The Mynard Family look forward to welcoming you to St Margaret's Park

We hope that you will have an enjoyable stay. We will do our best to ensure that you do and should you require any help or assistance, someone is always available. The opening hours of reception are displayed on the door or you can contact us at any time either by telephone on 01726 74283 or by text/WhatsApp on 07870 297167.

We hope that you will be pleased with your accommodation. Please do not hesitate to let us know if you have any requirements or problems.

On your day of departure please return the accommodation key to reception.

We hope that you will find the information contained in this Folder useful.

To ensure that all our visitors enjoy their holiday to the full we would be pleased if you would help by observing the following simple rules designed to keep St Margaret's Park a happy place for all.

Please take careful note that we ask all to rigidly observe the 10-MPH speed limit. On the park roads there are ramps to reduce speeds. The children are on holiday too and must feel safe.

For the general comfort of all you are asked to refrain from making any undue noise between the hours of 10.00pm and 8.30am.

Clotheslines are not to be attached to any part of the lodges. Drying racks are provided in your accommodation.

Barbecues can be used outside your accommodation but please do not burn the grass. When using a disposable barbecue place on the concrete and not on the grass, wooden steps, picnic tables or wooden decking, as it will burn the surface.

None of our accommodation is to be occupied by more than the number of berths i.e. No more than 6 persons in a 6-berth unit. Anyone exceeding the limit will have their money refunded and be asked to leave.

Children under 12 years of age must be supervised by an adult at all times in the children's play area. Use of the play area after dark in not permitted.

Dogs are accommodated in some of our lodges on the condition that they are kept on a lead the whole time they are on the park unless in the dog walk area. Anyone disregarding this request may be asked to leave. Under no circumstances may dogs be left in any of our accommodation unattended whilst you are off the park.

For the comfort of other guests, we kindly request that you refrain from smoking inside the accommodation. Please use the ashtray provided outside your accommodation.

Please do not use any of the bedding outside the lodge.

THANKYOU FOR YOUR ASSISTANCE.

ST MARGARET'S PARK
KITCHEN INVENTORY (quantities depend of size of accommodation)

Mugs
Cups
Saucers
Tea Plates
Dinner Plates
Dishes
Bread & Butter Plate
Milk Jug
Butter Dish
Cruet
Egg Cups
Glasses
Wine Glasses
Fruit Bowl
Sugar Bowl
Bread Board
Bread Bin
Washing up Bowl
Draining Board Rack
Bucket
Dustpan & Brush
Tray
Teapot
Saucepans
Frying Pan
Colander

Knives
Forks
Desert Spoons
Teaspoons
Tablespoons
Bread & Butter Knife
Potato Peeler
Potato Masher
Straining Spoon
Serving Spoon
Kitchen Scissors
Whisk
Grater
Kitchen Knife
Bread Knife
Turner
Tea Strainer
Tin Opener
Cork Screw
Carving Knife
Carving Fork
Measuring Jug
Pyrex Basin
Pyrex Oven Dish
Baking Tray

ALL breakages must be replaced.
Replacements obtainable from the reception.

LODGE HEATER CONTROLS

ON-OFF SWITCH – Switch on heater by pressing the centre button 

MANUAL MODE – ensure that manual mode is selected (M symbol at the top of the display). If the A (automatic mode) symbol appears on the display change to manual mode by pressing the

button.

TEMPERATURE SELECTION – By pressing  or  you change the temperature. When the room temperature is lower than the one set, the radiator comes on and the 'zig-zag' symbol appears in the top right of the screen.

IT IS RECOMMENDED THAT THE HEATER IS KEPT SWITCHED ON AT ALL TIMES WITH THE TEMPERATURE SET TO THE MINIMUM ROOM TEMPERATURE REQUIRED, IN ORDER TO CIRCULATE AIR AND MAINTAIN AMBIENT TEMPERATURE.

RECEPTION

The opening times for reception are displayed on the door or you can contact us at any time either by telephone on 01726 74283 or by text/WhatsApp on 07870 297167. If you need any help or attention when the reception is not attended there will be mobile number displayed to contact us or if you need us out of hours ring the doorbell alongside reception door.

You are welcome to borrow books from the library in reception. These include local maps, walk books and books on different aspects of Cornwall. There are also a variety of toys and indoor and outdoor games for your use.

If any repairs are needed in your accommodation, please **report them to reception before you go out for the day**. If reported after 5pm we may not be able to repair them until the following day.

If the reception is closed when you leave at the end of your holiday please put your accommodation key through the letterbox in reception door.

Outside reception you will find the information hut an abundance of free leaflets and brochures detailing numerous places of interest that you may wish to visit during your stay. Discount vouchers for some of these attractions are available from reception.

MAIL

Incoming mail will be delivered to your accommodaton.
Outgoing mail can be posted in our post box outside reception. Collection times are:
Monday to Friday – 12 noon Sundays – No collection Bank Holidays – No collection

REFUSE COLLECTION

Dustbins will be emptied on Wednesdays and Saturdays except during school holidays when they will be emptied on Tuesdays, Thursdays and Saturdays. If the bins are full before collection day please let us know and we will empty them.

RECYCLING

The recycling centre is located alongside reception. There are recycling bins for **plastic bottles** (please remove tops, wash & crush), **plastic food packaging and containers**, **aluminium & steel cans** (please wash & crush), **aerosols, washed tin foil , glass bottles** (please remove tops and wash), **cardboard** (please flatten boxes), **newspapers, magazines, paper envelopes, stationary & wrapping paper** and **food waste** for composting (a food waste caddy is provided in your accommodation – further food waste bags are available in the recycling area in from reception). Please place items into the appropriate bins.

WIFI

Free WiFi for St Margaret's guests is available throughout the park – the QR code and password for logging on are displayed in your accommodation.

LAUNDRY FACILITIES

Laundry facilities are in our laundrette adjoining reception. There are coin operated washing machines with a choice of cycle - Eco Wash £4.50 (30 mins approx), Superwash £5.00 (45 mins approx) or Superwash Plus £5.50 (55 mins approx). These prices include detergent and conditioner. There are also coin opereated Tumble Dries (£1 = 20 minutes).

CLEAN BED LINEN

If you are staying in your accommodation for a second week, clean bed linen can be obtained from reception - please bring your linen for exchange on Friday or Saturday morning. **PLEASE NOTE THAT BLANKETS AND BEDDING ARE NOT TO BE USED OUTSIDE**

DOGS

Dogs must be kept on a lead the whole time they are on the park, unless in the dog walk area. Under no circumstances may dogs be left in any of our lodges unattended whilst you are off the park. Please use the bins provided at the end of the dog walk area to clear up after your dog.

CHILDREN'S OUTDOOR PLAY AREA

The outdoor adventure play area is situated at the bottom end of the site, across the stream. An adult must supervise children under 12 years of age at all times. The play area must not be used after dark and glass must not be taken into the play area.

Garden games (Hi-Tower, Giant Draughts, Dominoes, noughts & crosses and Giant 4-in-a-row) are available for use free of charge. The key for the box containing the games pieces is available from Reception. We also have a Boules set available for the adults.

POLGOOTH VILLAGE

Turn right at the entrance to the park and you will find yourself in Polgooth village. Turn left at the island to reach the Polgooth Inn. If you turn right by the coal merchants before reaching the inn you will come across the Polgooth Village Stores who are open every day of the week – their telephone number is 01726 73816.

