



Hen Weekends and Girls' Great Escapes

Planning a hen weekend or weekend getaway with the girls in Cornwall? You've come to the right place.

We've put together our recommendations for the best activities and places to eat and drink in the local area. Let the fun begin...

Food & Drink

When you're planning a hen weekend, you want something really memorable. Here are our favourite places to eat where the surroundings are just as fantastic as the food.

Fifteen Cornwall

Jamie Oliver's restaurant needs little introduction. With creative twists on modern classics and bold, bright flavours, this is a very special dining experience. Enjoy out-of-this-world food and breathtaking panoramic views of Watergate Bay.

At £28, the three-course set menu lunch offers excellent value for money. For something really indulgent, book the 5 or 7 course tasting menu and watch the sun go down over the sea as you sip your cocktails.

Fifteen Cornwall, On The Beach, Watergate Bay, near Newquay TR8 4AA

T: 01637 861000

E: reservations@fifteencornwall.co.uk

<http://www.fifteencornwall.co.uk/thefifteenrestaurant.php>

Sam's Bistro, Bar & Lounge

Sam's Bistro is perfect for a hen weekend - everything about it is fun. The décor of the restaurant is 60s style and has a pink and green colour scheme with intimate booths, and the pop music memorabilia on the walls is a real talking point. Think classic American diner, and you might not be far off. Burgers feature prominently on the menu with twelve varieties to choose from including beef, fish and vegetarian options, plus plenty of fresh fish dishes.

The Bar & Lounge is directly above the Bistro and serves great cocktails. It's got a late licence to 1am and can get lively at the weekend. Note: Sam's Bistro doesn't take reservations. It's popular with locals and visitors, so we'd advise going early and having a drink in the lounge if you have to wait for a table.

Sam's Bistro, Bar & Lounge, 20 Fore Street, Fowey, Cornwall PL23 1AQ

T: 01726 832273

E: samsfowey@yahoo.co.uk

<http://www.samsfowey.co.uk/>

Sam's On the Beach

This is a great place for a relaxed lunch (it does get busy, so we'd advise booking in advance to get a table). The restaurant is truly unique – it's located in the old RNLI lifeboat station beside the beach overlooking Polkerris harbour and St Austell Bay. The staff here are great, and they have a wide range of dishes made from fantastic locally sourced produce. We highly recommend the pizza and seafood.

Sam's On the Beach, 14 Polkerris, Par, Cornwall, PL24 2TL

T: 01726 812255

E: samsfowey@yahoo.co.uk

<http://www.samsfowey.co.uk>



Blue Bar

If you're looking for a laid-back café/bar by the sea, this is it. With fantastic views across the beach, a varied menu and friendly staff, this is the ideal place to kick back and relax. They also usually have live music on Saturday nights, plus more events during the summer.

Blue Bar, Eastcliff, Beach Road, Porthtowan, Cornwall TR4 8AW

T: 01209 890329

E: info@blue-bar.co.uk

<http://www.blue-bar.co.uk>

Polgooth Inn

The Polgooth Inn is our 'local'. Full of character, there's a huge range of food on offer and a welcoming atmosphere.

Polgooth Inn, Ricketts Road, Polgooth, St. Austell, Cornwall. PL26 7DA

T: 01726 74089

E: enquiries@polgoothinn.co.uk

<http://www.polgoothinn.co.uk>

Kingswood Bar and Restaurant

The Kingswood is just down the road from Bosinver at London Apprentice. Stylish, with relaxed bistro style dining, it's perfect for a group lunch or dinner.

Kingswood Bar and Restaurant London Apprentice, St. Austell, PL26 7AP

T: 01726 63780

<http://www.kingswoodbarandrestaurant.co.uk>





Private chef service at Bosinver

Angels in the Kitchen offer an exclusive private chef service for guests staying at Bosinver - a gourmet dining experience in the comfort of your holiday cottage. While you relax, have a glass of bubbly and start the party games, they'll come to your cottage and get busy in the kitchen.

T: Call Julie on 07808 271325 or 01726 61339

E: Julie@angelsinthekitchen.co.uk

<http://www.bosinver.co.uk/privatechef>

Takeaways

If you get peckish, there are several good takeaway places in the St Austell area which will deliver – pop in to the office and pick up some menus.



Pampering

For the ultimate in relaxation, why not indulge yourselves with a pamper party in your cottage? We have experienced local therapists right on our doorstep who can offer a range of treatments including massage, facials, reflexology and Indian head massage.

Chenoa Skincare

Chenoa Skincare offer special packages for hen weekends. Tracy and her team will come to your cottage and give you the star treatment.

