



























DAYS OUT BY TRAIN ON THE
CORNISH
MAINLINE



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Attraction Icons

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Plymouth

The waterfront city Plymouth has a rich history and alluring surroundings. Take a stroll along the hugely popular Barbican and Sutton Harbour along the waterfront or go shopping in the delightful independent shops.



Plymouth is a waterfront city situated between the River Plym to the east and the River Tamar to the west which both flow into the natural harbour of Plymouth Sound. The sea has played a prominent role in the city's history. During the Industrial Revolution, Plymouth grew as a commercial shipping port while the neighboring town of Devonport became an important shipbuilding and dockyard town. Throughout World War II the city was targeted and partially destroyed because of its naval importance and the city centre was completely rebuilt as a consequence.

The Barbican area with its cobbled streets, charming harbour and many galleries, bars, cafés and restaurants gives the waterfront a metropolitan feel. The city offers a number of historic attractions like Plymouth Hoe, where Sir Francis Drake played his last game of bowls before engaging with the Spanish Armada, and the Royal William Yard, one of the most important groups of military buildings in Britain.

Because of the city's location, views are spectacular and ideal for countryside walks. For more information, visit: www.visitplymouth.co.uk

Barbican and Sutton Harbour

Wet weather rating: ●○○○
How to get there: A 20 min walk from Plymouth Train Station. Walk through the city centre, crossing Royal Parade and Princes Street. Turn left at Notte Street, then right down Southside Street, past the Plymouth Gin Distillery and to the Barbican.

The historic Barbican and Sutton Harbour are at the heart of the city's heritage. The area around Barbican has many of the oldest buildings in the city and charming cobbled streets filled with galleries, boutique shops, cafés and restaurants. Sutton Harbour is located right at the centre of Plymouth's waterfront with the enchanting harbour and striking marina. To see upcoming events and for further

information, visit:
www.barbicanwaterfront.com and
www.experiencesuttonharbour.co.uk

National Marine Aquarium

Wet weather rating: ●●●●
How to get there: A 25 min walk from the train station. Follow the directions to the Barbican; the bridge to the Aquarium is opposite the Mayflower Steps.

The National Marine Aquarium is the largest aquarium in Britain and functions as a charity committed to promoting an understanding of the sea through conservation, research and programs of education. For information on prices and opening hours, visit:
www.national-aquarium.co.uk

Royal William Yard

Wet weather rating: ●○○○
How to get there: Catch the 34 or 34a bus from Royal Parade or take the Royal William Ferry from Barbican Landing Stage.

Royal William Yard is considered one of the most important groups of historic military buildings in Britain. Visit resident artist Martin Bush's Gallery or explore the newly opened tunnel between Royal William Yard and Devils Point – offering spectacular views of Plymouth Sound and Drakes Island. For more information, visit: www.royalwilliamyard.org

Plymouth City Museum and Art Gallery

Wet weather rating: ●●●●
How to get there: A 10 min walk from the train station. Follow the signs to the city centre. Turn left after the first underpass and continue past Plymouth University. Follow the road around to the left at the roundabout and the Museum and Gallery are opposite the pedestrian crossing.

Plymouth's main Museum and Art Gallery is free and shows the city's natural history, art and human history collections. It is spread over two floors and presents nine permanent galleries. For more information, visit:
www.plymouth.gov.uk/museums

Plymouth Hoe

Wet weather rating: ●○○○
How to get there: A 20 min walk from the train station. Follow the directions to the Barbican, but instead of turning left at Notte Street, continue straight ahead.

Plymouth Hoe offers breathtaking views across Plymouth Sound. The iconic Smeaton's Tower lighthouse is open to the public all-year-round and presents spectacular views. During the summer months, you can take a plunge in the renowned Art Deco Tinside Lido or visit The Royal Citadel with guided tours on Tuesdays and Thursdays. For more information, visit: www.plymouthhoewaterfront.com



Saltash

Situated on the River Tamar surrounded by the Tamar Valley, Saltash is a perfect location for exploring the countryside. This riverside town will charm you with its thriving high street and astonishing Royal Albert Bridge.



Saltash is a very old town located by the river which came to prominence because the relative narrowness of the river made it an obvious crossing point. The town is known as the 'Gateway to Cornwall' since it connects Cornwall to Devon by rail, road and river. Travellers arriving by train will cross the famous Royal Albert Bridge, engineered by Isambard Kingdom Brunel and completed in 1859. To see this bridge in more detail and a different perspective of the River Tamar take the free pedestrian walkway along the Tamar road bridge for a fascinating and breath-taking walk.

Saltash presents many beautiful views across the river and canoeing trips on the Tamar are popular. The town has a local Heritage Trail with an Information Centre in the Guildhall, a Leisure Centre and a museum with an ever changing display. The Waterside Conservation Area is home to a colony of mute swans and serves as a popular place for water sport enthusiasts. To watch the various

activities on the river pop into Ashtorre Rock have a cup of tea and sit on their waterside balcony. Alternatively visit 'Just Be' a coffee and wine bar to soak up the atmosphere. The colourfully painted 'Union Inn' pub on the riverfront with its Union Jack painted facade and murals is one of the town's landmarks, as is the Cornish Cross set just back from the Tamar Bridge next to Elwell woods. All of this is a short walk from the train station and main shopping high street in the heart of the town supporting a number of independent shops, high street names, coffee shops and cafes. For more information, visit: www.saltash.gov.uk

Churchtown Farm Community Nature Reserve

Wet weather rating: ●○○○

How to get there: Approx. 20 min, 1 mile, walk from Saltash Train Station. The reserve is on Wearde Road, opposite the vehicle entrance to Saltash.net secondary school. Entrance is FREE.