Like many place names in Cornwall, the village name comes from the Cornish language – 'Pol' meaning 'pool' and 'gooth' meaning 'goose'. The village grew around the tin mines in the area, and by 1800 The Great Polgooth mine employed more than 1000 people – underground miners, blowing house men, bal maidens and children. This mine was one of the few in the area to still be working at the beginning of the 19th century. South Polgooth mine was a smaller mine with just over 100 people employed. A lot of the mine engine houses in the area have disappeared and many of the houses in Polgooth having been built from the stone but two, including the one here at St Margarets have been converted into living accommodation.

POLGOOTH INN – Telephone 01726 74089

The Polgooth Inn serves food all day and the menu can be found on their Facebook page or their website www.polgoothinn.co.uk There is a dining room as well as a family room and outside tables ideal for young families.



POLGOOTH POST OFFICE & STORES

Polgooth Post Office & Stores

Shop: Open 8am - 7pm

Post Office: Open 9am - 12:30pm & 1.30pm - 5pm Monday - Friday
9am - 12:00pm Saturday

Local Produce from Martins Bakery, Prima Bakeries & Kittows Butchers
Home news delivery of newspapers and magazines 7 days a week



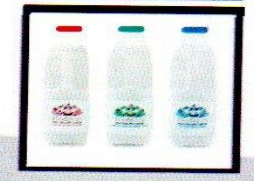
OFF LICENCE
Wines
Spirits
Beers

Martins BAKERY

Martins Bakery



Newspapers & Magazines



Roddas Milk

BLACK ROCK BAKERY

Black Rock Bakery



Cash Machine Free Withdrawals

top-up

Mobile Phone Top-up & Sim Cards

POST OFFICE

In-Store Post Office
- Pay in cash and cheques
- Withdraw money
- Check your balance

Electric & Gas Key Charging

The National Lottery™

- LOTTERY
- EURO MILLIONS
- SET FOR LIFE
- LOTTO HOTPICKS
- THUNDERBALL
- SCRATCH CARDS

Fore Street, Polgooth, PL26 7BP
Tel: 01726 73816

LOCAL GARAGE

We recommend River Valley Garage at London Apprentice. Telephone 01726 74056. To get there turn right out of our entrance, left at the grass triangle and continue for just under one mile to London Apprentice. Turn right, take the next left immediately after Kingswood Restaurant and the garage is in the industrial estate on your left.

SUPERMARKETS

Asda (open 24 hours), Tesco and Lidl are all in St Austell, and you probably passed them on your way here. To get there turn right out of our entrance, right at the grass triangle and right at the top of the hill and onto the main road. Go straight over the roundabout by McDonalds you will find Asda on your right at the next roundabout. To get to Tesco go straight over the roundabout by Asda, second exit on the next roundabout, left at the traffic lights and right at the mini roundabout into Tesco's car park. Lidl is next to Tesco so go straight over the mini roundabout and you will find it on your right. Asda is the larger of the three.

PENTEWAN VALLEY CYCLE TRAIL

The Pentewan Valley Cycle Trail can be joined at London Apprentice – turn right out of the park entrance and left at the grass triangle continuing to the main road at London Apprentice, turn right and first left. Go over the bridge, bear right to the parking area and turn right onto the trail to go to Pentewan, Heligan Gardens and Mevagissey. Turn left onto the trail to go to St.Austell.

CINEMA

St Austell's new White River Place cinema opened in 2009 and can be found in the town centre. Website www.wtwcinemas.co.uk
Cinema 24 Hour Automated Telephone Booking & Information Hotline: 0871 2003304.

Details of the films showing this week can be found in our reception.

THEATRES & SHOWS

The Hall for Cornwall is at Truro and details of the current seasons shows can be found at Reception or phone the box office on (01872) 262466 www.hallforcornwall.co.uk

The Minack Theatre is Cornwall's famous open-air theatre at Porthcurno, near Land's End. There are performances most evenings of the week from late May until mid-September, with matinees on certain days. For full details pick up a leaflet from our reception, phone (01736) 810181 or goto www.minack.com There is also a visitor centre at the theatre.

The Theatre Royal is at Plymouth – box office (01752) 267222 www.theatreroyal.com

LOCAL NEWSPAPERS

There are 2 local weekly newspapers, 'The Cornish Guardian' and 'The St Austell Voice'. Both are available on a Wednesday evening and sold throughout the following week.

LOCAL RADIO STATIONS

The local BBC radio station is BBC Radio Cornwall (103.9FM).

GOLF

There are 3 Golf Clubs locally.

Porthpean Golf Club – Telephone (01726) 64613 www.porthpeangolfclub.co.uk
An 18-hole 'pay and play' course. No handicap is required and golf clubs and trolley hire is available. There is also a 9 bay covered, floodlit driving range. To get there Turn right out of our entrance, right at the grass triangle and right at the top of the hill and onto the main road. Continue straight over two roundabouts. At the top of the hill take the right turn towards Porthpean. The entrance to the golf club is on the left after the left turn down to the beach.

St.Austell Golf Club – Telephone (01726) 72649 - www.staustellgolf.co.uk
This is the local golf club, approximately 1/2 mile from St.Margaret's. Turn left out of our entrance and continue up the hill. A handicap is required to play at this course.

Carlyon Bay Golf Club – Telephone (01726) 814250 – www.carlyonbay.com/golf/
A handicap is required to play at this course. To get there turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road. Continue straight over two roundabouts and turn right at the 3rd (singposted Charlestown) then in a quarter of a mile turn left signposted Carlyon Bay. Continue along this road and you see the entrance to the Golf Club at the entrance to Carlyon Bay beach.

LEISURE CENTRES

St Austell Leisure Centre – Telephone (01726) 839130
www.better.org.uk/leisure-centre/cornwall/staustell-leisure-centre
St Austell Leisure Centre has an indoor swimming pool, indoor play area, gymnasium, dance studio and sports hall for badminton etc. To get there turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road. Continue to the roundabout and turn left. Go straight over the mini roundabout left at the next mini roundabout. Turn right at the next and continue straight across at yet another mini roundabout. Turn into the entrance on you right, there is a large car park at the bottom of the hill.

Tregorrick Leisure Centre – Telephone (01726) 76303 - www.tregorrickleisure.co.uk
Tregorrick Leisure Centre has a gymnasium, squash courts, sauna, solarium and a sports hall for badminton etc. To get there turn right out of the park entrance, bear left at the grass triangle following the road to London Apprentice. Turn left onto the main road and take the next right signposted Tregorrick, and continue up the hill until you see Tregorrick Park on your right. This is also the home of St.Austell RFC.

BUSSES

The local bus service (23) is operated by Transport For Cornwall www.transportforcornwall.co.uk and runs through Polgooth to St Austell in one direction and to Pentewan, Mevagissey, Heligan Gardens and Gorran Haven in the other (Timetable on following page). First Kernow www.firstgroup.com/cornwall service 27 runs between St Austell and Truro, and the bus stop for this service is on the main road at the top of the hill out of the village – timetables are available from reception.