- Full treatments: choose from reflexology, aromatherapy massage or a facial (£30.00 per treatment).
- Taster treatments: treatments available include Indian head massage, reflexology or a mini facial (£7.00 for a 20min treatment, plus the bride or birthday girl gets a goody bag of Chenoa Skin Care products).

Tracy Volkner

T: 07969 258636 or 01726 828071

E: chenoaskincare@gmail.com

www.chenoaskincare.co.uk

Spas

Spa sessions are always popular with groups, especially when you've got something special to celebrate! There are several excellent spas to choose from in Cornwall – here are some of our favourites.

Bedruthan Hotel

We love the spa at the Bedruthan Hotel. It looks directly on to Mawgan Porth beach, so you can relax in the Jacuzzi and soak up the view. When it's sunny, take advantage of the outdoor sun loungers and lie back and relax... There's a range of indulgent treatments available, or you can opt for one of their spa and dining packages.

Spa & Lunch - £35 per person

Includes use of the beautiful spa facilities for the morning or afternoon, towels and robes (no treatments) plus a two-course spa lunch.

Evening Spa & Dine - £40 per person

Includes a glass of Prosecco, two hours in the spa and pool and a delicious two-course dinner in the Wild Café.

Bedruthan Hotel & Spa, Trenance, Mawgan Porth, Cornwall, TR8 4BU

T: 01637 861 219

E: spa@bedruthan.com

<http://bedruthan.com/spa>

The Scarlet

For the ultimate pampering experience, try the Scarlet Hotel (sister hotel to the Bedruthan). Slather yourself in rich mineral mud in the rhassoul, experience a traditional bathing ritual in the hammam, or try your hand at massage guided by a therapist. Outside, a cliff top hot tub invites you to stargaze or storm watch, and their natural chemical-free pool, cleaned by reeds, beckons you into the water. Utterly blissful and indulgent!

Packages start at £145 per person, including full use of the spa facilities (steam room, indoor pool, natural outdoor pool, deep relaxation space and meditation room), plus a delicious light lunch.

The Scarlet Hotel, Tredragon Road, Mawgan Porth, Cornwall, TR8 4DQ

T: 01637 861 861

E: spa@scarlethotel.co.uk

<https://www.scarlethotel.co.uk>

The Cornwall Hotel

Just down the road from Bosinver, the Clearing Spa at the Cornwall Hotel is a great choice for a quick pick-me-up. Their half-day 'mini-pamper' package costs £45 and includes use of the gym, infinity pool, whirlpool, steam room, sauna and drench showers, plus a 25- minute mini treatment and a fresh juice when you arrive.

If you'd prefer a longer spa session, opt for the Signature Spa Ritual, a day-long spa experience which includes a 100-minute luxury signature treatment followed by a Jessica manicure and pedicure, plus a glass of bubbly.

The Cornwall Hotel & Estate, Pentewan Road, Tregorrick, St Austell PL26 7AB

T: 01726 807504

E: spareservations@thecornwall.com

<https://thecornwall.com/clearing-spa>



Get crafty: jewellery making workshops

If you're looking for something a little more creative, how about booking your own jewellery workshop? Fun and social, it's also a great way to create something individual to add to your outfit for the big day.

Sarah Drew

Sarah runs jewellery workshops all over Cornwall (take a look at her website below to see pictures). She'll create a bespoke workshop for your group and can travel to Bosinver to run a session for you.

You can make jewellery from all sorts of materials, including recycled items, found and vintage materials and beach finds. Most people usually make one or two pieces of jewellery, such as necklaces, bracelets, earrings, slides, hair bands or rings during a half-day workshop. Sessions are £20 for a half-day (per person, minimum six people), including all materials and tools.

Sarah Drew

T: 07951 960647

E: sarah@sarahdrew.com

www.sarahdrew.com

Hat making

Holly Young's cocktail hat-making parties are ideal for hen weekends, reunions or birthdays. Choose from a range of materials including feathers, ribbons, silks, buttons, beads, netting and trimmings. At the end of a workshop, you'll come away with a wonderful headpiece you can wear on a night out together or at the wedding.

The workshops last for three hours and cost £35 per person including materials. Workshops are held either at Holly's studio in Truro or at a venue of your choice.

Holly Young Headwear, Princes House, Princes Street, Truro, Cornwall

T: 07968 783320

E: info@hollyyoungboutique.com

<http://www.hollyyoungboutique.com>



Foraging

For something completely different, how about a wild food day?

