



Truro, Cornwall's only city, captured at sunset

Guide to  
**Cornwall**  
**2022**

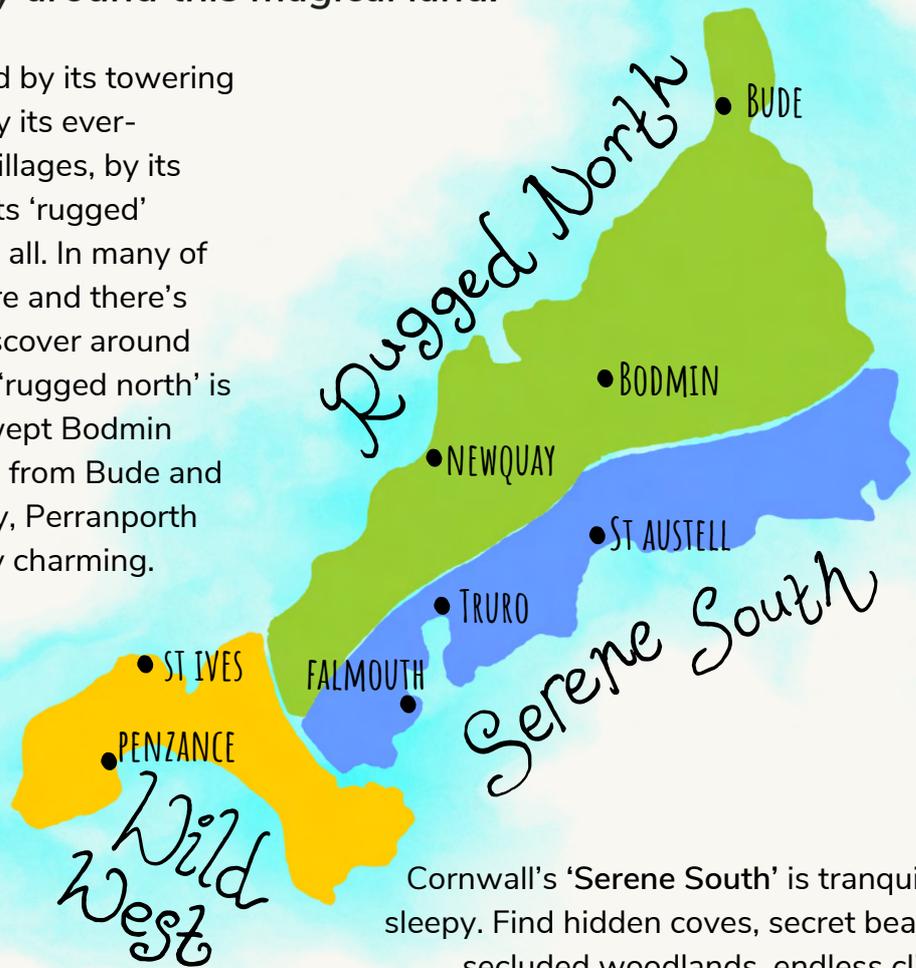
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# Welcome to Cornwall

Throughout this guide, we divide Cornwall into three distinct areas. We do this because each one is so different in terms of both landscape and atmosphere.

Local experts have created this guide to Cornwall to help you navigate your way around this magical land.

The 'Rugged North' is characterised by its towering cliffs along its stunning coastline, by its ever-popular seaside resort towns and villages, by its surfing culture, its Atlantic waves, its 'rugged' beauty and its welcoming nature to all. In many of its towns there's a party atmosphere and there's always something interesting to discover around the next corner. Further inland, the 'rugged north' is also loved for its rough and windswept Bodmin Moor and for its rolling countryside, from Bude and Launceston right down to Newquay, Perranporth and Portreath. Rugged yet instantly charming.



Cornwall's 'Wild West' is just that: wild, windswept and ready to take your breath away. The most southerly British point is on the Lizard peninsula to the south and east of Penzance and we prefer to call Land's End, to the west of Penzance, 'land's beginning'. Discover an array of hidden coves and beaches in this region and endure nature's wrath when the storms hit. Inland, hike across some of the best countryside in Cornwall and, off-land, visit the famous St Michael's Mount. Whether you're in Penzance or Porthleven, Helston or Hayle, St Ives or Sennen Cove, you're always in for a wild treat.

Cornwall's 'Serene South' is tranquil and sleepy. Find hidden coves, secret beaches, secluded woodlands, endless clifftop adventures, quiet river valleys, picturesque estuaries and some of the most beautiful fishing villages in Europe in this region. The sailing waters out towards France are always fine and the countryside behind this 'Cornish riviera' is forever green and rolling. From the Tamar Bridge, past Looe and Polperro and all the way down to Falmouth and Truro, the 'Serene South' is, quite simply, charm personified. The perfect place to explore, escape and relax.



