



Cornish
holiday cottage

LOCAL AREA GUIDE

NORTH CORNWALL



Welcome to Cornwall!

Here we have put together some information about the area which we hope you will find useful during your stay, including places to eat and drink, days out, beaches and more.

We hope you have a wonderful holiday!
From the team at My Cornish Holiday Cottage

BEACHES

TREVONE BAY

Trevone is lucky enough to have not one but two beaches! Tucked between the cliffs is a sandy cove, great for surfing and family days out. Around the cliffs to the left is a rocky beach, home to some great rock pools and a large natural pool, perfect for a splash whatever the weather! Dogs are permitted out of season. Parking, a beach café, surf shop and toilets are located at the top of the beach.



CONSTANTINE BAY

An excellent surfing beach, the bay has rock pools to the left, sand dunes to the right and gentle headland walks in either direction. At low tide, it connects with its sister beach, Booby's Bay, giving a stretch of more than half a mile of golden sand. Toilets and a pop-up coffee are located at the entrance to the beach, along with a small amount of parking. A larger seasonal car park is 100 metres further up the hill. Dog friendly all year round.



TREYARNON BAY

Watch the most amazing sunsets from Treyarnon Bay, a beautiful sandy beach offering great surfing and an array of rock pools and caves to explore. With a youth hostel at the top of the cliff to sit and have a bite to eat and a drink and a couple of seasonal vans for takeaway food and drinks. There is a large car park and toilets, dog friendly all year round. Take a walk around the headland to Constantine Bay and soak up the scenery.



HARLYN BAY

A huge expanse of sand, Harlyn is a great day out with the family and hosts a brilliant surfing and water sports school. Dog friendly all year round. There are several pop-up cafes located in the beach car park and toilets opposite.



BEACHES

PORTHCOTHAN BAY

Nicely positioned between Padstow and Newquay, Porthcothan Bay is a sheltered sandy beach which is not far from Bedruthan Steps, offering the most spectacular coastal walks. Parking and toilets are situated on the other side of the road and the beach is dog friendly all year.



MAWGAN PORTH

A stunning surfing beach, perfect for families with plenty of rockpools, caves and a stream running down one side of the bay. Mawgan Porth has plenty of amenities opposite the beach, a pub, shops, parking, toilets, and places to eat. The beach is dog friendly all year round.



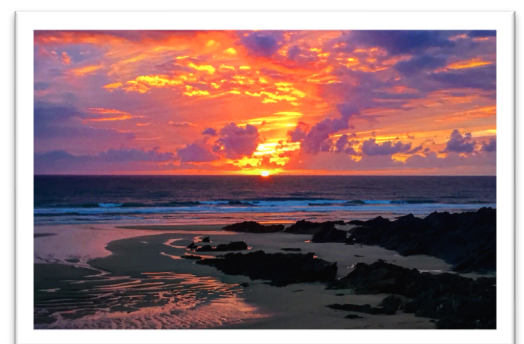
WATERGATE BAY

A simply beautiful stretch of coastline, Watergate Bay offers a huge expanse of sand and perfect conditions for surfing and water sports. With the Extreme Academy located on the beach side, there are plenty of activities to get involved in. There is a beach side cafe, restaurant, shop, toilets, and parking. Dog friendly all year.



FISTRAL BEACH

A renowned surfing beach situated in Newquay, Fistral offers a wide stretch of golden sand and an amazing spot for getting in the water. Plenty of places to eat and drink on the beach including Rick Steins Fish and Chip Shop, shops, toilets, and parking. Dog friendly all year round.



POLZEATH

Polzeath is a highly popular surfing beach with plenty of amenities, a deep stretch of sand for kids to explore, lovely coastal walks around to Daymer Bay and Rock. Wander round to the little sister beach at New Polzeath, perfect for swimming away from the surfers. Dogs permitted out of season.



RESTAURANTS & PUBS

With so many places to eat and drink in the area, we may well have missed some lovely establishments, but we have tried to list as many options here as possible. We hope you have a great time wherever you visit.

Beach Hut, Watergate Bay	01637 860543
Bin Two, Padstow	01841 532022
Barnabys at Trevibban Mill	07926128148
Bowgie Inn, Crantock	01637 930363
Bridge Bistro, Wadebridge	01208 815342
Catch Seafood Bar & Grill, Mawgan Porth	01637 860372
The Cornish Arms, St Merryn	01841 520288
Craftworks Secret Garden	07984 266033
The Dancing Taipan, Wadebridge	01208 816623
Duchy Grub	01840 219518
The Earl of St Vincent, Wadebridge	01208 814807
Embers, Padstow	01841 533600
Estrella Morada, Porth	01637 877271
The Falcon Inn, St Mawgan	01637 860225
The Farmers Arms, St Merryn	01841 520303
The Fish House, Fistril	01637 872085
Fryer Tucks Fish & Chips, St Merryn	01841 520724
The Golden Lion, Padstow	01841 532797
The Harbour Hotel Restaurant & Bar, Padstow	01841 532486
The Harbour Inn, Padstow	01841 533148
The Journeyman, St Issey	01841 540604
Lewinnick Lodge, Newquay	01637 878117
The London Inn, Padstow	01841 531129
The Mariners, Rock	01208 532093
The Merrymoor, Mawgan Porth	01637 860258
The Mussel Box, Padstow	01841 532846
The Old Custom House, Padstow	01841 532359