One mile south of Saltash in a picturesque setting between the Tamar and Lynher estuaries, is the beautiful Churchoot Farm Community Nature Reserve. The site falls within the Tamar Valley Area of Outstanding Natural Beauty and is owned and managed by Cornwall Wildlife Trust.

Characteristic wildlife to be seen are the goldfinch and the redshank, a medium sized wader with distinctive orange legs. The views over the rivers and beyond to Devonport and Plymouth are spectacular and this reserve is a perfect place for walking in peaceful surroundings. To download a free trail leaflet, visit: www.cornwallwildlifetrust.org.uk

Want to grocery shop like in the old days?

Elliotts Grocery Store, on Lower Fore Street, is a museum shop that presents a time capsule of days gone by when personal service was key. Admire the vintage packaging and experience the atmosphere of this old grocery store, largely unchanged since the 1940s.

Mary Newman's Cottage

Wet weather rating: ●●●

How to get there: 2 min. walk from Saltash Train Station; cross the road bridge over the railway and head down the hill for 50m. Mary Newman's Cottage is on the right. Entrance is FREE.

Mary Newman's cottage is an Elizabethan cottage and garden, Grade 11 listed and managed by the Tamar Protection Society. It is the oldest building in Saltash, built around 1480 and was reportedly the home of Sir Francis Drake's first wife, Mary Newman. The cottage is furnished with pieces from the Victoria and Albert Museum, giving the interior an atmospheric feel, the garden is planted with plant and herbs from the 15th Century. Visitors can even wear period clothing and play Elizabethan games. For information on opening dates and times, visit: www.tamarprotectionsociety.org.uk

St Germans

Take a stroll in the peaceful and charming village St Germans and its surroundings, visit Port Eliot for a guided tour of the house or wander freely in the magnificent gardens.



St Germans is a small village in East Cornwall situated on the St Germans River, or Lynher River, as part of the Tamar estuary. Originally, it was a busy fishing village in the 19th century and the quay, with the viaduct towering above it and its sailing club, is a popular spot. St Germans and the Lynher estuary have been designated as an Area of Outstanding Natural Beauty and offer, in addition to the scenery, excellent opportunities for walking and bird watching.

The village takes its name from the St German's Priory Church of St Germanus, a Norman church next to the Port Eliot Estate, home to the present Earl of St Germans. Visit the magical house and estate during spring when it is open to the public.

The old part of the village, which includes the railway station, is virtually unspoiled with a lot of charming old houses and has been made a conservation area. The village has a small shop and

post office and the village pub The Eliot Arms serves Cornish ales and traditional food all day.



Beautiful St Germans
Priory Church of St Germanus



St Germans Bridge

Port Eliot

Wet weather rating: ●●○

How to get there: Port Eliot is a five minute walk from St Germans train station.

Port Eliot house and estate is open to the public during spring and early summer; visit their website for full details: www.porteliot.co.uk

Home to the Earl and Countess of St Germans, the house is one of the most magical and hidden stately homes in England dating back as far as the 5th Century. During its open months, you'll

not only have full access to the park and gardens, but also be able to get a guided tour of the house's ground floor reception rooms including the famous Round Room which boasts a 40ft mural by Robert Lenkiewicz.

Visitors can wander freely in the gardens or enjoy an afternoon tea in the Port Eliot tearoom. Don't miss the yearly Port Eliot Festival, a four day celebration of music, entertainment, literature, food, fashion and arts and craft workshops. For more information and dates, visit: www.porteliotfestival.com

Menheniot

The surroundings of Menheniot offers adrenalin boosting activities for the whole family.



Menheniot is the perfect destination for a one day trip if you are looking for an action-packed experience! Challenge each other in high speed at Kartworld or experience thrilling adventures at Adrenalin Quarry. Both Kartworld and Adrenalin Quarry are right next to Menheniot Train Station. Because trains are not frequent at Menheniot, you can combine your trip with a bus ride from Plymouth or Liskeard; the stop is on the A38, a five minute walk from the station. Visit www.plymouthbus.co.uk for up to date route information and the latest timetables.

Menheniot village is a twenty minute walk from the station and has a medieval church, pub, shop and post office. The St Lalluwys's Church occasionally has special events and concerts. To see what's on visit: www.menheniotparish.org.uk.

Kartworld

Wet weather rating: ●●○

How to get there: Walk 10 minutes uphill to the entrance of Kart World.

Kartworld offers an exhilarating family go kart racing circuit and they cater for all ages, with custom tracks and go karts for toddlers, children and adults. For further information and prices visit: www.kartworldcornwall.co.uk

Adrenalin Quarry

Wet weather rating: ●●○

How to get there: The entrance is beside the station; walk uphill to reach the main attractions.

