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Things
to Do 
Without
A Car From
Bosinver

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1

Get active



There's nothing better than the buzz you get after exercise. And there are plenty of ways to get that glow without even having to leave Bosinver. Swim, play tennis, work out in the gym or jog around our woodland. If you're in the mood to venture a little further afield, pick up one of our trail routes from the office and take in the surrounding countryside as you walk, jog or cycle. Finish off your day and ease those hard-working muscles with a sauna or swim.

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Relax



One of the best things you can do when you go away on holiday is have a 'do nothing' day. After all, the rest of the year you're busy rushing around, so why not take some time out and enjoy living life at a slower pace. But when we say 'do nothing', we don't mean absolutely nothing. Whether it's lying beside the pool in the sunshine with a good book, sitting on the patio all morning with coffee, croissants and the morning papers or curling up on the sofa to watch a DVD, indulge yourself with a little time out. And if you want to really relax, treat yourself to a massage with Cornwall Natural Therapies or book Julie's private chef service for a dinner to remember – no effort required!

<http://www.bosinver.co.uk/your-food>
<http://www.naturaltherapiescornwall.co.uk/>

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Old fashioned outdoor adventures

Take inspiration from the Famous Five or Swallows and Amazons (lashings of ginger beer optional) and get out and explore the outdoors with the children. Follow the farm trail, hunt the hidden animals, play cricket or rounders, fly a kite, picnic by the lake, climb trees and build a den in the woods. Covered in mud and rolling around on the ground laughing, it will be difficult to tell who's having more fun – you or the kids.

<http://www.bosinver.co.uk/outdoor-play>

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Explore whats on our doorstep



Pick up one of our local walking/cycling trail guides from the office and discover a range of delights – right on our doorstep. What could be more perfect than a leisurely walk or cycle followed by a pub lunch? Our local, the Polgooth Inn, dates back to the 16th century and has recently won an award for its food. Alternatively, carry on to Hewas Water and stop for lunch at the Hewas Inn.

Getting there: Just a short walk/cycle away.

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

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Ahoy there matey



Discover the fascinating maritime history of Charlestown. There's plenty to see and do around the harbour, which is home to the Square Sails fleet, and is a popular location for filming period dramas (watch out for film crews and pirate ships!) The Shipwreck and Heritage Centre has the largest collection of shipwreck artefacts in the UK, and is well worth a look. Charlestown beach is great for families – ideal for sandcastle-building competitions and swimming. Head to Charlie's Tea Room for lunch or afternoon tea.

Getting there:

Use www.travelinesw.com to plan your car free journey

www.cornwalls.co.uk/Charlestown-village.htm

www.shipwreckcharlestown.com

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Walk from Polkerris around Dodman Point and Menabilly

From Polkerris, there's a lovely circular walk which takes in part of the coast path around Dodman Point and Menabilly (approx 6 miles). If you're feeling more energetic, continue on to Fowey and catch the bus back from there later on.

Getting there:

see www.travelinesw.com to plan your car-free journey

www.southwestcoastpath.com

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Beach day at Polkerris



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Polkerris is a traditional Cornish fishing village with an idyllic sandy cove. Like Charlestown, it's also featured in several TV dramas and films. When you get hungry, try Sam's On the Beach. The old RNLI lifeboat station beside the beach at Polkerris has been transformed into a stylish, atmospheric restaurant with a range of locally-sourced produce served by friendly staff. If you'd prefer a more traditional Cornish pub, the Rashleigh Inn has excellent food and a terrace overlooking the beach where you can enjoy a cold beer as you watch the sun set in the evening. Bliss!

Getting there: see www.travelinesw.com to plan your car-free journey

www.rashleighinnpolkerris.co.uk
www.samscornwall.co.uk

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Watersports at Polkerris



Fancy an energetic day out? Polkerris Beach has first-class watersports facilities. Hire a kayak from the Polkerris Beach Company (based in a 17th century pilchard store, right on the beach) and paddle around the bay, or try sailing or windsurfing lessons.