RESTAURANTS & PUBS

The Old Ship Hotel, Padstow	01841 532357
Outlaws Fish Kitchen, Port Isaac	01208 881183
Outlaws, New Road, Port Isaac	01208 880896
Paul Ainsworth @ No. 6, Padstow	01841 532093
Pickwick Inn, St Issey	01841 540361
The Pig and The Lobster Shed, Harlyn Bay	0345 2259494
Prawn on the Lawn, Padstow	07926128148
Pucellis, Padstow	01841 533313
The Quarryman, Edmonton, Nr Wadebridge	01208 816444
The Raj, Wadebridge	01208 895454
Raffertys, St Merryn	01841 531112
Rick Steins Café, Padstow	01841 532700
Rick Steins Fish & Chips, Padstow	01841 532700
Rick Steins Seafood Restaurant, Padstow	01841 532700
Rick Steins St Petrocs Bistro, Padstow	01841 532700
Rojanos, Padstow	01841 532093
Rubys Bar, Padstow	01841 532700
Salt and Samphire, St Merryn	01841 520246
Strong Adolfos, Wadebridge	01208 816949
The Shipwrights, Padstow	01841 532451
St Kew Inn, St Kew	01208 841259
St Moritz, Rock	01208 862242
St Tudy Inn, St Tudy	01208 850656
The Travellers Rest, Mawgan Porth	01637 861633
Walkers Fish & Chips, Padstow	01841 532915
The Waterfront, Polzeath	01208 869655
Wax, Watergate Bay	01637 860353
Zacrys, Watergate Bay	01637 860543

(Please note, contact numbers can change without notice to My Cornish Holiday Cottage.)

ATTRACTIONS

ON THE WATER

Wavehunters, Watergate Bay

www.wavehunters.co.uk

A spectacular beach activity centre where you can learn to surf, bodyboard, SUP, hand plane, wave ski, kite board and just have fun!



Harlyn Surf School, Harlyn Bay

www.harlynsurfschool.co.uk

A top surf school where you can not only learn to surf, but experience kayaking, coasteering and stand up paddleboarding.



Padstow Sealife Safaris, Padstow

www.padstowsealifesafaris.co.uk

An amazing experience where you can see some beautiful wildlife and a unique view of the stunning Cornish coastline.



Aqua Park, Flow Rider & Wake Park, Retallack Resort

www.ariaresorts.co.uk/our-parks/retallack-resort/activities/aqua-park/

The Retallack Resort offers a range of adrenaline boosting water activities; tackle their wave imitation "The Flow Rider", try wake boarding on the lake, or challenge a group of friends in a 'Total Wipeout' style assault course!



ATTRACTIONS

WALKING & CYCLING

The Camel Trail

Walking and cycling, Padstow to Bodmin

The Camel Trail is arguably the most successful recreational trail in the UK, providing access to the beautiful Cornish countryside along a disused railway line between Bodmin, Wadebridge and Padstow.



The South West Coast Path

Walking, 630 miles of stunning scenery

Come to the beach anywhere in the South West of England, turn left or right and you'll be on the South West Coast Path, the longest National Trail in the UK, and on the edge of an amazing experience.



The Saints Way

Walking, Padstow to Fowey

This 27-mile route takes you across Cornwall from Padstow to Fowey, following the probable route of early Christian pilgrims making their way from Ireland and Wales to Brittany or Spain.



Lanhydrock Country House & Gardens

Walking and cycling, near Bodmin

Take a walk or cycle through the beautiful landscape of Lanyhdrock, where you can explore the estate and discover the gardens or jump on your bike and choose from a range of trails to suit all abilities.



ATTRACTIONS

GARDENS

The Eden Project, St Austell

www.edenproject.com

The Eden Project is a fascinating and educational garden housed in unique tropical biomes, with a worldwide reputation, it's a day out not to miss.



The Lost Garden of Heligan, Mevagissey

www.heligan.com

Heligan offers 200 acres of beauty, interesting walks for explorers and a range of activities for children.



Tregothnan, Truro

www.tregothnan.co.uk

Tregothnan has the largest historic garden in Cornwall. Garden visits are by appointment and include a two hour tour and a cream tea.



The Japanese Garden, St Mawgan

www.japanesegarden.co.uk

The Japanese Garden is a place of tranquillity with a variety of plants and water features, a meditative garden where you can release stress and be calm.



