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# TRAVEL GUIDE

A photograph of a traditional wooden boat on a sandy beach. The boat is light-colored with a dark hull and a tall, dark wooden mast. It is secured to the sand with a chain. In the background, there are several multi-story buildings with gabled roofs and windows, typical of a coastal town. The sky is clear and blue.

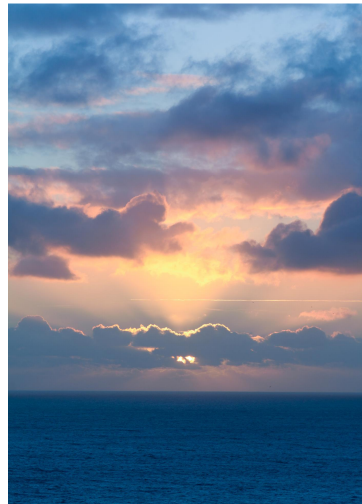
Oliver's Travels  
YOUR GREAT ESCAPE



When it comes to natural good looks, Cornwall sets the bar for UK holiday destinations. Dramatic cliffs tumble down to white sands washed by surf, wild countryside opens out under big blue skies and unspoiled Blue Flag beaches curve around the coastline. It's a stunning backdrop for the likes of hiking, sailing and surfing. And thanks to Cornwall's seriously long history, the landscape is flecked with historic sites from throughout the centuries .

## CORNWALL 101

CURRENCY	POUND	TIME ZONE	GMT
ELECTRICAL	THREE PIN	HIGHEST TEMP.	16° C
LANGUAGE	ENGLISH	LOWEST TEMP.	6° C
EMERGENCY	999	PEAK SEASON	JUNE - SEPT





## TRANSPORT TALK



### BY WHEELS

Summertime traffic permitting, driving can be the quickest way to get around Cornwall, providing you are comfortable navigating narrow country lanes. Big-name rental companies like [Hertz](#) and [Avis](#) operate throughout the area.



### BY BIKE

Exploring Cornwall on two wheels is a great way to take in the scenery. Bike paths and quiet country lanes are in good supply, but you'll need to be prepared for some challenging hills.



### BY TAXI

Taxi services are easily available throughout the Cornwall region. They can be booked in advance, hailed on the street or picked up from designated spots like railway stations.



### BY WATER

To skip lengthy road trips, you can cross some of Cornwall's bigger rivers on the ferries, some of which carry cars and bikes as well as people.



### BY AIR

Flights to Cornwall land at Newquay Airport, with routes from across the UK and Ireland departing from the likes of London, Manchester, Belfast, Cardiff and Edinburgh.



### BY BUS OR TRAIN

A number of Cornwall's most popular spots, can be reached by train from London Paddington, while [scenic branch lines](#) can get you to some of the smaller Cornish towns.. The 556 bus runs from the airport to the bus station in Newquay.

# HIDDEN GEMS AND ACTIVITIES

## St. Nectan's Glen

Speaking of waterfalls, a secret one worth seeking out is **St. Nectan's Glen**. The 18-metre tall cascade drops into a natural plunge pool that you can take a dip in. The leafy site is associated with pixies and King Arthur – so it's much more than just a pretty place to swim.

## Men-an-tol rock

Nicknamed the 'Devil's Eye'. Back in the Middle Ages, this Neolithic burial chamber was believed to have the power to heal, and the sick would crawl through it in a bid to cure their ailments.

## Roche Rock

Out on the barren hills above Roche village, the remains of a tiny chapel atop **Roche Rock** make for a peculiar sight. Once the home of a hermit, or so the local legend goes, the chapel dates back centuries and you can still wander inside what's left of it. There are superb views from here too.