The Adrenalin Quarry park is safe and fun for families, thrilling for adrenalin junkies. There are multiple attractions on site as well as a play park and picnic area overlooking the lake. The play park and picnic area offer stunning views over the lake where you can bring your own picnic and spread out on the lawn. Or you can order a freshly made picnic or BBQ which you pick up when you get there. There is also a cafe. For further information, opening times and prices visit: www.adrenalinquarry.co.uk

Liskeard

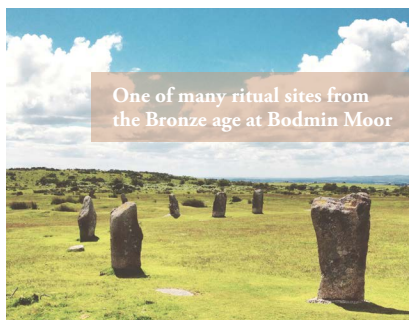
Admire the alluring Victorian architecture of the old market town Liskeard, or head to the bucket and spade seaside town of Looe along the picturesque Looe Valley Line.



Liskeard is an old market town located on the southern edge of Bodmin Moor. The location, right next to the moor, makes it an ideal place to prepare a picnic and head for a walk in the beautiful surroundings.

Liskeard made its money from Silver and Tin mining in the Victorian era. One of the greatest charms about Liskeard is that it still is very much a dynamic rural town, with old fashioned outfitters, (visit Gilberts just down from the Market car park), cobblers antique and house clearance shops, lots of cafes and a sense of a community that is still very much alive. A good place to start your exploration of Liskeard is in Liskeard Museum, a charming small museum with a dedicated geology museum and a fascinating collection of photographic memorabilia.

Wanting something to do in wet weather? Liskeard Leisure Centre, on the opposite side of town to the station, has a swimming pool, badminton courts and a gym.



One of many ritual sites from the Bronze age at Bodmin Moor

Stuart House is well worth a visit, with its late medieval grandeur and 17th Century Gentleman's garden. Its most illustrious visitor was King Charles 1, who stayed here in 1644. The house holds a permanent civil war exhibition in honour of his stay. The lower rooms are often used for passing exhibitions and craft fairs and regular concerts take place upstairs. For more information on Liskeard, visit: www.visitliskeard.co.uk

Change in Liskeard for Looe and Looe Valley Line

Bodmin Parkway

If you want to experience the beautiful Cornish countryside from a 1950s steam locomotive - Bodmin Parkway is the place to go!

Bodmin Parkway station, originally called Bodmin Road, is located in the picturesque Glynn Valley, beside the River Fowey. From here, you can travel with the Bodmin & Wenford Railway - Cornwall's only full size railway still operated by steam locomotives, or visit the award winning Station Café located in the former signal box adjacent to the main station building.

The café is operated by the Bodmin & Wenford Railway and serves a variety of snacks, cream teas and homemade cakes, a perfect energy boost before a walk to the beautiful National Trust property of Lanhydrock.

With its own personal carriage drive to Bodmin Parkway station, Lanhydrock House couldn't be better positioned for visitors. Walk beside the river through woods then parkland to reach this grand gothic estate, with superb gardens and a network of footpaths to explore. This makes a lovely family day trip as young children can safely ride bikes and trikes in the surroundings.

Cyclists – the carriage drive at Bodmin Parkway station joins Sustrans route 3. From here you can cycle off road all the way to Padstow, taking in the Camel Trail on your way. Alternatively there are off road cycle trails to enjoy in Lanhydrock woods.

Bodmin & Wenford Railway

Discover a journey back in time with the nostalgia of steam travel on the 13 mile round trip from Bodmin Parkway in the Glynn Valley and Boscarne Junction in the Camel Valley. Enjoy the beautiful countryside and find the excitement of experiencing the era of a Cornish branch line in the 1950s.

The line has four stations: Bodmin General, Colesloggett Halt, Bodmin Parkway and Boscarne Junction, all with their own enchanting surroundings to explore. Book tickets for a luxury dining train, steam & cream train or take a steam driving course. For information on prices, times, special offers and to plan your journey, visit: www.bodminrailway.co.uk

Lostwithiel

Visit Lostwithiel, the antiques capital of Cornwall with its numerous antique shops and fairs. Delight in the award winning Friday farmer's market or simply enjoy the peaceful countryside.



The ancient stannary town Lostwithiel has a rich history and dates all the way back to the 12th century. Its port served at medieval times to export Cornish Tin and the town hosted Parliamentary soldiers in the Civil War battle of 1644. Today, it is a charming, peaceful market town with a well-known award winning Friday farmers' market and numerous antiques shop, vintage fairs and auctions - making Lostwithiel the antiques capital of Cornwall.

Take a walk along the tranquil surroundings of the river with stunning views or discover the town's fascinating history by visiting the compact but fascinating Lostwithiel Museum. Yearly events are LostFest, Carnival week and Cornish Cider Festival. For more information, visit: www.lostwithiel.org.uk

A very pleasant walk from Lostwithiel is to the pretty riverside village of Lerryn, passing through St Winnow along the way. This takes in beautiful views of the

pretty village of Golant and the river Fowey. This walk and more can be found at; www.lostwithiel.org.uk/walks-and-paths

Farmers Market

Lostwithiel holds a well-known farmers' market every other Friday, 10am - 2pm at Lostwithiel Community Centre. Indulge in locally produced food, sold by the producers themselves. Everything from free range meat and homemade sausages to ice cream and handmade crafts.

Restormel Castle

Wet weather rating: ● ○ ○ ○

How to get there: A 25 min walk from the train station. Directions at: www.lostwithiel.org.uk/walks-and-paths

This 13th century circular shell-keep above the Fowey river valley is managed by English Heritage and open April to October. It is a great picnic spot and offers stunning 360-degree views of the surrounding countryside.

