mawes, Nr Truro, Cornwall TR2 5DT
Tel: 01326 270720

e-mail: squaregallery@mac.com website: www.thesquaregallery.co.uk

The Square Gallery with its beautiful harbour front location is much more than a place to hang paintings. Every inch of the cosy interior is occupied with an eclectic mix of individually selected arts and crafts, the majority of which are from Cornish artists. Painted silk scarves drape alongside collages and abstracts, hand-crafted jewellery twinkles next to boldly painted local scenes, ceramics and figurines line the walls beneath oil paintings and watercolours. There truly is a treasure for everyone and all can feel comfortable to browse for that unique piece of art. The Square Gallery is open from 10.30am to 5pm daily.



PHILIP MARTIN ESTATE AGENTS

3 The Arcade, St Mawes, Truro, Cornwall, TR2 5DT
Tel: 01326 270008 Fax: 01872 264007

e-mail: sales@philip-martin.co.uk website: www.philip-martin.co.uk



Opening the doors to their St Mawes office in 2007 Philip Martin is the only independent qualified Estate Agent in St Mawes. Coupled with the successful office in Truro which was established in 1986 the partners Philip Martin, Steven Jenkin and James Harvey along with their professional dedicated team offer advice and proactive marketing on all matters relating to property sales and purchases as well as advice on letting, auctions, valuations, planning, development and legal matters. With all partners having a strong Cornish background and over 70 years combined experience in the local property market the firm offers a high quality professional and personal service that is backed by the Royal Institution of Chartered Surveyors.

LOOK AGAIN ANTIQUES & COUNTRY FURNITURE

4 The Arcade, St Mawes, Truro, Cornwall TR2 5DT
Tel: 01326 270988 Fax: 01326 270792



For over 4 years Ken Walkers' harbour front shop has been brimming over with a wide range of beautiful furniture from many a different era. Inside the shop is treasure trove of collectable curiosities and small antique items nestled atop and alongside larger pieces such as chairs, tables and dressers. All tastes and periods are catered for

amongst the vast range which frequently spills out of the front of shop creating a pavement display of furniture history. So whether you are looking for that vital piece to finish a special room or a unique gift for a loved one, a trip to **Look Again Antiques & Country Furniture** is not to be missed! Ken also runs a cycle hire business from his store, with all the bicycles outside.

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setting for the remains of a military battery in use right up until the 1950s.

St Mawes itself provides a good base from which to explore the Roseland Peninsula, an enchanting area of narrow lanes and waterside villages.

ST KEVERNE

12 miles SE of Falmouth off the B3293

Something of a focal point on this part of the Lizard Peninsula, the pleasant village of St Keverne is rare in Cornwall in that it has a handsome village square. Its elevated position has led to its octagonal church spire being used as a landmark for ships attempting to negotiate the treacherous rocks, The Manacles, which lie offshore. In the churchyard, there are some 400 graves of those who have fallen victim to this dangerous reef.

Just outside the village a statue commemorates the 500th anniversary of the Cornish Rebellion of 1497, one of whose leaders was a blacksmith from St Keverne, while the church has a plaque in memory of the executed rebel leaders. Although St Keverne has been dominated by the sea for centuries, its agricultural heritage is continued in the ancient custom of Crying the Neck. It was believed that the corn spirit resided in the last wheat sheaf cut, so this was plaited and hung over the fireplace until spring.

MAWNAN SMITH

3 miles S of Falmouth off the A39

Glendurgan Garden Trebah Garden

Just to the west of this pretty village is **Glendurgan Garden** (National Trust), created in the 1820s in a wonderful wooded valley that drops down to the shores of the Helford estuary. The garden contains many fine trees and exotic plants, and children will

enjoy the famous Heade Maze, created in 1833 from laurels, as well as the Giant's Stride – a maypole.

To the southeast, the tower of the 15th-century church at Mawnan has been a local landmark for sailors for centuries. An excellent place from which to take in the sweeping coastline, the tower was also used as a lookout post during times of war.

Further up Helford Passage is the tiny fishing hamlet of Durgan, along with the sub-tropical **Trebah Garden** that has often been dubbed the 'garden of dreams'. On a 25-acre site that falls down to a private beach on the Helford Estuary, the owner at the time, Charles Fox, set out to create a garden of rare and exotic plants and trees collected from around the world. Reaching maturity in the early 1930s, and regarded at the time as one of the most beautiful in England, the garden was sold in 1939. There followed some 40 years of neglect before a massive restoration programme in the 1980s returned it to its original impressive state.

HELTFORD

6 miles S of Falmouth off the B3293

Helford River Walk

A picture-postcard village standing on the secluded tree-lined southern banks of the Helford estuary, Helford must have one of the most attractive settings in the whole of the county. It was once the haunt of smugglers who took advantage of the estuary's many isolated creeks, one of which inspired Daphne du Maurier's novel *Frenchman's Creek*. She had spent her honeymoon in the area and the book is her only romantic novel.

Helford town is now a popular sailing centre. During the summer, it is linked to Helford Passage, on the northern bank, by a

BURDOCK VEAN HOTEL

Budock Vean Hotel, nr Helford Passage, Mawnan Smith, Falmouth, Cornwall TR11 5LG
Tel: 01326 252100
website: www.budockvean.co.uk

The Budock Vean Hotel is a four-star country house hotel, set in 65 beautiful acres on the beautiful Helford river. Awarded Considerate Hotel of the Year 2010 it boasts its own golf course, tennis courts, large indoor pool, health spa and award winning restaurant.

The hotel's superb restaurant offers an excellent and varied cuisine using local produce. Fresh seafood and Cornish cream teas are naturally among the specialities. You'll find an atmosphere of calm here, which allows you the space to recharge your batteries, spend some time with good friends or simply indulge yourself.

Out in the fresh air, the James Braid golf course beckons. From the front door, walkers can explore the river to Rosemullion Head or Porth Navas, across the river via ferry to Helford Village and Frenchman's Creek or wander along to nearby Trebah and Glendurgan gardens.

The spectacular indoor heated pool with its open log fire and sauna is warm and welcoming during the winter and in summer. The health spa offers a full range of massage and aromatherapy treatments including Spiezia 100% organic spa range. Awards: Four-star AA and ETB.



SOUTH WEST INTERIORS – TREVERN BED AND BREAKFAST

Trevarn, Carwinion Road, Mawnan Smith, Falmouth, Cornwall TR11 5JD Tel: 01326 251245
e-mail: enquiries@trevarn.co.uk
website: www.trevarn.co.uk

The picturesque village of Mawnan Smith is home to the beautifully decorated **Trevarn Bed and Breakfast**. Friendly owners Melanie and Geoffrey have their own interior design company, **South West Interiors**, and so the whole place is tastefully decorated and furnished.

The bed and breakfast is set in an idyllic location with spectacular rural views. Being in the heart of Rosamund Pilcher and Daphne du Maurier country, nowhere in the Duchy is more than an hour away.

There are three well equipped guest rooms available here, with one double, one twin and a single room. Each of the rooms has its own private bathroom and two are located on the ground floor, with easy access for disabled visitors. Ring for details.

Trevarn is perfectly situated for walking the coastal path, with the Helford River just down the road at Carwinion, and the coastal path ten minutes' walk away at Nansidwell beach. Carwinion Gardens can be found opposite the guest house, which is in a quiet location, with wonderful views down to Mawnan Smith village and Maenporth.



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ferry that has been in existence since the Middle Ages. The deep tidal creeks in the area have given rise to rumours that this is the home of Morgawr, the legendary Helford monster. The first recorded sighting of Morgawr was in 1926 and ever since then there have been numerous people who claim to have seen this "hideous, hump-backed creature with stumpy horns".

From the village, the five-mile **Helford River Walk** takes in several isolated hamlets and a 200-year-old fig tree in the churchyard at Manaccan before returning to the tearooms and pubs of Helford.

The rich mud of the Helford River, revealed at low tide, is a wonderful feeding ground for many birds including heron, cormorant and curlew, while the ancient natural woodlands along the shores support a wealth of plants and wildlife.

GWEEK

8 miles SW of Falmouth off the A394

National Seal Sanctuary

Set at the head of the Helford River, the picturesque village of Gweek developed as an

important commercial port in the 13th century after Helston harbour became silted up. The same fate befell Gweek years later although it retains its links with its maritime past and the old harbour area is very much alive with craft shops and small boatyards.

Just a short distance from the centre of the village along the north side of the creek, is the **National Seal Sanctuary** (see panel below), the country's leading marine rescue centre established over 40 years ago. The sanctuary cares for sick, injured and orphaned seals. Visitors can witness the joyful antics of the seals at feeding time and explore the Woodland Nature Quest around an ancient coppiced wood.

HELSTON

10 miles SW of Falmouth on the A394

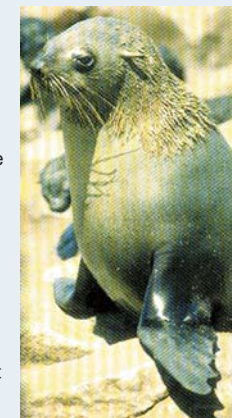
- Blue Anchor Inn Angel Hotel
- The Monument Helston Folk Museum
- Festival of the Furrow Trevarno Estate
- National Museum of Gardening
- Flambers Loe Pool Lady of the Lake

Dating back to Roman times when it was

National Seal Sanctuary

Gweek, near Helston, Cornwall TR12 6UG
Tel: 01326 221361
website: www.sealsanctuary.co.uk

The National Seal Sanctuary, set on the picturesque reaches of the Helford Estuary, is a haven for some of the world's most enchanting creatures. Every year the sanctuary rescues, rehabilitates and releases over 30 injured or abandoned seal pups. Following all the care and attention in the seal hospital, the pups are transferred to the convalescence pools once they are well enough and able to feed. In these pools they build up their strength before returning to the wild. By getting involved with the adoption scheme, your valuable contribution would directly benefit the seals in their recovery and, in most cases, eventual release.



developed as a port, Helston is the westernmost of Cornwall's five medieval stannary towns. During the Middle Ages, tin was brought here for assaying and taxing before being shipped. However, in the 13th century a shingle bar formed across the mouth of the River Cober, cutting off the port's access to the sea. Helston's long history has left it with a legacy of interesting buildings. **The Blue Anchor Inn** was a hostel for monks before becoming an inn during the 15th century. It has its own private brewery, believed to be the oldest in the country. It's at the rear of the inn, next to the old skittle alley, and its beer, Spingo, comes in three strengths.

Another hostelry, the 16th-century **Angel Hotel** (see panel opposite), was originally the town house of the Godolphin family, but was converted into a hotel in the mid 1700s. Around that time, the Earl of Godolphin

provided funds for the parish church to be rebuilt after the previous structure had been struck by lightning and had to be demolished. In the churchyard stands a memorial to Henry Trengrouse, the Helston man who invented the rocket-propelled safety line that has saved so many lives around the British coast. Elsewhere, there are a surprising number of Georgian, Regency and Victorian buildings, which all help to give Helston a quaint and genteel air. One of the most striking architectural features in the town is **The Monument** in Coinagehall Street. A large arch bristling with pinnacles, it was erected in 1834 in memory of Humphrey Millett Grylls, a local banker and solicitor who was instrumental in saving the local tin mine from closing and thus preserving 1200 jobs.

Housed in one of the town's old market halls, close to the classical 19th-century



INSPIRATIONS

11 Wendron Street, Helston,
Cornwall TR13 8PT
Tel: 01326 572335

e-mail: paula.inspirations@google mail.com

Established by Paula Hendra in 2006, **Inspirations** provides exactly that - unusual and quirky gifts for all ages and pockets. They range from silver and costume jewellery, to handbags, scarves and accessories. There's an excellent selection of cards, along with some fascinating toys, soaps and bath bombs. Suppliers include Gisela Graham (interior décor), Jelly cat (soft toys and furnishings), East of India (hand-made cards and gifts), Vendula and Stone Bags (handbags and shoes), Koziol (bathroom accessories) and Terramundi (money pots).

Helston itself is an ancient town which is best known for its Floral Dance which takes place on May 8th and attracts visitors from around the world. Many of the buildings in the town are built in the typical granite. The Inspirations shop is in this traditional style and stands on the same street where the famous world champion heavyweight boxer Bob Fitzsimmons was born in 1863. A plaque on his family's cottage in Wendron Street commemorates his achievements.



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THE ANGEL HOTEL

16 Coinage Hall Street, Helston, Cornwall TR13 8EB

Tel: 01326 569393

website: www.theangelhotel-helston.co.uk

Dating back to the 16th century, **The Angel Hotel** was once the town house of Lord Sidney Godolphin who was First Minister to three monarchs. Later, it became a noted coaching inn and has been offering hospitality for more than 250 years. Under new management, it has recently been refurbished and has an elegant restaurant offering traditional meals and daily specials; a public bar and a superb lounge with weekly live entertainment; and a splendid Function Room/Ballroom with a minstrel's gallery catering for up to 150 guests. The hotel also offers comfortable accommodation in 13 double bedrooms, all with en suite facilities and beautifully appointed. The hotel ideally located in the heart of the high street of Helston, famous for its Floral Day and Furry Dance held in early May.

There are two sister hotels - The White Hart Hotel in Hayle and the Union Hotel in Penzance (see pages 11 and 22).



Grylls Monument

Floral Dance, a colourful festival of music and dance, does bring people here in droves. The origins of the name are unknown, but it is clear that the festival has connections with ancient pagan spring celebrations as it is held on 8 May. The climax of the celebration is the midday dance when invited participants wearing top hat, tails and dress gowns, weave in and out of shops, houses and gardens.

Guildhall, is the **Helston Folk Museum**, which covers many aspects of the town's and the local area's history. The displays range from archaeological finds and mineral specimens to the reconstruction of a blacksmith's shop, an 18th-century cider mill and a farm wagon from 1901.

Still very much a market town serving much of the Lizard Peninsula, Helston has managed to escape from the mass tourism that has affected many other Cornish towns. However, the famous Helston **Festival of the Furry**, or

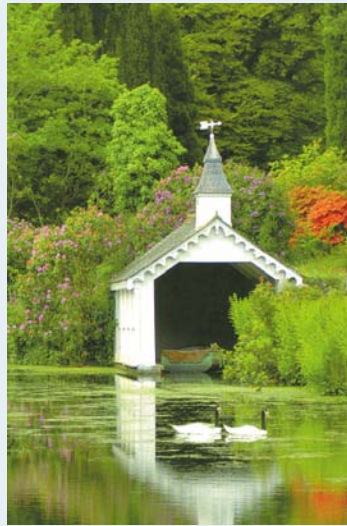
Just to the northwest of the town lies **Trevarno Estate and Gardens** (see panel on page 56) – “the best excuse anyone could possibly want to go to Cornwall” according to *The Times*. This beautiful estate stocked with many rare shrubs and trees has a long history stretching back to 1296 when Randolphus de Trevarno first gave the land its name. Over the intervening centuries the gardens and grounds have been developed and extended so that, today, Trevarno is known as one of the finest gardens in a county with a great gardening

Trevarno Estate and Gardens

Trevarno, Crowntown, nr Helston, Cornwall TR13 0RU
 Tel: 01326 574274 Fax: 01326 574282
 e-mail: info@trevarno.co.uk
 website: www.trevarno.co.uk

The jewel in the crown, at the heart of the estate, is 70 acres of enchanting gardens and grounds featuring one of Cornwall's largest and most diverse plant collections set within magnificent formal, informal and woodland areas. The gardens include numerous specimen shrubs and trees, a stunning bluebell valley, ornamental lake with picturesque Victorian Boathouse and formal cascade, Sunken Italian Garden, Serpentine Yew Tunnel, extensive Pinetum, Bamboo collection, atmospheric Rockery and Grotto, the Great Lawn and Summer Terrace and many other interesting features.

A remarkable celebration of Britain's gardening heritage can be found in the National Museum of Gardening, which features the country's largest and most comprehensive collection of gardening antiques, memorabilia and ephemera. A wide range of handmade soaps and skincare products are produced using the purest plant oils and materials available and visitors can sample the products, which are available for sale, in the Organic Herbal Workshop. Refreshments are available in the Fountain Garden Conservatory and there is a childrens adventure play are. A 2km walk takes you through the estate and offers excellent views.



tradition. The estate's **National Museum of Gardening** complements the grounds and highlights the ingenuity of gardeners down the ages by the range of gardening implements exhibited. Other attractions here include Soap and Skincare Workshops; a Vintage Soap Museum; the Colin Gregory Toy Museum; an adventure play area; a conservatory serving refreshments and a shop.

To the east of the town lies another interesting and award-winning family attraction, **Flambards**. Based around a faithful re-creation of a lamp-lit Victorian street, complete with more than 50 shops, it has numerous attractions for all the family. Exhibits include an undercover life-size re-creation of a World War Two blitzed street, an

Anderson Shelter and a wartime pub. Wedding Fashions Down the Years features a romantic assembly of changing styles with a collection of wedding dresses and wedding cakes from 1870 to 1970. Rides and slides keep the youngsters happy, and for older children and adults the figure-of-eight karting circuit provides the opportunity to put driving skills to the test.

Close by is the Royal Navy's land and sea rescue headquarters at Culdrose, the largest and busiest helicopter base in Europe. Since the base was established here in 1947 as *HMS Seahawk*, it has carried out a great many successful search and rescue operations. There are guided tours and a special viewing area from which the comings and goings of the

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helicopters can be observed. In early August each year the base hosts Cornwall's largest one-day annual event, the Culdrose Air Day, which includes a five-hour flying display and attracts aircraft from around 20 countries.

When in the 13th century the shingle bar formed to the west of Helston and dammed the River Cober, it created the largest freshwater lake in Cornwall, **Loe Pool**. This is now owned by the National Trust and is a haven for sea birds as well as waterfowl such as mallard, mute swan, coot, teal and red-necked grebe. A Cornish folk tale links Loe Pool with the Arthurian legend of the **Lady of the Lake** – Tennyson himself favoured this site. As at Bodmin Moor's Dozmary Pool, a hand is said to have risen from the depths of the water to catch the dying King Arthur's sword. Another local story connects Loe Bar with the legendary

rogue, Jan Tregeagle, who was set the task of weaving a rope from its sand as a punishment.

MULLION

12 miles SW of Falmouth on the B3296

Mullion Cove Guglielmo Marconi

Future World @ Goonhilly

The largest settlement on the peninsula, Mullion has a 15th-century church and a 16th-century inn and is an ideal base from which to explore this remarkable part of Cornwall. A mile to the east lies the pretty, weather-worn harbour of **Mullion Cove** (National Trust), and just up the coast is the popular sandy beach of Poldhu Cove. It was from the clifftops above the beach in 1901 that the radio pioneer, **Guglielmo Marconi**, transmitted the first wireless message across the Atlantic. His Morse signal, the letter s repeated three times, was received in St John's,

SAVOY HOUSE GALLERY & HOLIDAY ACCOMMODATION

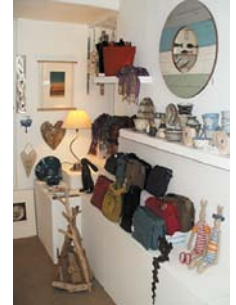
*Churchtown, Mullion,
Cornwall TR12 7HQ*
 Tel: 01326 241271
 e-mail: art.object@virgin.net
 website: www.savoyhouse.co.uk

Located in a traditional double-fronted Victorian house in the centre of the village of Mullion on the Lizard Peninsula, you will find Savoy House Gallery. Owned and run by Amanda Hopkins, the shop offers for sale well-chosen quality gifts, jewellery (costume and silver) and other ladies' accessories.