The remnants of Cornwall's tin mining industry pepper its rugged northwest coastline, making for breathtaking images at sunset like here at Wheal Coates near St Agnes

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*The*  
**RUGGED  
NORTH**

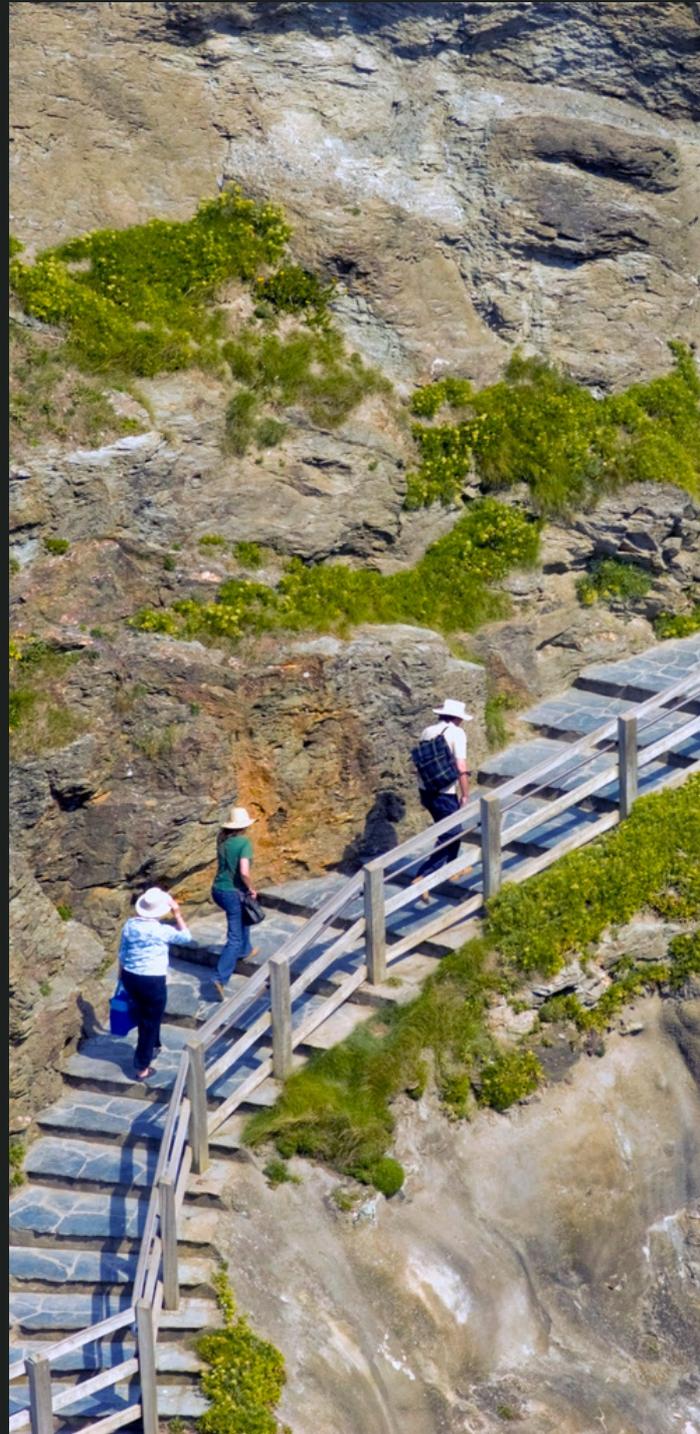
# Welcome to the Rugged North



Sheer. Majestic. Dramatic. Splendid. These are the sorts of adjectives that so many people attribute to Cornwall's 'Rugged North'. Stretching from its border with Devon just above Morwenstow right down to the pretty fishing village of Portreath, this beautiful area is characterised by its seaside resorts, its precipitous cliffs, its surf culture, its wildlife and, a little way inland, its rough 'n' ready Bodmin Moor.

As with any region in any country, though, it's impossible to describe the 'Rugged North' in just a few words. Whether you're going for a surf off one of Newquay's great beaches (pictured above) or you're climbing the steps up to Tintagel Castle, with its Arthurian legends all around (right), you're in one of the world's most magical corners.

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# Our picks



Overlooking Newquay's Lusty Glaze beach towards the Towan headland

Here at Proper Cornwall Towers, we consider ourselves the 'Kings of the North'. And by that, we mean that we know the north Cornish coastline intimately. Because we love it.