Getting there: see www.travelinesw.com to plan your car-free journey

www.polkerrisbeach.com

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Explore Polruan and Lantic Bay



From Polruan you can do a circular walk to Lantic Bay. Cool off with a dip in the sea, then continue your walk back to Polruan for a well-deserved cream tea.

Getting there: see www.travelinesw.com to plan your car-free journey. Please note if you take the bus to Fowey you'll need to take a short trip across the water on the Polruan ferry.

www.polruan.org.uk

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Fowey river adventure



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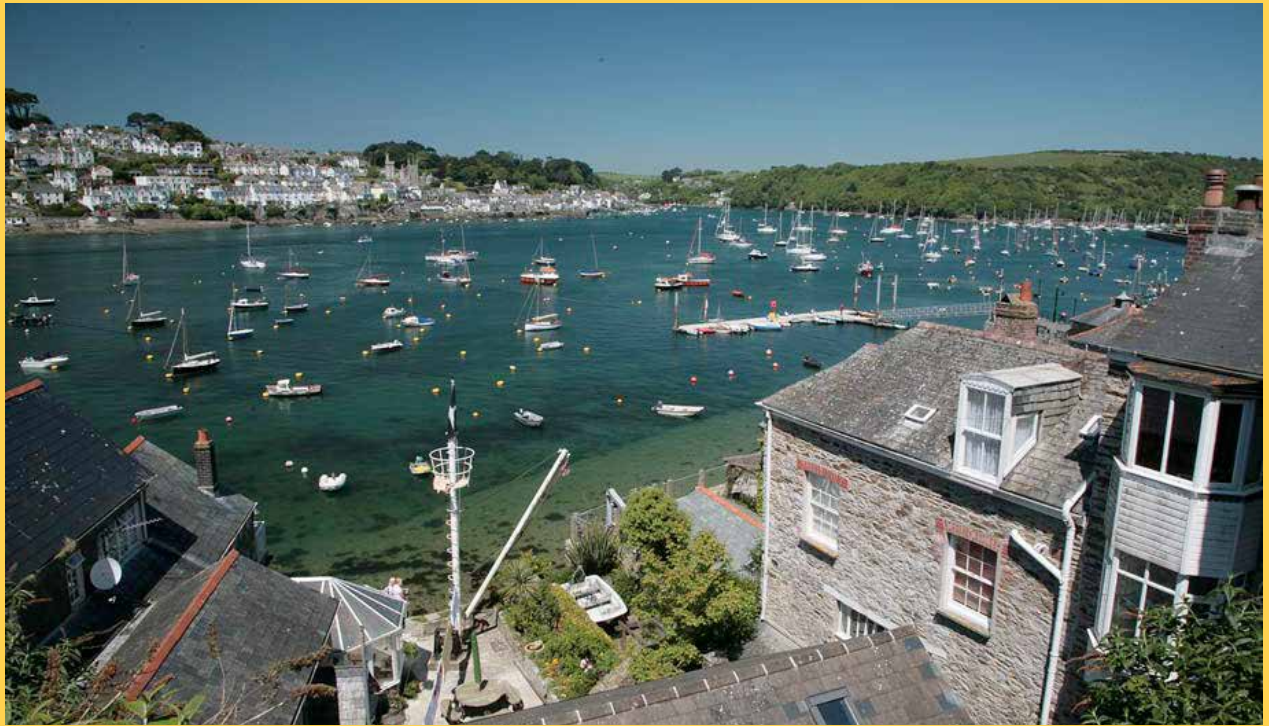
When you arrive in Fowey, hire a motor boat from the quay and potter up the river to Golant and back. Try your hand at catching crabs from the quay then head to Pinky Murphy's on Main Street for a memorable lunch or afternoon tea. This eclectic, quirky, cafe serves great food and smoothies to die for. If it's chilly, try their famous FatBoy hot chocolate, it will warm you up a treat.