Amanda has been here for around three years and has established a lovely business, having previously worked in retail in London for many years.

Scarves, hand bags and purses are just some of the delightful products on sale in this spacious, airy and well stocked shop. Local ceramics and some local art work are available at Savoy House Gallery, which is open every day in the summer season, (winter opening times vary).

Above the gallery is a comfortable two bedroom holiday apartment (sleeping four), which has been decorated to a high standard. The apartment is available all year round. There are two free car parks in Mullion and on-street parking outside the shop.



Newfoundland, quelling the doubts of the many who said that radio waves could not bend round the Earth's curvature. In 1905 a daily news service for ships was inaugurated, and in 1910 a message from Poldhu to the *SS Montrose* led to the arrest of the murderer Dr Crippen. A small granite obelisk, the Marconi Monument, was unveiled on the site of the wireless station by his daughter after the inventor's death.

Just a couple of miles inland, on the windswept heathland of Goonhilly Downs, is a monument to the very latest in telecommunications – **Future World @ Goonhilly**. It is the largest such station in the world and there have been few world events that have not been monitored through here since it opened in the 1960s. The guided tour around the station, which takes in all manner of telecommunications, including the internet and videophone links, is a fascinating and rewarding experience.

PORTHLEVEN

12 miles SW of Falmouth on the B3304

This pleasant fishing town developed from a small village in the 19th century. In 1811, London industrialists employed French prisoners-of-war to build a three-section harbour, which is arguably the most impressive in Cornwall. They planned to export tin and china clay and import mining machinery, and also to protect the growing fishing fleet. Sadly, this scheme to establish Porthleven as a major tin-exporting centre failed, but today the harbour is still busy with small fishing boats landing their daily catch. A number of the town's old industrial buildings have been converted into handsome craft galleries, restaurants and shops, and the charming old harbour is overlooked by an assortment of

attractive residential terraces and fishermen's cottages. A popular and attractive town, Porthleven is gaining a gastronomic reputation on account of the many excellent restaurants, cafés and inns to be found in such a small area. It also has a top quality fishmonger's shop located on the quayside.

LIZARD

14 miles SW of Falmouth on the A3083

[South West Coast Path](#) [Kynance Cove](#)

Lizard is a place of craft shops, cafés and art galleries and lends its name to the Lizard Peninsula, the most southerly point of mainland Britain and also the country's warmest area. Just 14 miles by 14 miles, the peninsula's unique scenery has caused it to be designated an Area of Outstanding Natural Beauty. The **South West Coast Path** follows the coastline, much of which is cared for by the National Trust, and provides many opportunities for walkers of all abilities. In particular, there is a nine-mile, sometimes strenuous, walk to Mullion that takes in some of the most spectacular scenery as well as passing lowland Britain's largest National Nature Reserve.

The Lizard is also known for its unique Serpentine rock, a green mineral that became fashionable in the 19th century after Queen Victoria visited Cornwall and ordered many items made from the stone for her house, Osborne, on the Isle of Wight. The village is still the centre for polishing and fashioning the stone into souvenirs and objets d'art.

To the south of the village is Lizard Point, the tip of the peninsula, whose three sides are lashed by waves whatever the season. There has been a form of lighthouse here since the early 1600s. The present Lighthouse was built in 1751 despite protests from locals who

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feared that they would lose a regular source of income from looting wrecked ships. It now houses a light that is one of the most powerful in the world.

Just to the northeast of Lizard is the picturesque fishing village of Cadgwith, wedged in a rocky cove with fishing boats drawn up on the beach. With its cluster of pastel coloured thatched cottages and two shingle beaches, it is everyone's idea of a typical Cornish village. Life has not always been so peaceful here.

Throughout the 19th century, this was a busy pilchard fishing centre. In 1904, a record catch of nearly 1.8 million pilchards was landed in just four days. A small fleet of boats still sails from here, though their catch now is mainly lobster, crab, shark and mullet. Nearby is the curiously named Devil's Frying Pan, a collapsed sea cave with a spectacular blow-hole in the cliff.

To the northwest is the famous beauty spot, **Kynance Cove**, whose marvellous sandy beach and dramatic offshore rock formations have been a favoured destination ever since Prince Albert visited here with his children in 1846. The cove is the site of the largest outcrop of the Lizard Peninsula's curious Serpentine rock and there are caves to the west of the cove that can be explored, with care, at low tide.

WENDRON

8½ miles W of Falmouth on the B3297

[Poldark Mine Heritage Complex](#)

Close to this bleak village is one of the many mines that have been worked in this area since



Lifeboat Station, Lizard

the 15th century. It has now re-opened as the **Poldark Mine Heritage Complex**. Visitors to this interesting attraction can take an underground tour of the tunnels, see the famous 18th-century Poldark village and wander around the machinery exhibits, some of which are in working order. For a small charge, you can also try your hand at panning for gold.

Truro

[Lemon Street](#) [Truro Cathedral](#)

[Royal Cornwall Museum](#)

This elegant small city at the confluence of three rivers – Tri-veru in Cornish – is the administrative and ecclesiastical centre of Cornwall. The city expanded from its ancient roots in medieval times following the prosperity originating from local mineral extractions. It was one of the first towns to be granted the rights of stannary (regulation of the tin trade), and several small medieval alleyways act as a reminder of those busy times before the silting up of the river saw

THE SHOE TREE

9 St Mary's Street, Truro, Cornwall TR1 2AF

Tel: 01872 320094

e-mail: downiedo@hotmail.com

Truro is an elegant little city where three rivers meet, with gracious Georgian streets and a Cathedral. It became a city when Cornwall was granted its own Bishop in 1877 and work began on the Cathedral in 1880. In the shadow of the Cathedral, on a corner site in St Mary's Street, Michelle Downie owns and runs the **Shoe Tree**, which sells a wide range of high-quality footwear for men and women, along with designer leather goods and luxury accessories. Some of the footwear brands have been household names for many years, while others are new on the scene, but all have quality and reliability in common, and all have the seal of approval from Michelle Downie, herself an accomplished footwear designer.

Sebago is best known for its Dockside range, introduced in 1970 and now available in a range of colours and limited edition designs. The name of Barkers, founded in 1880, is synonymous with classic British shoe design, and their shoes are still made by traditional methods, including uppers shaped on the last by hand. Van Dal is a Norwich-based firm making a wide range of ladies' shoes and boots that incorporate many comfort features. Mary G makes shoes for casual, everyday and special occasion wear, often distinguished by vibrant colours and luxurious fabrics. Other brands include Vic, Manila and Audley, and among the accessories sold by the Shoe Tree are sunglasses by Dior and Gucci, scarves and handbags. Trading hours are 10 to 5 Monday to Saturday.



Truro decline as a port and be overtaken by Falmouth. It was a fashionable place, rivalling Bath in the 18th century, and the short-lived recovery in mineral prices at that time saw the creation of the gracious Georgian streets and houses that are still so attractive today – **Lemon Street** in particular is regarded as one of the finest surviving Georgian streets in the country. Overlooking Lemon Street is a lofty memorial column to the African explorers Richard and John Lander who were born in Truro and who in the 1830s mapped the course of the River Niger.

Nearby is one of the city's most recent developments, Lemon Quay. It occupies the site of the original quay, which was covered over in 1923 and still remains beneath the surface. Above it, the pedestrianised piazza is busy with bars, restaurants and cafés, and

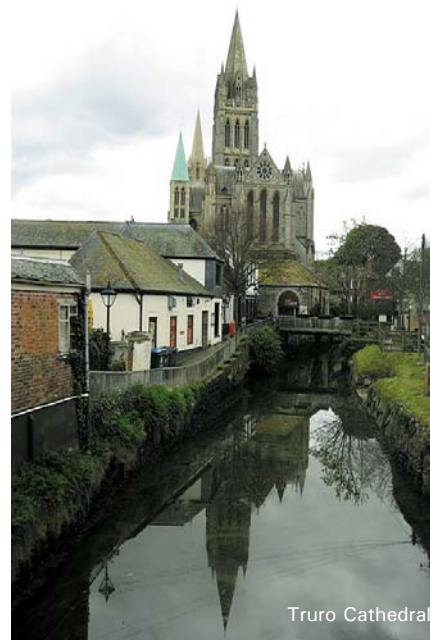
hosts various events such as the regular Arts, Crafts and Food Markets and the popular Made in Cornwall Fairs.

The arrival of the railway in 1859 confirmed Truro's status as the regional capital. In 1877, it became a city in its own right when the diocese of Exeter was divided and Cornwall was granted its own bishop. The foundation stone of **Truro Cathedral** was laid by the future Edward VII in 1880. This splendid Early English style building, with its celebrated Victorian stained glass window, was finally completed in 1910. Remnants of the earlier Perpendicular-style church that was demolished to make way for the cathedral include St Mary's Aisle and some striking Jacobean tombs. A curiosity in the south aisle is a matchstick model of the building that took 1600 hours and some 42,000 matches to

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Truro Cathedral

complete. Outside, the cathedral's three spires soar high above a city in which high-rise buildings are still very much the exception.

Housed in one of Truro's fine Georgian buildings, the **Royal Cornwall Museum and Art Gallery** covers the history of the county from the Stone Age to the present day. Amongst its treasures are some early Bronze Age collars of beaten gold and the coffin of Ast Tayef Nakht dating from around 675BC, complete with unwrapped mummy. The Art Gallery, one of 10 scattered around the city, displays fine art from the Newlyn School to the present day.

The city has two major parks. The larger, Boscawen Park, sits beside the Truro River; Victoria Gardens, originally created to commemorate Queen Victoria's Diamond Jubilee, is filled with exotic trees, shrubs and flowers. On Sunday afternoons in the

summer, concerts are held here. The park's peaceful atmosphere is occasionally disturbed by a train rumbling over the majestic granite viaduct nearby. Originally built by Isambard Kingdom Brunel, but replaced in 1904, the viaduct carries the main line from Paddington to Penzance.

During the summer months, river cruises to Falmouth and St Mawes are available.

FEOCK

4 miles S of Truro off the B3289

Smugglers Cottage Treliissick

This is one of the prettiest small villages in Cornwall and there is a pleasant creek-side walk to the west. This follows the course of an old tramway, which dates from the time when this area was a bustling port. To the south of the village is Restronguet Point and the 17th-century Pandora Inn, named after the ship sent out to capture the mutineers from the *Bounty*.

From Tolverne, just north of Feock, Allied troops left for the Normandy coast during the D-day landings. On the shingle beach the remains of the concrete honeycombed mattresses can still be seen. While in the area, General Eisenhower stayed at **Smugglers Cottage**, a lovely Grade II listed thatched cottage, which is now a licensed tearoom serving lunches and cream teas in its riverside garden. Its owners have amassed a fascinating collection of memorabilia relating to that period.

Close by lies the estate of **Treliissick**, a grand 18th-century house with an imposing columned portico, surrounded by marvellous gardens and parkland with wonderful views over Carrick Roads. Although the house is not open to the public, the estate, which is owned by the National Trust, offers visitors tranquil

gardens of exotic plants and the chance to walk along miles of paths through its extensive park and woodland beside the River Fal. Various outbuildings have been converted into restaurants, an art and craft gallery and a gift shop.

Feock can boast of sustaining one of only five remaining chain ferries operating in England. The King Harry Ferry has an all year round service and can take up to 28 cars per trip. It travels between Feock and Philleigh on the Roseland and cuts the journey time from Truro to the Roseland by up to 25-30 miles on a round trip.

St Austell

-  Cornish Alps  St Austell Brewery Visitor Centre
-  China Clay Country Park

“This strange white world of pyramid and pool,” was Daphne du Maurier’s response to the bizarre landscape around St Austell. The man ultimately responsible was William Cookworthy, a chemist from Plymouth, who discovered large deposits of kaolin, or china clay, here in 1748. Cookworthy realised the importance of the china clay, which is a constituent of many products including porcelain, glossy paper, textiles and pharmaceuticals. But for every ton of china clay extracted, another nine tons of spoil is created. Over the years, the waste material from the clay pits to the north and west of the town has been piled up into conical spoil heaps that led to these bare, bleached uplands being nicknamed the **Cornish Alps**. More recently the heaps and disused pits have been landscaped with acid-loving plants, such as rhododendrons, and they now have gently undulating footpaths and nature trails.

Although china clay has dominated St Austell since it was first discovered, and is still, despite fierce foreign competition, Cornwall’s largest industry, the town is also the home of another important local business – the St Austell Brewery. Founded by Walter Hicks in 1851, the brewery flourished as the town expanded on the prosperity of the kaolin. Still thriving today, it remains a family business. The history of the company and an insight into the brewing process can be found at the informative **St Austell Brewery Visitor Centre**, from where visitors are also taken on a guided tour of the brewery.

A couple of miles north of the town, in the heart of the Cornish Alps, is Wheal Martyn, an old clay works, now transformed into the **China Clay Country Park**. Spread across 26 acres of woodland, this open air museum tells the 200-year-old story of the industry in Cornwall through a wide variety of displays. The land around this once busy mine has been replanted and now has a unique range of habitats. The nature trail through the surrounding countryside offers visitors the opportunity to discover many different birds, small mammals, plants and insects.

Around St Austell

ST BLAZEY

3½ miles NE of St Austell on the A390

-  Eden Project

To the west of the village is the remarkable **Eden Project**, which, since its opening in May 2001, has been a huge international success. The project aims to “promote the understanding and responsible management of the vital relationship between plants, people and resources.” The brain-child of former

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CHARLESTOWN

1 mile SE of St Austell off the A390

-  Shipwreck & Heritage Centre
-  Tregrehan Gardens

This picturesque small fishing village, once named West Polmear, was transformed in the 1790s by Charles Rashleigh after whom the town was renamed. He was a local mine owner who built a harbour here to support the recently established china

clay industry. Charlestown’s harbour declined in the 19th century as other ports, such as Fowey and Plymouth, developed better facilities. However, what has been left is a harbour and village in a Georgian time capsule. As well as providing a permanent berth for square-rigged boats, it is a popular destination with holidaymakers and has been used as the location for TV series such as *Poldark* and *The Onedin Line*.

Close to the docks is the **Shipwreck and Heritage Centre**. This offers an insight into the town’s history, local shipwrecks and the various devices that have been developed over the years for rescuing and recovering those in peril at sea. There are hundreds of artefacts recovered from more than 150 shipwrecks and the many and varied exhibitions reflect village life in Charlestown, its history and the once thriving china clay industry. The exhibition displays a tremendous range of maritime history dating back to 1715 and has one of the largest underwater diving equipment collections in the country, including various suits used for treasure seeking and naval purposes.

Just to the northeast of Charlestown, close



record producer Tim Smit, back in 1994, the Project took over an abandoned, 50-metre-deep china clay pit which, now contains the largest conservatories in the world. Three of the world’s climate zones (Biomes) have been chosen for interpretation: the Humid Tropics (Rainforests and Tropical Islands) and the Warm Temperate regions (the Mediterranean, South Africa and California) are contained within the two giant conservatories that have already captured the public imagination. The third, or Outdoor Biome, is our own Temperate zone that thrives on the climatic advantages that Cornwall has to offer. More than three-quarters of Eden’s plants are in this outdoor area the size of 30 football pitches with some 1900 different species and cultivars. Stunning at any time of year, these gardens are breathtaking in spring when daffodils, crocuses and spring-flowering shrubs present a spectacle that Tim Smit has described as “Picasso meets the Aztecs”.

The Project can become quite congested at weekends, but you can avoid the queues by buying a combined bus and admission ticket in St Austell from First bus travel. Bikers and hikers can also claim a discount as well as going straight to the fast track ticket window.

CHARLESTOWN GALLERY

On The Quay, Charlestown, St Austell,
Cornwall PL25 3NJ

Tel: 01726 67886

e-mail: gemmaausten@hotmail.co.uk

website: www.flickr.com/photos/gemmaausten

Located close to the harbour in the picturesque coastal village of Charlestown, the **Charlestown Gallery** was established some 20 years ago by local artist Don Austen. His daughter Gemma has now taken over. An accomplished artist herself, Gemma shows her own work in the gallery along with that of many other local artists, among them Pete Fugler and Roy Steadman. The gallery is well laid out with an open plan display area and a workshop/working area at the back. The gallery also has a very reasonably priced framing service.

Charlestown itself is a delight to visit and its Shipwreck Heritage Museum is immensely popular. Noted as a home port for Tall Ships, the village has been extensively featured in many international films, most recently in *Alice in Wonderland* starring Johnny Depp.



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THE DUCHY SMOKED FISH COMPANY

"The Smokehouse", The Causeway, Off Par Green, Par,
Cornwall PL24 2AF

Tel: 01726 816063

e-mail: duchysmokedfish@live.co.uk

website: www.smokedfishcornwall.co.uk

The fact that many local restaurants, hotels, delis and fishmongers buy their smoked goods from **Duchy Smoked Fish** is a testament to their quality. Run by two local men, and only in business since 2009, their rapidly-growing reputation speaks for itself. They have their own 60-stone kiln in the smokehouse behind the shop, which enables them to smoke large quantities at the same time and whose heady aroma permeates the building making it impossible to resist buying.

Duchy Smoked Fish produces a cold-smoked mackerel, which is unique to them, so a rare chance to buy something you won't taste anywhere else. Smoked mussels are another of their special delicacies, as are the 2010 award winning smoked mackerel fillets and smoked haddock fillets.



to Tregrehan Mills, is **Tregrehan Gardens** where visitors can see many mature trees from as far afield as North America and Japan, along with rhododendrons and a range of Carleyon hybrid camellias. The garden has been created over the years since the early 1800s by the Carleyon family who have lived here since 1565.

MEVAGISSEY

5 miles S of St Austell on the B3273

- Mevagissey Folk Museum
- World of Model Railways Exhibition
- Mevagissey Aquarium
- Lost Gardens of Heligan
- Caerhays Castle Gardens

Once aptly known as Porthilly, Mevagissey was renamed in the 14th century after the saints St Meva and St Issey. The largest fishing village on St Austell Bay, Mevagissey was an important centre of the pilchard industry and everyone who lived here was linked in some

way with either the fishing boats or processing the catch. This has led to a labyrinth of buildings all within easy reach of the harbour. The tiny Inner Harbour of today dates from the 1770s, while the Outer Harbour, built to increase the size of the port, was finally finished at the end of the 19th century.

On the East Quay is the **Mevagissey Folk Museum**, which shows how the village once looked when the pilchard industry was prospering. It also has a display on a local chemist, Mr Pears, who created the famous soap. During the season, a popular excursion from the harbour is to take the passenger ferry to Fowey, a crossing that takes about 35 minutes.

Elsewhere around the harbour, visitors can see the fascinating displays and models at the **World of Model Railways Exhibition**. It contains an impressive collection of 2000 models and a working display featuring more than 30 trains travelling through varied landscapes including town, country, seaside

THE BEAD STORE

11b Fore Street, St Austell, Cornwall, PL26 6UQ

Tel: 01726 844999

e-mail: info@thebeadstore.co.uk

website: www.thebeadstore.co.uk

The Bead Store is located in Mevagissey, a charming traditional Cornish fishing village. In the narrow streets, you will find gift shops, craft workshops, galleries, cafes and pubs. The Bead Store can be found on Fore Street, one street back from the harbour.