Trebah Garden Trust, Falmouth

www.trebahgarden.co.uk

Trebah is a 26-acre sub-tropical garden with its very own private secluded beach on the Helford River and a range of workshops to suit both adults and children.



ATTRACTIONS

CINEMA & THEATRE

The Hall for Cornwall, Truro

www.hallforcornwall.co.uk

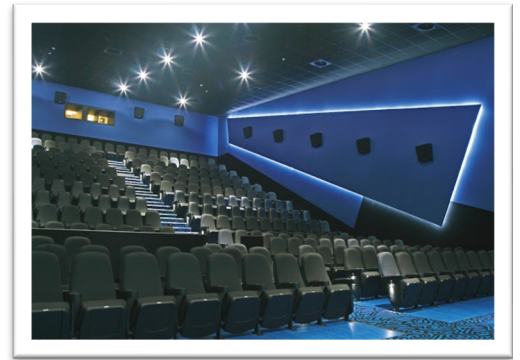
The Hall for Cornwall is the County's largest theatre which plays host to a huge range of acts including West End musicals, opera, ballet, musical acts and many other entertainers.



WTW Cinemas

www.wtwcinemas.co.uk

With cinemas in Newquay, Truro, St Austell and Wadebridge, WTW Cinemas always have a range of comfortable auditoriums showcasing the latest releases.



The Minack Theatre

www.minack.com

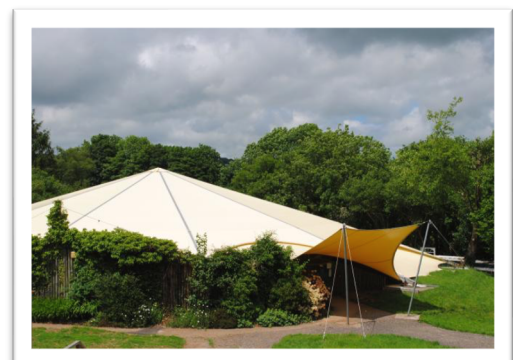
Cornwall's world-famous open-air theatre, carved into the granite cliff and set in glorious gardens overlooking the spectacular panorama of Porthcurno Bay.



Sterts Open Air Theatre, Liskeard

www.sterts.co.uk

A unique covered amphitheatre located on the edge of Bodmin Moor, offering a wide range of theatre and arts within a canopy covered atmosphere seating up to 400 people.



ATTRACTIONS

ART & MUSEUMS

Royal Cornwall Museum, Truro

www.royalcornwallmuseum.org.uk

The Royal Cornwall Museum in Truro holds an extensive mineral collection rooted in Cornwall's mining and engineering heritage. The county's artistic heritage is reflected in the museum's art collection.



Prideaux Place, Padstow

<https://prideauxplace.co.uk>

Prideaux Place is a grade I listed Elizabethan country house in the parish of Padstow. It has been the home of the Prideaux family for over 400 years.



Maritime Museum, Falmouth

www.nmmc.co.uk

The National Maritime Museum Cornwall is located in the iconic harbourside building at Falmouth docks. Housing 15 galleries over 3 floors, with exhibits exploring the influence of the sea on Cornwall.



The Tate, St Ives

www.tate.org.uk/visit/tate-st-ives

Tate St Ives is an iconic art gallery exhibiting work by modern British artists with links to the St Ives area.



St Ives

www.stives-cornwall.co.uk

St Ives has over 50 galleries - heaven for the art lovers out there!



ATTRACTIONS

FOR KIDS

Camel Creek Adventure Park

www.camelcreek.co.uk

Tucked into the Cornish countryside, Camel Creek is a family amusement park with a range of rides, giant play areas and slides, animals and more.



Dairyland

www.dairylandfarmworld.com

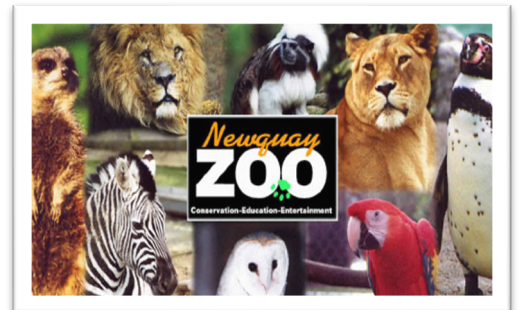
Dairyland Farm Park offers indoor and outdoor activities to suit a range of ages, with pony and tractor rides, animal feeding and various play areas.



Newquay Zoo

www.newquayzoo.org.uk

Get close to hundreds of species at Newquay Zoo, from meerkats to lions. There are also daily events to join in with, gardens to explore and a play area for children.



St Eval Cart Circuit

www.stevalkartcircuit.com

Cornwall's premier outdoor go-kart circuit, featuring adult, family, and cadet circuits. All karting needs to be pre-booked and is open in most weathers!



Flambards

www.flambards.co.uk

A fantastic family day out with a great selection of rides and attractions to suit everybody, with indoor and outdoor activities.