We love the towns, from Bude up at the top of the 'Rugged North' area to Perranporth down at its foot, with cracking places like Padstow, Newquay, Launceston and Bodmin along the way.

We love the beaches, of course, such as Crackington Haven and its world-famous geological rock formations or the surfers paradise of Fistral Beach in Newquay.

And we love the attractions like the aforementioned Tintagel Castle and the thrilling, chilling Bodmin Jail.

So step right this way for our picks...

# TOWNS

'Rugged North' Cornwall's towns are always pretty and packed with attractions, walks, great shops and top eateries. But which places do we recommend visiting and, perchance, staying in the most? Our top four are below, however do note that we count some of the Duchy's most beautiful villages as towns as well. Just because we can...

## Tintagel

Yes, definitely not a town. But it may as well be due to the sheer amount of people who visit this famous and magical village every year. Okay, so there's no evidence that the legendary King Arthur lived here or that Merlin was real at all but that doesn't matter: this place is all about the stories and myths. The star is the ruined Tintagel Castle that broods over the coastline but aside from Arthurian themes, the village is quaint and the coastal walks around here are spectacular.



## Port Isaac

The wildly popular 'Doc Martin' TV series hardly put Port Isaac on the map but it has sparked an exodus of fans to the picturesque fishing village over the past few years. Aside from wandering the roads looking for famous film locations, though, this pretty place is worth a visit for its narrow, winding streets that are lined with whitewashed and granite Cornish houses and for its traditional harbour.



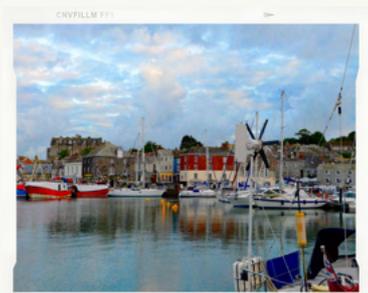
## Newquay

There's no denying it: surfing has put Newquay on the international map. As a result of its popularity with surfers, thanks in part to the world-famous Fistral Beach, an entire tourist industry has built up around the sport, meaning that Newquay is awash with great nightspots, resorts, pubs and restaurants. It is party central at night and beach central during the day. However, you can also have a quiet and relaxing time in Newquay. Whatever your pursuit, this town has it all.



## Padstow

Mention Padstow and it won't be long before someone mentions Rick Stein. The celebrity chef has become synonymous with the seaside town and his work has paved the way for many great nosh spots here. But there's more to Padstow than just the grub. The colourful harbour that's lined with old fisherman's cottages is quaint Cornwall personified, as are the medieval lanes that slope down to the quayside. Come to Padstow for the divine food, for sure. But stay for much more besides.



# BEACHES

Think of a Cornish beach and it's more than likely you'll be thinking of a sandy haven on the 'Rugged North' coastline. If it's a famous surfy beach you're conjuring up then it's almost guaranteed to be along the north Cornish coast. Of course, we adore all of this area's beaches but here's our favourite quartet of beautiful northern shores...

## Daymer Bay

Lying just north of Rock village and across the estuary from Padstow, Daymer Bay is just made for families and those who just want to relax. The sands here are near perfect and it has won awards over the years for its superb water quality. At low tide, there are long stretches of gold that are backed by dunes and a golf course. Obviously, one big draw is the stunning vista across the estuary. Access is easy as it's just a short walk down some steps from the beach's car park.



## Fistral Beach

The surfer's choice. One of the most famous beaches in the country, this stretch of sand and its crashing waves are the stuff of legend. Fistral is an internationally celebrated surfing destination due to its big breakers out there and its bars, restaurants and facilities for all the family back on dry land. There's plenty of space on the beach for anyone who wants either a relaxing afternoon under the sun or an exhilarating experience on a locally hired surfboard out there in the deep blue.



## Holywell Bay

What does Holywell Bay, just a few miles down the coast from Newquay, have to offer? Well, you can go bodyboarding out on the waves. You can find plenty of space to build castles and lay out those towels. You can make the most of the idyllic scenery by exploring the sand dunes, some of which reach up to 60 feet in height. And you can also bring your dog to scamper along this big, big beach. There's also a stream that kids love splashing in. So what does Holywell have to offer? You best go find out...



## Crackington Haven

Crackington's stunning and isolated 'haven' sits on one of the most beautiful parts of the 'Rugged North' coast between Bude and Tintagel. The beach, at the end of a long steep valley, is mainly stone and pebbles at high tide but as the water ebbs away, soft sands are revealed that offer decent sunbathing space as well as areas where kids can play. But the real stars here are the towering cliffs which sport world-famous geological 'formations' that are named after this north Cornish beach.