23 **St Austell to Gorran Haven**
via Polgooth | Mevagissey | Heligan Gardens

Mondays to Saturdays except bank holidays

buses towards Gorran Haven

St Austell Asda		1043	1243	
St Austell Bus & Rail Station A	0850	1050	1250	1550
St Austell Asda	▼	▼	▼	▼
St Austell South Street	0853	1053	1253	1553
St Mewan School	0856	1056	1256	1556
Polgooth Woodgrove Park	0902	1102	1302	1602
Pentewan bus shelter	0907	1107	1307	1607
Mevagissey School Hill	0911	↓	1311	1611
Mevagissey Trevarth	0916	▼	1316	1616
Tregiskey Farm	0919	1114	1319	1619
Heligan Gardens Car Park	0923	1118	1323	1623
Gorran High Lanes Old Chapel	0931		1331	1631
Gorran Church	0933		1333	1633
Gorran Haven Triangle	0935		1335	1635
Gorran Haven Car Park	0937		1337	1637

buses towards St Austell

Gorran Haven Car Park	0945		1345	1645
Gorran Haven Triangle	0947		1347	1647
Gorran Churchtown	0949		1349	1649
Gorran High Lanes Old Chapel	0951		1351	1651
Heligan Gardens Car Park	1000	1152	1400	1700
Tregiskey Farm	1004	1157	1404	1704
Mevagissey Trevarth	▼	1202	▼	▼
Mevagissey School Hill	1007	1207	1407	1707
Mevagissey Trevarth	1012	1212	1412	1712
Heligan Gardens Car Park	▼	▼	▼	▼
Pentewan bus shelter	1018	1218	1418	1718
Polgooth Woodgrove Park	1024	1224	1424	1724
St Austell South Street	1030	1230	1430	1730
St Austell Bus & Rail Station A	1033	1233	1433	1733
St Austell Asda		1240		

TRAINS

The nearest train station is at St.Austell and the local bus service will take you there. To get there by car turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road. Continue to the roundabout at St.Austell and turn left. Go straight over the mini roundabout, turning left at the next mini roundabout. Turn left at the next mini roundabout down to the station for dropping off passengers or for parking turn right at the final mini roundabout and take the first left, parking is on the right at the end of the road.

National Rail Information Line 03457 48 49 50 - www.nationalrail.co.uk

TAXI

We suggest the following local companies: -
Star Cars (St Austell) – 01726 66636 Spot On Cabs (St Austell) – 01726 77877
C&C Taxis (St Austell) – 01726 63538

CAR HIRE

For local car hire we suggest the following local companies: -
Beech Motors, St Austell – 01726 74743 - www.beechmotorsltd-staustell.co.uk
St Austell Car Hire – 01637 850971 - www.staustellcarhire.co.uk

RIDING STABLES

Boskell Riding Centre, St.Austell, PL25 5RG – 01726 73049.
Lanjeth Riding School, St Austell, PL26 7TL – 01726 74633.

MARKETS

Par Market & Foodhall at St.Austell is one of the largest indoor markets in the UK. The website is www.parmarket.co.uk The market is open every Saturday, Sunday and Wednesday. The food hall is open every day from Wednesday to Sunday. To get there turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road.. Continue to the roundabout at St.Austell, go straight over this and the following two roundabouts. Go straight through four sets of traffic lights. At the next roundabout turn right (signposted Par) and the market is on your left.

DOCTORS

We hope that you will not need the doctor whilst you are on holiday but just in case the following information should be of assistance. The local Doctors surgery at Mevagissey is part of the St Austell Healthcare Group. The surgery is open Monday to Friday from 8.30am until 5.30pm. The telephone number is (01726) 75555 – this is answered from 8am to 7.30pm. Outside of these hours please call 111 or 999 as appropriate.

The Mevagissey surgery is on River Street. To get there turn right of the park entrance, bearing left at the grass triangle and continue to London Apprentice. Turn right onto the main road and continue until you come into Mevagissey. Pass the large car park and turn left to follow the one way system. Turn right and then right again by the Ship Inn, the Surgery is behind the pay and display car park on your right.

Your may be given an appointment at the Carlyon Road Health Hub in St Austell - To get there turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road. Continue to the roundabout and turn left. Go straight over the mini roundabout left at the next mini roundabout. Turn right at the next and continue straight across at yet another mini roundabout. Turn into the entrance on you right, pass leisure centre and there is a large car park at the bottom of the hill. The health hub is at the far end of the car park.

NEAREST HOSPITAL

The nearest Hospital is St Austell Minor Injuries Unit which is open daily from 8am to 10pm but appointments can only be given by calling NHS Direct on 111 first to be triaged. To get to the Hospital turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road.. Go straight over two roundabouts and then turn right towards Porthpean. The entrance to St Austell Hospital is on your right after approximately 1 mile.

The nearest Accident & Emergency department is at Truro - Phone (01872) 250000.

FIRST AID KITS

We have a first aid kit in Reception.

DENTISTS

If you require the attention of a Dentist please phone the My Dentist in St Austell on 01726 879396 or the Cornwall Dental Emergency Helpline on 0333 405 0290. Alternatively, call NHS 111 for further advice.

CHEMISTS

The easiest pharmacy to get to is the one in St Austell's Asda supermarket. In the St.Austell town centre there are two chemists, Boots and Day Lewis. Boots are on Fore Street, which is the main pedestrianised street. Day Lewis are on Church Street, opposite the church. There is also a Boots chemist in Mevagissey, next to the Ship Inn.

VETS

Pelyn Vets, St Austell (01726) 68177 - To get there turn right out of our entrance, right at the grass triangle and right at the top of the hill and onto the main road. Turn left at the roundabout near McDonalds, straight over the next mini roundabout, left at the next mini roundabout and the vets is on your right.

Penmellyn Vets, St Austell (01726) 77777 - To get there turn right out of our entrance, right at the grass triangle and right at the top of the hill and onto the main road. Go straight over the next 3 roundabouts, straight through the traffic lights by Tesco and the vets is on your righ. To get to Tesco go straight over the roundabout by Asda, second exit on the next roundabout, left at the traffic lights.

PLACES OF WORSHIP

Roman Catholic Church. St.Augustines, Woodland Road, St.Austell.
Tel (01726) 73838 www.augustineofhippo.com
Saturday service – 6pm. Sunday services – 8.30am and 10.30am.
To get there turn right our of our entrance, right at the grass triangle and right at the top of the hill to join the main road. Go straight over the roundabouts by McDonalds, straight through the traffic lights and at the next roundabout turn left into Woodland road. The Church is on your right.

Church of England. St.Mewan Parish Church. Telephone (01726) 72679
Sunday Services – 9.30am Morning Service, 6pm Evening service.
To get there turn right our of our entrance, right at the grass triangle and right at the top of the hill to join the main road. Take the next left immediately after the school and continue along this road bearing right to the top of the hill where the church is on your right.

Methodist & United Reformed. St.Andrew's Church, Chapel Street, Mevagissey.
Telephone (01726) 842853 www.staustellmethodist.co.uk/churches/mevagissey
Sunday service – 10.45am
To get there turn right out of our entrance, left at the grass triangle and continue to London Apprentice turning right onto the main road towards Mevagissey. Once at Mevagissey pass the large car park on the left (where you may wish to park) and turn left at the one way system. The church is on you right and there is a car park on your left.

Baptist Church. St.Austell Baptist Church, West Hill. Telephone (01726) 67679.
www. stabc.org.uk Sunday services – 10.30am and 6.30pm
To get there turn right our of our entrance, right at the grass triangle and right at the top of the hill to join the main road. Go left at the roundabout by McDonalds, first left then next right across the from of Mill Autos. The church is at the top of the hill on your right.

BEACHES IN CORNWALL

Thanks to our unique position on the south west peninsula 80% of Cornwall is surrounded by water, giving us the longest stretch of coastline in the UK at 697km.

In fact, in Cornwall you are never more than 16 miles from the sea, which makes almost everyone in the county a bit of a fanatic when it comes to the water. And with over 300 beaches to choose from, who can blame them!