Par

Explore the surrounding countryside with clay trails and coastlines or catch a train to the bustling surfer paradise of Newquay.



Located on the south coast at the edge of 'clay country', between St Austell and the Port of Fowey, Par doesn't really have much of a town centre, but it does make a good starting point for exploring clay country. The town has extensive docks, built in the 19th century, where china clay is still exported. From here you can take in the surroundings on a walk between Par and Fowey along the coast through the lush Gribbin peninsula with a white striped beacon and great views of the coastline.

The Atlantic Coast Line starts in Par, with the final stop Newquay, a hugely popular seaside town with 11 golden sandy beaches and some of Europe's best surfing conditions. From Par a short train journey on the Atlantic line takes you to the historic Luxulyan Valley, a beautiful woodland heritage site with footpaths through old clay works and over the impressive Treffry Viaduct. The bluebells here in late spring are magnificent. For more information, visit www.luxulyanvalley.co.uk

Check connection times with the main line before planning a day trip along the Atlantic Line, as they are variable: www.great-scenicrailways.co.uk/lines/atlantic-coast-line

Par Sands Beach

Backed by sand dunes, this beach is popular with families and perfect for a seaside picnic. 15 min walk from Par Train Station.

Type of beach: Sandy

Lifeguard service: No

Dog Friendly: Yes



Change in Par for Newquay and the Atlantic Coast Line



St Austell

The alluring landscape surrounding St Austell, defined by its china-clay heritage, makes for perfect walks and the world renowned Eden Project is a must-see when in Cornwall.



St. Austell is often referred to as the capital of the Cornish Alps. The ethereal white mini-mountains, the spoil heaps of the china-clay industry, lend an eerie atmosphere to the landscape. The clay was discovered in 1755 by William Cookworthy. Kao-Lin, an essential ingredient in the manufacture of porcelain, had previously only been found in northern China. Today Cornwall still exports clay and the Clay Trails are perfect for a day of walking – combining the cultural heritage sights of the area with scenes of the extraordinary landscape.

For more information about local attractions and events visit: www.staustelltown.co.uk and www.visitthecornishriviera.co.uk

The Eden Project

Wet weather rating: ●●●●

How to get there: Take the bus from St Austell Station or use the Clay Trail walks and combine it with a visit to Wheal Martyn or a walk to Par.

Travel to the Mediterranean without leaving the U.K. Trek through the largest manmade rainforest – steamy jungles, shacks, waterfalls and plantations, with a tree canopy of almost 50 metres high! First and foremost it's an enormous tropical garden housed in tropical biomes that nestle in a crater the size of 30 football pitches, but it is also a huge outdoor gallery featuring world class art installations as well as themed events, workshops, activity days, music concerts and an ice rink in the winter.

Reduced entry price if you show your rail ticket on the door. For opening hours, more information, visit: www.edenproject.com

Kidzworld

Wet weather rating: ●●●●

Great for families with young children
How to get there: It is a 15-25 min bus ride from St Austell. Take a 524 or 525 bus in the direction of Par along the main road and get off at Cornish Market World.

Kidzworld is an award winning play centre providing over 20,000 square feet of family fun. The majority of the areas are undercover, making this a perfect place to visit even on rainy days. Most of their attractions have no height restrictions on equipment so adults can join in too! For details about prices and opening times, visit: www.kidzworldcornwall.co.uk

St Austell Brewery

Wet weather rating: ●●●
How to get there: The Brewery is a short 5-minute walk uphill from St Austell Train Station.

Explore St Austell Brewery's museum or take a guided tour of their Victorian Brewery and its 21st Century brewing equipment before enjoying a beer tasting. For bookings and opening hours, visit: www.staustellbrewery.co.uk

The Lost Gardens of Heligan

Wet weather rating: ●○○
How to get there: Catch a bus from St Austell Station directly to the car park.

Heligan, a mysterious estate which was seat of the Tremayne family for over 400 years is now a thriving garden open all year round. Explore over 200 acres grounds with a Victorian garden, romantic pleasure grounds and a lush subtropical jungle or say hello to some of the estate's

animals: piglets, lambs, chickens, ducks and geese. For more information and upcoming events, visit: www.heligan.com

Wheal Martyn

Wet weather rating: ●●○
How to get there: Take the bus from St Austell Station or use the Clay Trail walks.

Wheal Martyn offers 26 acres of woodland walks, nature trails, Cornwall's largest working water wheel, fully preserved Victorian china clay works machinery and equipment exhibitions. It also houses vintage commercial vehicles and locomotives as well as a children's woodland play area and a visitor platform overlooking a working china clay pit. For opening hours, admission prices and further information visit: www.wheal-martyn.com



Wheal Martyn is a China Clay Museum and Country Park

Truro

Indulge in an all-day shopping frenzy in Cornwall's bubbly retail centre, take pleasure in local flea markets or simply wander the Georgian streets of Truro.



Truro is the retail centre of Cornwall with countless stores and independent shops to suit any need. It also offers a wide range of art galleries, the Royal Cornwall Museum and the Plaza cinema hosting many regional premieres, from leading studio pictures to locally produced works. Stroll down the streets while admiring the Georgian architecture or visit the magnificent Truro Cathedral – the big heart of the city centre. The area also offers a wide range of excellent cycling trails and a lot of events throughout the year. For more information visit: www.visittruro.org.uk

Just a short train ride from Truro is the charming harbour town of Falmouth, a cultural centre for art, crafts and performances with beautiful beaches and great sea food restaurants.