# ATTRACTIONS

Cornwall's 'Rugged North' is home to more fab attractions than you can shake a Cornish pasty at. Theme parks, beautiful gardens, historic houses, old castles, art galleries, breweries, mines, famous film locations, aquariums, extreme sports parks, the best museums in the South West... heck, the list goes on and on. Below we've picked out some of the attractions we call the best of the best...

## Bodmin Jail

One of Cornwall's most memorable and interactive days out. Fact. Wander into the cells here and imagine what it was like to be locked up in the 18th century. Browse the many creative exhibits that fill you in on what life was like behind bars in Victorian Cornwall and during other eras. Visit the Execution Shed where the last man to ever be executed in Cornwall bit the dust. And go on the theatrical 'Dark Walk'. This place is unsettling, unnerving and unlike any other experience in Cornwall!



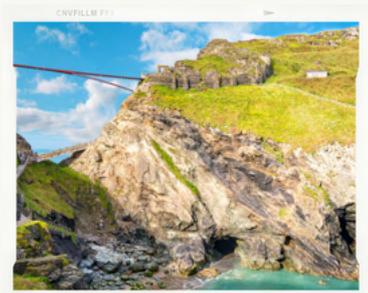
## Camel Creek Adventure Park

This all-weather theme park near Wadebridge has all manner of rides and activities for people of all ages. This is a whole day out for all the family with fast-paced experiences, fun sideshows, some great eateries, a load of cute animals from across the world and play areas for children. Plus, there's a regular roster of events throughout the year that feature characters like dinosaurs and even Peppa Pig.



## Tintagel Castle

No homegrown legend is more magical than the one concerning King Arthur. This majestic figure may or may not have existed but, whether you believe the stories or not, his legend is forever etched into the hearts and minds of people in this corner of the globe. His legend is certainly etched into Tintagel Castle. Cross a spectacular bridge and head up to the castle ruins where you can take in magnificent views. Prepare for lots of walking and don't forget Merlin's Cave below!



## Wheal Coates

Mine buildings. There are loads of them strewn across Cornwall. So what makes Wheal Coates so special? Well, it's secluded, it's dramatic and it makes for perfect Instagram fodder due to this area's incredible beauty. This isn't a National Trust attraction you 'go in'. It's one you 'take in' as you stand on the edge of a sheer clifftop near St Agnes Head and you 'take in' the rugged landscape and the remnants of Cornwall's tin mining industry all around. Sure, many other mining heritage spots equal this majesty but there's just something about Wheal Coates!