For centuries fishermen and even the odd pirate have reaped the benefit of the rugged coastline, which today is a haunt for people who surf, scuba dive, sail or just simply lie on the sand and watch the clouds drift by.

For secluded coves and sheltered bays stay here on the south coast. Head to the north coast if you fancy a day stretched out on a large expense of golden sand watching Atlantic waves breaking on the shore with surfers following in their wake. But rest assured - whatever beach you choose it will be blessed with the clear waters and picturesque views that put Cornwall's beaches among the best in the world.

LOCAL BEACHES (approximate distance from St Margarets)

Pentewan Beach (3 miles) - To get there turn right out of the park entrance and left at the grass triangle. Continue to London Apprentice and turn right onto the main road. Continue for just under two miles and the car park is on your right opposite the holiday park. There is limited parking in Pentewan Village (accessed by turning left immediately after the petrol station), where there is also a pub, café and public toilets. **Dogs are not permitted on Pentewan beach.**

Porthpean Beach (3 miles)
Porthpean is known as St Austell's 'Town Beach' and is popular with families because of its safe bathing. **Dogs are not allowed.** There are toilets and snack bar on the promenade. The beach is home to Porthpean Sailing Club. To get there turn right out of our entrance, right at the grass triangle and right at the top of the hill and onto the main road. Go straight over the roundabout by Mc Donalds, straight through the traffic lights and straight over the next roundabout. At the next set of traffic lights turn right. Continue until you see the slip road to the beach on your left and parking is in the field opposite – charge applies during the main season.

Gorran Haven Beach (9 miles) - The two beaches at Gorran Haven have golden sand and sea amongst the safest in the County, making them ideal for the whole family. The main beach is accessible by all and all facilities are close by, including a large car park (charge applies during the main season), fish & chip shop, general store/bakery and cafes. The harbour is sheltered by a stone quay and there are visitors' moorings for boating enthusiasts. To reach Gorran Haven turn right out of the park entrance and bear left at the grass triangle. Continue to London Apprentice and turn right onto the main road. Pass Pentewan Sands

and continue to the top of the hill, taking a right at the crossorads at the top signpost to Gorran Haven. Continue to follow the signs to Gorran Haven, parking in the car park in the field on your right before the beach.

Vault Beach (9½ miles) - Vault beach is secluded and rarely busy, access from parking is via a 10 minute walk. To get there follow the directions as for Gorran Haven and turn right up Lamledra Hill, a narrow lane just before the main Gorran haven car park. The National Trust car park is on the left at the top of the hill. Alternatively, walk to Gorran Haven and from the beach walk along the coast path to Vault.

Hemmick Beach (10 miles) - A fairly isolated & small beach with limited parking reached by narrow country lanes. Its rock pools and sheltered cove are ideal for those who prefer more seclusion. To get there turn right out of the park entrance and bear left at the grass triangle. Continue to London Apprentice and turn right onto the main road. Pass Pentewan Sands and continue to the top of the hill, taking a right at the crossorads at the top signed to Gorran Haven. Continue along the road to Gorran and take the right turn signposted to Boswinger. Turn off towards Hemmick where the Youth Hostel is indicated. A very narrow road with passing places leads down to a very small parking area close to the beach. In summer a further parking area is opened up on the hill approaching the beach.

Portmellon Beach (10 miles) – Portmellon's beach only appears at low tide. There is limited on road parking. To get there turn right out of the park entrance and bear left at the grass triangle. Continue to London Apprentice and turn right onto the main road. Pass Pentewan Sands and continue to the top of the hill, taking a right at the crossorads at the top signed to Gorran Haven. Pass through the village on Gorran and stay on this road until you arrive at Portmellon. Alternatively you can drive through Mevagissey village if you are feeling brave enough – the road through the village is very narrow and congested during busy times.

Caerhays Beach (Pothluney Cove) (11 miles) - A lovely sheltered beach, with golden sand, beach café and toilets. There is ample car parking directly behind the beach allowing easy level access (charge applies). The bay is overlooked by Caerhays Castle, a private residence which is open to the public during March, April and May (Monday to Friday) and the gardens are open between February and May. To get there turn right out of the park entrance and bear left at the grass triangle. Continue to London Apprentice and turn right onto the main road. Pass Pentewan Sands and continue to the top of the hill, taking a right at the crossorads at the top signed to Gorran Haven and continue along this road until you see the right turn signposted Caerhayes. Continue along this lane turning right at the 'T' junction, until you reach the beach on your left.



Pentewan Beach



Porthpean Beach



Gorran Haven Beach



Vault Beach



Hemmick Beach



Portmellon Beach



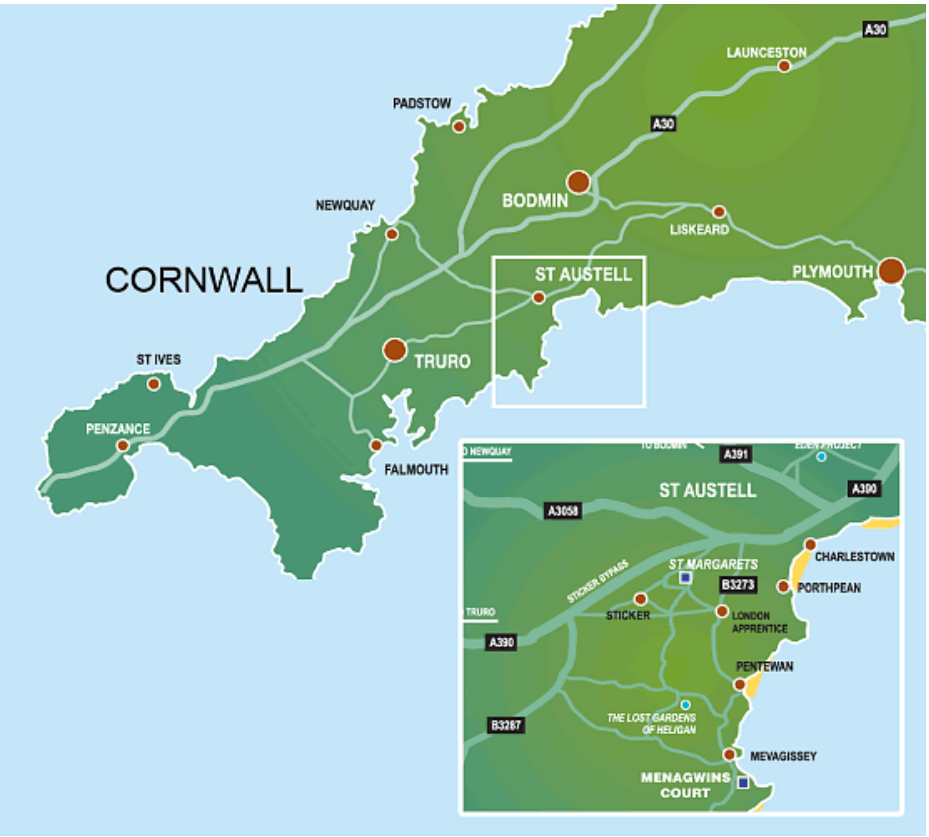
Caerhayes Beach

TOWNS AND VILLAGES IN CORNWALL

Cornwall's town and villages are many and varied, ranging from small and rural hamlets to bustling visitor resorts. With its central location and solitary status as a city, Truro holds the title as Cornwall's 'capital' and in turn is the centre for trade and commerce.