Royal Cornwall Museum

Wet weather rating: ●●●
How to get there: A 10 minute walk

from the train station; follow the road down the hill and head towards the city centre.

Visit the Royal Cornwall Museum to find out more about Cornwall and its history as well as to admire a wide range of Cornish and British art. The natural history gallery shows the plants and animals of Cornwall and on permanent display is an exhibition of St Ives art from 1840-1940 and an internationally remarkable mineral collection with over 1200 specimens, including the largest crystal of Liroconite ever found!

Each gallery has child-friendly exhibits and the museum has a full schedule of activities, lectures and talks throughout the year. Children (age 18 and under) visit for free and adults pay only once for a year's pass. For opening hours and prices, visit: www.royalcornwallmuseum.org.uk

Change in Truro for Falmouth

In the mood for waves and a pleasure trip down Truro River?

Catch a passenger ferry to the charming harbour town of Falmouth with golden beaches and Maritime Museum or to picturesque St Mawes. Regular ferry services run from Town Quay, only a short walk from the city centre. For travel details, visit: www.falriver.co.uk



Visit charming St Mawes by boat

Truro Cathedral

Wet weather rating: ● ● ●

How to get there: The Cathedral is located right in the centre of Truro, approximately 15 min walk from the station.

In Truro, the Cathedral of the Blessed Virgin Mary is without doubt the enticing landmark defining the city's character with its majestic three spires. In fact, it is one of only three cathedrals in the United Kingdom with three spires. It looks like a medieval building but is actually late-Victorian, built in 1880, where they decided to adapt the classic pointed arches of Gothic architecture using modern building techniques to create it.

Truro Cathedral hosts many events and concerts throughout the year, to see what's on and to find out opening hours and services visit: www.trurocathedral.org.uk

Trelissick Gardens

Wet weather rating: ● ○ ○

How to get there: Catch a bus from the stop at Lemon Quay in the centre of town or take the passenger ferry from Truro, St Mawes or Falmouth during high season: April – September. The information and ticket centre for ferries is at Garras Wharf, through the underpass from Lemon Quay.

Trelissick Gardens is set on its own peninsula next to the River Fal - an outstanding location for stunning views with an 40-acre waterside garden and a 300-acre estate with countryside, parkland and woodland, offering fantastic trails for walkers along the riverside.

The parks and walks are open all year every day. For information on prices and to see upcoming events and activities, visit: www.nationaltrust.org.uk/trelissick.

Redruth

The mining heritage of Redruth defines its character and countryside surroundings. Once the richest metal mining area in the UK, the town is now at the very heart of the World Heritage Site.



Redruth, once the urban centre of the Cornish Mining industry, is now at the heart of the World Heritage Site. It is set in a dramatic valley between Carn Brea, Carnmenellis and Carnmarth and this was the largest and richest metal mining area in the UK during the 19th century, with mining heritage dating all the way

back to the Bronze Age. The town's architecture is defined by this heritage, with grand Victorian houses and miners' cottages. During the summer months, the town hosts several continental markets.

At the centre of the Mineral Tramways, there are trails which cross the Mining World Heritage Site offering breathtaking views of the Cornish north coast, making the surroundings extraordinary for cycling, horse riding and walking. Catch a bus to the nearby picturesque coastal village of Portreath to enjoy the popular sandy beach or have a full day of nature adventures at Feadon Farm.

The remnants of the once bustling mining industry are ever present in Redruth and its surrounding landscape and there are a number of Town Trails you can walk to explore the historic sites around the centre of town. To download maps and find out more about Redruth and its heritage and surroundings, visit: www.visitredruth.co.uk

Feadon Farm

Wet weather rating: ●●○

How to get there: Catch a bus from Redruth to Portreath.

If you want to get up close and personal with nature, Feadon Farm Wildlife Centre is the place to go. It is a wildlife wonderland offering numerous activities, woodland experiences and beach adventures. You can join their Wildlife Ranger for a woodland safari, feed and cuddle reindeers and foxes or even go for magical night walk with their expert guide.

Booking is required for all activities and you can tailor your visit to suit your needs. Book a half- or full day experience or a specially customized trip, whatever suits the ages, interests and physical capabilities of your group – there is something to enjoy here for everyone. For detailed information and bookings, visit: www.feadonfarmwildlife.co.uk

Regal Cinema and Theatre

Wet weather rating: ●●●

How to get there: Head to the town centre. The Regal is a 3 min walk from the Train Station.

One of the most popular cinemas in Cornwall, the Regal Cinema and Theatre plays an important part of Redruth's cultural scene. It is located at the heart of the pedestrianized Murdoch Quarter and boast a stage for theatre performances as well as numerous screens for all the latest blockbusters. The Regal also has a bar and restaurant with indoor and outdoor seating.

Cycle Redruth to St. Ives – 'The Coastal Trek'

This cycle route takes you from Redruth out along a coastal route to St. Ives. The route is mainly along country lanes and B roads. Directions are available at: www.cycleroutesuk.com
Distance: 19 miles (30.5 km)

Camborne

Best known as a centre for the former Cornish tin and copper mining industry, Camborne is now home to Cornwall's first free cultural playground and the award winning Tuckingmill Valley Park.