The Bead Store is an absolute treasure trove of fabulous beads and findings. Glass beads, pearls, gemstones and more fill every part of the shop. It really is a 'sweet shop' for grown-ups!



Don't fancy making it yourself? The staff at The Bead Store are accomplished jewellery makers and have hand-crafted jewellery for sale in the shop. If you would like to have a go at making your own jewellery, they will be pleased to answer any questions that you might have or to help pick out the best

beads and findings for your project.

The Bead Store has specialized products, such as TierraCast pewter beads and findings, Toho seed beads, Fairtrade ceramic buttons and stunning Czech glass buttons. They also have bead kits and mixes, settings, cabochons, pendants, tools, books and more! In short, if you need something to make your own jewellery, The Bead Store has it all!



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MEVAGISSEY FINE ART

4 St George's Square, Mevagissey, Cornwall PL26 6UB

Tel: 01726 844488

e-mail: steve@ysellaart.co.uk

website: www.mevagisseyfineart.co.uk

Anyone who holidays or lives in the West Country, especially Cornwall, knows how spectacularly beautiful it is, and how it has not surprisingly always appealed to artists. At his shop in Mevagissey, Steve Elson (who took over the business from his parents in 2010) has one of the widest ranges of artworks in the region. He stocks the work of painters and craftsmen from all over the West Country, but predominantly Cornwall, as well as his own impressive framed photographs.

There are many limited edition prints as well as original paintings, alongside ceramics, jewellery, and colourful work in glass. Steve makes it his business to stock work in all price ranges, not just at the more expensive end of the market, so that anyone visiting his gallery on the heart of Mevagissey can find something to take away. Artists whose work you can find here include Tony Hogan, Kevin Platt and the cute cats, dogs, sheep and other animals of the ceramic artist Jane Adams.



and even an Alpine winter scene. The **Mevagissey Aquarium** features local sea life and is located in the old Lifeboat House just by the quay.

To the northwest of Mevagissey are the

famous **Lost Gardens of Heligan**, one of the country's most interesting gardens. Originally laid out in 1780, the gardens lay undisturbed, or 'lost', for 70 years before being rediscovered in 1990. The 200-acre estate

contains Victorian pleasure grounds with spring-flowering shrubs; a Japanese Garden; a lush 22-acre 'sub-tropical' jungle with exotic foliage; a pioneering wildlife conservation project and woodland and farm walks.

Gorran Haven, to the south of Mevagissey, was once a settlement to rival its neighbour. Those days were long ago and it is now an unspoilt village with a sandy beach, sheltered by Dodman



Lost Gardens of Heligan

Point – a prominent headland where the remains of an Iron Age defensive earthwork can be seen.

To the west of Mevagissey, **Caerhays Castle Gardens** is an informal 60-acre woodland garden on the coast near Porthluney Cove. It was created in the late 1800s by JC Williams who sponsored plant-hunting expeditions to China to stock his grounds. The gardens are best known for their huge Asiatic magnolias, which are at their most magnificent in March and April. The castle itself was built in the Gothic style by John Nash between 1805 and 1807, and is open for conducted tours on certain days. Anyone familiar with Alfred Hitchcock's film *Rebecca* will recognise some of the interiors.

PROBUS

8 miles SW of St Austell off the A390

Trewhithen House & Gardens

This large village is noted for having the tallest parish church tower in the county. Built of granite in the 16th century and richly decorated, it stands 124 feet high.

Just west of the village is **Trewhithen House and Gardens**. The early Georgian house, whose name literally means 'house of the trees', stands in glorious woods and parkland and has gardens containing many rare species laid out in the early 20th century by George Johnstone. Of particular note are the magnificent collections of camellias, rhododendrons and magnolias. The interior of the house is filled with furniture and paintings collected by the Hawkins family over many years.

To the southeast of Probus lies **Tregony**, a small village that was an important river port long before Truro and Falmouth were developed; it is often called the 'Gateway to the Roseland Peninsula'. This indented tongue

of land, which forms the eastern margin of the Fal estuary, is always known by its Cornish name **Carrick Roads**. It has a network of footpaths that take in not only the craggy cliffs with their nesting seabirds but also the grasslands dotted with wildflowers and the ruined military fortresses that go back to the time of the Armada and beyond.

VERYAN

13 miles SW of St Austell off the A3078

Roundhouses

Set within a wooded hollow, this charming village is famous for the five **Roundhouses** that stand at its entrance. Built in the early 19th century for the daughters of the local vicar, the cottages' circular shape was believed to protect the residents from evil as there are no corners in which the Devil can hide.

Eastwards, on the coast, is the unspoilt fishing village of **Portloe** whose tiny harbour is completely overshadowed by steep cliffs. To the south lies **Carne Beacon**, one of the largest Bronze Age burial mounds in the country.

Newquay

Huer's Hut Trenance Leisure Park

Newquay Zoo Blue Reef Aquarium

Water World Buccaneer Bay

Holywell Bay Fun Park

Washed by the warm waters of the Gulf Stream, Newquay is now the UK's top surfing resort with a choice of no fewer than 14 beaches. Fistral Beach faces the Atlantic head on, so when the wind is coming from the southwest the billows arrive after an unbroken 3000-mile run – a worthy challenge for the top national and international surf riders. By contrast, the sheltered beaches at Towan,

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Surfing at Fistral Beach

Great Western and Tolcarne provide a gentle start for beginners on belly-boards. On display in Alma Place is the world's longest surf board – a massive 36ft 6in long, it carried 11 people during a display marking the total solar eclipse of August 1999.

This busy resort has a long history. There is evidence of an Iron Age coastal fort among the cliffs and caves of Porth Island – the outcrop connected to the mainland by an elegant suspended footbridge. For centuries, the harbour lay at the heart of this once important pilchard fishing village. The town takes its name from the New Kaye that was built in the mid 15th century by the villagers who wanted to protect the inlet here. On Towan Headland, the whitewashed **Huer's Hut** can still be seen; this was where the Huer would scan the sea looking for shoals of red pilchards. Once spotted, he would cry "hevva" to alert the fishing crews and then guide them to the shoals using a pair of bats known as bushes. As the fishing industry declined, (although you can still buy freshly caught shellfish on the quayside) Newquay became a major port for both china clay and mineral exports. However, today, its beautiful rocky coastline and acres of golden sands has seen it develop into a popular seaside resort,

famed throughout the world for its surfing.

Although there is some Regency architecture in Newquay, the rise of the town's fortunes in the 19th century saw a rapid expansion, and many of the large Victorian hotels and residential houses still remain. The Trenance Heritage Cottages, Newquay's oldest dwellings were built in the 1700s but have stood empty since 2002. A group was

formed in 2007 and is currently developing plans for their restoration for use as a tearoom, small museum and artist's studio. The cottages stand within **Trenance Leisure Park**, which offers 26 acres of indoor and outdoor activities including bowling, boating, pitch & putt, crazy golf, horse-riding, tennis, ramp sports and a miniature railway. Also within the park is **Newquay Zoo** where conservation, education and entertainment go hand in hand, and hundreds of animals can be seen in sub-tropical lakeside gardens. Carpathian lynx are amongst the stars of the show, but the many other residents include African lions, red pandas, sloths, tapirs and capybara. Nearby, at the indoor **Water World** complex, the whole family can enjoy a range of pools and water activities in a tropical climate.

Adjacent to the harbour, the **Blue Reef Aquarium** is home to a huge variety of Cornish and tropical species including octopi, giant crabs, clownfish and lobsters. Some of them can be seen as you stroll among the colourful denizens of a coral reef through a spectacular underwater tunnel. There are more than 30 living displays including some graceful sharks and rays.

The characters and events that have shaped the history of this part of Cornwall can be

GINNY'S FLOWERS

7 Bank Street, St Columb Major, Cornwall TR9 6AT

Tel/Fax: 01637 881472

e-mail: ginmyscott@hotmail.co.uk website: www.ginnysflowers.co.uk

Ginny Scott trained as a florist at Falmouth Art College and gained knowledge and experience in many florist's shops before setting up here in 2007. **Ginny's Flowers** specialises in wedding floristry both traditional and contemporary, and Ginny is happy to discuss individual requirements and provide quotations. The shop handles all occasions. Ginny prides herself on providing personal service and sourcing the very best and freshest flowers from Holland.



THE COACHING INN

13 Bank Street, St Columb Major, Cornwall TR9 6AT

Tel: 01637 889767 e-mail: coachinginn@btconnect.com

The **Coaching Inn** is a handsome stone building with pretty hanging baskets adorning the frontage and low beamed ceilings. Cara Russell has built up a loyal clientele with her superb home cooking, which runs from curries and casseroles to omelettes, fajitas and pasta, with a good choice for vegetarians. Upstairs is a room used for pool or meetings. The Coaching Inn is also a popular place for a drink, with a good variety of local ales and ciders.



SIMPLY OCCASIONS

41 Fair Street, St Columb Major, Cornwall TR9 6RL

Tel: 01637 889212 e-mail: sales@simplyoccasions.info

In 2006 Mary Bird and Sonia Lucas set up **Simply Occasions**, which quickly became a popular source of cards, gifts and nice things for the home. They have filled the little shop with a wide variety of gifts, toys, jewellery, watches, photo frames, wedding presents, greetings cards, stationery and posters. They also sell a selection of jewellery, including the sought after Cornish silver Celtic jewellery.



THE CRIBBAGE

15 Fair Street, St Columb Major, Cornwall TR9 6RL

Tel: 01637 881729

e-mail: cm.brown@virgin.net website: www.thecribbage.co.uk

Built in 1732 as two adjoining cottages, **The Cribbage** is now a comfortable, characterful guest house, owned and run by Caroline Brown. The accommodation comprises three beautifully appointed bedrooms that share a large bathroom with an unusual lion's foot bath. The day starts with a wonderful breakfast featuring Caroline's home-baked bread and the best local eggs, bacon and sausages. The house has a sitting room with a open fire and a pretty garden.



THE HEALTH & BEAUTY STUDIO

Union Square, St Columb Major, Cornwall TR9 6AU

Tel: 01637 889443/01637 881406

The **Health & Beauty Studio** in St Columb Major is owned and run by Pauline Bennett, who brings top qualifications, in-depth knowledge and many years' experience to the business. Among the services offered in the studio are various types of massage, manicures, pedicures, waxing, electrolysis, facials, dermatological skin care, bridal make-up, nail treatments and eye treatments.



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discovered at **Buccaneer Bay**. More than 70 realistic life-size figures set in carefully constructed tableaux bring the days of smugglers and highwaymen, plague victims and miners, King Arthur and Merlin to life. The scariest part is the Dungeon of Despair where visitors can hear the screams of prisoners being tortured in the name of old-time 'justice'.

To the southwest of Newquay's famous beaches, Towan Beach and Fistral Beach, between the headlands of Pentire East and Pentire West, lies the quieter Gannel, home to notable populations of waders and wildfowl, which feed off the mudflats and saltings. Just a short distance further on is the pretty hamlet of Holywell with its attractive beach, towering sand dunes and **Holywell Bay Fun Park** offering a whole range of activities for young and old.

Around Newquay

ST COLUMB MAJOR

6 miles E of Newquay off the A39

Hurling the Silver Ball Castle-an-Dinas

Cornish Birds of Prey Centre

Once in the running for consideration as the site of Cornwall's cathedral, this small town has an unusually large and flamboyant parish church with monumental brasses to the influential Arundell family. In the 14th century, Sir John Arundell was responsible for the town receiving its market charter. In 1850, the town's officials constructed a bishop's palace in anticipation of the county's cathedral being built here. Now called the Old Rectory (private) it retains much of its grandeur, though it does not play host to its originally intended guests.

Twice a year, the town is the venue for

Hurling the Silver Ball, a medieval game once common throughout Cornwall but now only played in St Columb and St Ives - played on Shrove Tuesday and then again on the Saturday 11 days later. The game involves two teams of several hundred people (the 'townsmen' and the 'countrymen') who endeavour to carry a silver ball made of apple wood to goals set two miles apart.

A couple of miles southeast of St Columb Major, on Castle Downs, are the remains of a massive Iron Age hill fort. **Castle-an-Dinas** was a major defence of the Dumnonia tribe who occupied this area around the 2nd century BC. The earthwork ramparts enclose an area of more than six acres. Anyone climbing to the gorse-covered remains will be rewarded with panoramic views over the leafy Vale of Mawgan to the northwest and the unearthly landscape created by china clay extraction to the south.

To the northeast of St Columb Major, at Winnards Perch, is the **Cornish Birds of Prey Centre** where visitors can see more than 50 hawks, falcons and buzzards fly freely during demonstrations. There are also waterfowl, ducks, pheasants, peacocks, emus, rheas, kookaburras, fallow deer, dwarf zebu and Shetland ponies. Also within the centre are three well-stocked fishing lakes, a tearoom and gift shop.

INDIAN QUEENS

8 miles E of Newquay off the A30

Screech Owl Sanctuary

Close to an area dominated by china clay quarries, this chiefly Victorian village is home to the **Screech Owl Sanctuary**, just to the northeast. A rehabilitation, conservation and education centre, the sanctuary has the largest collection of owls in the southwest of

England – more than 170 owls of 46 different species. As well as offering visitors the chance to see hand-tame owls at close quarters, the centre runs courses on owl welfare. Harry Potter would approve. A recent addition to the sanctuary's residents is a trio of young emus.

The village's unusual name appears to have come from a pub named The Indian Queen, which operated here in the 19th century. It has since been demolished, but its stone lintel recently reappeared on a house in the village. It bears the name and the words "Licensed Brewer and Retailer of Beer, Cyder, Wine and Tobacco. Licensed to the Post Horses".

KESTLE MILL

3m SE of Newquay on the A3058

-  DairyLand Farm World  Trefice
-  Lawnmower Museum

Just to the south of Kestle Mill is a family attraction that has welcomed more than two million visitors since opening in 1975.

DairyLand Farm World is a working dairy farm where visitors can see the 120 cows being milked to music; try their hand at milking a life-size model cow; explore the nature trail; and look around the Heritage Centre and Alternative Energy Centre.

Hidden away in the country lanes two miles west of Kestle Mill is the delightful small Elizabethan manor house **Trefice** (National Trust). A real architectural gem, it was built in 1571 for the influential Arundell family. As well as the hint of Dutch styling in the gables, and the beautiful window in the Great Hall with 576 small panes of 16th-century glass, Trefice is noted for its huge, ornate fireplaces, elaborate plasterwork and fine English oak and walnut furniture. Several rooms contain superb English and Oriental porcelain, and among the more esoteric collections are clocks

and drinking glasses. There are portraits by the renowned Cornish painter John Opie and an unusual set of early wooden skittles. Within the charming grounds, a former hayloft houses the **Lawnmower Museum** which traces the history of the lawnmower and contains more than 100 machines.

ST NEWLYN EAST

5 miles S of Newquay off the A3075

-  Lappa Valley Steam Railway
-  East Wheal Rose mine

A mile or so south of this sizeable village is the **Lappa Valley Steam Railway**. This narrow gauge railway (15 inch gauge) was opened in 1849 as a mineral line from Newquay to East Wheal Rose, and later became part of Great Western Railway's Newquay to Chacewater branch line. This line closed in 1963, but part of the track was re-opened in 1974 as a narrow gauge railway. Two steam locos, Muffin and Zebedee, work the line, running from Benny Halt on a two mile return journey to East Wheal Rose. The



East Wheal Rose

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railway is open from the beginning of April to the end of September and runs between seven and 11 trains a day, depending on the season.

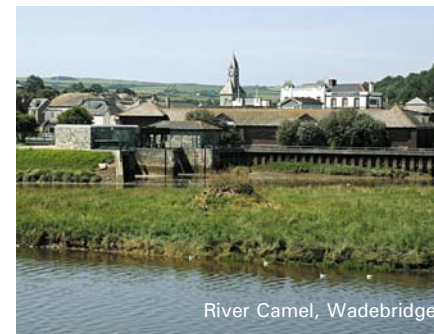
At the northern terminus of the line are the imposing engine house and chimney stack of **East Wheal Rose** mine, Cornwall's richest lead mine that was the scene, in 1846, of the county's worst mining disaster. Following a flash flood caused by a sudden, unexpected cloudburst, 39 miners were drowned. The village cockpit, where cockfighting had taken place for centuries, was restored as a memorial to the dead; the mine was re-opened a year after the tragedy but closed for good in 1885.

Wadebridge

-  Wadebridge Folk Festival  Camel Trail
-  John Betjeman Centre  Royal Cornwall Show

Attractively sited on the banks of the River Camel at its lowest bridging point, this ancient port and busy market town is now a popular holiday centre, also renowned for its craftware. Linking the north and south coasts of Cornwall and the moorland with the sea, Wadebridge has always been a bustling place, and its establishment as a trading centre began in earnest in the 15th century. The Rev Lovibond, the vicar of St Petroc's, was looking for a means of conveying his flock of sheep safely across the river. So, in the 1460s, he built the 320-feet-long and now 14-arched bridge that can still be seen today. One of the longest bridges in Cornwall, it originally had 17 arches and it is said that this bridge, nicknamed the Bridge on Wool, was constructed on bridge piers that were sunk on a foundation of wool sacks. The bridge still carries the main road that links the town's two ancient parishes.

With a permanent river crossing there was a



River Camel, Wadebridge

steady growth in trade through the town and its port, but the arrival of the railway in the 19th century saw Wadebridge really thrive. As a result, much of the town's architecture dates from the Victorian era.

Wadebridge maintains its links with farming and each June, to the west of the town centre, the **Royal Cornwall Show** is held. This extravaganza presents a wealth of attractions - a steam fair, military bands, parachute teams, acts of daring and hundreds of trade stalls selling thousands of products.

Another popular annual event is the **Wadebridge Folk Festival**, a feast of dance, music and fun that takes place over the August Bank Holiday weekend.

The town's former railway station is now home to the **John Betjeman Centre**, dedicated to the life and work of the much-loved Poet Laureate. Among the tributes and intimate artefacts on display are the poet's desk, his chair and drafts of his works. Many of his books are for sale, plus videos, post cards and other mementos.

Although the railway line, which opened in 1899, closed in the 1960s, a stretch of the track bed has been used to create the superb **Camel Trail**, a 17-mile traffic-free footpath and cycleway that leads up into the foothills of Bodmin Moor to the east, and westwards

COUNTRYWISE

5 Eddystone Road, Wadebridge, Cornwall PL27 7AL
Tel: 01208 812423

Countrywise is the perfect shop to stock up on your classic country clothing, and much more. This surprisingly spacious store also sells footwear and accessories for all outdoor occasions, as well as more rugged gear for walkers and hikers. At the other end of the scale is a new line in stylish handbags from Coccinelle which, like the rest of the Countrywise ranges, combines good looks with practicality.

Based not far from the River Camel in the historic town of Wadebridge, Countrywise is a family-run store whose team is both professional and friendly. They all know their country clothing, and are happy to offer practical help and advice whether you're looking to buy walking shoes or a rucksack. All the major, quality outdoor brands are stocked, including Dubarry, Musto and of course Barbour. The store spreads over two floors and upstairs can be found names including Berghaus, Royal Robbins and the ever-popular North Face range. You'll also find gear from Rohan, Crag Hopper and Lowe Alpine, Brasher and other walking boots, and a new range of Patagonia outdoor clothing. And if they don't have it in stock, they'll get it for you, usually within a few days. It's that kind of old-fashioned service that makes Countrywise special.



along the River Camel to Padstow.