Getting there: see www.travelinesw.com to plan your car-free journey

www.fowey-boat-hire.co.uk
www.pinkymurphys.com

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Discover Daphne du Mauriers Fowey



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Start by browsing some of the more unusual shops in Fowey, then take the Bodinnick Ferry and climb the hill to the start of the Hall Walk. Heading towards Polruan, every twist and turn reveals another breathtaking view. It's not hard to see why du Maurier was so inspired by this part of Cornwall. Sit down and relax with a cream tea before taking the passenger foot ferry back to Fowey and taking in the Daphne Du Maurier Literary Centre.

Getting there: see www.travelinesw.com to plan your car-free journey

www.fowey.co.uk
www.dumaurier.org

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Go canoeing Canadian style



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Canadian canoes are large, open canoes which can be paddled by several people – ideal for families or large groups. Active 8 will teach you how to paddle and steer your canoe before leading you on an adventure up one of the nearby tidal rivers.

Getting there: see www.travelinesw.com to plan your car-free journey

www.activecornwall.co.uk/activities-in-cornwall/water-fun.php

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A day on the green

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If you're a golf enthusiast, you're in luck - St Austell Golf Club is right on our doorstep. There's a driving range as well as a popular 18-hole course.

Visitors are very welcome.

Getting there: The Golf Club is approximately 15 minutes' walk from Bosinver.

Turn right out of the drive and walk towards St Austell. Take the first right onto Tregongeeves Lane. Follow the lane down to reach the Golf Club.

www.staustellgolf.co.uk

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Your own sports day at Polkyth Leisure Centre

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Head to Polkyth Leisure Centre in St Austell and go swimming, play squash or football, go to a dance class or work out in the gym. Ideal for rainy days and active families!

Getting there: see www.travelinesw.com to plan your car-free journey

www.polkythleisure.co.uk



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Discover St Austells mining heritage



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Set in 26 acres of woodland, China Clay Country Park is ideal for a family day out. Now part of the Cornish Mining World Heritage Site, the Park is set in the grounds of two former working china clay pits. Find out how china clay was mined, what it was used for, and what it was like to live and work in the area. Kids will love the commando-style assault course.

Getting there: see www.travelinesw.com to plan your car-free journey. From St Austell walk along the Clay Trail to the China Clay Museum, then get the bus back to Trelowth.

www.wheal-martyn.com

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Visit the Eden Project



The Eden Project is one of the UK's top visitor attractions, and we're lucky enough to have it right on our doorstep. It's great to visit at any time of the year – and when you're inside the biomes it doesn't matter if it's raining outside. During the winter months kids of all ages will be delighted by the ice rink. There are often special events for families and children during school holidays - check out the events calendar to find out what's happening during your stay.

There are discounted tickets available for people using public transport.

Getting there: see www.travelinesw.com to plan your car-free journey.

www.edenproject.com

<http://www.edenproject.com/visit-us/directions/by-bus-or-train>

<http://www.edenproject.com/visit-us/whats-on-things-to-do-in-cornwall>

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Eden by bike



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The landscape surrounding St Austell has been shaped by the clay mining industry. The Clay Trails stretch for miles, giving visitors the chance to explore this scenic area of Cornwall and find out more about its heritage. Why not take a day to explore the trails, combined with a visit to Eden? You'll get a discounted ticket for travelling by bike.

Getting there: Pedal power! You can find maps of how to get to Eden here: <http://www.edenproject.com/visit-us/directions/on-foot-or-bike>

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Explore the Pentewan Valley Trail by bike



Hire bikes from Pentewan Valley Cycle Hire (they'll even deliver them to you at Bosinver) and spend the day exploring the Pentewan Valley. The trail runs along the bed of an old narrow gauge railway from St Austell to Pentewan. Take a leisurely trip through beautiful woodland, and follow the river down to the sea to reach the sandy beach and harbour at Pentewan.