On exploration of Cornwall you will come across many unusual and distinctively Cornish place names which allude to our native language. Look out for towns and villages named after saints, such as St Austell, St Agnes and St Ives which refer to the early Celtic Christian missionaries who first brought Christianity to Cornwall. Some other common prefixes which feature in place names across the county are:

Tre(v) - house, farm or village
Chy - dwelling
Ros(e) - heath or moor
Bod, Bos, Boj - dwelling
Lan - church or monastery
Pen - headland
Pol - pool or pond



LOCAL TOWNS & VILLAGES (distance from St Margarets)

Pentewan (3 miles) - The village has a pub, restaurant, tearoom, gift & general shop and water sports shop which also supplies diving air. The local Post Office is located in the Petrol Station. The village is dominated by the old harbour, built between 1818 and 1826, which has been silted up since the 1940's. The beach can be accessed across the harbour. To get there turn right out of the park entrance and left at the grass triangle. At London Apprentice turn right and continue for 2 miles. Turn left into the village immediately after the Texaco petrol station. There is limited parking.



Pentewan Village



St Austell Town



The Eden Project

St.Austell (3 miles) - St.Austell is the nearest town to St Margarets where you will find a fair selection of high street and local retailers, although for shopping Truro has more to offer. The town centre has a brand new 4 screen cinema and a 10-pin bowling centre.

To get to St.Austell town centre turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road. Continue along the main road and take the left turn signposted Town Centre. Pass through two sets of lights and follow the signs for parking.

St.Austell is home to the world famous Eden project - www.edenproject.com To get there turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road. Continue along the main road until you see the brown tourist signs.

Mevagissey (5 miles) - Mevagissey is an extremely popular destination for visitors in the summer. There is an inner and outer harbour and there remains a fishing community, as there has been since the fifteenth century or earlier. The local fishermen take holidaymakers out on fishing trips – look out for the boards around the harbour. There is also a water ferry across the bay to Fowey which runs from May to the end of September www.mevagissey-ferries.co.uk The village has a variety of small shops and several pubs and restaurants. There is an Aquarium on the harbourside, a model railway exhibition www.model-railway.co.uk a museum (free admission) www.mevagisseymuseum.com At the end of June the village celebrates Feast Week, this ancient festival celebrating the Feast of St. Peter has become a major event in the Cornish calendar - the harbour is decorated with bright lights and flags, there is a full week of activities and on the final evening there is a carnival and Spectacular Firework Display around the harbour - www.mevagisseyfeastweek.org.uk

To get to Mevagissey turn right out of the park entrance and bear left at the grass triangle. Continue to London Apprentice and turn right onto the main road. Keep going, passing the beach, up the hill and back down the hill into the village. It may be wise to park on the large car park on your left-hand side – there are other car parks in the village but things can be very congested in the summer!

Charlestown (4½ miles) - Charlestown is no longer a working port, you are more likely to find a collection of old ships which are used in filming projects all over the world – the very recent 'Poldark' series, 'The Three Musketeers', 'Frenchman's Creek' and ' A Respectable Trade' have all used the port as a film location. Charlestown also has a Shipwreck museum www.shipwreckcharlestown.co.uk Pubs, Hotel, Pottery Workshop, Gallery, gift shops and restaurants. To get there turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road. Go straight over two roundabouts and right at the 3rd, signposted to Charlestown.


Mevagissey Harbour


Charlestown


Fowey

Fowey (11 miles) - Fowey (pronounced Foy) is situated on one side of the Fowey River estuary with Polruan on the other (which can be reached by passenger ferry). During high tides boat trips run from the town quay. Yachts and Dinghies crowd the estuary in the summer and from the docks, which lie upriver, China Clay is exported. There are two local festivals, the first is an arts and literature festival celebrating the life of it's most famous resident Daphne Du Maurier, which runs during May www.dumaurier.org and the second is Fowey Regatta Week which is the village carnival week and takes place at the end of August – www.foweyregatta.co.uk

To get to Fowey turn right out of our gates, right at the grass triangle and right at the top of the hill and onto the main road.. Continue to the roundabout at St.Austell and go straight over. Go straight over the next two roundabouts and straight through four sets of traffic lights. At the next roundabout take a right and follow the signs to Fowey. Upon arrival it is recommended that you park in the main car park as it can get very congested in the town, although this does mean an uphill walk when you return to your car!



The following villages are all located in the area known as The Roseland Peninsular.

Tregony (7.5 miles) – The village of Tregony is known as the 'gateway to the Roseland'. The exceptionally wide Fore Street is a relic from the days when this was a busy port with traffic to match. Tregony was once considered a town and in the 14th Century it was surrounded by busy woollen mills producing a rough serge aptly named 'Tregony cloth'. Things worth looking out for are the unusual clock tower on Fore Street and the seventeenth century almshouses which boast an unusual wooden gallery. The site of a twelfth century Norman castle known as 'Treg-ney' from which the village got its name is situated on Tregony Hill. You can expect a warm welcome at the Kings Arms in Fore Street which has a reputation for fine food in a friendly atmosphere.



Tregony



Portholland

Portholland (11.5 miles) – Portholland East and West are small hamlets with only 40 permanent residents. Portholland has two separate coves at high tide, but at low tide they are linked by a sandy beach. Most of the properties are in the main owned by the Caerhays Castle Estate. Portholland East and West have remained largely unchanged for over one hundred years.

Portloe (12 Miles) - It's steep sided valleys has meant that Portloe has managed to escape development over the years and many buildings differ little from when they were built. The naturally sheltered position meant that the village grew in the seventeenth and eighteenth centuries as a busy pilchard fishing port. At the beginning of the twentieth century there were more than fifty boats fishing here - now only three boats work from the cove mainly for crab and lobster.

Veryan (13 Miles) - The famous 19th century thatched round houses are quite unique and were built round so that the devil didn't have a corner to hide in. There is an interesting church and an art gallery.

St Just in Roseland (16 miles) – St. Just-in-Roseland is famous for its picturesque church set in magnificent gardens complete with semitropical shrubs and trees. The church perches on the edge of a tidal creek, with numerous paths leading from the churchyard onto the coastal footpath which continues around the headland, through some magnificent National Trust lands to St. Mawes. This is a delightful walk of approximately 2 miles.



Portloe



Veryan



St Just in Roseland

St Mawes (18 Miles) - St Mawes is situated at the southern end of the Roseland Peninsula. An important port in medieval times, and now a characterful and chic coastal village and yacht haven, it is protected by the most perfectly preserved of Henry VIII's coastal fortresses. St. Mawes Castle was built in the 16th century to counter the invasion threat from Europe in partnership with its twin, Pendennis, on the other side of the Fal Estuary. There is a regular pedestrian ferry service to and from Falmouth, as well as a small seasonal passenger ferry with a regular service throughout the day between St Mawes and Place, offering an opportunity to explore the beautiful St Anthony Head and enjoy circular walks in the area.



St Mawes



St Mawes Castle

A LITTLE FURTHER AFIELD……

Lostwithiel (10.5 miles) - Lostwithiel is today a quiet, charming market town, which was the capital of the Duchy of Cornwall in the 13th century. Interesting features of the town are the Tudor Bridge, Guildhall, Old Duchy Palace; and the Duchy of Cornwall Nursery. Lostwithiel Museum is small local history museum, housed partly in the old town prison, with an excellent collection of photographs. Restormel Castle's ruins stand behind a 60-foot wide moat on a hill, commanding the Fowey Valley. Parts may date from the 11th century but most of the existing building is 13th century.