Just to the west of Wadebridge, close to the hamlet of St Breock, stands the St Breock Downs Monolith, a striking Bronze Age longstone that is also known as the Men Gorta (the Stone of Waiting). Originally five metres (16 feet) high and weighing some 16.75 tonnes, this is Cornwall's largest and heaviest prehistoric monolith. Other prehistoric remains, such as the Nine Maidens stone row, can also be found on St Breock Downs.

Around Wadebridge

PENCARROW

4 miles SE of Wadebridge off the A389

Pencarrow

A fine Georgian country house completed in 1775, **Pencarrow** is the home of the

Molesworth-St Aubyn family and has a Grade II* listed garden containing more than 600 varieties of rhododendron, along with rock and woodland gardens. A notable feature is the avenue of araucaria whose English name is said to have originated at Pencarrow in 1834 when a guest examined the prickly leaves and declared, "It would puzzle a monkey!" During the season, the gardens are open daily, and guided tours of the house with its superb collections of paintings, furniture, porcelain and antique dolls are available Sunday to Thursday.

PORTHCOTHAN

8 miles W of Wadebridge on the B3276

Bedruthan Steps Trevoze Head

This tiny village overlooks a deep, square, sheltered cove with a sandy beach that was once the haunt of smugglers, but today is just

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one part of a stretch of coastline owned by the National Trust. A footpath over the southern headland leads to Porth Mear, another secluded cove beyond which, on a low plateau, is a prehistoric earthwork of banks and ditches. Further south again lie the **Bedruthan Steps**, a curious beach rock formation that is best viewed from the grassy clifftops. The giant slate rocks have been eroded over the centuries and their uniform shape has caused them, according to local legend, to be thought of as the stepping stone used by the Cornish giant Bedruthan.

To the north, the South West Coast Path leads walkers around Constantine Bay and past a succession of sandy beaches that are ideal for surfing. Unfortunately, the strong currents along this stretch make swimming hazardous. Beyond Constantine Bay stretches the remote headland of **Trevoze Head** from where there are wonderful views down the coast, taking in

bay after bay. At the tip of the headland stands Trevoze Lighthouse, which has been warning mariners away from its sheer granite cliffs since 1847 with a beam that, today, can be seen up to 27 miles away.

PADSTOW

6 miles W of Wadebridge on the A389

Saints Way National Lobster Hatchery
 Raleigh Cottage Charles Dickens
 May Day Prideaux Place

Padstow's sheltered position, on the western side of the Camel estuary, has made it a welcome haven for vessels for centuries and the area has been settled by many different people over the years, including the prehistoric Beaker folk, Romans, Celtic saints and marauding Vikings. Originally named Petroc-stow, it was here that the Welsh missionary St Petroc landed in the 6th



ST EVAL CANDLE COMPANY

Engollan, St Eval, Wadebridge,
Cornwall PL27 7UL

Tel: 01841 540850

e-mail: info@stevalcandlecompany.co.uk

website: www.stevalcandlecompany.co.uk

Located in the beautiful North Cornwall countryside, the **St Eval Candle Company** has manufactured church candles and interior candles for more than 10 years. St Eval use traditional methods to manufacture candles, including a process known as 'drawing' which results in superior burning qualities and time. Over the years, St Eval's range has grown considerably, with unique fragrances and styles. The company also now has an enviable reputation for its use of beautiful and unusual containers.

St Eval strongly believe in trying to impact as little as possible on the local environment. Based on a traditional working farm, they manufacture in a very rural community with high unemployment. Although they are a small company, they are vital to the local economy with 80% of the workforce living within a mile and either cycling or walking to work. Whenever they can, St Eval uses materials from sustainable and renewable sources. They endeavour to produce as little waste as possible, and all packaging is sourced from re-cycled materials.

St Eval warmly welcome passing guests to come and see their candles being made and visit their gift shop.



century and, before moving on to Bodmin Moor to continue his missionary work, founded a Celtic Minster. Beginning at the door of the town's 13th-century parish Church of St Petroc, the **Saints' Way** is a 30-mile footpath that follows the route taken by travellers and pilgrims crossing Cornwall on their way from Brittany to Ireland.

The silting up of the River Camel in the 19th century, and the evocatively named Doom Bar, which restricts entry into the estuary mouth, put paid to Padstow's hopes of continuing as a major port.

Today, the picturesque harbour still teems with people and the influence of the sea is never far away. Since 1975, Padstow has been closely linked with the famous chef, restaurateur and ardent promoter of seafood, Rick Stein, whose empire now includes a seafood restaurant, a bistro café, a seafood delicatessen, a patisserie, fish & chip shop, a cooking school,

accommodation and even a gift shop.

More seafood is on display at the **National Lobster Hatchery** (see panel opposite) on South Quay. In 2005, the Hatchery released more than 15,000 juvenile lobsters into the sea – for just £1 you can adopt one of them, name it and receive a certificate and information pack. There's also a gift shop area with sea-life related goods, and a range of books about marine life and Cornwall.

The Hatchery is close to the harbour, which remains the town's focal point. Here can be found many of Padstow's older buildings including the 16th-century **Raleigh Cottage**, where Sir Walter Raleigh lived while he was Warden of Cornwall.

As well as the annual Fish and Ships Festival, Padstow continues to celebrate **May Day** in a traditional manner that has its roots in pagan times. It begins at midnight on the eve of May Day and lasts throughout the

THE BUTTERMILK SHOP

1 Chapel Court, Padstow,
Cornwall PL28 8AW

Tel: 01208 814505

e-mail: buttermilkuk@btconnect.com

website: www.buttermilkshop.com

If you are fond of fudge, look no further than the Cornish fudge sold at the **Buttermilk** shop in the traditional fishing port of Padstow. Owner David set up the Cornish company, which specialises in making fudge in nearby Wadebridge.

Padstow itself lies on the Camel Estuary, about seven miles from Wadebridge, and is an area of considerable natural beauty with beautiful bays, golden beaches and many interesting walks, particularly along the Coastal Footpath. In the summer months it is bustling with holiday makers because of its fantastic seaside location, connection to Rick Stein, fish restaurants and because Padstow is the start of two of the West Country's most famous long-distance paths: the seventeen-mile Camel Trail and the thirty-mile Saints Way across the peninsula to Fowey.

There is a third Buttermilk shop located in the coastal village of Port Isaac, famous for the TV series *Doc Martin* starring Martin Clunes.

If you don't live in Cornwall and are not planning a visit anytime soon Buttermilk will soon have an online shop, so you can purchase Cornish fudge wherever you are.



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next day. The townsfolk sing in the new morning and then follow the prancing Obby Oss through the town in a procession of musicians, singers, drummers and dancers. The celebrations continue until midnight when the Obby Oss dies.

It was while visiting Padstow in 1842 that **Charles Dickens** was inspired to write *A Christmas Carol* in which he mentions the lighthouse at Trevoze Head. His good friend, Dr Miles Marley, whose son Henry Marley, practised as a doctor at Padstow for 51 years, provided the surname for Scrooge's partner, Jacob.

On the northern outskirts of the town, and built on the site of St Petroc's monastery stands **Prideaux Place**, a magnificent Elizabethan mansion that has been the home of the ancient Cornish Prideaux-Brune family for more than 400 years. Along with family portraits and memorabilia, and remarkably ornate ceilings, the house contains many artefacts illustrating the history of this area and the country. The mansion is surrounded by glorious gardens and parkland overlooking the Camel estuary

that were laid out in the style of Capability Brown in the 18th century.

POLZEATH AND NEW POLZEATH

6 miles NW of Wadebridge off the B3314

Rumps Cliff Castle Church of St Enadoc

Sir John Betjeman

Surfers and holidaymakers flock to these two small resorts as the broad west-facing beach is not only ideal for surf, but the fine sands, caves and tidal rock pools make it a fascinating place for children. This was also a place much loved by Sir John Betjeman. To the north of the villages is a beautiful coastal path that takes in the cliffs and farmland of Pentire Point and Rumps Point – where stands **Rumps Cliff Castle**, an Iron Age fortification. The remains of four defensive ramparts can still be seen. The area is known for its wild tamarisk, an elegant flowering shrub that is more commonly found around the shores of the Mediterranean Sea. In the 1930s, Pentire Head was saved from commercial development by local fund-raisers who bought the land and donated it to the National Trust.

The National Lobster Hatchery

South Quay, Padstow, Cornwall PL28 8BL

Tel: 01841 533877

e-mail: hatchery@NationalLobsterHatchery.co.uk

website: www.hatchery.freereserve.co.uk

The **National Lobster Hatchery** promotes and contributes to the responsible management of coastal marine resources, as well as offering a resource for education, conservation and research. At the forefront, is a lobster restocking project, where fishermen bring egg laden female lobsters in to enable them to release their offspring where there are no predators. The young lobsters are then raised to a size where they can look after themselves and are released back into the sea. One of the main aims is education and groups from schools and colleges can be provided with activities and workshops. Open all year 7 days a week.



PORTHILLY GALLERY

Rock, Wadebridge, Cornwall PL27 6JX

Tel: 01208 863844

e-mail: info@porthillygallery.co.uk

website: www.porthillygallery.co.uk

Jethro Jackson has lived in Cornwall all his life, and he celebrates the county's beauty in his original and atmospheric work in both ceramics and paintings. He has an especial affinity with the North Cornish Coast, where his gallery in the little hamlet of Porthilly showcases his own work and that of many other talented artists. Most of Jackson's paintings capture the North Coast's drama and beauty, while some of his pots swirl with the shape of the waves.

Other artists whose work can be seen and bought, or commissioned, at the gallery include Danka Napiorkowska, who specialises in decorative tiling but also paints colourful pastels showing the rich harvest of the Cornish seas. Roy Reed is a photographic artist who produces panoramic landscapes, especially of the North Cornish Coast, by stitching together a series of prints. Hamish Mackie grew up on a Cornish farm and his sculptures have been displayed and acquired by public and private collectors all over the world.

A visit to the Porthilly Gallery is not only a chance to see a pretty part of Cornwall but also to admire and perhaps acquire some beautiful pieces of art.



This stretch of dramatic coastline, which runs round to Port Quin, includes sheltered bays and coves, ancient field patterns, old lead mines and Iron Age defensive earthworks. It is ideal walking country, and there are numerous footpaths taking walkers on circular routes that incorporate both coastal countryside and farmland.

The tiny hamlet of Port Quin suffered greatly when the railways took away the slate trade from its once busy quay, and the demise was so swift that, at one time, outsiders thought that the entire population had been washed away by a great storm. Overlooking the now repopulated hamlet is Doyden Castle, a squat 19th-century castellated folly that is now a holiday home.

To the southwest of Polzeath stands the delightful **Church of St Enodoc**, a Norman

building that has on several occasions been virtually submerged by windblown sand. At those times the congregation would enter through an opening in the roof. The sand was finally cleared away in the 1860s when the church was restored, and the bell in the tower, which came from an Italian ship wrecked nearby, was installed in 1875. The beautiful churchyard contains many graves of shipwrecked mariners, but what draws many people to this quiet place is the grave of the poet **Sir John Betjeman**, who is buried here along with his parents. Betjeman spent many of his childhood holidays in the villages and coves around the Camel Estuary, and his affection for the local people and places was the inspiration for many of his works. The church is reached across a golf course that is regarded as one of the most scenic links courses in the country.

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Tintagel

Tintagel Castle	King Arthur's Great Hall
Old Post Office	Rocky Valley
St Nectan's Kieve	Rocky Valley Carvings
Bossiney Haven	

The romantic remains of **Tintagel Castle** (English Heritage), set on a wild and windswept headland that juts out into the Atlantic, are many people's abiding image of Cornwall. Throughout the year, many come to clamber up the wooden stairway to The Island to see the castle that legend claims was the birthplace of King Arthur. If the great king was born at this spot, it was certainly not in this castle, which was built in the 12th century. But in 1998 the discovery of a 6th-century slate bearing the Latin inscription Artognou – which translates as the ancient British name for Arthur – revitalised the belief that Tintagel was Arthur's home.

The legends were first written down by Geoffrey of Monmouth in the mid 1100s and over the years were reworked by many other writers, notably Sir Thomas Malory's *Morte d'Arthur* of around 1450, and Tennyson's epic poem *Idylls of the King* in 1859.

Tintagel village, of course, owes a lot to its Arthurian connections, so souvenir and themed shops have proliferated along its main street. You might prefer to pass on the 'genuine Excaliburgers' on offer in one pub, but an oddity worth visiting is **King Arthur's Great Hall**. It was built in 1933 of

Cornish granite by a group calling themselves the Knights of King Arthur. They furnished the vast halls with a Round Table and 72 stained glass windows depicting their coats of arms and some of their adventures.

However, there is more to Tintagel than King Arthur. In the High Street, is the weather-beaten **Old Post Office** – a 14th-century small manor house that first became a post office in the 19th century. Purchased by the National Trust in 1903 for £100, the building is set within an enchanting cottage garden and still has its original stone-paved medieval hall and ancient fireplace, along with the ground-floor office of the former postmistress.

To the north of the village runs the mile-long **Rocky Valley**, a curious rock-strewn cleft in the landscape that has a character all of its own. In the wooded upper reaches can be found the impressive 40-foot waterfall known as **St Nectan's Kieve**. This was named after a Celtic hermit whose cell is believed to have stood beside the basin, or kieve, at the foot of the cascade. Here, too, can be seen the **Rocky Valley Carvings**, on a rock face behind a ruined building. Though it is suggested that



Old Post Office, Tintagel

the carvings date from early Christian times, around the same time that St Nectan was living here, it is impossible to be accurate, and other suggestions range from the 2nd century BC to the 17th century.

A little further north, and reached by a short footpath from the village of Bossiney, is the beautiful, sheltered beach of **Bossiney Haven**, surrounded by a semi-circle of cliffs. The views from the cliff tops are spectacular, but only the fit and agile should attempt to scramble down to the inviting beach below. Inland, at Bossiney Common, the outlines of ancient field patterns, or lynchets, can still be traced.

Around Tintagel

PORT ISAAC

6 miles SW of Tintagel on the B3267

 Tregear Rounds

 Long Cross Victorian Gardens

A delightful fishing village that has retained much of its ancient charm, Port Isaac has become well-known to viewers of the ITV drama series, *Doc Martin*, for which it provides the major location as Port Wenn. The town is surrounded by open countryside, Heritage Coast and an Area of Outstanding Natural Beauty. Port Isaac has been a busy port since the Middle Ages. During its heyday in the 19th century, fish along with cargoes of stone, coal, timber and pottery were loaded and unloaded on its quayside. Following the arrival of the railways, pilchards were landed here in great numbers, gutted and processed in the village's many fish cellars before being packed



Port Isaac Harbour

off to London and beyond by train. The centre of this conservation village is concentrated around the protected harbour where old fish cellars and fishermen's cottages line the narrow alleys and 'opes' that wend their way down to the coast. Crab and lobster fishing are still the major activity.

Two rather unusual attractions for summer visitors are the Thursday evening brass band concert and the Friday evening sing-song of shanties by the Port Isaac choir. Both take place on the beach from Whit Sunday until September.

Just to the east lies Port Gaverne, another busy 19th-century fishing port where, in one season, more than 1000 tons of pilchards were landed and processed in the village's fish cellars or 'pilchard palaces'. Today, most of the large stone buildings, including some of the old fish cellars, have been converted into holiday accommodation. Tourism has prospered here as the village has one of the safest beaches along the North Cornwall coast.

Just inland from the village can be found the double ramparts of **Tregear Rounds**. This Celtic hill fort was excavated in 1904. Among the finds uncovered were pottery

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fragments thought to be more than 2000 years old. It is believed to be the Castle Terrible in Thomas Malory's 15th-century epic, *Morte D'Arthur*. Here Uther Pendragon laid siege and killed the Earl of Cornwall because he had fallen in love with the earl's beautiful wife, Igera.

Just over a mile inland, close to the village of Trelights, is the only public garden along this stretch of North Cornwall coast – **Long Cross Victorian Gardens**, a real garden lover's delight. Located next to the Long Cross Hotel, the gardens' imaginative planting and superb panoramic views make it a very special place. Other attractions here include a secret garden and a fascinating Victorian maze.

DELABOLE

3 miles S of Tintagel on the B3314

 Delabole Slate Quarry

Home to the most famous slate quarry in Cornwall, Delabole is almost literally built of slate. It has been used here for houses, walls, steps and the church. The high quality dark blue slate has been quarried here uninterrupted since Tudor times, and it is known that, in around 2000BC, Beaker Folk on Bodmin Moor used slate as baking shelves. The huge crater of **Delabole Slate Quarry** is over half a mile wide and 500 feet deep – making it the largest man-made hole in the country. Although the demand for traditional building materials declined during the 20th century, the quarry is still worked and there are tours available and occasional slate splitting demonstrations.

To the southwest of the village stands the first wind farm to be built in Britain, Delabole Wind Farm, which became operational in 1991. It produces enough power each year to satisfy more than half the annual demands of both Delabole and Camelford.

CAMELFORD

4 miles SE of Tintagel on the A39

 North Cornwall Museum

 Arthurian Centre

This small and historic old market town, on the banks of the River Camel, prospered on the woollen trade. Around its central small square are some pleasant 18th and 19th-century houses. The **North Cornwall Museum and Gallery**, housed in a converted coach house, displays aspects of life in this area throughout the 20th century as well as the reconstruction of a 19th-century moorland cottage.

North of the town, the **Arthurian Centre** houses the Land of Arthur exhibition and also contains an information room (including brass rubbing and a video presentation), a play area, a refreshment area and a shop stocked with Arthurian books and gifts. Close by, on the riverbank at Slaughter Bridge, lies an inscribed 6th-century slab that is said to mark the place where King Arthur fell at the Battle of Camlann in AD539, defeated by his nephew Mordred.

BOSCASTLE

3 miles NE of Tintagel on the B3263

 Museum of Witchcraft  Thomas Hardy

On 16 August 2004, torrential rain fell on the hills above the picturesque fishing village of Boscastle and within hours its main street was filled with a turbulent torrent of water sweeping everything before it towards the sea. Vivid television pictures recorded the dramatic scenes as cars were jostled along like toys on the surging waves, and residents were winched by helicopters from their rooftops. Astonishingly, no one died and no one was seriously injured in the calamity, but most of

the houses in the path of the flood were rendered uninhabitable. Insurance companies estimated that claims would exceed half a billion pounds. Six years on, the village has been painstakingly restored and bears no signs of the catastrophic flooding.

Before this disaster, Boscastle was best known for its picture-postcard qualities and its associations with the novelist Thomas Hardy. The village stands in acombe at the head of a remarkable S-shaped inlet that shelters it from the Atlantic Ocean. The only natural harbour between Hartland Point and Padstow, Boscastle's inner jetty was built by the renowned Elizabethan, Sir Richard Grenville, when the village was prospering as a fishing, grain and slate port. The outer jetty, or breakwater, dates from the 19th century when Boscastle had grown into a busy commercial

port handling coal, timber, slate and china clay. Because of the dangerous harbour entrance, ships were towed into it by rowing boats – a blowhole known as the Devil's Bellows in the outer harbour still sends up plumes of spray in bad weather.