Getting there: Pedal power!

www.pentewanvalleycyclehire.co.uk/

www.claytrails.co.uk/

www.heligan.com/

www.mevagissey.net/

www.cornwalls.co.uk/Mevagissey/

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Photograph Credit: John Such

Discover Gorran Haven



Gorran Haven is a charming little village about 3 miles south west of Mevagissey which dates back to the 13th century. With its safe, sandy beach, it makes for an ideal family day out. If you fancy a walk, you can follow the coast round to Vault Beach and make your way back to Gorran through the lanes.

Getting there: see www.travelinesw.com to plan your car-free journey.

www.gorranhaven.org.uk/

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A grand day out in Mevagissey



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Mevagissey is a traditional, unspoilt fishing village with a history of boatbuilding – and smuggling. Just 5 miles from St Austell and the Eden Project, Mevagissey is well worth a visit. Wander through the narrow alleyways, and you might just discover some hidden treasures. There are numerous pubs, restaurants and cafes to tempt you – and excellent fish and chips. The kids will love it too – take them crabbing on the harbour or check out the model railway or the aquarium.

Getting there: see www.travelinesw.com to plan your car-free journey.

www.cornwalls.co.uk/Mevagissey/

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Fish for your supper in Mevagissey



If you've never been fishing at sea before you're in for a real treat. Take to the ocean waves and go fishing for mackerel (one hour trip) or go wreck fishing (half or full day trip).

Getting there: see www.travelinesw.com to plan your car-free journey.

www.mevagisseyfishing.co.uk/index.htm
www.mevagissey.net/fishing.htm

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Walk the Pentewan Valley Trail



The trail runs along the bed of an old narrow gauge railway from St Austell to Pentewan. Catch the bus to Pentewan, go to the beach and linger over a coffee and cake in the harbour. When you're ready to set off again, take a leisurely stroll back to Bosinver along the Pentewan Valley Trail.

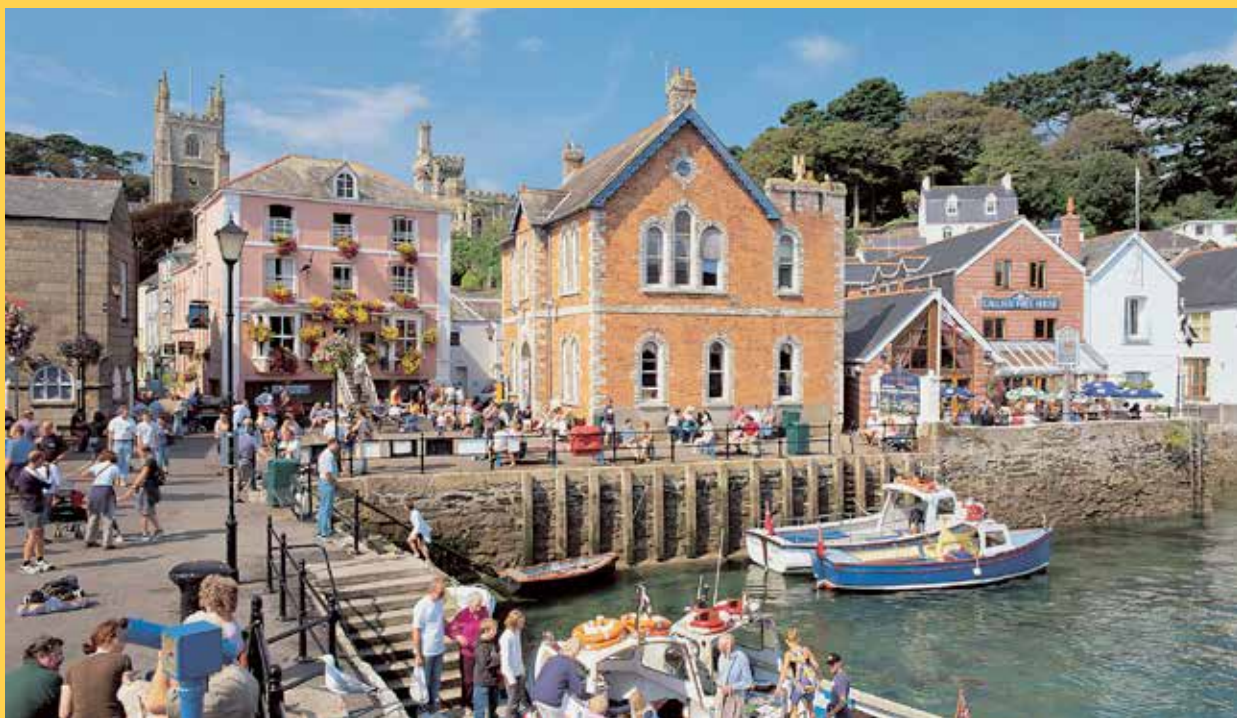
Getting there: see www.travelinesw.com to plan your car-free journey.