Truro Cathedral



Truro



Restormel Castle – Lostwithiel

Truro (15 miles) - The first thing that you will notice when arriving in Cornwall's capital is it's magnificent cathedral, built between 1880 and 1910. The city is also home to the Royal Cornwall Museum and the Hall for Cornwall, offering theatre & concerts**.** Truro is Cornwall's main shopping centre with many of the high street names as well as a local market. There are also some lovely parks along the estuary, heading towards Malpas.

Bodmin (14.5 miles) - Within easy walking distance of Bodmin's centre, Mount Folly, there are seven fascinating attractions - the Shire Hall, Courtroom Experience; Bodmin and Wenford Railway. The DCLI Military Museum; Town Museum; Bodmin Jail, the largest parish church in Cornwall, St Petroc's and the Camel Trail. Within a two miles radius of the town you can take a day out and discover the grand Georgian Houses of Pencarrow and Lanhydrock,- both set in lush gardens and woods as good as any you will see, visit the famous Camel Valley Vineyard and taste the award-winning wines; or just wander through the beautiful Cardinham Woods.



Bodmin



Bodmin Steam Railway

Newquay (20 miles) - Newquay is situated on the north coast and is Cornwall's most popular resort offering large, sandy beaches and is the countries surfing capital. The town today has the reputation of being loud and commercialised due to its numerous amusement arcades, fun pubs, nightclubs and surf shops. Newquay has a Sealife Centre, Zoo, Fun Pools with flumes and boating lakes.

Falmouth (24 miles) – Founded on its important port and superb location at the southern end of the Fal estuary, Falmouth has sandy golden beaches, spectacular scenery and exceptional sailing in the Carrick Roads. The town centre has many specialist art and antique shops, as well as a abundance of cafes and restaurants. Falmouth's natural harbour is the third deepest in the world and regularly play host to major international sailing events. It provides a picturesque background to the busy main streets where unsurpassed views of Flushing, Falmouth Bay, St Mawes and beyond, can be glimpsed between the buildings or from walkways meandering through the town.



Newquay Harbour



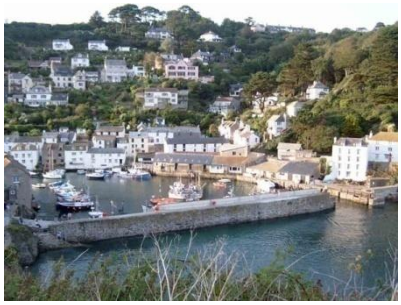
Falmouth



Padstow

Padstow (26 miles) - Padstow is also situated on the north coast but couldn't be more different to Newquay, with its shops, restaurants and pubs set around its attractive harbour. The village is still a working fishing port and it has become famous thanks to local resident Rick Stein and his fabulous seafood restaurant and his television series filmed around the village. There are also passenger ferries to take you across the estuary to Rock. If you are here on May Day then be sure to visit Padstow for the Obby Oss.

Polperro (25.5 miles) - In Polperro it is easy to step back in time in what is a largely unspoilt fishing village, clinging to steep hillsides around a small harbour. Like its neighbour Looe, it offers plenty of places to eat and relax. The museum tells the story of fishing and smuggling whilst the model village and land of legend takes you into another world. Polperro is also a haunt of artists and there are several galleries dotted around the village. It has its own arts and music festival in June, which includes the crowning of the mock mayor and parades through the narrow streets. Take the Horse Bus from the main car park to the village centre.



Polperro



Looe

Looe (26 miles) - There are two Looes – East and West. West Looe is smaller and quieter than East Looe, which is a commercial fishing port and Shark Fishing centre. You will find safe beaches, a wide choice of restaurants, excellent walking routes and fishing trips.

St Ives (39 miles) - Lose yourself in a maze of narrow cobbled streets and alleyways bursting with galleries, craft and funky clothes shops, hop cafes and artist's studios. Chill out with a drink or splash out on the culinary delights at one of the top restaurants around the harbour, looking out at the fishing boats and clear water. Inspire your creative side with a visit to the Barbara Hepworth Sculpture Garden and the Tate St Ives, with its regularly changing exhibitions and great roof-top cafe.



St Ives



Tate Gallery, St Ives

St Margarets Engine House (Polyear Mine Rotative Beam Engine)

Polyear mine was a small operation that produced about 100 tons of black tin in the period 1882-93.

The engine house was built around 1890 to house a second or third hand engine for driving a set of tin stamps, the first stage in the recovery process.

When set to work the engine was named "May Lyell" after the mine engineer's wife.

There is a horizontal level or "audit" heading west for 240 yards to Sawle's Shaft with its portal in the hillside just north of the engine. It is possible that the ore to be stamped was conveyed through it. At any rate the stamps were arranged in a line on the north side of the engine. The venture was, however, unprofitable and after two years of peak activity when more than 50 men were employed the company was wound up.

The engine was subsequently sold to Blackpool Clayworks near Burngullow for working shaft pumps. Sometime before World War Two the engine was laid idle but remained in situ, gathering rust until about 1950.

The engine is reputed to have had a cylinder bore of 46¼ inches and strokes in the cylinder and at the crank of 8 feet, making it an "equal beam" engine. The beam was supported conventionally on the extra thick front wall of the house, and in front of that was the crankshaft with two large flywheels. The deep slots in the masonry to accommodate the lower halves of these are still visible. The upright cylinder stood inside the house near the rear wall, having been inserted and later removed through the large door opening.

The engine's early history is obscure, but it was undoubtedly very old and subject to some alterations during its long life. The beam was of typical Boulton & Watt (Birmingham) pattern of the 1820's, and it seems likely that the engine was put together by an unknown local firm in the 1850's or 1860's using an old beam from a pumping engine. Prior to being located at Polyear the engine had worked at Hallew Iron Mine, near Bugle, but it is unlikely to have gone there new.

The engine is of interest to technical historians both for its large cylinder for a rotative engine, and for its unusual valve gear. Like most rotative engines it was

double acting, that is it took steam on both sides of the piston, yet it had valve gear of the "plug-handle" type more usually associated with single acting, non-rotative pumping engines. It is therefore possible that it started life as such (which would explain the large cylinder) and was later converted to rotary action. We will probably never know the truth.

The annexe on the south side of the engine house would have housed a single Cornish boiler to provide steam, hence the chimney.



CHINA CLAY

As you drive inland from St Austell you will see what appear to be a range of white mountains. These are infact waste mounds from the china clay industry. St Austell, up to the discovery of China Clay, was just a small village with a church. To extract one ton of usable china clay results in the creation of five tons of waste, hence the moonscape of white mountains around the town.

China clay was discovered by William Cookworthy at St Stephen-in-Brannel in 1746 - the development of which can be seen at the **Wheal Martyn Heritage Museum, St Austell** . Some 120 million tons of china clay (it is actually a rare form of decomposed granite) have been produced since William Cookworthy's first discovered it at Tregonning Hill in 1746, and the reserves are sufficient to last another hundred years.

China, the pure white porcelain was discovered by the Chinese at least 1000 years ago. Apart from a few low grade finds in Europe and in America early in the eighteenth century, it was virtually unobtainable outside china. William Cookworthy at last made the discovery of clay, or kaolin, in Cornwall in 1746, and it was of a much finer quality than elsewhere in Europe.

Until then English pottery was comparatively coarse in quality. He took out a patent in 1768 on china clay, and made high quality porcelain in his Plymouth Porcelain Factory. Other potteries made use of china clay, and by the early nineteenth century the kaolin industry had become a large industry. Also by the middle of the nineteenth century, china clay was being used as a raw material for whitening by the paper industry.