Next to the slipway where the River Valency meets the sea is the **Museum of Witchcraft** (see panel below), which suffered badly in the flooding of August 2004. It reopened the following Easter and once again boasts the world's largest collection of witchcraft related artefacts and regalia. Visitors can also learn all about witches, their lives, their spells, their charms and their curses.

Even before the floods, Boscastle was becoming familiar to viewers of BBC2's documentary series, *A Seaside Parish*, which followed the arrival of a new vicar, the Rev

Museum of Witchcraft

The Harbour, Boscastle, Cornwall PL35 0HD
Tel: 01840 250111

e-mail: museumwitchcraft@aol.com
website: www.museumofwitchcraft.com

The **Museum of Witchcraft** in Boscastle houses the world's largest collection of witchcraft related artefacts and regalia.

The museum has been located in Boscastle for over 40 years and despite severe damage in recent floods, it remains one of Cornwall's most popular museums.

The fascinating displays cover all aspects of witchcraft and include Divination, Sea Witchcraft, Spells and Charms, Modern Witchcraft, Herbs & Healing, Ritual Magic, Satanism and Hare & Shapeshifting.

One exhibit features the burial of Joan Wytte who was born in Bodmin, Cornwall, in 1775 and died of bronchial pneumonia in Bodmin Jail in 1813. She was a renowned clairvoyant and healer but became aggressive and impatient due to an untreated abscess in her tooth and people came to believe she was possessed by the devil. She became known as 'The Fighting Fairy Woman' and was imprisoned for grievous bodily harm.

Her skeleton came into the possession of the Museum of Witchcraft and was exhibited there for many years. Eight years ago the museum team believed she deserved a proper burial and Joan was finally laid to rest in 1998. Among the other artefacts to be seen here are an amazing collection of figures and dolls, carved plates and stones, jewellery, cauldrons, weapons and unpleasant devices used for extracting confessions! A stair lift is available for those with limited mobility.



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Christine Musser, in the village and recorded her role in its various activities. The series later detailed the aftermath of the inundation that included visits by Prince Charles and the Rev Musser's fictional TV equivalent, Dawn French's *Vicar of Dibley*.

The spectacular slate headlands on either side of Boscastle's harbour mouth provide

some excellent, if rather demanding, walking. This stretch of tortuous coastline is not only of ecological importance, but also historic. An Iron Age earthwork can be seen across the promontory at Willapark, and there is a 19th-century lookout tower on the summit.

From the village there is a footpath that follows the steep wooded Valency Valley to

HARBOUR LIGHT

The Harbour, Boscastle, Cornwall, PL35 0AG
Tel: 01840 250413 / 01840 250 374 Fax: 01840 250413
e-mail: harbourlightltd@hotmail.com
website: www.harbourlightltd@hotmail.com

Harbour Light is a wonderful independent shop selling a good selection of clothing and quality gifts. Owned by Trixie Webster, the shop was originally located on the other side of the stream, but was one of several independent shops completely destroyed during the devastating floods of August 2004, which attracted national media coverage. The shop, which also sells locally made gifts, now occupies another traditional building in the fishing village, which has made a remarkable recovery and returned to its picturesque routes. Popular with locals and visitors to the north Cornwall coast, Harbour Light is definitely worth a look.



THE OLD RECTORY ST JULIOT

St Juliot, Boscastle, Cornwall PL35 0BT
Tel: 01840 250225
e-mail: sally@stjuliot.com
website: www.stjuliot.com

The achievements of the luxury b&b **The Old Rectory** speak for themselves. *The Times* chose it as one of the 12 best b&b's in Britain, and for the last ten years it has earned itself five stars and a Gold Award from VisitEngland, the organisation's top accolade. The Rectory was built in 1847 and in 1870 was the place where the writer Thomas Hardy met his wife-to-be, Emma Lavinia Gifford, who was the Rector's sister-in-law.

Staying here is like stepping back in time, as guests can leave their cars behind and explore the lovely North Cornish scenery on foot from the door. England's highest cliffs are a short walk away, and here you can see seals basking on the rocks. In fact you don't even need to leave the Rectory to go exploring, as it has its own 3 acres of woodland garden. The four rooms are decorated in period style but with all the modern luxuries like whirlpool baths, power showers, and wireless internet. A full cooked breakfast is also included, much of the produce from their own walled kitchen garden.



the hidden hamlet of St Juliot, which appears as Endelstow in **Thomas Hardy's** novel *A Pair of Blue Eyes*. As a young architect, Hardy worked on the restoration of the church and it was here, in 1870, that he met his future wife, Emma Gifford, the rector's sister-in-law. Emma later professed that the young architect had already appeared to her in a dream and wrote how, on first meeting him, she was "immediately arrested by his familiar appearance". Much of the couple's courtship took place along this wild stretch of coastline between Boscastle and Crackington Haven. When Emma died more than 40 years later, Hardy returned to St Juliot to erect a memorial to her in the church. Following his death in 1928, a similar memorial was erected to Hardy and, more than 70 years later, a Thomas Hardy Memorial window was installed to mark the millennium.

CRACKINGTON HAVEN

7½ miles NE of Tintagel off the B3263

One of the most dramatic places along this remarkable stretch of coastline, this tiny port is overlooked by towering 400-foot cliffs, which make it Cornwall's highest coastal point. The small and narrow sandy cove is approached down a steep-sided wooded combe. It is difficult to see how sizeable vessels once landed here to deliver their cargoes of limestone and Welsh coal. Just to the south of Crackington Haven the path leads to a remote beach, curiously named **The Strangles**, where at low tide large patches of sand are revealed amongst the vicious looking rocks. During one year alone in the 1820s, some 20 ships were said to have come to grief here. The

undercurrents are strong and swimming is always unsafe.

Bude

 Bude Canal Trail  Bude Castle

 Town Museum  Bude Light 2000

A traditional seaside resort with sweeping expanses of sand, rock pools and Atlantic breakers, Bude has plenty to offer holidaymakers and coastal walkers. A popular surfing centre, said to be where British surfing began, the town is a much favoured holiday destination in summer.

The Bude Canal, built in the early 1820s, was an ambitious project that aimed to connect the Atlantic with the English Channel via the River Tamar. However, the only stretch to be finished was that between Bude and Launceston. It was a remarkable feat of engineering as the sea lock at the entrance to the canal was the only lock even though it ran for 35 miles and rose to a height of 350 feet in six miles. In order to achieve the changes in level, a series of inclined planes, or ramps, were used between the different levels, and a wheeled tub boat was pulled up the ramps on



Crooklets Beach, Bude

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metal rails. The canal finally closed to commercial craft in 1912 and now only two miles of the canal are passable. The **Bude Canal Trail** follows this tranquil backwater through some wonderfully peaceful and unspoilt countryside. Part of the redevelopment of the canal is the canal interpretation centre housed within the TIC building.

Close to the entrance to the canal stands battlemented **Bude Castle**, a small low building overlooking Summerleaze beach. It was designed by a local 19th-century physician, scientist and inventor, Sir Goldsworthy Gurney. Now called the Heritage Centre it is an attraction in its own right. The castle is interesting because it is thought to be the first building in Britain to be constructed on sand. The castle rests on a concrete raft - a technique developed by Gurney. Among his other inventions were a steam jet, a musical instrument consisting of glasses played as a piano, and the Bude Light, an intense light obtained by introducing oxygen into the interior flame and using mirrors. He used this to light his own house and also to light the House of Commons, where his invention replaced 280 candles and gave rise to the expression 'in the limelight'. The Bude Light served the House of Commons for 60 years and earned Gurney a knighthood. He is also remembered as being the first man to make a long journey in a mechanical vehicle when he drove a steam carriage from London to Bath and back.

To celebrate the new millennium, the town commissioned Carole Vincent and Anthony Fanshawe to design the **Bude Light 2000**, the first large-scale public sculpture to combine coloured concrete with fibre optic lighting. It stands close to the castle and was

officially opened in June 2000 by the Duke of Gloucester.

The history of the town and its canal can be explored in the **Town Museum**, which stands on the canal side in a former blacksmith's forge. The story of Bude and the surrounding area, including shipwrecks, railways, farming and geology, is told in a series of vivid displays.

One of the high spots in the Bude calendar is the annual jazz festival, held in August and featuring numerous performances, street parades and jazz workshops - even jazz church services.

Around Bude

MORWENSTOW

5 miles N of Bude off the A39

 Rev Stephen Hawker  Rectory

 Hawker's Hut  Henna Cliff

Used to taking the full brunt of Atlantic storms, this tiny village lies on the harshest stretch of the north Cornwall coast. Although it can sometimes seem rather storm-lashed, it is a marvellous place from which to watch the changing moods of the ocean. Not surprisingly, shipwrecks have been common along this stretch of coast. Many came to grief in storms, but it was not unknown for local criminals to lure unsuspecting ships onto the rocks by lighting lanterns on the cliff tops or the shore.

The village's most renowned inhabitant was its eccentric vicar and poet, the **Rev Robert Stephen Hawker**, who came here in 1834 and remained among his flock of "smugglers, wreckers and dissenters" until his death in 1875. A colourful figure dressed in a purple

frock coat, fisherman's jersey, and fishing boots beneath his cassock, Hawker spent much of his time walking through his beloved countryside. When not walking, he could often be found writing verses and smoking, opium by some accounts, in the driftwood hut that he built 17 steps from the top of the precipitous Vicarage Cliff. Now known as **Hawker's Hut**, it is the National Trust's smallest property.

Though a bizarre character, Hawker was also one of the first people to show concern at the number of ships coming to grief along this stretch of coastline. He spent hours monitoring the waves and would often climb down the cliffs to rescue shipwrecked crews or recover the bodies of those who had perished among the waves. After carrying the bodies back to the village, he would give them a proper Christian burial. Some 40 of these unfortunates lie buried in the churchyard. One of the many ships wrecked off Sharpnose headland was the *Caledonia*, whose figurehead stands above the grave of her captain in Morwenstow churchyard.

Hawker's other contribution to Morwenstow was the **Rectory**, which he built at his own expense and to his own design. As individual as the man himself, the house has chimneys that represent the towers of various churches and Oxford colleges; the broad kitchen chimney is in remembrance of his mother. His lasting contribution to the church was to introduce the annual Harvest Festival in 1843, and his most famous poem is the rousing Cornish anthem, *The Song of Western Men*. The National Trust-owned land, between the church and the cliffs, is dedicated to this remarkable man's memory.

To the north of the village is Welcombe Mouth, the graveyard of many ships that came

to grief on its jagged rocks. Running back from the shore are the Welcombe and Marsland Valleys that are now a nature reserve and a haven for butterflies. To the south are the headlands of Higher and Lower Sharpnose Points. Rugged rocks, caused by erosion, lie above a boulder-strewn beach, while some of the outcrops of harder rock have begun to form tiny islands. Also north of the village is **Henna Cliff**, which has a sheer drop of 450 feet to the sea, making it the highest in Cornwall. From the cliff top there are spectacular views across to South Wales.

STRATTON

1 mile E of Bude on the A3072

Tree Inn

This ancient market town and one-time port is believed to have been founded by the Romans. During the Civil War, the town was a stronghold of the Royalists and their commander, Sir Bevil Greenville, made the **Tree Inn** his centre of operations. (The inn is of interest in its own right as it is constructed from the timbers of wrecked ships.) In May 1643, at the Battle of Stamford Hill, Greenville led his troops to victory over the Parliamentarians. The dead of both sides were buried in unmarked graves in Stratton churchyard. The battle is re-enacted in mid May each year by the Sealed Knot Society.

The Tree Inn was also the birthplace of the Cornish giant, Anthony Payne, Sir Bevil's bodyguard, who stood over seven feet tall. They fought together, both here and later at Lansdown Hill, near Bath, where Greenville was killed. After helping Greenville's son lead the Royalists to victory, Payne carried his master back to Stratton. After the war ended, Payne continued to live at the Greenville manor house until his death. When he died,

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the house had to be altered to allow his coffin to pass through the doorway.

LAUNCELLS

2½ miles E of Bude off the A3072

Church of St Swithin

Set in a delightful wooded combe, the 15th-century **Church of St Swithin** was acclaimed by Sir John Betjeman as "the least spoilt church in Cornwall". It is notable for its fine Tudor bench ends and for 15th-century floor tiles made in Barnstaple. In the churchyard is the grave of the remarkable Sir Goldsworthy Gurney (1793-1875) whose inventions included a prototype of incandescent lighting, the high-pressure steam jet, and steam-driven coaches that achieved a steady 15mph. There's lots more information about Gurney at the Bude Heritage Centre.



Church of St Swithins, Launcells

KILKHAMPTON

4 miles NE of Bude on the A39

The tall and elegant Church of St James contains monuments to the local Grenville family, many of them the work of Michael Chuke, a local man and a pupil of Grinling Gibbons. Equally notable are the magnificent carved bench ends, and the organ is one played by Henry Purcell when it was installed in Westminster Abbey.

Bodmin

- Castle Canyke Saints' Way
- St Petroc's Church St Guran's Well
- Bodmin Jail Courtroom Experience
- Shire Hall Gallery Bodmin Town Museum
- Gilbert Memorial Camel Valley Vineyard
- Duke of Cornwall's Regimental Museum
- Bodmin & Wenford Railway
- Lanhyrdrock House

Situated midway between Cornwall's two coasts, and at the junction of two ancient trade routes, Bodmin has always been an important town used, particularly, by traders who preferred the overland journey to the sea voyage around Land's End. **Castle Canyke**, to the southeast, was built during the Iron Age to defend this important route. A few centuries later, the Romans erected a fort (one of a string they built to defend strategic river crossings) on a site here above the River Camel. The waymarked footpath, the **Saints' Way**, follows the ancient cross-country route. In the 6th century, St Petroc, one of the most influential of the early Welsh missionary saints, moved from Padstow to Bodmin and established a priory here. The present **St Petroc's Church** is the largest parish church

in Cornwall at 151 feet long and 65 feet wide. Part of the tower contains masonry of the Norman period, but most of the present building was built between 1469 and 1472. It is one of the few churches of the period of which building records survive almost complete. The Mayor's accounts are preserved at the County Records Office in Truro. The total recorded cost was £196 7s 4d (about half a million pounds today). The 'furniture' - pulpit, screens and seats - cost £92 under a separate contract with one Mathy More in 1491. The timber was bought in Wales and some of this original woodwork is incorporated in the present screens and priests' seats. Amongst the church's treasures are the impressive Vyvian tomb commemorating one of the last priors, and a remarkable Norman font poised on a single column and carved with some alarming beasts. In the churchyard can be found one of the many holy wells in Bodmin – **St Guran's Well** – which dates from the 6th century.

The only market town in Cornwall to appear in the Domesday Book, Bodmin was chiefly an ecclesiastical town until the reign of Henry VIII. However, this did not mean that it was a quiet and peaceful place. During the Tudor reign, it was the scene of three uprisings: against the tin levy in 1496; in 1549, against the imposition of the English Prayer Book and in support of Perkin Warbeck against Henry VII in 1597. The town's failure to flourish when the railways arrived in Cornwall was due to its decision not to allow the Great Western Railway access to the town centre. Not only did it fail to expand as other towns did but, when Truro became the seat of the new bishopric, Bodmin missed out again.

During World War One, England's Crown Jewels and the Domesday Book were hidden

at **Bodmin Jail**, an austere 18th-century building, which continued as a prison up until 1909. Visitors can tour the cells, including the condemned cell, peopled now with rather dismal dummies. Part of the jail is now a licensed restaurant and lounge bar.

The imposing Shire Hall, built in 1837, served as the County Court until 1988. Now restored, it brings to life in **The Courtroom Experience** the notorious murder in 1844 of Charlotte Dymond on lonely Bodmin Moor and the trial of Matthew Weeks for the crime. Visitors can participate in the drama of the trial as jurors and enter the chilling holding cells where the accused awaited his trial.

In the jury rooms and public gallery on the first floor you will find the **Shire Hall Gallery**, which hosts a varied programme of Cornish and West County artists and craftspeople, as well as community exhibitions. **Bodmin Town Museum** provides an insight into the town's past and that of the surrounding area.

Just a short distance from the town centre is Bodmin Beacon Local Nature Reserve. At the beacon's summit stands the 144 foot high **Gilbert Memorial**, Commemorating Sir Walter Raleigh Gilbert, a descendant of Sir Walter Raleigh and a distinguished general in the Indian Army. From the beacon, there are exhilarating views over the town and moor.

Also easily reached from Bodmin is the Camel Trail, a walking and cycling path along the River Camel to Padstow, which follows the track bed of one of the country's first railways.

Housed in The Keep near the railway station in Bodmin, the **Duke of Cornwall's Light Infantry Regimental Museum** covers the military history of the County Regiment of Cornwall from its formation in 1702 to its eventual amalgamation with the Somerset Light Infantry in 1950. The Armoury contains

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a fine collection of small arms and machine guns. It also exhibits many of the colourful uniforms worn by the Regiment before 1914, as well as a permanent display of medals belonging to Harry Patch, one of the last survivors of World War One.

Nearby, Bodmin General Station is also the base for the **Bodmin and Wenford Railway**, a former branch line of the Great Western Railway. The line closed to passenger traffic in 1963 but has been splendidly restored. Today, steam locomotives take passengers on a 13-mile round trip along a steeply graded line through beautiful countryside. There are occasional luncheon and dinner specials, and driving instruction is also available.

To the south of the town, near the village of Cutmadoc, stands one of the most fascinating late 19th-century houses in England, the spectacular **Lanhydrock House** (National Trust - see panel below). Surrounded by wonderful formal gardens, woodland and parkland, it originally belonged to Bodmin's Augustinian priory. The extensive estate was bought in 1620 by Sir Richard Robarts (who

made his fortune in tin and wool) and his family lived here until the estate was given to the Trust in 1953. Although partially destroyed by fire in 1881, the mansion has been fully restored and is now probably the grandest in Cornwall. Visitors can see that many of the rooms combine the building's original splendour with the latest in Victorian domestic comforts and amenities. One special bedroom belonged to Tommy Agar-Robarts, who was killed at the Battle of Loos in 1915; it contains many of his personal possessions. The grounds are equally magnificent and are known for the fabulous springtime displays of rhododendrons, magnolias and camellias, a superb avenue of ancient beech and sycamore trees, a cob-and-thatch summer house and a photogenic formal garden overlooked by the small estate church of St Hydroc. In the woods are many unusual flowers and ferns as well as owls, woodpeckers and many other birds.

Three miles northwest of Bodmin, the **Camel Valley Vineyard** offers tours, ending with a tasting, and there's a shop selling their still and sparkling wines.

Lanhydrock House

Lanhydrock, Bodmin, Cornwall PL30 5AD

Tel: 01208 265950

e-mail: lanhydrock@nationaltrust.org.uk

website: www.nationaltrust.org.uk

One of the most fascinating and complete late 19th-century houses in England, Lanhydrock is full of period atmosphere. Although the gatehouse and north wing (with magnificent 32yd-long gallery with plaster ceiling) survive from the 17th century, the rest of the house was rebuilt following a disastrous fire in 1881. The new house featured the latest in contemporary living, including central heating. The garden has a stunning collection of magnolias, rhododendrons and camellias, and offers fine colours right through into autumn. All this is set in a glorious estate of 364ha (900 acres) of woods and parkland running down to the River Fowey, with an extensive network of footpaths.