Cottages on the cliffs at Polperro's harbour

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*The*  
**SERENE  
SOUTH**

# Welcome to the Serene South



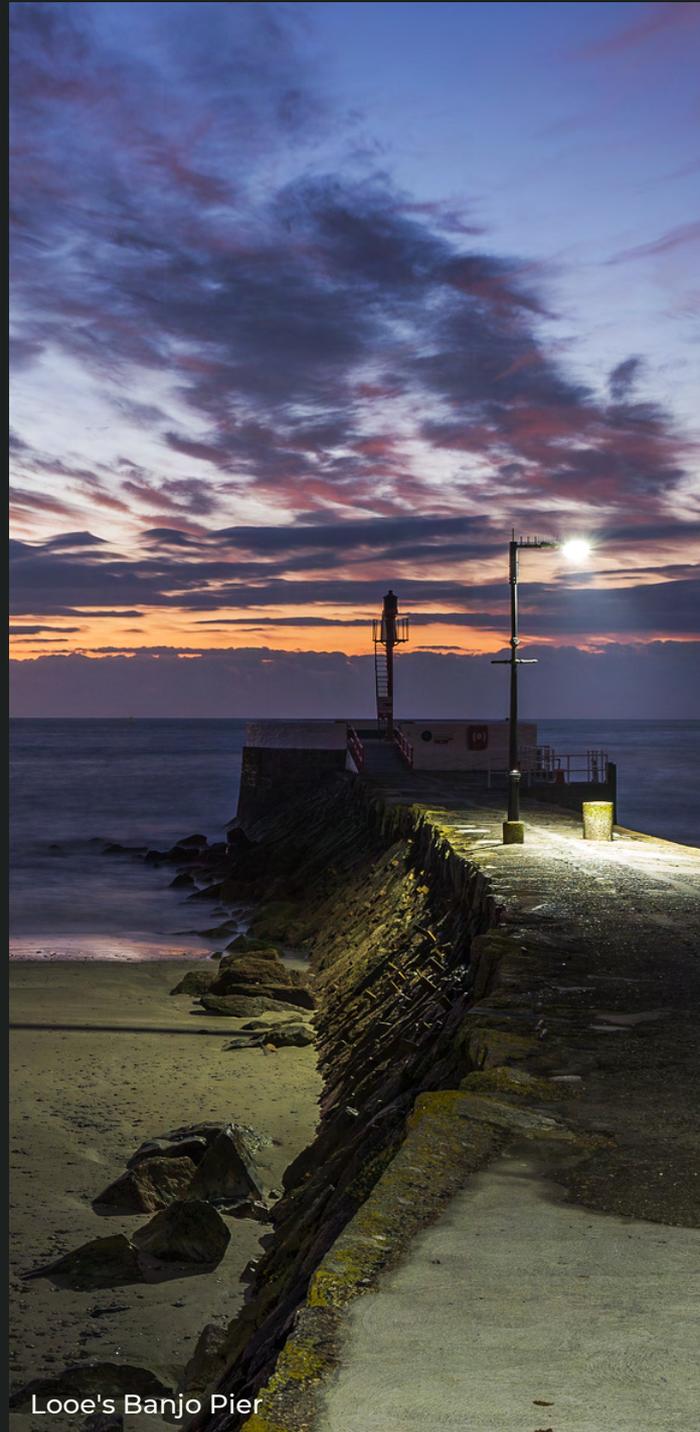
Charlestown harbour

Cornwall's 'Serene South' is just what it says it is: serene. You could also say tranquil, laid-back and even sleepy. Where the north coast can be loud and dramatic, the south coast dances to its own free 'n' easy tune.

Discover hidden coves, secret beaches, secluded woodlands, endless clifftop adventures, quiet river valleys, picturesque estuaries and some of the most beautiful fishing villages in Europe along Cornwall's 'Serene South'. The sailing waters out towards France are always fine and the countryside behind this idyllic 'Cornish riviera' is forever green, lush and rolling.

Come and explore this chilled-out region of Cornwall's many towns, attractions, beaches and more with us...

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Looe's Banjo Pier

# Our picks



Falmouth. Fowey. Truro. Looe. Mevagissey. Polperro. St Austell. Liskeard. These towns, villages and city are among the most popular hotspots in Cornwall's 'Serene South' alongside its wonderful attractions and beaches.

From the Tamar Bridge, past Looe and all the way down to Falmouth and Truro, this area is, quite simply, charm personified. But what are the best things to do here aside from just wandering aimlessly along the coastal paths, taking in the quaint harbours along the way (which we definitely recommend!), or in the lush rolling countryside?

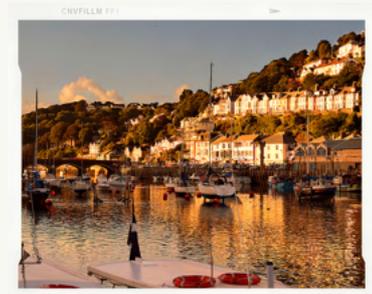
Well, we at Proper Cornwall have loads of recommendations for you as you look to spend your time in the 'Serene South'. Here's our pick of the greatest towns, attractions and beaches too...

# TOWNS

Pretty villages, tranquil towns and a bustling city make up Cornwall's 'Serene South'. But here we recommend three towns, be village and Cornwall's only city as our top places to visit. Honourable mentions go to Polperro, Mevagissey, Fowey and Liskeard, but below we focus on our four favourite southern hotspots...

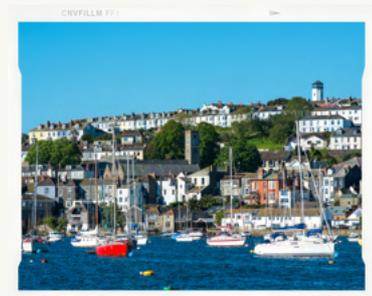
## Looe

Looe bears all the hallmarks of a great Cornish seaside town. Good beaches? Check. A bustling harbour with fishing boats coming in and out? Check. Fun attractions, tasty restaurants, lively pubs and top gift shops? Check to all of them too. This town, split into east and west parts around a pretty river, prides itself on its fresh fish so there's a wealth of eateries with seafood at the top of the menu. There's also a wealth of walks around the coast from here. Don't miss this fab town.



## Falmouth

Welcome to the world's third largest natural harbour and one of Cornwall's biggest towns. Some fine yachts live out there in that harbour and there are some sandy beaches across the town's front too. There's Tudor history at the famous Pendennis Castle and also enjoy some excellent shopping and eating options. Add to this all the nightlife and amenities that are aimed at the Falmouth University students and you have a seaside town with ace attractions, beaches and bars galore.