<http://www.sustrans.org.uk/shop/route-maps-guides/ncn-cornwalls-clay-trails>

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Photograph Credit: Paul Watts

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Explore Fowey



Fowey (pronounced 'Foy') is a picturesque, historic town on the River Fowey. As a designated Area of Outstanding Natural Beauty this is definitely one place you'll want to get your camera out! Fowey is still a working port, has a range of interesting shops and galleries to wander round, with lots of work by local artists available. When you're ready to stop for lunch or afternoon tea, there's plenty to choose from.

Getting there: see www.travelinesw.com to plan your car-free journey – you can even travel by bus to Mevagissey and then take the Mevagissey to Fowey ferry. Check it is running first though, as it can be weather dependant.

www.mevagissey-ferries.co.uk/
www.fowey.co.uk/

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Get wet n wild in Porthpean



This one's for the adrenaline junkies – or kids with excess energy! Porthpean is just outside St Austell and an easy bike ride away from Bosinver. They do all sorts of adventurous activities on land and sea, including sea kayaking, white water kayaking and canoeing, rock pooling, sailing, orienteering, archery, ropes courses and indoor climbing.

Getting there: Cycle to Porthpean Outdoor Education Centre, PL26 6AZ. Turn right on Coliza Hill/A390 (towards St Austell/Tregoneeves Lane. Turn right at Sawles Road, then right again at Tregorrick Road. Turn left then right to reach Porthpean Outdoor Education Centre at Castle Gotha Farm.

<http://cornwalloutdoors.org/activity-centres/porthpean>

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Visit the Lost Gardens of Heligan

Some might say a holiday in Cornwall isn't complete without a visit to Heligan. Discover the story of one of the nation's favourite gardens. With over 80 acres of ancient woodland, there's plenty of space to wander, and wonder, as you come across its carefully concealed delights. Spot kingfishers at the lakes, and marvel at the woodland sculptures or the carpet of bluebells in spring. Once you've worked up an appetite, head to the tearoom for a proper Cornish cream tea or home-cooked lunch.

Getting there: Walk (approx. 1 hour 30 mins), cycle or take the bus. Turn left out of the driveway and towards the village of Sticker (Rose Hill). When you reach Sticker, turn left at Chapel Hill onto Nunnery Hill. Continue to the end of Nunnery Hill, then turn right to reach the Lost Gardens of Heligan. If you'd rather travel by bus see www.travelinesw.com to plan your car-free journey.

www.heligan.com

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St Austell Brewery Centre



The St Austell Brewery visitor centre includes an interactive museum. Find out about the history of the brewery, and their pubs, beers, wines and spirits and the Cornish families who created them. You can even walk through the Victorian brewery and see the brewing process for yourself. There's also the chance to sample some of their award-winning ales for free. If you're hungry, there's home cooked pub food on offer in the Hicks Bar.

Getting there: see www.travelinesw.com to plan your car-free journey

www.staustellbrewery.co.uk/visitor-centre.html

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A day out in St Ives



Travelling to St Ives by train is an experience in itself. The branch line between St Erth and St Ives is simply stunning, with views of some of the most beautiful stretch of coastline in Cornwall. There's loads to do in St Ives, whatever the weather's like. Enjoy ice creams on the beach, pasties or cream teas and wander round some of the speciality shops and galleries. The Tate St Ives has a great location right on Porthmeor Beach. Nearby, the Barbara Hepworth museum is well worth a visit and has a small but delightful garden filled with some of her work. You can even peek into the studio where she worked. If you're feeling inspired, why not make your own sand sculpture on the beach afterwards?