HELLAND BRIDGE POTTERY

Helland Bridge, Bodmin, Cornwall PL30 4QR

Tel: 01208 75240

e-mail: paul@paul-jackson.co.uk

website: www.paul-jackson.co.uk

The artist Paul Jackson settled in Cornwall in 1979 and has been selling his own exceptional work here at his **Helland Bridge Pottery** since 1989. From pots and vases to sensuous garden sculptures, Paul's work is always distinctive and he has been widely exhibited throughout England and Wales. At his own studio, however, there is chance not only to perhaps see the artist at work, but have him help you choose just the right piece for you from the largest and latest stock of his work.

His series of pots featuring sensitive nude studies has proved popular, as have his more recent saltglaze works. His Abstract series of pots and jugs will appeal to those like bright, striking colours, while his Wave series are clearly inspired by the sun, sea, rocks and surf of the Cornish coast. The artist's new series of sculptures can be placed inside or out, and with their flowing shapes in white, black, bronze or stone will stand out wherever they're placed.



Around Bodmin

BLISLAND

3 miles NE of Bodmin off the A30

Church of St Protus and St Hyacinth

Hidden in a maze of country lanes, this moorland village has a tree-lined village green that has stayed true to its original Saxon layout – an unusual sight on this side of the River Tamar. The part-Norman parish **Church of St Protus and St Hyacinth** is the only one in England dedicated to these brothers who were martyred in the 3rd century. This church was one of Sir John Betjeman's favourites, described by the poet as "dazzling and amazing". The church was restored with great sensitivity in the 1890s by the architect FC Eden, who also designed the sumptuously coloured Gothic screen that dominates the

interior. A 17th-century carved pulpit was retained from the old church.

On the moorland to the north of the village are numerous ancient monuments, including the stone circle of Blisland Manor Common and Stipple Stone Henge Monument on Hawkstor Down.

BOLVENTOR

10 miles NE of Bodmin off the A30

Jamaica Inn Daphne du Maurier

Dozmary Pool Museum of Smuggling

Brown Willy Roughtor

King Arthur Bodmin Moor

Right at the heart of Bodmin Moor, this scenic village is the location of **Jamaica Inn**, the former coaching inn, immortalised by **Daphne du Maurier** in her famous 1936 novel of the same name. During the 18th and

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19th-centuries this isolated hostelry, on the main route across the bleak moorland, provided an ideal meeting place for smugglers and other outlaws, as well as legitimate travellers journeying between Cornwall and the rest of England. Today, as well as providing hospitality, the inn has a **Museum of Smuggling** "devoted to the arts of concealment and evasion", which the arch villain, Demon Darvey, the vicar of Altarnun demonstrates with the aid of tableaux. There's also a room dedicated to the memory of Daphne du Maurier, which is full of memorabilia of the writer including her Sheraton writing desk on top of which is a packet of du Maurier cigarettes named after her father, the actor Gerald du Maurier. There's also a dish of Glacier Mints – Dame Daphne's favourite sweets.

Bodmin Moor, the bleak expanse of moorland surrounding Bolventor, is the smallest of the three great West Country moors and an Area of Outstanding Natural Beauty. Its granite upland is characterised by saturated moorland and weather-beaten tors. From here the rivers Inny, Lynher, Fowey, St Neot and De Lank flow to both the north and south coasts of Cornwall. In this wild countryside roams the Beast of Bodmin, an elusive catlike creature that could be an escaped puma or panther – or just another creation of the fertile Cornish imagination.

At 1377 feet, **Brown Willy** is the highest point of Bodmin Moor and Cornwall, while, just to the northwest, rises **Roughtor** (pronounced row tor to rhyme with now tor), the moor's second highest point. Standing on National Trust-owned land,

Roughtor is a magnificent viewing point and the site of a memorial to the men of the Wessex Regiment who were killed during World War Two.

Throughout this wild and beautiful moorland there are scattered Bronze Age hut circles and field enclosures and Iron Age hill forts. Many villages in and around the moor grew up around the monastic cells of Celtic missionaries and took the names of saints. Others were mining villages where ruined engine houses still stand out against the skyline.

To the south of Bolventor is the mysterious natural tarn, **Dozmary Pool**, a place firmly linked with the legend of **King Arthur**. Brought here following his final battle at Slaughter Bridge, the king lay dying at the water's edge, listening to "the ripple washing in the reeds, and the wild water lapping on the crag" as Tennyson described it in his poem *The Passing of Arthur*. Close to death, Arthur asked his friend, Sir Bedivere, to throw his sword Excalibur into the centre of the pool. As the knight did so a lady's arm "clothed in white samite, mystic, wonderful" rose from the waters to receive the sword. Dozmary is not the only lake to claim the Lady of the Lake – Loe Pool

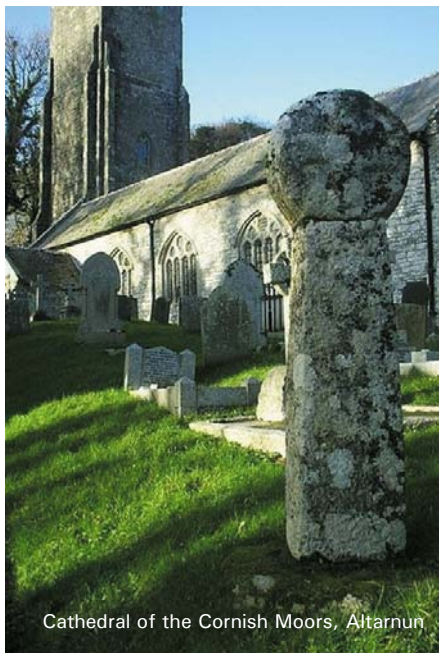


Dozmary Pool

at Mount's Bay, and Boshierstone and Llyn Llydaw in Wales are also put forward as alternative resting places for Excalibur.

This desolate and isolated place is also linked with Jan Tregeagle, the wicked steward of the Earl of Radnor, whose many evil deeds included the murder of the parents of a young child whose estate he wanted. As a punishment, so the story goes, Tregeagle was condemned to spend the rest of time emptying the lake with a leaking limpet shell. His howls of despair are still said to be heard to this day.

By tradition, Dozmary Pool is bottomless, although it did dry up completely during a prolonged drought in 1869. Close by is the county's largest man-made reservoir, Colliford Lake. At 1000 feet above sea level, it is the perfect habitat for long tailed ducks, dippers and grey wagtails, and rare plants such as the heath-spotted and frog orchids.



Cathedral of the Cornish Moors, Altarnun

TREWINT

13 miles NE of Bodmin off the A30

John Wesley Wesley Cottage

This handsome village often played host to **John Wesley**, the founder of Methodism, on his preaching tours of Cornwall. One of the villagers, Digory Isbell, built an extension to his house for the use of Wesley and his preachers. Now known as **Wesley Cottage**, the rooms are open for visits during the summer months. The rooms, thought to be the smallest Methodist preaching place in the world, have been maintained as they were in the 18th century, and visitors can see the prophets' room and the pilgrims' garden. Digory Isbell and his wife are buried in Trewint churchyard.

ALTARNUN

14 miles NE of Bodmin off the A30

Cathedral of the Cornish Moors

This moorland village, charmingly situated in a steep-sided valley, is home to a splendid, 15th-century parish church that is often referred to as the **Cathedral of the Cornish Moors**. Dedicated to St Nonna, the mother of St David of Wales, the church has a 108-foot pinnacled tower that rises high above the river. Inside, it is surprisingly light and airy, with features ranging from Norman times through to some wonderful 16th-century bench end carvings. In the churchyard stands a Celtic cross, thought to date from the time of St Nonna's journey here from Wales in around AD527. The waters of nearby St Nonna's well were once thought to cure madness. After immersion in the waters, lunatics were carried into the church for mass. The process was repeated until the patient showed signs of recovery.

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Just to the northwest, near the peaceful village of St Clether, is another holy well, standing on a bracken-covered shelf above the River Inny beside its 15th-century chapel. To the north is **Laneast** where yet another of Bodmin Moor's holy wells is housed in a 16th-century building, close to a tall Celtic cross and the village's original Norman church. Laneast was also the birthplace of John Adams, the astronomer who discovered the planet Neptune.

MINIONS

16 miles NE of Bodmin off the B3254

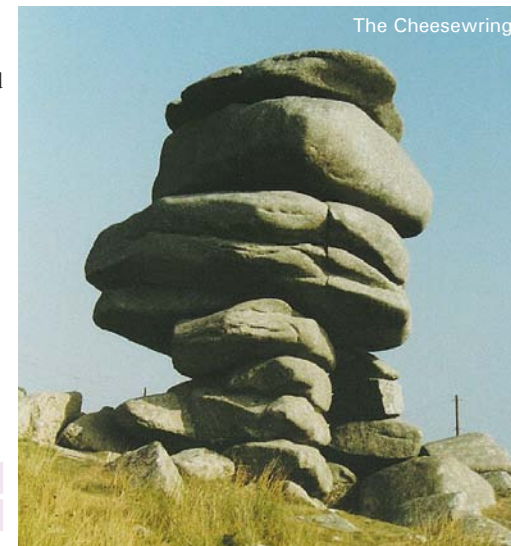
Minions Heritage Centre Golitha Falls

Hurlers Stone Circle The Cheesewring

Boasting the highest pub in Cornwall, this moorland village was a thriving mining centre during the 19th and early 20th centuries with miners and quarrymen extracting granite, copper and lead from the surrounding area. It was also the setting for EV Thompson's historical novel, *Chase the Wind*. One of the now disused mine engine houses has become the **Minions Heritage Centre**. It covers more than 4000 years of life on the moorland, including the story of mining along with the life and times of much earlier settlers.

Close to the village stands the impressive **Hurlers Stone Circle**. This Bronze Age temple comprising three circles takes its name from the ancient game of hurling, the Celtic form of hockey. Legend has it that the circles were men who were caught playing the game on the Sabbath. As a punishment, they were turned to stone.

The Cheesewring, a natural pile of granite slabs whose appearance is reminiscent of a cheese press, also lies close to the village. Again, legends have grown up around these



The Cheesewring

stones. One, which is probably true, involves Daniel Gumb, a local stonecutter who was a great reader and taught himself both mathematics and astronomy. He married a local girl and they supposedly made their home in a cave under the Cheesewring. Before the cave collapsed, numerous intricate carvings could be seen on the walls, including the inscription D Gumb 1735. Another story tells that the Cheesewring was once the haunt of a Druid who would offer thirsty passersby a drink from a golden chalice that never ran dry. The discovery at nearby Rillaton Barrow, in 1890, of a ribbed cup of beaten gold lying beside a skeleton gave credence to the story. The chalice, known as the Rillaton Cup, is displayed in the British Museum.

South of Minions, and not far from the sizeable moorland village of St Cleer, is another holy well, St Cleer's Holy Well, covered by a beautiful 15th-century building. There used to be a total immersion (or bowssening) pool here that was used for the

TASTE OF THE WEST COUNTRY

Fore Street, St Cleer, Liskeard, Cornwall PL14 5DA

Tel: 01579 345985

e-mail: tasteofthewestcountry@yahoo.co.uk

website: www.tasteofthewestcountry.co.uk

'Your Friendly Local Farm Shop'

Taste of the Westcountry was taken over in July 2010 by Rachel Cole, Sunshine and Chris Bolton. Rachel had previously been an employee of the Taste of the Westcountry and has extensive knowledge of the business and the products supplied. Sunshine and Chris had a delicatessen in Liskeard for three years before moving here in 2010 to expand their fantastic range of local and international deli products. At the **Taste of the West Country** they support local producers whenever they can, and are proud that many of the items come from field to shop in 2 hours, with no more than 10 food miles involved. They believe in fair prices for their suppliers, in the best possible quality and above all in tasty, healthy food and drink. The wide aisles allow plenty of space to fill up shoppers' trolleys with all the goodies on display, and the quality, the range and the friendly, helpful staff make this a great place to do the weekly shop. The locals love the place and visitors to the area regularly drop in, helping to enhance the success of a business that benefits the local community. Rachel, Chris and Sunshine intend to enhance the business by utilising their combined skills and experience to the full.

There's always a fine choice of fresh meat, seasonal game, and a good selection of smoked fish. Also to be found are free-range eggs; cheese, butter, milk, cream, ice cream and yoghurt; bread, cakes and super locally made pasties; jams and preserves and chutneys; speciality sauces, oils and condiments; Cornish chocolates and fudge; teas, coffees and herbal drinks; juices and smoothies; wines, ciders and real ales; organic, vegetarian, sugar free/ low sugar products suitable for diabetics and gluten-free ranges; dry goods and everyday shopping needs; plants and flowers; hand-made beauty products; and ecological household cleaning materials, washing powders and liquids and toilet rolls.

They constantly review and research the product range, and there are regular tasting days and special offers on selected lines. The Taste of the West Country, which is located 3 miles out of Liskeard close to the A38, is open until 6pm every day.



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attempted cure of the insane. There are several other reminders of the distant past. Dating back to Neolithic times, Trethevy Quoit is an impressive enclosed chamber tomb that originally formed the core of a vast earthwork mound. The largest such structure in Cornwall, this quoit is believed to be more than 5000 years old. Just to the west stands a tall stone cross, King Doniert's Stone, erected in memory of King Durngarth, a Cornish king, believed to have drowned in the River Fowey in AD875. Downstream from the Stone, the River Fowey descends through dense broadleaved woodland in a delightful series of cascades known as **Golitha Falls**. This outstanding and well-known beauty spot is a National Nature Reserve.

WARLEGGAN

11 miles E of Bodmin off the A38

Rev Frederick Densham Cardinham Woods

Warleggan's most eccentric inhabitant was undoubtedly the **Rev Frederick Densham** who arrived at this tiny and remote hamlet in 1931. Immediately alienating his parishioners by closing the Sunday school, Densham continued by putting barbed wire around the rectory and patrolling the grounds with a pack of German Shepherd dogs. In response, his flock stayed away from his church and one record in the parish registry reads, "No fog. No wind. No rain. No congregation." Unperturbed, the rector fashioned his own congregation from cardboard, filled the pews and preached on as normal. It would, however, appear that Densham did have a gentler side to his nature, as he built a children's playground in the rectory garden.

To the north and west stretch the peaceful backwaters of **Cardinham Woods**, enjoyed by both walkers and cyclists. Acquired by the

Forestry Commission in 1922, this attractive and varied woodland is a haven for a wide variety of wildlife, as well as producing high quality Douglas Fir for the timber industry. In medieval times, the woods were the location of an important Norman castle belonging to the Cardinham family, but all that remains today are an earthwork mound and a few traces of the original keep.

ST NEOT

11 miles E of Bodmin off the A38

St Neot Carnglaze Slate Caverns

Once a thriving centre of the woollen industry, St Neot is famous for the splendid 15th-century Church of St Anietus and, in particular, its fabulous early 16th-century stained glass. Of the many beautiful scenes depicted here, perhaps the most interesting is that of **St Neot**, the diminutive saint after whom the village is named. Although only 15 inches tall, the saint became famous for his miracles involving animals. One story tells of an exhausted hunted doe that ran to St Neot's side. A stern look from the saint sent the pursuing hounds back into the forest while the huntsman dropped his bow and became a faithful disciple. Another tale depicted in the church window tells of an angel giving the saint three fish for his well and adding that as long as he only eats one fish a day there will always be fish to eat. Unfortunately, when St Neot fell ill, his servant took two fish and prepared them for his master. Horrified, Neot prayed over the meal, ordering the fish be returned to the well and, as they touched the water, they came alive again.

Tied to the tower outside the church is an oak branch that is replaced annually on Oak Apple Day. The ceremony was started by Royalists wishing to give thanks for the oak

BITTERSWEET

9 Fore Street, Liskeard, Cornwall PL14 3JA

Tel: 01579 349800

e-mail: info@bittersweetclothing.co.uk

website: www.bittersweetclothing.co.uk

Liskeard's **Bittersweet** clothing shop was started by Sandra Gilbride back in the 80s with a vintage/retro clothes and accessories shop in London. Sandra has always had an interest in vintage clothing which probably influences her selections. She offers her customers a wide range of carefully selected styles that won't go out of fashion and can be built on each season or when needed! Sandra really believes that clothes should not necessarily be kept for 'best occasions' and most of the clothes in her shop can be worn casually, like a special coat or jacket with jeans making you feel good on a daily basis, or dressed up for a special occasion with a piece of jewellery or wonderful shoes.

You'll find some 40 or so different designers featured on the racks here, ranging from Aganzi to Yumi, and including leading names such as Avoca, Komodo and Amazing Woman. Bittersweet also stocks a wide range of accessories: jewellery by Rosie Fox, Martine Wester, Jackie Brazil and Block; shoes by Fly London and Rascal; scarves from Lettuce; hats from Ignite and Braintree; bags by Owen Barry and Wrayfield; ; hand-made rag bags by Julia in Saltash; and much, much more.

Bittersweet has a very strong ethical stance. There are Fairtrade products from Kimodo, Braintree, Insight and Poverty, and store has its own sheep at St Brewerd whose wool they use to make throws and mittens. So if you are looking for something that's distinctive, durable and stylish all at the same time, Bittersweet is the store for you!



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tree that hid Charles II during his flight from the country.

To the south of St Neot are the **Carnglaze Slate Caverns** where slate for use in the building trade was first quarried in the 14th century. Today, visitors can journey underground and see the large chambers that were once used by smugglers as rum stores. One of these chambers is occasionally used for concerts and can seat 300 people. There's also a subterranean lake, 18 feet deep, that is filled with the clearest blue-green water.

LISKEARD

13 miles E of Bodmin on the B3254

[Looe Valley Line](#) [Stuart House](#)

[Porfell Animal Land Wildlife Park](#)

Situated on the undulating ground between the valleys of the East Looe and Seaton Rivers, this picturesque and lively market town was one of Cornwall's five medieval stannary towns – the others being Bodmin, Lostwithiel, Truro and Helston. The name comes from the Latin for tin, stannum, and these five towns were the only places licensed to weigh and stamp the metal. Liskeard had been a centre for the mining industry for centuries. By the early 19th century, after the construction of a canal linking the town with Looe, vast quantities of copper ore and granite joined the cargoes of tin. In the 1850s, the canal was replaced by the Looe Valley branch of the Great Western Railway. An eight-mile long scenic stretch of the **Looe Valley Line** is still open today, though the industrial wagons have long since been replaced with passenger carriages. The route hugs the steep-sided valley of the East Looe river and terminates in the coastal town of Looe.

Although it is a small town, Liskeard boasts some public buildings that act as a reminder

of its past importance and prosperity. The Guildhall was constructed in 1859, while the Public Hall, opened in 1890, is still used as offices of the town council, as well as being home to a local Museum. Adjacent to the Passmore-Edwards public library stands **Stuart House**, a handsome Jacobean residence where Charles I stayed in 1644 while engaged in a campaign against Cromwell at nearby Lostwithiel. It is now an arts and heritage centre used for exhibitions, the sale of arts and crafts, and other events. Finally, in Well Street, is one of Liskeard's more curious features – an arched grotto that marks the site of Pipe Well, a medieval spring reputed to have had curative powers.

To the west of Liskeard is an attraction that will please all the family, **Porfell Animal Land Wildlife Park** at Trecongate. Within its 15 acres of fields bounded by streams and woodland, visitors can meet wallabies, marmosets, lemurs, zebra, meerkats and porcupines; feed the deer, goats, ducks and chickens; or just stroll through the woods or relax in the tearoom housed in an attractive old barn.