## St Austell and Charlestown

St Austell is an old market town and Charlestown is a nearby village but they are inseparable because if you visit one, you should visit the other. Due to its handy positioning along Cornwall's south coast, St Austell is one of the Duchy's jewels in its tourism crown and makes for a great base. The coast is nearby and the town has good shops and pubs. Charlestown (pictured), on the other hand, is one of Cornwall's most popular film locations thanks to its collection of historical sailing vessels and its idyllic harbour. Two beautiful places for the price of one!



## Truro

It's the UK's most southerly city. And Cornwall's only one. Truro is a perfect hub for those wanting to explore its pretty streets before heading out to all those hotspots across the Duchy's most southerly and westerly reaches. The city's most striking feature has to be its cathedral which can be seen all over town and is well worth exploring, if not for its tranquil atmosphere then for its beautiful Victorian stained glass windows. The rest of the city offers up some top restaurants and hotels, not to mention some superb pubs and shops too.



# BEACHES

An atmosphere of calm lies over most of the beaches in the 'Serene South'. Take your pick from an array of secret smuggler bays, large family stretches and bijou sandy havens that are almost always pretty, whatever the weather. Remote and wild in winter, these bays echo to the sounds of families and fun during Cornwall's hottest days. With miles of beachfront to choose from, here's our pick of the southern sands...

## Carne Beach

Carne Beach on the beautiful Roseland peninsula near Truro is, well, stunning. At low tide it joins up with its sister Pendower to create a long stretch that's great for dog walking. And you can do that throughout the whole year because both beaches are always open to pooches. They are owned by the National Trust, so expect a pristine natural environment with plenty of rock pools and acres of soft sand.



## Gyllyngvase Beach

The pretty Gylly Beach, on Falmouth's seafront, just a 15 minute walk away from the town centre, is popular with locals and holidaymakers during the hotter months. This wide crescent of golden sands sits next to a blue-tinted sea and is surrounded by awesome amenities, hence its popularity with visitors. Gylly is perfect for families to relax on, however it's also pretty good for watersports too, with stand up paddleboarding becoming a popular option out in the deep blue.



## Par Sands

At Par Sands you're never far from the action. This large stretch about four miles away from St Austell is a hive of activity and activities for beach lovers, especially in the summer. Known by locals as 'Parbados' due to its idyllic nature, the beach sits in a south-facing cove where its golden sands are backed by rolling dunes. At its rear, paths wind their way across a series of boardwalks towards a lake. Plenty to do here.



## Talland Bay Beach

Welcome to a couple of pocket-sized twin coves located in an Area of Outstanding Natural Beauty midway between Looe and Polperro. Don't let Talland's size fool you, though, as this is a small package with much to offer. In days gone by, smugglers were lured here by the bay's seclusion. For today's visitors, the western side, Talland Sand, is covered with light shingle at high and low tides. The eastern side, Rotterdam Beach, instead gives way at low tide to masses of tidal pools, making it a firm family favourite for those looking to escape the crowds.



# ATTRACTIONS

Welcome to the land of the biomes. Yes, we think the Eden Project is one of the world's greatest attractions. But there are plenty of other incredible places to visit, from the theme parks and adventure lands to the animal sanctuaries and museums. Welcome to Proper Cornwall's 'Serene South' selection of superb attractions...

## Eden Project

No other attraction in the UK – let alone Cornwall – comes close to the Eden Project. This is the granddaddy of the county's major must-visits, with more than a million people wandering its impressive biomes every year. Nestled in a huge crater, Eden, near St Austell, is actually an educational charity. Its two iconic biomes – each consisting of several domes joined together – house plants from all over the world and also play host to fantastic events throughout the year. Do. Not. Miss.



## Royal Cornwall Museum

For museum fans, this is the big one. The more-than-200-year-old Royal Cornwall Museum (RCM) is the largest museum in the Duchy and for anyone travelling to Truro, it's an essential day out. Prepare for enthralling exhibits that take you through Cornwall's storied past. Since 1818, the RCM has been a focal point for local history – and for tales of other cultures across the world. So much to discover here.



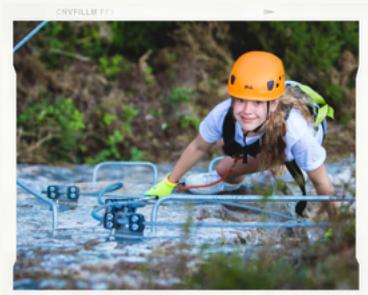
## Shipwreck Treasure Museum

Load up the ship, me hearties, 'cos we've struck gold! Pirates, pillagers and landlubbers head to the Shipwreck Treasure Museum in Charlestown every year to learn about the historical items and pieces of eight that have been found under the sea's surface over the centuries. The museum is full of objects that have been discovered by divers in the waters around Cornwall and beyond. Learn about the divers themselves too as there are many engrossing stories told in the museum.