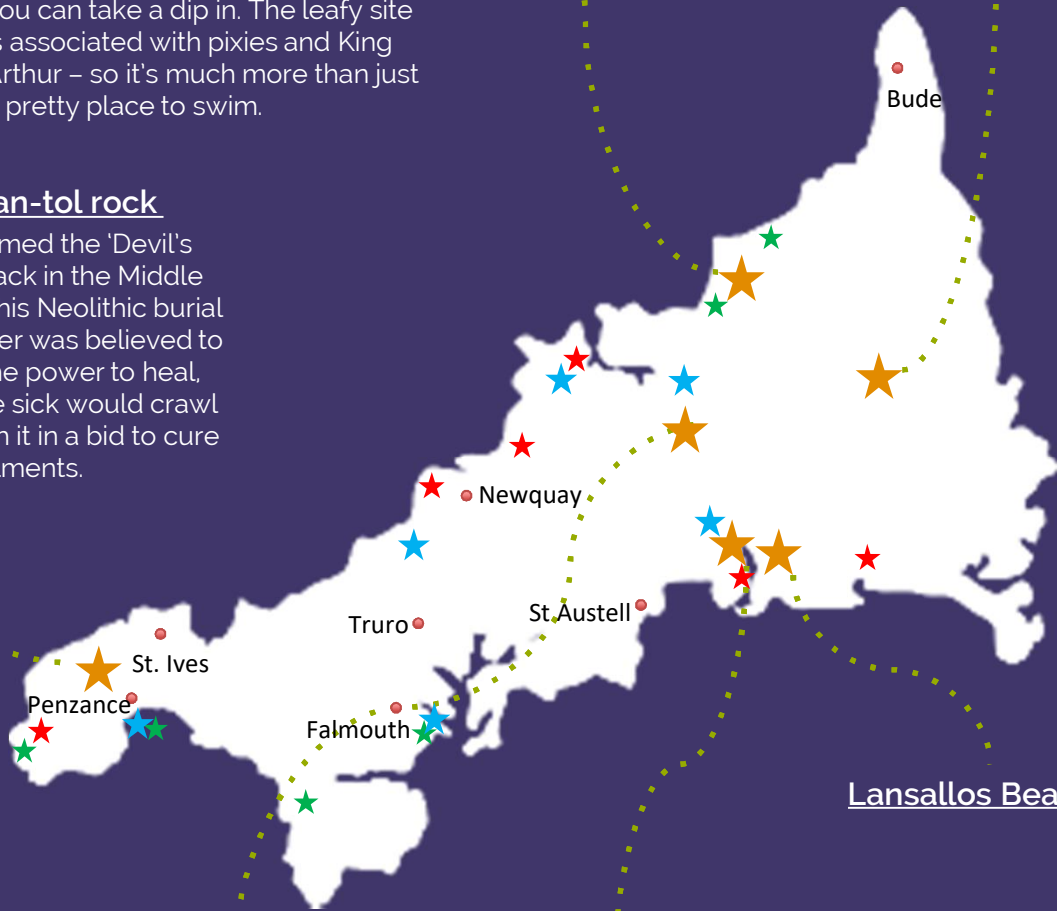
## Golitha Falls

On a scenic stretch of the River Fowey that winds through the ancient oak forest of Draynes Wood, are the cascades and waterfalls of **Golitha Falls**. An area of outstanding natural beauty, the woodland is awash with bluebells in spring and full of butterflies in summer, and you might also clock otters taking a dip in the falls.

## Lansallos Beach

## Fowey

The upmarket seaside resort of **Fowey** oozes charm, with boutique shops and waterside pubs leading to a yacht-lined harbour. Its café terraces and pub gardens are the perfect place to spend a sunny afternoon.



- ★ Hidden Gems
- ★ Picks for Kids
- ★ Best Activities
- ★ Foodie Delights





## TOP PICKS : FOR KIDS

### Rick Stein Cookery School



At the [Rick Stein Cookery School](#), under 18s can take a three-hour master class from the legendary chef's team. They take nurturing an early interest in cooking pretty seriously here.



### Cornish Seal Sanctuary,



At the [Cornish Seal Sanctuary](#), you can sign your youngsters up for a VIP meet-and-greet with the resident sea lions, during which they will help feed them their lunch.



### St Michael's Mount



The tiny offshore island [St. Michael's Mount](#) makes for an enchanting day out for youngsters, who'll love scrambling to the hilltop castle, exploring the fortress and learning about the mount's myths and legends.



### Tintagel Castle



Famous for its links to King Arthur, the remains of the 13th-century [Tintagel Castle](#) boast Dark Age ruins and ancient gardens, all overlooking a dramatic stretch of coastline.



### Museum of Witchcraft and Magic



If you've got kids in your party who think all museums are boring, change their minds at the [Museum of Witchcraft and Magic](#). Packed with skulls, costumes and curiosities, there is plenty to entertain youngsters, who will be intrigued by Britain's real-life history of witchcraft.