Looe

[Old Guildhall Museum](#)

[Looe Island](#)

The tidal harbour at Looe, created by two rivers, the East Looe and West Looe, made this an important fishing and seafaring port from the Middle Ages through to the 19th century. Originally two separate towns on either side of the estuary, East and West Looe were first connected by a bridge in the early 15th century. The present day seven-arched bridge, dating from the 19th century, carries the main road and links the two halves of the

GINGER

Fore Street, East Looe, Cornwall PL13 1AD

Tel: 01503 265065

e-mail: gingerinlooe@hotmail.com

website: www.gingerinlooe.co.uk

"Ginger is where East meets West Country!" So says owner Jayne Fox of her intriguing and exotic shop located in the main street of the charming riverside town of East Looe. She travels each year to India and other countries to buy stock from her regular suppliers thus cutting out the middle man and keeping costs down. Jayne buys as close to the source as possible, building up a strong relationship with her suppliers and their families, always looking to buy at fair trade prices, something that is reflected in Ginger's prices.

Amongst the unusual items on display here you'll find rare minerals from the Deccan Traps in Maharashtra. Buyer Vilas Varade sources the minerals while travelling widely around the quarries of the magnificent Deccan Traps on his motorbike. Ginger buys all the best mineralogical samples which he collects and has funded Vilas to set up a shop in Ajanta. If you are seeking quality samples of Indian Zeolites, looking to increase your mineral/fossil collection, or require tumble stones and crystals for alternative therapies, Ginger is the place to find them.

Other fascinating items on sale here include intricate carved stoneware from Uttar Pradesh; beautiful jewellery from Uttaranchal; hand painted papier-mache from Kashmir; stunning wall hangings and throws from Gujarat, and fashions from Goa.

Ginger are proud to offer a varied range of hand-made jewellery from places as diverse as New Zealand, Afghanistan, India, Peru and the UK.

Kesang and her mother in Utteranchal, India supply the shop with the most stunning silver mounted polished stones including lapis, labradorite, tiger eye and various quartz examples.

Ginger also sells wood ware originally from Indonesia, tumble-stones from Southern Africa, minerals from all around the world - in fact, everything from snake charmers flutes to shell boxes. There's also an exceptional range of clothing and accessories. So, whether you are looking for a special gift, or looking to add to your mineral collection, do visit or check out Ginger's website for ordering by mail.



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TREDINNICK FARM SHOP

Widegates, Looe, Cornwall PL13 1QL

Tel: 01503 240992 Fax: 01503 240010

e-mail: sales@food4myholiday.com

website: www.food4myholiday.com

Tredinnick Farm Shop is a friendly, family-run enterprise situated on the B3152 between Looe and Hennenford. Visitors will discover an impressive range of locally sourced products, and the warm welcome and the ever-helpful staff make this a great place to do the weekly shop. Fresh fruit and vegetables are the mainstay, with the pick of the season's best on display, and Cornish bacon and sausages are always in great demand.

Other local and regional specialities include cider, scrumpy, wines and award-winning ales, cheeses and other dairy products, Original Cornish fairings (spiced crunchy biscuits), Cornish sea salt, Cornish gingerbread, Cornish clotted cream shortbread, and Cornish spring water. The shop also sells everyday food and household essentials, along with shrubs, herbs and plants and often a display of local arts and crafts. Since opening its doors, Tredinnick Farm Shop has attracted a loyal and growing local clientele, and it also supplies a number of restaurants, pubs, hotels and guest houses in the area.

The excellent produce is the basis of the food served daily in the tea rooms, from all-day breakfasts to cream teas and Sunday roasts.

Tina Laphorne and her family and staff also provide a unique service that allows visitors, holidaymakers (and locals returning from holiday) to order from home or while on holiday. It offers 'chef-selected quality Cornish produce plus all the essentials delivered to your holiday accommodation. With 48 hours notice they will deliver all over Cornwall and the South Devon border area. Options include vegetarian packs, barbecue packs, holiday welcome packs – even a supply of pet food; and another service www.cornish-food-hamper.co.uk will deliver gift hampers anywhere in the UK.



town. Something of a jack-of-all-trades, over the years Looe has had a pilchard fishing fleet, has served the mineral extractors of Bodmin Moor and has also been a smugglers' depository. However, it is only the fishing industry that remains from the town's colourful past. Looe is still Cornwall's second most important port with fish auctions taking place at East Looe's busy quayside market. Nearby is the famous Banjo Pier, which is actually part of the harbour wall with a circular area at its sea end and it does vaguely resemble a banjo.

Of the two distinct parts, East Looe, with its narrow streets and twisting alleyways, is the older. Here, housed in a striking 15th-century building, is the **Old Guildhall Museum**, where can be seen the old magistrates' bench and original cells as well as displays detailing much of Looe's history. After the opening of the Looe Valley Line to passengers in 1879, the development of the twin towns as a holiday resort began. Fortunately, the character of East Looe has been retained while West Looe is, essentially, a residential area.

More recently, Looe has established itself as Britain's major shark fishing centre and regularly plays host to an International Sea Angling Festival. River and estuary trips are also available from the harbour.

Once a refuge for one of Cornwall's most notorious smugglers, Black Joan, **Looe Island**, just off the coast, is now a bird sanctuary. The island was made famous by the Atkins sisters who lived there and featured it in their books, *We Bought an Island* and *Tales from our Cornish Island*.



Looe Island

Around Looe

ST KEYNE

5 miles N of Looe on the B3254

St Keyne's Well Stone Circle

Paul Corin's Magnificent Music Machines

Named after one of the daughters of a Welsh king who settled here during the 5th century, St Keyne is home to the famous holy well – **St Keyne's Well** – that lies beneath a great tree about a mile outside the village. Newly married couples came here to drink – the first to taste the waters was said to be the one to wear the trousers in the marriage. Romanticised by the Victorians, the custom is still carried out by newly-weds today.

Though a small village, St Keyne sees many visitors during the year as it is home to **Paul Corin's Magnificent Music Machines**, a wonderful collection that opened in 1967. Housed in the old mill buildings, where Paul was the last miller, this collection of mechanical instruments covers a wide range of sounds and music from classical pieces to musicals, and includes a Wurlitzer from the Regent Cinema, Brighton. Paul's collection has

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featured on numerous radio and TV programmes. Incidentally, Paul's grandfather was Bransby Williams, the only great star from the music hall days to have his own BBC TV show, in the early 1950s.

Just to the south of St Keyne, in the village of Daloe, is a **Stone Circle** of eight standing quartz stones, said to be older than Stonehenge.

ST GERMANS

7 miles NE of Looe on the B3249

St German's Church Port Eliot

Before the Anglo-Saxon diocese of Cornwall was incorporated with Exeter in 1043, this rural village was a cathedral city. The present **St German's Church** stands on the site of the Saxon cathedral. Dating from Norman times, the present building was built as the great church for the Augustinian priory founded here in 1162. As well as curiously dissimilar towers dating from the 13th and 15th centuries, the church contains several striking monuments to the Eliot family, including one by Rysbrack commemorating Edward Eliot who died in 1722. Other treasures in the church include a glorious east window with stained glass by Burne-Jones, a superb Norman doorway as its west front and an old chair that bears a series of carvings depicting Dando, a 14th century priest from the priory. According to local stories, one Sunday Dando left his prayers to go out hunting with a group of wild friends. At the end of the chase, the priest called for a drink and was handed a richly decorated drinking horn by a stranger on a black horse. While



Port Eliot House

quenching his thirst Dando saw the stranger stealing his game. Despite his calls, the horseman refused to return the game. In a drunken frenzy, Dando swore that he would follow the stranger to Hell in order to retrieve his prizes, whereupon the stranger pulled Dando up onto his horse and rode into the River Lynher. Neither the stranger on the horse nor the priest was ever seen again.

Adjoining the village is the **Port Eliot** estate, the home of the Earl and Countess St Germans. At the centre of the estate is the magnificent stately house that has a history dating back to AD937 when it was built as an Augustinian Priory. At the Dissolution of the Monasteries it became the property of the earl's ancestors. The present building has 100 rooms, 82 chimneys, 13 staircases and a kitchen almost 100 yards from the nearest dining room. The rooms are hung with family portraits, including some by Reynolds, Hoppner and Ramsey Robert. It is very much a lived-in house, but a long period of neglect before the present earl inherited means that some of the furnishings and decoration are rather worn. As the present Countess has written: "Some may recoil at what might be

described as the 'thread-bareness' of it all...some poetic friends consider the house to be a classic example of opulent and gilded decay".

The house is all but joined to St Germans Church that was once the cathedral of Devon and Cornwall. Church and house stand on the banks of the Lynher estuary, surrounded by a semi-circle of densely planted woodland and a stunning landscaped park laid out by Humphrey Repton in the 1790s. The house and park are only open for 100 days from spring to early summer, an arrangement with the Treasury that cedes inheritance taxes in lieu of art treasures being made available to public viewing for certain periods each year.

SALTASH

11½ miles NE of Looe on the A38

-  Royal Albert Bridge  Tamar Bridge
-  Guildhouse  Mary Newman's Cottage
-  Saltash Museum

A medieval port on the River Tamar, Saltash was once the base for the largest river steamer fleet in the southwest. Today, it remains the Gateway to Cornwall for many holidaymakers who cross the river into Cornwall via one of the town's mighty bridges. Designed by Isambard Kingdom Brunel in 1859, the iron-built **Royal Albert Bridge** carries the railway, while alongside is the much more slender **Tamar Bridge**, a suspension road bridge that was opened in 1961, replacing a ferry service that had operated since the 13th century.

Though older than Plymouth, on the other side of the Sound, Saltash is now becoming a suburb of its larger neighbour, following the construction of the road bridge. However, Saltash has retained much of its charm and Cornish individuality. There's an impressive

17th-century **Guildhouse**, which stands on granite pillars and is now home to the town council and tourist information centre. Close by is **Mary Newman's Cottage**, a quaint 15th-century building overlooking the Tamar that was the home of Sir Francis Drake's first wife. The interior has a kitchen and bedroom and the garden has been planted in the Elizabethan style.

Saltash Museum and Local History Centre opened in 2000 and contains a small permanent display about the history and well-known characters of Saltash.

TORPOINT

11½ miles E of Looe on the A374

-  Antony House  Antony Woodland Gardens

This small town grew up around a ferry service that ran across the Hamoaze (as the Tamar estuary is called at this point) to Devonport in the 18th century. From here there are excellent views over the water to the Royal Navy Dockyards and *HMS Raleigh*, the naval training centre for ratings and artificer apprentices. Commissioned in 1940, *HMS Raleigh* is also the home of the Royal Marine Band (Plymouth).

To the north of the town, overlooking the River Lynher as it meets the Tamar, is **Antony House** (National Trust), a superb example of a Queen Anne house. Built of pale silver-grey stone between 1711 and 1721, it has been the ancestral home of the influential Carew family for almost 600 years. It contains a wonderful collection of paintings (many by Sir Joshua Reynolds), tapestries and furniture. Surrounding the house are the gardens and grounds landscaped by Humphry Repton in the late 18th century, including the delightful **Antony Woodland Gardens**, which are at their best in the spring and autumn. The

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Mount Edgumbe Orangery

formal gardens contain the National Collection of Day Lilies.

CREMYLL

12½ miles E of Looe on the B3247

-  Mount Edgumbe House  Rame Head
-  Eddystone Lighthouse

Linked to Plymouth by a passenger ferry, Cremyll is an excellent place from which to explore **Mount Edgumbe House**, the 16th-century home of the Earls of Mount Edgumbe. They moved here from Cotehele House after Piers Edgumbe married Jean Durnford, an heiress with considerable estates including the Cremyll ferry. The gardens here, overlooking Plymouth Sound, have been designated as one of the Great Gardens of Cornwall. The 10 acres of grounds feature classical garden houses, statues, follies, an exotic Shell Seat, and the National Camellia Collection.

To the southwest of Cremyll are the two small and attractive villages of Cawsand and Kingsand. By some administrative quirk, for centuries they were placed in different counties: Cornwall and Devon respectively.

Though it is hard to believe today, it was from here that one of the largest smuggling fleets in Cornwall operated. At the peak of their activities in the late 18th and early 19th century, thousands of barrels of brandy, silk and other contraband were landed here in secret and transported through sleeping villages to avoid the attentions of the revenue men. It was also at Cawsand Bay that the Royal Navy fleet used to shelter before the completion of the Plymouth Breakwater in 1841,

leaving the welcome legacy of a large number of inns.

Further southwest again, and at the southernmost point of Mount Edgumbe Country Park, rises the spectacular **Rame Head**, which guards the entrance into Plymouth Sound. From the 400 foot-high cliffs there are superb views, but this beautiful headland has its own special feature – the ruined 14th-century St Michael's Chapel, from which a blazing beacon warned of the coming of the Armada. In the little hamlet of Rame itself is the older Church of St Germanus, which is still lit by candles; for centuries its west tower and spire acted as a landmark for sailors. The **Eddystone Lighthouse**, which can be seen on a clear day, lies 10 miles offshore from Rame Head.

WHITSAND BAY

8 miles E of Looe off the B3247

-  Monkey Sanctuary

Running between Rame Head and the hamlet of Portwrinkle, this bay has an impressive stretch of beach that is more a series of coves than one continuous expanse of sand. The

WESLEY HOUSE GALLERY

Big Green, Polperro, Cornwall PL13 2QT

Tel: 01503 272759

e-mail: enquiries@wesleyhousegallery.co.uk

website: www.wesleyhousegallery.co.uk

Located in the heart of the picturesque fishing village of Polperro is the

Wesley House Gallery, owned and run by Wendy Carr and Maggie Livesey who took over the business in 2006. The house, incidentally, is named for John Wesley who stayed here in 1760. As well as displaying the work of a wide range of artists, whose work often focuses on Polperro and the surrounding area, the beautifully appointed gallery caters for collectors of Carn Pottery, Winstanley cats and fine art. The gallery is also renowned for its quality gifts, jewellery and cards

The gallery's pottery includes pieces from Carn Pottery, based at Nancledra in West Penwith, all hand-made and beautifully decorated by J M Beusmans. Dunoon Pottery is famous for its range of mugs in fine bone china and fine stoneware. Also available are items from Jane Adams' quirky collection of sheep, cats, dogs, chickens and cows. Not to be missed are Mark Smith's delightfully humorous boats and beach huts. He also creates unique ceramic "paintings" representing the Cornish landscape.

Artists represented in the gallery include Mike Praed, a very well-known artist from West Cornwall, whose Cornish scenes are instantly recognisable. Glyn Macey is a growing name in the art world, with his vibrant depictions of Cornish seascapes. Nicholas Smith is building a reputation for his detailed portraits of specific locations.

If you are planning to stay in this lovely spot, Wendy and Maggie can offer you comfortable bed and breakfast accommodation above the gallery. You will find yourself very much part of the family, which consists of your two hosts and their enthusiastic pets, Freddie (the dog) and Magic (the cat). The room features a king-size bed, en-suite shower, tea- and coffee-making facilities, colour TV, DVD and VCR. After a good night's sleep, you have a choice of full English or Continental breakfast. The menu features local, free-range and organic wherever possible. Free parking is available for those travelling by car, while for those arriving on public transport in Plymouth, Looe or Liskeard, a collection service is offered for a small fee.



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seaside village of Portwrinkle developed around its medieval harbour. Further west along the coast, at the coastal village of Murrayton, is the famous **Monkey Sanctuary**, the world's first protected colony of Amazonian woolly monkeys. The sanctuary was set up in 1964 to provide a safe environment for monkeys rescued from zoos or abandoned as pets, and its inhabitants roam freely in the gardens of the outdoor enclosures. Plants for the monkeys to eat are grown in a forest garden, while the Tree Top Café takes care of hungry humans.

POLPERRO

3 miles SW of Looe off the A387

Polperro Heritage Museum of Smuggling

Polperro is many people's idea of a typical Cornish fishing village as its steep, narrow streets and alleyways are piled high with

fisherman's cottages built around a narrow tidal inlet. All routes in this lovely village seem to lead down to its beautiful harbour. It is still a busy fishing port, where there is normally an assortment of colourful boats to be seen. Boat trips from the harbour to Fowey, Looe and Polruan are available during the summer months.

For centuries dependent on pilchard fishing for its survival, Polperro also has a long association with smuggling. During the 18th century, the practice was so rife that nearly all of the inhabitants were involved in the shipping, storing or transporting of contraband. To combat this widespread problem, HM Customs and Excise established the first 'preventive station' in Cornwall here in the 1800s. At the **Polperro Heritage Museum of Smuggling**, housed in a former pilchard factory, a whole range of artefacts

ANGEL

8 Lansallos Street, Polperro, Cornwall PL13 2QU

Tel: 01503 272077

e-mail: info@angelinspire.co.uk

website: www.angelinspire.co.uk

Inspiration is certainly an important part of **Angel**, an exciting new gift shop and gallery close to the harbour in Polperro. Owner Kerry Bromfield can be found painting in her open studio at the back of the shop, where she will be displaying and selling her own work as well as that of many other local artists and craftspeople. Some of these will also be visiting to demonstrate their talents in the shop, whose walls and shelves are filled with a whole host of beautifully-made, unique gift items.

Angel is located inside what is quite an inspirational building itself, a picturesque old place from the early 1600s, with low ceilings and the intimate feel of walking into someone's sitting room rather than into a store. It isn't surprising that it looks so appealing and inspiring, as Kerry has worked in the interior design business since the 1980s, and as well as the arts and crafts she sells she also offers an interior design service. Her talents speak for themselves as soon as you walk through the door.



and memorabilia are used to illustrate the myths and legends surrounding the characters who dodged the government taxes on luxury goods. A model of *Lady Beatrice*, a traditional gaff-rigged fishing boat, can also be seen.

From Polperro, the coastal walk westwards to Polruan provides five miles of scenic splendour and gives access to some enchanting secluded sandy beaches.

FOWEY

8 miles W of Looe on the A3082/B3269

-  Fowey Museum  Sir Arthur Quiller-Couch
-  Daphne du Maurier  Fowey Royal Regatta
-  St Catherine's Castle  Coastal Footpath
-  Polruan  Polruan Blockhouse

Guarding the entrance to the river from which it takes its name, Fowey (pronounced Foy – to rhyme with joy) is a lovely old seafaring town with steep, narrow streets and alleyways leading down to one of the most beautiful natural harbours along the south coast. An important port during the Middle Ages, the town exhibits architectural styles ranging from Elizabethan to Edwardian. St Fimbarras Church was rebuilt in 1460 by the Earl of Warwick after being destroyed by French marauders; nearby the architecturally flamboyant Place House dates back to the 13th century and has been home to the Treffry family since that time.

As a busy trading port, Fowey naturally attracted pirates and was the home of the 'Fowey Gallants', who preyed on ships in the Channel and engaged in raids on the French coast. Brought together during the Hundred Years' War to fight the French, these local mariners did not disband at the end of the hostilities but continued to

terrorise shipping along this stretch of coast and beyond. A devastating raid by the French in 1457, that saw much of Fowey burnt to the ground, was in direct retaliation for attacks made by the Gallants.

Later, in the 19th century, much of the china clay from St Austell was exported through Fowey. It is still a busy place as huge ships continue to call at this deep water harbour alongside fishing boats and pleasure craft. The town's **Fowey Museum**, housed in part of the medieval town hall, is an excellent place to discover Fowey's colourful past, from the days of piracy through to the china clay exports of the 19th century.