Together with Redruth Mining District, Camborne was at the heart of Cornwall's former tin mining industry and has now been designated a World Heritage Site. Camborne was also the home of engineer Richard Trevithick, honored in April every year at the Trevithick Day festival.

The mining roots of Camborne are still evident with chimney stacks and the characteristic flora and fauna of the Cornish mining landscape. The Red River, named as a result of the water colour caused by

mineral from the mines, runs through the award winning parkland Tuckingmill Valley Park, with its bespoke skate park and creative art installations.

Enjoy a free day of family fun at Heartlands – a 19 acre visitor attraction and World Heritage Site Gateway. Alternatively explore the largest woodland area in West Cornwall – Tehidy Country Park.

For more information, visit: www.cornwalls.co.uk/Camborne

Heartlands

Wet weather rating: ●○○

How to get there: It is 30 minute, 1.5 mile walk from Camborne Train Station along the main Camborne to Redruth road. Alternatively, catch a bus from Camborne or Redruth.

Heartlands is Cornwall's first free cultural playground, with 19 acres of family fun to explore. Green outdoor spaces for warm, sunny days as well as an intriguing indoor space make it an all year round, all weather entertainment with exhibitions, climb-on sculptures, botanical gardens, a giant adventure playscape for kids and art and craft studios.

Heartlands offers a diverse events programme throughout the year with farmers markets, cultural festivals, dance shows, music events, art exhibitions and theatre. To find out what's on and for details on opening hours, visit: www.heartlandscornwall.com

Tehidy Country Park

Wet weather rating: ●○○

How to get there: Buses run regularly from Camborne Train Station to Tehidy Park. Alternatively, walk from the station, approx. 45 mins.

Tehidy is a 250 acre country park, the largest area of woodland in West Cornwall, with woodland, lakes and

ponds. There are 9 miles of footpaths to explore as well as a picnic area and popular café. Take a look at the Basset memorial on the prominent hill at Carn Brea, built in 1836 to honor Sir Francis Basset, or simply stroll around the lake to immerse in the rich flora and fauna of the area and enjoy a moment of tranquility. The park is free to enter and dog friendly all year round.

Tuckingmill Valley Park

Wet weather rating: ●○○

How to get there: It's an approx. 25 min walk from Camborne Train Station along the A3047 towards Redruth.

Tuckingmill Valley Park is an outstanding, award-winning parkland, a symbol of regeneration for the area that has become a centre of excellence in conservation.

The facilities include a skate park, numerous walking trails, play facilities and creative art installations – all with careful consideration of the regional flora and fauna. The park has transformed the valley while still managing to maintain the symbols of Cornish mining landscape and the signature plants and habitats associated with this environment. The conservation tasks of the park are coordinated between The Conservation Volunteers, the Council and the community. To find out more about the park, visit: www.tcv.org.uk/tuckingmill

Hayle

Hayle is an old industrial heritage town famed for its magnificent surroundings, with three miles of golden sand to the west and home to Gwithian beach – one of the most popular surfing beaches in the area.



Hayle is situated on the opposite side of St Ives Bay. Try exciting water sports like surfing, snorkeling, diving and sailing. The hugely popular Gwithian beach offers excellent conditions for surfing and Hayle Towans Beach and Godrevy beach makes for a relaxing, family friendly day out. The surroundings are perfect for walking, with plenty of well-marked footpaths and trails. The area is also regarded as an international quality bird-watching spot.

During the industrial revolution, the copper smelting contributed to the construction of the town's harbour and townscape, giving it World Heritage Site status in 2006. Hayle is also famous for its pasties, with Hampsons, Warrens and Philips all vying for the top spot.

A lovely walk from Hayle station is along the track bed of the old Hayle Wharf railway. Take the cycle path that leads behind the up-bound platform. When you reach the path's end, cross the road and walk over the sluice gate bridge. From

here you can stroll along the harbour to Hayle's beaches, or turn right beside the open air swimming pool to promenade along King George's Memorial Walk; an extravaganza of tropical plants and sensory gardens running alongside the estuary.