### Lands End Landmark

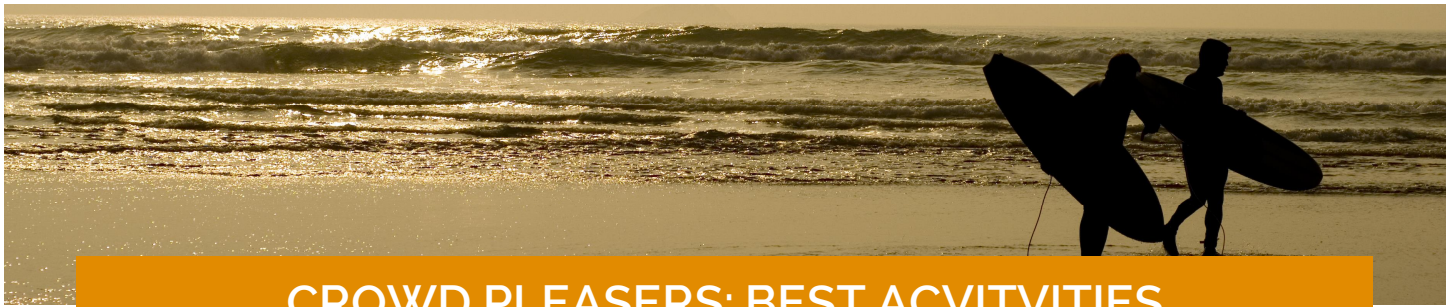


Young Instagram addicts can fill their feeds with selfies taken at the iconic [Land's End Landmark](#) and the sweeping seascapes surrounding it.



## MAP IT OUT: WHERE TO FIND THE BEST FOR KIDS





## CROWD PLEASERS: BEST ACTIVITIES

### WeSup



Try your hand at stand-up paddle boarding with [WeSup](#), where expert instructors offer one-to-one sessions for all abilities in the pretty bay of Gylly Beach.



### Koru Kayaking



Sign up for a tour with [Koru Kayaking](#) and you can tick off the scenic landscapes that inspired TV's Poldark. They're perfect for groups, with tandem kayaks for four people.



### Bodmin Jail



For a quirky and only mildly terrifying insight into Cornwall's prison history, check into historical [Bodmin Jail](#) for an overnight stay behind cell bars, complete with three-course dinner and expert insights from a local medium.



### Trevibban Mill Vineyard



With award-winning vinos and a gorgeous setting, [Trevibban Mill Vineyard](#)'s tours and tastings make a great afternoon out for wine buffs and novices alike



### Marine Discovery Penzance



Catamaran trips run by [Marine Discovery Penzance](#) only allow a dozen passengers onboard at a time, guaranteeing you uninterrupted views of the creatures you come across as you sail around the Cornish coast.



### Green Cart Farm



The fields of [Green Cart Farm](#) are awash with fragrant lavender, chamomile and rosemary, which you can use to create natural candles or perfume at a workshop held in the farm's old-fashioned apothecary.



## MAP IT OUT: WHERE TO FIND THE BEST FOR GROUPS







## BEST FOODIE DELIGHTS



### Ben Tunncliffe Sennen Cove

A family owned restaurant run by a Michelin starred chef, [Ben Tunncliffe Sennen Cove](#) serves casual food superbly cooked. And with huge windows overlooking a scenic stretch of beach, the setting is not too shabby either.



### Fifteen Cornwall



Jamie Oliver fans can dine out at the TV chef's Cornish outpost at [Fifteen Cornwall](#), where Italian dishes are given a Cornish twist and cooked by young chefs on Jamie's award-winning apprentice scheme.



### Maharajah

For quality curries served in a fabulous clifftop sea-view dining room, head to [Maharajah](#): Cornwall's longest running and best-loved Indian restaurant.



### Sam's Cornwall



[Sam's Cornwall](#) has branches all over the county, each with their own unique vibe. They all major in seafood, but our favourite is The City in Truro, which is covered from floor to ceiling in film and music memorabilia.



### Dishes to Try

We don't need to tell you that the **Cornish pasty** is Cornwall's ultimate foodie must-try, but we can tell you that not all Cornish pasties are made equal. For a pasty exactly as it should be, head to Padstow's waterside [Chough Bakery](#) for the perfect mix of pastry-wrapped steak, potatoes, turnips and cream.

### The Coddy Shack



[The Coddy Shack](#) is a Cornish institution, with fish and chips to go, a sit-down seafood restaurant and an epic eating challenge all available under one roof.



## MAP IT OUT: WHERE TO FIND THE BEST FOR FOODIES





We'd like to think we know travel pretty well. Since we first hatched [Oliver's Travels](#) in 2003 it's been essentially all we've talked about. You could call us obsessed.

Our extensive [blog](#), Oliver's Journal has got tons of information and inspiration on locations across Europe and the Caribbean. It's a one-stop shop for family-friendly holiday fun, the best group activities, foodie finds and a good dose of adventure. If you found this travel guide useful, (we hope you did!), you can find a whole host more on the blog, too!

At Oliver's Travels we don't do ordinary. From [family villas in France](#) and [luxury cottages in Devon](#), to Mediterranean [villas with pools](#) and [Caribbean beach villas](#), we have something for everyone, everywhere.



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