## Via Ferrata Cornwall

A 'unique high-wire challenge'. 'Something different for the day'. 'More than just an adrenaline rush'. Via Ferrata Cornwall is many things to many people but we say it's a challenge that just needs to be experienced if you want to try your hands and feet out at a unique activity in the heart of the countryside. This attraction near Falmouth is in a granite quarry on a 60-acre site. Here, you ascend cliff faces, cross high-wire bridges, scramble over rocks, tackle challenges and 'zip' back down to the ground at the end. Where there's a coffee shop. Perfect!



St Michael's Mount dominates Mount's Bay near Penzance



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*The*  
**WILD  
WEST**

# Welcome to the Wild West



Who doesn't love a wild 'n' windswept landscape, far from the madding crowd, where you can wander through parts unknown that haven't been touched by human hands? Well, umm, Cornwall's 'Wild West' isn't exactly that. But there are parts of this far flung area where it can feel like you're the only person for miles.

Welcome to the end of the land, our third and final Cornish zone. Where the 'Rugged North' is all drama and the 'Serene South' is all calm, the 'Wild West' is just what you'd think it is: always ready to take your breath away.

Whether you're in Penzance or Porthleven, Helston or Hayle, St Ives or Sennen Cove, you're in for a wild treat. Explore the towns, attractions, beaches and more in the 'Wild West' with us...

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When storms hit the 'Wild West', it's always dramatic, like here at Botallack's mining site



# Our picks



It's like a land all of its own is the 'Wild West' of Cornwall. The most southerly British point is on the Lizard peninsula and Land's End speaks for itself. Discover hidden coves and beaches that shine in the sun and endure nature's wrath during storms. Plus, inland, there's some superb countryside hiking to be done and, off the shore, there's the famous St Michael's Mount.

Then there are the towns and villagea: St Ives, Penzance, Redruth, Hayle, Porthleven, Helston, Mullion, Marazion and Porthcurno. These mostly come with some ace attractions and beaches.

But where will you go first? Holster those shooters (yes, we mean cameras! It's not that wild) and step this way with us as we guide you around the end of the world...

# TOWNS

You know the drill. Four towns. One wild land. One Proper Cornwall, here to recommend that you don't drive by these places or miss them off your itinerary entirely. Honourable mentions also go to Hayle, Mullion, Marazion, Porthcurno and Helston but below are our picks for the Proper Cornwall 'best in class for towns' award...

## Penzance

Penzance is not Land's End. But it's the closest town to the most westerly end of Cornwall, so it's often associated with it and acts as a gateway to the area that surrounds it. This is a historic market town and port with granite buildings and wonderful parks scattered throughout, not to mention ace pubs and eateries. Oh, and St Michael's Mount is right out there in the bay. You want to see that.



## Porthleven

The most southerly port in Great Britain has a charm all of its own. Porthleven is picture-perfect, especially when viewed from its iconic granite harbour or fine beach. It's a place that keeps its old-world fishing port charm while also offering some arty shops and hearty eateries. Walkers flock to the town due to the amount of coastal hikes on offer and experienced surfers come here for the decent waves. Eat, shop, hike, sunbathe and wander like you've never done before.



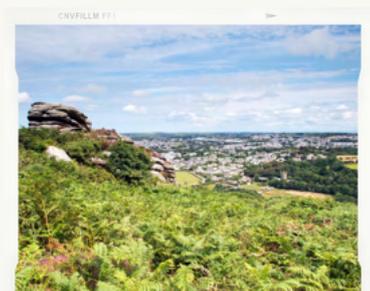
## St Ives

Art is central to this famous seaside town's success. Aside from it being a beautiful fishing harbour with cobbled streets and incredible views, the art history here is famous. Painters have been drawn to St Ives since the early 19th century. Following the Second World War, the town became a centre for abstract and modern British art. These days, the wildly popular Tate St Ives and Barbara Hepworth Museum highlight just how modern and historic art is sewn into the fabric of St Ives' heritage.



## Redruth

Off the coast and thus often overlooked, Redruth dates back to the 12th century, with its iconic viaduct being originally built in wood but replaced with stone in 1888. Over the years, it's been an important market town with Fore Street being its shopping central since the early 18th century. The mining history of the area courses through its veins as Redruth got rich through tin, with its grand Victorian architecture a testament to this wealth. The Redruth Town Trail is worth strolling down as it points out places of historical interest along the way. Miss the town at your peril.