In 1782 the famous pottery manufacturer Josiah Wedgwood formed a partnership with John Carthew to create the Cornish clay company. White clay mining boomed. By 1860 65,000 tons were being mined each year and the industry continued to grow.

By 1910 production was approaching a million tons a year and paper had completely overtaken ceramics as the prime user. Over 75% of output was exported, and the china clay industry in Cornwall and Devon held a virtual monopoly on world supply.

Just after the First World War, the three leading producers in Cornwall merged, forming English China Clays Limited. In 1999 English China Clays Limited was acquired by the French company Imetal which subsequently changed its name to Imerys. Today around 80% of the china clay produced is used in paper. Of the rest, 12% is used by the ceramics industry and the remainder in a large variety of products such as paint, rubber, plastics, cosmetics, pharmaceuticals, cork and agricultural products.

THE CORNISH LANGUAGE

The Cornish Language is the direct descendant of the ancient language spoken by the Celtic settlers who inhabited Cornwall and most of the British Isles long before the Roman conquest. Cornish is a member of the Celtic family of languages comprising Irish, Scots and Manx Gaelic, Welsh and Breton. Even today the similarities with Welsh and Breton are very striking indeed.

In the year 1200, Cornish was spoken by most people over most of Cornwall. By 1600, it had been pushed west to Bodmin by Anglicisation. A hundred years later in was not found very much east of Truro and by 1777, when the last monoglot speaker (Dolly Pentreath) died, it was confined to West Penwith and areas of the Lizard peninsula. Speakers of Cornish with native knowledge of the tongue could still be found up until the late nineteenth century.

The revival of Cornish learning had progressed enough by 1970 for people to actually start speaking the language in everyday situations again, with some bringing up their children using it. By 1980 a confident group of Cornish speakers had emerged who improved their conversational skills by meeting together at Cornish Language Weekends and in pubs. By 1990, the amount of Cornish speakers had swelled to the hundreds, and to the thousands if you include those who knew some conversational aspects. Now in the 21st century, Cornish is used in a wide range of places with more bilingual signs appearing all the time. For example in town welcome signs as below or more recently in shops like ASDA.

For the visitor, place-names and some surnames give an insight into the ancient language very quickly. For instance:

Hayle - Hayl- Estuary;
Carnkie - Carn-Ky - Dog Hill;
Mevagissey - (St.)Meva hag(St.)Issey - from (St.) Meva and (St.) Issey;
Marazion - Marghas Yow (Thursday Market);
Camborne - Kamm-Bron - Crooked Hill;
Redruth - Ryd Ruth - River Red;
Pednandrea (Redruth)- Pedn-an-Drea - Head of the town;
Pedn-men-an-mere - Pedn-mên-an-mere - Rocky headland by the sea;
Trenoweth - Tre-noweth - New Homestead;
Penzance - Pen-Sans - Holy Headland;
Porthpean - Porth Byghan - Little Cove;
Port Quin - Porth Gwyn - White Cove;
Polglase - Pol-Glas - Blue Pool;
Chegwin - Chy Gwin - White House;
Poldhu - Pol-Du - Black Pool;
Maenporth - Mên Porth - Rocky Cove;

Of course the very many places named after the Celtic Saints of Ireland, Wales and Brittany such as:

- St. Ives (Porth Ia) after St.Ia;
- St. Day (Ste. Dé);
- Gwithian (Ste. Gwithyen);
- Zennor (St. Senara);
- Kea (St. Ké);
- St. Austell (Ste. Austol);
- St. Mawgan;
- Paul (Ste. Pol de Leon);
- Lelant (Lan-Anta); and
- Gunwalloe after Ste. Winwalloe.

Examples of the Cornish language:-

English Word	Cornish Translation	Pronounciation
Cornwall	Kernow	*Kerr- Noo*
Cornish	Kernewek	*Kerr-New-ek*
Water	Dowr	*Dower*
Beach	Treath	*Treth*
Sea	Mor	*More*
Church	Eglos	*Egg-Loss*
House	Chy	*Chee*
Chapel	Merther	*Merth-Err*
Dwelling	Bos	*Bose*
Field	Parc or Plen	*Park* or *Plen*
Lane	Bownder	*Bounder*
Mine	Bal or Wheal	*Bal or Wheel*
Head, Headland	Pen-	*Pen-*
Religous Settlement	Lan-	*Lann*
Homestead	Tre-	*Tray*
Boat	Scatho	*Scath-O*
Meadow	Goon	*Goon*
Meadow	Praze	*Praise*
Sand Dune	Towan	*Tau-an*
Cliff	Als	*Alz*
Rocks	Carreg	*Car Egg*
Road	Forth	*Fourth*
Valley	Nans	*Nanz*
A Wood	Cus or Cos	*Kawz*
Old	Coth or Coath	*Coth or Coath*
New	Noweth	*Now-Eth*
White	Gwyn or Gwidden	*Gwin or Gwidden*

Black	Du or Dhu	*Dew*
Blue	Glas or Glaze	*Glayze*
Red	Ruth	*Ruth*
Grove	Kelly	*Kelly*
Moor	Hal	*Hal*
Church Enclosure	Lan-	*Lan-*
Mill	Melyn	*Mellin*
Bridge	Pons	*Ponze*
Pond or Pool	Pol	*Pol*

Counting in the Cornish language

English Word	Cornish Translation	Pronounciation
One	Onen, Ün	Onen, Een
Two	Deu	Dhow
Three	Try	Try
Four	Peswar	Pez-warr
Five	Pymp	Pimp
Six	Whegh	Hwhech
Seven	Seyth	Sayth
Eight	Eth	Eth
Nine	Naw	Nor
Ten	Dek	Deck
Eleven	Ünnek	Een-neck
Twelve	Deudhek	Dhow-deck
Thirteen	Tredhek	Tread-deck
Fourteen	Peswardhek	Pez-warr-deck
Fifteen	Pymthek	Pim-tek
Sixteen	Whetek	Hwet-ek
Seventeen	Seytek	Say-tek
Eighteen	Etek	Ettek
Nineteen	Nawnjek	Norn-Jek
Twenty	Ügans	Ee-Ganz
First	Kensa	Kensah
Second	Nessa	Nessah
Third	Tressa	Tressah
Fourth	Peswera	PesWerah

Fifth	Pympes	Pimp-Ez
Sixth	Wheghes	Hwhech-Ez
Seventh	Seythves	Sayth-vez
Eighth	Ethves	Eth-vez
Ninth	Nawves	Naw-vez
Tenth	Degves	Dec-vez

Food & Drink in the Cornish Language

English Word	Cornish Translation	Pronounciation
Cheese	Kes	Kayz
Cake	Tesyn	Tez-en
Eggs	Oyow	O-i-oo
Loaf	Torth	Torth
Vegetables	Losow	Loz-oo
Cream	Dehen	Day-hen
Mutton	Kyk Davas	Keek Davaz
Jam	Kyfyth	Kiffith
Salt	Holan	Hol-an
Bread	Bara	Barra
Butter	Amanyn	A-man-in
Milk	Leth	Layth
Picnic lunch	Crowst	Kraoust
Breakfast	Hansel	Han-zul
Tea	Te	Tay
Drink	Dewas	Dew-az
Wine	Gwin	Gween
Beer	Coref	Kor-ef

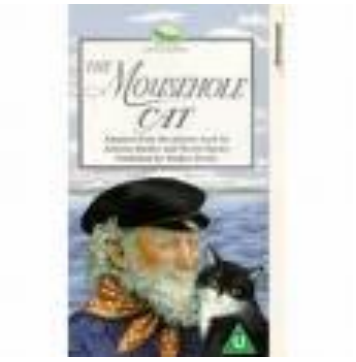
Myths and Legends in Cornwall

Cornwall is a land steeped in myths and legends, where almost every town or village has its own piece of folklore to tell.