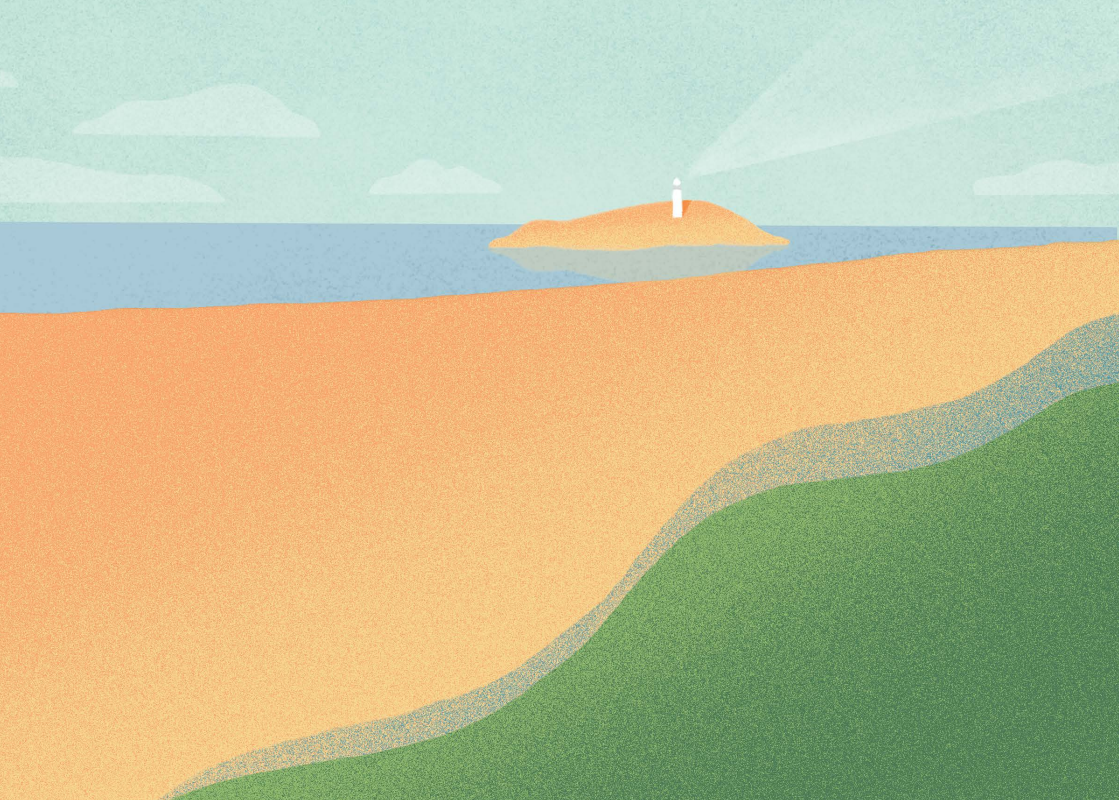
For more information about Hayle, visit: www.hayletown.co.uk

Paradise Park

Wet weather rating: ●●○

How to get there: A 10 min walk from the train station. Walk down the hill to Foundry Square. Take the Helston Road and follow the brown signs, turning right when you get to the top of the hill.

Paradise Park is a wildlife sanctuary and indoor play centre. It is home to a range of more than 650 tropical birds and other animals in their 'Fun Farm'. The indoor play area has giant slides and a special toddlers' area. For opening hours and prices, visit: www.paradisepark.org.uk



Godrevy lighthouse

Beaches

With its extensive stretch of golden, sandy beaches, the surroundings of Hayle has something to suit everyone.

Gwithian Beach & Godrevy

Gwithian Beach is hugely popular with locals and holiday makers and this surfers' paradise is the place to go if you want to get a lesson from the local surf school or hire wet suits and surf boards.

Godrevy, owned by the National Trust, is connected to Gwithian Beach at low tides and ends at Godrevy Point with beautiful Godrevy Lighthouse. The beach is popular for families and surfers as well as

for walkers and nature watchers with the surrounding alluring headlands.

Type of beach: Sandy

Lifeguard service: Yes

Dog Friendly: No dogs allowed

May to October

Hayle Towans Beach

Towans is the Cornish word for dunes and this wide stretched sandy beach is slightly sheltered from the Atlantic waves and rarely gets crowded even in the most busy summer days.

Type of beach: Sandy

Lifeguard service: Yes

Dog Friendly: No dogs allowed

May to October

St Erth

The small, rustic village of St Erth is a good place to enjoy the peaceful Cornish countryside with a delightful Farmers' Market and connection to the exceedingly popular St Ives.



The Cornish rural village of St Erth is situated in West Cornwall, on the River Hayle. It is the starting point for the St Ives branch line, which is a scenic railway with spectacular sea and estuary views. St Erth's surrounding countryside offers a wide range of walking, cycling and riding trails as well as several local golf courses.

St Erth is home to one of the finest ancient bridges in Cornwall, now over six hundred years old. The village also has a shop, a post office, The Star Inn pub and two churches.

For more information on local events and concerts held by the churches, visit:

www.st-erth.co.uk

Farmers Market

St Erth holds a Farmers' Market every Saturday at the Methodist Hall from 10am to noon. A variety of local produce is on sale, such as flowers, crafts, cakes, fresh fish and meat, bread, pasties and other home cooking.

The branch line to St Ives has an excellent service, with half hourly trains, allowing easy access to the pretty village of Lelant, the coastal footpath and of course St Ives, famous for its special quality of light that for years has drawn artists to live in the area. Here you can visit the Tate Modern and Barbara Hepworth's sculpture garden, take fishing and pleasure boat trips to watch seals and other wildlife or just enjoy an ice-cream on one of St Ives sandy beaches.



View over The Island and Portmeor Beach, St Ives

Change in St Erth for St Ives and St Ives Branch Line



Penzance

As the major commercial and tourist centre of West Cornwall, Penzance has a lot to offer. Visit the fascinating St Michael's Mount or enjoy a truly unique theatre performance at the ancient Minack Theatre.



Penzance is a coastal town defined by its history, providing top quality attractions of ancient sites as well as a variety of nearby beaches to enjoy on sunny days. Take a stroll along the town's seafront, lined with palm trees or indulge yourself in an all-day shopping frenzy.

The town is surrounded by an area of magnificent natural beauty and Celtic culture, only 9 miles from the impressive scenery of Land's End. A few miles away at Porthcurno the stunning Minack Theatre offers a great seasonal cultural scene, hosting live performances and music concerts in the summer. A visit to the island castle of St Michael's Mount is a must with its enchanting castle and tropical garden. Alternatively walk or take the bus towards the picturesque fishing villages of Newlyn and Mousehole, with their thriving arts scenes and, in winter, fabulous Christmas light displays.