# BEACHES

The 'Wild West' beaches are internationally renowned. Straddling the edge of the Duchy's finger of granite as it juts into the Atlantic are a wealth of sandy spots that conjure up images of tropical paradises. In the winter, this area bears the brunt of the storms but in the summer, it's like Barbados moved to Cornwall. But where should you pitch up your windbreak? Here's our fave quartet of the 'Wild West' beaches...

## Dollar Cove

Who doesn't get a little fascinated by stories of silver and shipwrecks? If you're a fan of seaside tales then you'll love a trip to Dollar Cove in Gunwalloe, which is famous for its treasure that may still be hidden under its perfect sands. Perched on the western edge of the Lizard peninsula, Dollar Cove is a wild spot. But it's a pretty one too. Bring your metal detector and scavenge for coins. Or, at least, sunbathe.

## Nanjizal Beach

Nanjizal Beach, on the coast between Land's End and Porthcurno and near Penzance, is a hidden gem. Not hidden in the way that no-one knows about it but hidden in the way that it's often deserted due to its distance from any road or car park. In fact, it's quite a walk to get here, taking up to an hour from the hamlet of Trevescan. But it's worth the effort to see the 100m natural arch known as the 'Song of the Sea'. It is super-photogenic and frames this secluded spot perfectly.

## Porthcurno Beach

Porthcurno Beach is a treasure for the eyes with its white sands, clear blue waters and granite cliff backdrop. Welcome to one of the Duchy's most Insta-worthy stretches. The sand is gorgeous and the high cliffs, on which the dramatic Minack Theatre sits, are rugged and shelter this area perfectly from the winds. Porthcurno is all about the relaxation, the sand, the cliffs, the water and the photogenic beauty all around.

## Porthmeor Beach

Porthmeor is St Ives' main beach, right next to the Tate St Ives art gallery, as well as a host of shops and eateries. But that's exactly why we've chosen it as our best in the west. It's a sandy and safe stretch that is popular with those wanting to relax next to town, as well as those wanting to do a spot of surfing or swimming out in the waves. Having a picnic on Porthmeor with family or friends is quite the local tradition.

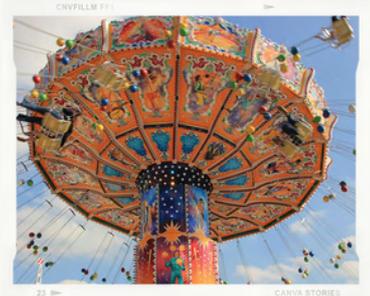


# ATTRACTIONS

Cornwall's 'Wild West' has way more attractions than you may expect. Of course, there's the famous Land's End, which is worth a visit for a photo next to the signpost, but here we recommend four other iconic places that you've just got to visit for family entertainment, history and nature. Go wild...

## Flambards

Interestingly for a theme park, the rides don't take centre-stage at Flambards, near Helston. They share the stage equally with The Victorian Village and the Britain in the Blitz life-size exhibitions. But the tides are fab. Spin on the Hornet Rollercoaster. Journey through the dark on the Space Race. Get soaked on the Colorado Log Flume. There are also plenty of rides for younger visitors in Ferdi's Funland. A thrilling, moving, entertaining and exhilarating experience awaits at Flambards.



## Godolpin

The National Trust calls this attraction 'an ancient and atmospheric estate with a medieval garden and historic house'. And it's not wrong as Godolpin, between Porthleven and Hayle, is rich in tales of the past, in archeology and in flora and fauna. Exploring the whole estate is recommended, from the Leeds engine house and chimney stack that were used in the Godolpin family mine to the soul-stirring woodland that's been strangely shaped by all those years of mining.



## Minack Theatre

A Shakespearian tragedy on an olde-worlde theatre's stage blows us away. An opera in one of the world's great performance houses blows us away. But nothing blows us away quite like watching a show at the Minack Theatre that overlooks Porthcurno. This is mindblowing drama at its most spectacular, whatever the show. The clifftop venue that's been cut into the rock is like no other theatre thanks to its position on the cliffs. It's also open for viewing outside of performances.



## St Michael's Mount

Cornwall's most famous island that sits out in the bay off Marazion and Penzance is a must-visit. There's so much to take in here, from the village and harbour to the alluring stories that endure, featuring angels, mermaids, monks and miracles – and even the Cornish legend of Jack the Giant Killer, a young lad from Marazion who took on a big brute. St Michael's Mount is an important pillar of Cornish history and legend that can't be missed on any journey to the far reaches of the Duchy.





Mevagissey, home to one of Cornwall's most famous working harbours

# Thanks for reading

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