Fat Hen

Fat Hen's Forage, Cook & Feast Days are ideal for anyone who's curious about wild food and foraging – or groups who simply fancy trying something a bit different! These taster days include a three-hour foraging trip to some of West Cornwall's wild landscapes: seashore, hedgerow, woodland and farmland, where she'll show you how to forage for seasonal wild edible herbs, vegetables, seaweeds, fungi, roots, seeds & berries. When you return to the farmhouse, you'll cook up a three-course wild food lunch with Caroline.

Fat Hen, Gwenmenhir, Boscawen-noon Farm, St Buryan, Penzance, Cornwall TR19 6EH
Sessions run from 10am – 4pm and cost £95 per person (including a three-course lunch with a glass of wine).

E: caroline@fathen.org

T: 01736 810156

<http://www.fathen.org>

Wild Walks Southwest

Forager & wild food guide Rachel Lambert offers wild food foraging, cooking and dining experiences across Cornwall.

Choose from bespoke foraging walk with Rachel (£160 for up to four people, plus £40 per person for any additional people) or a gourmet foraging and dining experience (£199 for 2 people, additional people £65-£95 per person) which includes a 2-5 course dinner using locally sourced produce and foraged ingredients wherever possible.

T: 07903 412014

E: rachel@wildwalks-southwest.co.uk

<http://www.wildwalks-southwest.co.uk>

Wine tasting

What better way to while away a few hours than sampling some of Camel Valley's award-winning wines on the terrace in the sunshine? Book a tour around the vinery for a glimpse behind the scenes and find out how the Lindo family make their renowned wines – and perhaps splash out on a little something to take home with you.

Camel Valley Ltd, Nanstallon, Bodmin, Cornwall, PL30 5LG

T: 01208 77959

E: info@camelvalley.com

<https://www.camelvalley.com>

Go wild in Cornwall: adventure activities

If your idea of fun is getting wet, muddy or pushing your boundaries rather than sipping cocktails, you'll be in heaven in Cornwall.

Adrenalin Quarry

This is one for the thrill seekers! Adrenalin Quarry can put together a bespoke package of outdoor havoc for your group. Push yourselves to the limit and try:

- Whizz across the quarry at 40mph on the UK's longest zip wire – 50m high, 490m long (£12.50 + £7 second go).
- Coasteering - wild swimming and cliff jumping around the lake (£30).
- The giant swing – built at the top of a 120ft cliff, the swing hangs 50ft off the ground. Go three at a time, fly out over the lake and feel the rush... (£15).

Lower Clicker Road, Menheniot, Near Liskeard, Cornwall PL14 3PJ (approx 40 minutes' drive from Bosinver)

E: info@adrenalinquarry.co.uk

T: 01579 308 204

<http://www.adrenalinquarry.co.uk/stag-do-and-hen-party-cornwall>

Active-8

Are you up for a challenge? We've teamed up with local holiday activity company Active-8 to offer you a taste of adventure. Their multi-activity days offer great value for adventurous hen parties, and there's a huge range of other activities on offer from paintballing to kayaking or coasteering,

Active-8 can tailor make a package just for you, whatever size your group is, and they can even arrange transport, too. Several of the activities on offer (like the Wet & Wild day) take place just down the road from us at Porthpean, which is only 10 minutes' drive from Bosinver.

The Wet & Wild day is one of their most popular with groups, and includes open canoeing, rock jumping, kayaking and snorkelling. At £42 per person (including all equipment and instruction) for a full day, it's a bargain.

Active-8 Cornwall Ltd

T: 01579 320848

<http://www.activecornwall.co.uk/activities-in-cornwall/stag-hen.php>



Horse riding

For the pony-mad little girl inside of you... Horse riding can be a wonderful group activity and is suitable for beginners as well as those who ride regularly.

Boskell Riding Centre

Boskell Farm is literally just up the road from Bosinver. They're very friendly and happy to accommodate groups.

Boskell Farm, Trethowel, St Austell PL25 5RG

T: 01726 73049

Trenance Stables

This is the place to go if you want to make your dreams of riding on the beach a reality.

Approx 30 minutes' drive from Bosinver.

Trenance Leisure Centre, Newquay TR7 2HU (behind the boating lake)

T: 01637 872699

<http://www.newquayridingstables.co.uk>

Lanjeth Stables

Another good option for horse riding close to Bosinver.

Coombe Road, Lanjeth High Street, St Austell PL26 7TL

T: 01726 74633



Getting around

Taxis

For times when you don't want to drive, we recommend White River Cars, a reliable local company with 4 and 8 seater cars.

T: 01726 76244

<http://taxi-staustell.co.uk>