For more information about what Penzance has to offer, visit www.penzance.co.uk

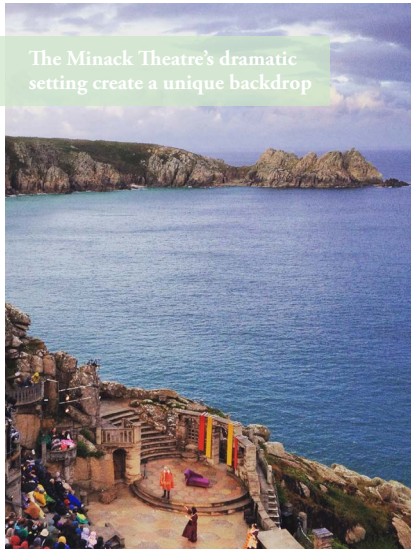
St Michael's Mount

Wet weather rating: ●●○

How to get there: Catch a bus from Penzance Train Station to Marazion or walk to Marazion, 2.1 miles (3.4 km).

St Michael's Mount with its cobble streets, enchanting medieval castle and tropical garden will dazzle you. Still home to the St Aubyn family and a small community, the charming island offers visitors the chance to explore the island's legends, architecture and thousand years of history, with buildings dating all the way back to the 12th century.

Stray from the mainland across the granite causeway in low tide, following the foot-steps of pilgrims, or catch a boat in high tide. Relax in the vivid subtropical garden and explore the ancient castle and church at the top. Have a picnic, tuck into fresh local food at Sail Loft Restaurant or indulge in a cream tea at the Island café. For detailed information regarding tide timings, opening hours and boat ticket fees, visit: www.stmichaelsmount.co.uk



The Minack Theatre and Porthcurno Telegraph Museum

Wet weather rating: ●○○○

How to get there: Catch a bus from Penzance to Porthcurno or buy your ticket through one of the travel operators that arrange inclusive trips to the theatre, these include pick-ups from Penzance or St Ives.

The Minack Theatre is a world famous open-air cliff theatre, constructed in the 1930s, overlooking the spectacular panorama of Porthcurno Bay. Its performances runs throughout the summer season presenting drama, live music, opera and musicals. Day visitors can explore the subtropical garden, relax in the café, and enjoy a matinee or children's story telling

performance. In evenings, the atmosphere of the performances are magically enhanced with the sea and moon.

Performances are from June to September but the visitor centre, gardens and café are open year round. For more info, visit www.minack.com.

Porthcurno Telegraph Museum celebrates Porthcurno's location as the point at which many transatlantic submarine telegraph cables came ashore. The museum is housed in the former telegraph facility. This excellent attraction has a host of fascinating displays, guided talks and a chance to dress up in Victorian clothes or practice Morse code, a historic tunnel, and a sculpture garden. For more information visit; www.porthcurno.org.uk.

Ferry to the Isles of Scilly

The Isles of Scilly, just off the coast of Cornwall, with their astonishing, unspoiled beauty and golden sandy beaches, are loved by locals and visitors alike. The exceptionally mild climate and peaceful atmosphere make them a haven of tranquility and you can walk and hike, cycle or enjoy boat trips and tours to explore the islands and their remarkable wildlife. The ferry departs from Penzance to St Mary's Harbour. It is also possible to travel by helicopter from Penzance Heliport or by plane from Land's End Airport. Plan your trip and find out more on www.visitislesofscilly.com

Beaches

The area around Penzance has dozens of beaches and the examples below are all accessible by bus; the bus station is adjacent to the train station in Penzance.

Penzance Beach

The beach in Penzance stretched along the Promenade for a mile and is only accessible from mid to low tide.

Type of beach: Shingle and rock

Lifeguard service: No

Dog Friendly: No dogs allowed Easter to October

Porthcurno Beach

With its white sand and clear waters, Porthcurno beach looks tropical and is described by some as being a paradise, set in an idyllic cove. It is popular with both tourists and locals and it is situated on the cliffs right below the famous Minack Theatre and Porthcurno Telegraph Museum.

Type of beach: Sandy

Lifeguard service: Yes

Dog Friendly: No dogs allowed May to September

Marazion/Longrock Beach

Marazion Beach is a popular family beach with a good children's playground located on the green behind. After the mile long beach of Marazion the bay becomes Longrock Beach, another safe family beach where swimming is particularly safe.

Type of beaches: Sandy

Lifeguard service: Yes

Dog Friendly: Marazion: No dogs allowed Easter to October

Longrock: Dogs allowed all year

Sennen Cove Beach

With its excellent reputation as a surfing venue, Sennen Cove Beach is a long, sandy beach extremely popular with a laid back surf style and friendly atmosphere.

Type of beach: Sandy

Lifeguard service: Yes

Dog Friendly: No dogs allowed May to September

Land's End

Wet weather rating: ●○○○

How to get there: Catch a bus from the Penzance station to Land's End.

Land's End, only 9 miles west of Penzance, is the most westerly point of the English mainland and the closest to the North American continent. With stunning, natural beauty and outstanding wildlife, it is the perfect place for walking along the wide stretched, cliff covered coastline. You can see the famous Longships Lighthouse only a short walk from the visitor centre and even the faraway silhouettes of the Isles of Scilly will be visible in the far distance on clear and sunny days. Explore the extraordinary scenery on trails available in guides from the visitor centre. To plan your trip, visit: www.landsend-landmark.co.uk