Naturally, there are many inns here including the King of Prussia, named after Frederick the Great whose victories in the Seven Years' War made him a popular figure in England; and the Ship Inn, originally a town house built by the influential Rashleigh family in 1570.

Fowey has two important literary connections. **Sir Arthur Quiller-Couch** (or Q), who lived for over 50 years at The Haven, on the Esplanade just above the Polruan ferry. Sir Arthur was a Cambridge professor, sometime Mayor of Fowey, editor of the *Oxford Book of English Verse* and author of several books connected with Fowey – he



Fowey Town Quay

CRY OF THE GULLS

2 Webb Street, Fowey, Cornwall PL23 1AP

Tel: 01726 833838 e-mail: info@cryofthegulls.co.uk

website: www.cryofthegulls.co.uk

Open all year: Monday - Saturday: 10.00 am – 5.30 pm
Sunday: 11.00 am – 4.00 pm

The sound of the gulls is never far from Cry of the Gulls, a beautiful gallery situated in the heart of the stunning Cornish estuary town of Fowey. The gallery provides a visual feast for the eyes and a warm welcome making it a pleasure to visit at any time of the year.

Cry of the Gulls has a strong reputation for promoting work of the utmost excellence produced by a wide range of highly skilled British artists drawn from throughout the UK. The gallery showcases an eclectic range of work by many well-established and emerging artists, jewellers, potters and sculptors. The successful website includes an online shop, news page, map and opening time information.



called 'Troy Town'. He died in 1944 after being hit by a car and was buried in St Fimbarrus churchyard. Sir Arthur Quiller-Couch is remembered by a monolithic memorial that stands on the coast facing Fowey. It was close to the site of this monument that, in 1644, Charles I narrowly escaped death from a sniper's bullet while making a survey of Cromwell's forces at Fowey. From the Bodinnick ferry there is a delightful walk across mainly National Trust land that leads up to the 'Q' memorial and then back via the Polruan ferry to Fowey.

The second literary figure was the novelist **Daphne du Maurier** who lived at Menabilly house (private), which featured as 'Manderley' in her most famous novel *Rebecca* (1938). Each year in mid May, a general arts and literature festival is held in her memory. A 'tented village' is set up overlooking the picturesque Fowey Estuary and the events include talks by a sparkling mix of star names, guided walks, drama, community events and free entertainment. There's also a permanent exhibition featuring her life and work at the Literary Centre at the tourist office.

Another major event is the **Fowey Royal Regatta and Carnival**, which takes place in mid August (usually the third full week). In addition to the sailing events there are firework displays on the Quay, Red Arrow displays, raft races, children's events, live music on the Quay, grand draws and carnival processions.

To the south of Fowey is Readymoney Cove whose expanse of sand acts as the town's beach. Further along are the sparse remains of **St Catherine's Castle**, built by Henry VIII as part of a

chain of fortifications to protect the harbours along the south coast. From Readymoney Cove, the **Coastal Footpath** is clearly marked all the way around to Polkerris. The walk takes in many fine viewpoints, including the castle and the wonderful daymark on Gribbin Head. This beacon was built in 1832 to help seafarers find the approaches into Fowey harbour.

Facing St Catherine's Castle across the mouth of the River Fowey and reached by ferry from Fowey, **Polruan** is an impossibly picturesque village. Tiny cottages cling to the steep hillside, threaded with winding steps, alleys and passageways. Life here revolves around the quay where the ferry lands. Beside the harbour, busy with pleasure craft and some industrial vessels, stands the late 15th-century **Polruan Blockhouse**, one of a pair of artillery buildings constructed to guard the narrow entrance into Fowey.

Just to the north of Polruan, and facing Fowey, is the pretty hamlet of Bodinnick where the actor Gerald du Maurier bought a holiday home beside the landing slip. He named it Ferryside and it was here that his daughter Daphne lived before her marriage and where she wrote her first novel *The Loving Spirit*. The house is still owned by



Polruan Village

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the Du Maurier family but not open to the public. If you arrive in Bodinnick by the ferry, you pass the gates to the house as you walk off the landing slip.

GOLANT

8 miles W of Looe off the B3269

Castle Dore Earthworks

Close to this delightful waterside hamlet, which is home to yet another of Cornwall's many holy wells, are the **Castle Dore Earthworks**. This densely overgrown Iron Age lookout point is thought to be the site of King Mark's palace and is therefore linked with the legend of Tristan and Iseult.

Upriver and found in a sleepy creek is the quiet village of Lerryn, which was once a busy riverside port. Those familiar with Kenneth Grahame's novel, *The Wind in the Willows*, may find the thickly wooded slopes of Lerryn Creek familiar as they are believed to have been the inspiration for the setting of this ever-popular children's story.

LOSTWITHIEL

10 miles NW of Looe on the A390

Lostwithiel Museum

St Bartholomew's Church Restormel Castle

Nestling in the valley of the River Fowey and surrounded by wooded hills, Lostwithiel's name – which means lost in the hills – perfectly describes its location. This small market town was the 13th-century capital of Cornwall. As one of the stannary towns, tin and other raw materials were brought here for assaying and onward transportation until the mining activity caused the quay to silt up and the port moved further down river.

Lostwithiel was also a major crossing point



Restormel Castle

on the River Fowey and the granite bridge seen today was completed in the 15th century. Set beside the river is the tranquil Coulson Park, named after the American millionaire Nathaniel Coulson who grew up in Lostwithiel. On the opposite bank of the river from the town lies Bonconnoc Estate, the home of the Pitt family who gave Britain two Prime Ministers: William Pitt the Elder and his son, William Pitt the Younger.

Throughout the town there are reminders of Lostwithiel's once important status. These include the remains of the 13th-century Great Hall, which served as the stannary offices, and the early 18th-century Guild Hall which is now occupied by the **Lostwithiel Museum**. It tells the story of this interesting town as well as displaying photographs of everyday life from the late 1800s to the present day. Nearby is **St Bartholomew's Church** with its striking octagonal spire. It was built in the 13th century and dedicated to the patron saint of tanners – tanning at that time was an important trade in the town.

Lostwithiel's strategic position as a riverside port and crossing place led to the construction of **Restormel Castle** upstream from the town, high on a mound overlooking

THE DELI

6-8 Church Street, Launceston, Cornwall PL15 8AP
Tel: 01566 779494
e-mail: shelley@thedeli.me.uk

Located in the historic Cornish town of Launceston, **The Deli** is a family run business serving delicious homemade food. The Deli opened in November 2009 and has gone from strength to strength. It is owned by Shelley Alexander and Kate Akielan and there is seating for around 17 diners. A tasty selection of gourmet sandwiches are available as well as food from around the world and a large selection of quality cheese on sale.

The owners have developed a strong catering section of the business and Shelley and Kate cater for a wide range of events including weddings and birthdays. Homemade 'ready meals' are also available from The Deli as well as hampers, which can be sent in the post. Ring for details.

Shelley and Kate's passion for good quality food is fairly clear to see and The Deli is well worth a visit. The attractive establishment can be found off the A30 trunk road at the Gateway to Cornwall, in the ancient Cornish capital of Launceston.



DAVID PARISH MENSWEAR

5-7 Broad Street, Launceston, Cornwall PL15 8AA
Tel: 01566 772987
e-mail: richard.parish@hotmail.co.uk
website: www.davidparishmenswear.co.uk

David Parish Menswear is a popular gentleman's outfitters located in the historic town square of Launceston, which is the gateway to and ancient capital of Cornwall. The independent menswear shop stocks an extensive range of quality clothing to suit a wide range of ages and sizes at affordable prices.

Owner Richard Parish prides himself on providing the kind of traditional, one-to-one, personal service that is not so widely seen these days.

As well as a fine selection of items on the shelves and rails, which offer everything a gentleman needs to look well presented, the shop also offers a few extra services. A full hire wear collection for weddings and dinners is available as well as bespoke tailoring. Choose from a wide selection of cloths, including fine Italian wools to heavy Scottish Tweed, and have your suit made in the style you require.

David Parish Menswear is a delightful place to shop and sells top brands such as Ben Sherman, Gabicci, Double Two and Brook Taverner and Jockey. Off-road parking is not a problem.



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the wooded Fowey valley. The Black Prince stayed here in 1354 and 1365, but following the loss of Gascony soon afterwards, most of the contents of any value were removed and the castle was deserted. The ruins of the huge circular keep with its deep moat remain impressive. In summer, the site is one of the best picnic spots in Cornwall, boasting stunning views of the peaceful surrounding countryside.

Launceston

- Launceston Castle Southgate Arch
- St Mary Magdalene Church Lawrence House
- Launceston Steam Railway
- Tamar Valley Discovery Trail

Situated on the eastern edge of Bodmin Moor close to the county border with Devon, Launceston (pronounced locally Lawnsen) is one of Cornwall's most pleasant inland towns and was a particular favourite of Sir John Betjeman. The capital of Cornwall until 1838, it guarded the main overland route into the county. Shortly after the Norman Conquest, William I's half-brother, Robert of Mortain, built the massive **Launceston Castle** overlooking the River Kensey. Visited by the Black Prince and seized by Cornish rebels in 1549, the castle changed hands twice during the Civil War before becoming an assize court and prison. George Fox, the founder of the Society of Friends, was detained here in 1656. The court was famous for imprisoning and executing 'on the nod'. Although now in ruins, the 12-foot thick walls of the keep and

tower are still mightily impressive.

Also imposing is the 12th century **Southgate Arch**, the only remaining gateway of the three that once provided access to Cornwall's only walled town.

The most striking building in the town however is **St Mary Magdalene Church**. Its walls of sturdy Cornish granite are covered with delicate carvings that include angels, roses, pomegranates and heraldic emblems. The church was built by a local landowner, Sir Henry Trecarrel, in the early 1500s. He had started building a manor house nearby when both his beloved wife and infant son died within days of each other. Overwhelmed with grief, Sir Henry abandoned the manor house and devoted the rest of his life to building this magnificent church in their memory.

Elsewhere in the town, the streets around the castle are filled with handsome buildings, including the impressive **Lawrence House** that was built in 1753 for a wealthy local lawyer. Given to the National Trust to help preserve the character of the street, the house is now a museum that dedicates its numerous displays to the history of the area.

To the west of the town, and running through the beautiful Kensey Valley, the



Launceston Steam Railway

Launceston Steam Railway takes visitors on a nostalgic and scenic journey. Travelling in either open or closed carriages, passengers can enjoy a round trip along five miles of narrow-gauge track to Newmills and back. The locomotives used to haul the trains were built in the 1880s and 1890s by the famous Hunslet Engine Company of Leeds and once worked on the slate carrying lines high in the mountains of North Wales.

Launceston is also the start, or the finish, of the **Tamar Valley Discovery Trail**, a 30-mile footpath from here to Plymouth that takes in many of the villages scattered along the Cornwall-Devon border. Passing through old mining country, past market gardens and through ancient river ports, walkers of the trail will also see the wealth of bird, plant and wildlife that the varying habitats along the way support.

MIDDLE TREMOLLET FARM

Coads Green, Launceston, Cornwall PL15 7NA

Tel: 01566 782416

e-mail: btrewin@talk21.com

website: www.cornish-farm-accommodation.co.uk

Brian and Vivien Trewin have run this traditional 19th-century Victorian farmhouse as a B&B for over 30 years, so there's nothing about the local area they don't know. **Middle Tremollet Farm** is set in half an acre of its own mature gardens, and there are breathtaking views across fields to Caradon Hill and to the outstanding natural beauty of nearby Bodmin Moor.

The owners really go that extra mile to make their guests' visit something special, which starts with a Cornish cream tea on arrival and providing a book of circular walks in the area. Guests also have a conservatory to enjoy, with barbecue facilities available in the summer and a roaring log fire in the winter.

The accommodation is rated 4-star by the English Tourist Board, with an extra Silver Award which only goes to the very best establishments. The farm has two ensuite double rooms and one twin room with a super-sized bed and its own private bathroom. All rooms have the latest flat-screen TVs, tea- and coffee-making facilities, and hairdryers. There's a generous breakfast too, cooked on the Aga, and in the evening a choice of nearby pubs and restaurants.



Around Launceston

GUNNISLAKE

10 miles SE of Launceston on the A390

Often referred to as the first village in Cornwall, it was here in the 1520s that Sir Piers Edgcumbe built the New Bridge over the River Tamar. It continues to serve as one of the major gateways into the county. In fact, this 180-foot-long granite structure remained the lowest crossing of the river by road right up until the 1960s when the massive suspension bridge linking Saltash with Plymouth was opened. The 16th-century bridge meant that this charming village also had an important strategic value. During the Civil War, it was the centre of bitter fighting. In the 18th and 19th centuries the village came alive with mining. Though the mines

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have closed, some of the mine buildings have been immortalised by Turner in his great painting, *Crossing the Brook*, which also captures Gunnislake's famous bridge. The River Tamar is tidal as far as the weir upstream near Newbridge, and salmon fishermen continue to come to Gunnislake, as they have done since medieval times, to catch the fish as they travel up river to their spawning grounds.

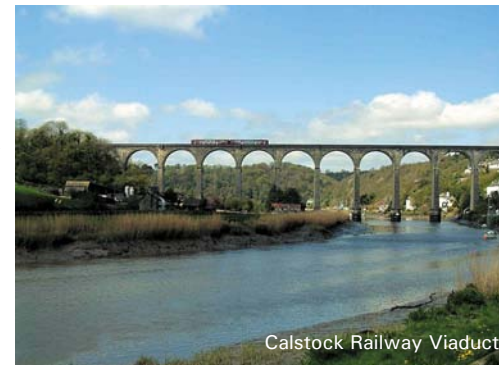
CALSTOCK

12 miles SE of Launceston off the A390

Railway Viaduct **Cotehele**

Cotehele Quay **Tamar Valley Line**

Well known for its splendid views of the Tamar Valley, the village of Calstock was an important river port in the 19th century when vast quantities of tin, granite and copper ore were brought here for loading on to barges to be transported down the Tamar to the coast. In the countryside surrounding Calstock the remains of old mine workings, along with the



Calstock Railway Viaduct

spoil heaps, can still be seen, along with the remains of the village's boat-building industry. The decline of Calstock as a port came with the construction of the huge **Railway Viaduct**, which carries the Tamar Valley Line southwards to Plymouth. Completed in 1908, this giant 12-arched viaduct, the first in the country to be constructed of concrete blocks, stands 120 feet above the river. Probably one of Britain's most picturesque branch lines, the **Tamar Valley Line** can still be taken down to the coast. Though the river has lost most of

Cotehele

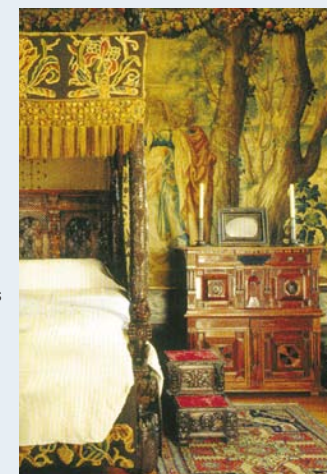
St Dominick, nr Saltash, Cornwall PL12 6TA

Tel: 01579 351346

e-mail: cotehele@nationaltrust.org.uk

website: www.nationaltrust.org.uk

At the heart of this riverside estate sits the granite and slate house of **Cotehele**, built mainly between 1485 and 1627 and a home of the Edgcumbe family for centuries. Intimate chambers feature large Tudor fireplaces and rich hangings. Outside, the formal gardens overlook the richly planted valley garden below, with medieval dovecote, stewpond and Victorian summer house. At the quay interesting old buildings house the Edgcumbe Arms tea-room and an outstation of the National Maritime Museum. The restored sailing barge *Shamrock* is moored alongside.



its commercial traffic, it is a starting point for Tamar River canoe expeditions.

Just to the southwest of the village, **Cotehele** (see panel on page 113) represents one of the best-preserved medieval estates held by the National Trust. Mainly built between 1485 and 1539, this low granite fortified manor house was the principal home of the Edgcumbe family until the mid 16th century when they moved their main residence to Mount Edgcumbe. Along with its Great Tudor Hall, fabulous Flemish and Mortlake tapestries and period furniture, the house incorporates some charming features such as the secret spy hole in the Great Hall and a tower clock with a bell but no face or hands. Surrounding the house are, firstly, the grounds, containing exotic and tender plants that thrive in the mild valley climate and, beyond that, the estate with its ancient network of pathways that allow exploration of the valley.

The River Tamar runs through the estate and close to an old cider house and mill is **Cotehele Quay**, a busy river port in Victorian



Cotehele Quay

times. The quay buildings now house an outstation of the National Maritime Museum, an art and craft gallery and a licensed tearoom. The restored Tamar sailing barge *Shamrock* is moored alongside the museum.

CALLINGTON

9½ miles S of Launceston on the A388

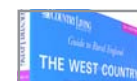
- Mural Project Dupath Holy Well
- Cadsonbury Hillfort Kit Hill

Situated on the fertile land between the rivers Tamar and Lynher, Callington is now rich fruit-growing country. During the 19th century, the surrounding landscape was very different as it was an active mining area. The area's heritage, landscape and character are depicted on many of the walls of Callington's buildings, thanks to the town's interesting and unusual **Mural Project**.

About a mile outside the town, **Dupath Holy Well** is enclosed in a fine granite building of 1510. The water in the basin was believed to cure whooping cough.

Overlooking the River Lynher, southwest of this old market town, is **Cadsonbury Hillfort** – a massive Iron Age bank and ditch that are thought to be the remains of a local chief's residence. To the northeast rises **Kit Hill**, now a country park, where a 19th-century chimney stack built to serve one of the area's mines adds a further 80 feet to the hill's summit.

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HAMPTON MANOR

Alston, Stoke Climsland, Callington PL17 8LX

Tel: 01579 370494

e-mail: hamptonmanor@sapanel.com

website: www.hamptonmanor.co.uk

Hampton Manor is a country house hotel set in beautiful, secluded gardens in the peaceful countryside within the Tamar Valley, on the border of Devon and Cornwall. This impressive establishment is located in a designated Area of Outstanding Natural Beauty and offers six high quality en-suite guest rooms. Hampton Manor is extremely popular with walkers visiting the area to make the most of the spectacular surroundings. Within a half hour drive are numerous attractions; the market towns of Tavistock and Launceston; the seaside city of Plymouth, the grandeur of Dartmoor and many tranquil National Trust gardens and houses.

This four star country house hotel is an ideal retreat for people wanting to get away from the hustle and bustle of every-day life. Evenings can be spent relaxing in the wonderful conservatory, which overlooks more than two acres of land.

Guests can dine in the hotel's licensed restaurant at reasonable prices. Discounts are offered for groups, for short breaks and for longer stays. Small conference facilities are available and are regularly used by Christian church groups. In the summer months it doubles as a games room for families with children.



NORTH PETHERWIN

5 miles NW of Launceston off the B3254

- Tamar Otter Sanctuary

Found above the River Ottery, this village is home to the **Tamar Otter Sanctuary**, a branch of the well-known Otter Trust, dedicated to breeding young otters for release into the wild to prevent the species from becoming extinct in lowland England. Visitors can watch the otters playing in large natural enclosures, see them in their breeding dens, or holts, and watch the orphans in the rehabilitation centre. Also here are a dormouse conservation project, refreshment and gift shop, lakes with waterfowl and an area of woodland where fallow and Muntjac deer roam freely.



Kit Hill Chimney Stack

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