Cornwall's most famous legend must be that of King Arthur who is believed to have been born at Tintagel Castle on the north Cornish coast. During his lifetime he reputedly defeated the Saxons in 12 successive battles, with his last battle being fought at Slaughterbridge near Wadebridge.



Tintagel Castle



The Mousehole Cat

Another Cornish hero of a different kind features a cat called Mowzer who lived in the Cornish fishing village of Mousehole with her owner Tom. During one particularly bad winter storm the whole village faced starvation as none of the fishing boats could go to sea and bring back the mainstay of their diet: Cornish pilchards. But Tom and the courageous Mowzer braved the elements and took to the tumultuous seas to see what fish they could find and their bravery was rewarded well - not only did they bring back one of the biggest catches ever but they saved the lives of all the villagers.

Cornish History & Heritage

Cornwall's vibrant image has evolved from a rich history and culture which still lives and breathes through the sites and scenery scattered throughout the county today. And with over 50 miles of heritage coastline, stone circles, castles and a rich maritime heritage, it's a history worthy of discovery and celebration.

Cornwall has long played a pioneering role in mining and although the mines may now lay silent, with the hum of machinery and pickaxes at the pit face a fading memory, the legacy lives on and has earned parts of Cornwall international recognition from UNESCO.

To explore this fascinating world, why not visit one of the Cornish Mining Heritage attractions? See Cornwall's mining history come to life at Geevor Tin Mine, the largest preserved mining site in the UK. Don a hard helmet and head underground to the narrow 18th century tunnels where hundreds of men once spent much of their waking hours extracting tin. A guide will transport you to the bygone age reviving the harsh conditions. Alternatively, you could throw yourself back in time at Poldark Mine. Pan for gold and take a guided tour through one of the most atmospheric mines in Europe dating back to the eighteenth century.



The best way to experience Cornwall's mining heritage is on two wheels. Saddle up and take the Mineral Tramways cycle route through the mining districts of Camborne, Redruth and Gwennap, passing remarkable remains of the area's 19th century mining heyday. Or why not take a stroll from Chapel Porth to St Agnes where you will find impressive Cornish engine houses in dramatic cliff-top locations. Retrace the miners' steps at Botallack by walking through the labyrinths of the world's best preserved arsenic works which once produced a commodity much in demand globally.

Historic Sites in Cornwall

Cornwall has one of the most extraordinary collections of historic sites in the UK. But don't shrug them off in search of more modern treasures - the oldest attractions are often the best.

To explore this fascinating world why not visit one of the Cornish Mining Heritage attractions.

Rumps Cliff Castle, Polzeath - although there are more than 30 examples of these Iron Age fortifications left crumbling around the county, the Rumps is the most stunning example for both its visible formation and staggering location.

The Tristan Stone, Fowey - representing a time when Christianity flooded the Cornish culture, inscribed stones such as this one began to spring up from around 450AD.

The Hurlers, Minions - one of Cornwall's most important prehistoric sites, the Hurlers is a series of stone circles standing high on Bodmin Moor.


Tristan Stone


The Hurlers


Men-an-Tol


The Chysauster

Men-an-Tol, Morvah - West Cornwall is an area riddled with prehistoric evidence, from stone circles, settlements, inscribed rocks, and this famous holed stone that is thought to possess healing powers.

Chysauster, West Cornwall - This Iron Age settlement was originally occupied almost 2,000 years ago. Chysauster village consisted of eight stone-walled homesteads known as 'courtyard houses', found only in this part of Cornwall. The houses line a 'village street', and each had an open central courtyard surrounded by a number of thatched rooms. There are also the remains of an enigmatic 'fogou' underground passage.

Cornwall on Film

Did you spot the world famous biomes of the Eden Project on the 2002 James Bond epic, *Die Another Day*? Or how about the picturesque fishing village of Cadgwith in *Ladies in Lavender*?

Cornwall's distinct landscape has been captured on film in a number of international blockbusters and as more talented directors are both drawn and born here, there's a lot being reeled into Cornish film-making.

Away from the big screen and Cornwall has starred in, and been central to, a range of popular television programmes, the most recent being *Doc Martin* which sees Port Isaac on the North Coast of Cornwall play the fictional town of Portwenn and the BBC's adaptation of *Poldark*, some of which was filmed in Charlestown.

Cornwall has also become popular as the focus of documentaries about Cornish life with series like *The Fisherman's Apprentice* with Monty Halls and *Cornwall* with CarolineQuentin. The Cornwall Film Festival takes place every November to celebrate the best in Cornish film, showcasing award-winning short, and feature films, from local directors.

Arts and Culture in Cornwall

Cornwall has been a natural home to inspiration, art and ideas since the early 19th century. So much so that, apart from London, you'll find nowhere in the whole country that's host to more working artists than Cornwall. The quality of light at the county's western end is bright and artist-friendly; it's essentially a finger of land surrounded by light-reflecting sea.

St Ives - the original artists' colony along with Newlyn. St Ives is now synonymous with art and fishing. Whilst the Tate St Ives and the Barbara Hepworth Museum enjoy the beam of the international spotlight, the tangle of harbourside alleyways hides a knot of outstanding local galleries and artists' workshops. The town also has its own Back Road Trail that will help you navigate around its abundance of lesser known treasures. One of the big art events for St Ives 2008 was the long-awaited opening of the Leach Pottery.

Newlyn - its history as one of the fishing communities in which Cornwall's art scene was pioneered in the 1880's is perpetuated by the collection of local and international masterpieces adorning the walls of the Penlee House Gallery and Museum in neighbouring Penzance. In Newlyn itself the vibrant art scene is still evident in The Newlyn Art Gallery which reopened in 2007 after massive renewal and refurbishment. Its partner gallery, The Exchange in Penzance, opened in 2007 and is a stunning new building also dedicated to showcasing work by both local and international artists, sculptors and makers.

Falmouth - home of University College Falmouth and a cluster of galleries, the town marks a modern spectrum of contemporary arts and crafts. The Poly (formerly Falmouth Arts Centre) at Falmouth hosts regular exhibitions of the latest features in the local spotlight and the award-winning Falmouth Art Gallery opens its doors to original works by 19th and 20th Century artists.

Literature

Cornwall loves words, too. Whether it's Du Maurier (and the associated Du Maurier Festival), the Poldark series or the county's rich poetic and oral seam - from the Cornish story-telling group Scavel an Gow (Cornish for 'bench of lies') to Sir John Betjeman's enduring love of the county (he's buried at St. Enodoc Church in Trebetherick, North Cornwall).

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PLEASE DO NOT FEED THE SEAGULLS AS IT MAKES THEM BECOME A NUISANCE AND AGGRESSIVE

GULLS SCAVENGE AND SPREAD ILNESSES LIKE SALMONELLA AND BOTULISM

GULLS CARRY FLEAS AND PARASITES THAT SPREAD FROM THEIR NESTS TO HOMES

GULLS LIVE A LONG TIME AND DOUBLE IN NUMBERS EVERY FIVE YEARS

GULLS ARE AGGRESSIVE WHEN BREEDING AND ATTACK PEOPLE