Getting there: see www.travelinesw.com to plan your car-free journey

<http://www.stives-cornwall.co.uk/>

<http://www.tate.org.uk/stives/>

<http://www.tate.org.uk/stives/hepworth/>

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A grand day out in Looe



The branch line from Liskeard to Looe passes through some lovely countryside following the path of the river. Looe itself is divided by the river – there's a bridge joining East Looe to West Looe. The famous Banjo Pier (named after the musical instrument it resembles) is a great place to watch the boats going in and out of the harbour. If you fancy a fishing or boat trip, there are plenty to choose from. Or simply relax, explore the shops or go to the beach.

Getting there: see www.travelinesw.com to plan your car-free journey

www.cornwalls.co.uk/Looe/



A fun packed day in Newquay



For a fabulous family day out, head to Newquay. With some of the best beaches in Cornwall, it's ideal for surfing/bodyboarding and other water sports and there are several surf schools offering lessons for families/children. The Blue Reef Aquarium boasts a spectacular underwater tunnel with a huge variety of tropical fish. Newquay Zoo is great for all the family, with a range of animals to visit from penguins to lions, monkeys, snakes and parrots. They run 'animal encounter' sessions and there's also an excellent children's play area on site.

Getting there: see www.travelinesw.com to plan your car-free journey

www.newquayzoo.org.uk/

www.blureefaquarium.co.uk/newquay.htm



Photograph Credit: Jason Kiely

Discover Britain's Maritime Heritage in Plymouth

Plymouth's Barbican is the gateway to Britain's maritime heritage. See the Mayflower Steps and find out about the historic 1620 voyage to America. Stroll along the seafront, past the Citadel to Plymouth Hoe for stunning views out to sea. Climb Smeaton's Tower and see the bowling green where Sir Francis Drake famously finished his game before taking on the Spanish Armada in 1588 (they still play bowls there today). The Hoe is a popular area for locals and visitors, and there's lots to see on the water, from warships to ferries, trawlers and loads of different sailing boats. If you fancy a little retail therapy, Plymouth has more than enough to keep even the shopaholics happy.

Getting there: see www.travelinesw.com to plan your car-free journey

www.plymouthbarbican.com/
www.plymouthhoewaterfront.com/history/

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A Scilly Adventure



You'll be spoilt for choice for things to do in the Scillies. There are scores of beautiful sandy beaches and miles of outstanding countryside to explore. Watch out for dolphins, basking sharks and seals, which are often seen near the shore. The islands also have a vibrant culture with an active arts scene. You'll find jewellery designers to chocolate makers, painters and craft workers working and exhibiting here. Each island has its own character – and a guided tour with one of the local 'characters' can be the perfect way to get the most out of your visit.

Getting there: see www.travelinesw.com to plan your car-free journey

www.islesofscilly-travel.co.uk/travel-information/
www.simplyscilly.co.uk/

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A grand day out in Lostwithiel



Lostwithiel is a haven for antique lovers, with lots of interesting shops to potter around and some very enticing tea rooms. Take a walk to nearby Restormel Castle, which dates back to the 13th century and saw action during the Civil War in 1644. The castle stands on an earlier Norman mound, surrounded by a deep defensive ditch. With fantastic views across the local area, including the River Fowey, it's an ideal spot for a picnic.

Getting there: see www.travelinesw.com to plan your car-free journey

<http://www.english-heritage.org.uk/daysout/properties/restormel-castle/>
www.lostwithiel.org.uk/

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Photograph Credit: Hugh Hastings

Uncover Falmouth



Falmouth has a variety of interesting shops, galleries and cafes to while away the time. The National Maritime Museum has some fantastic interactive exhibits. Stop at Rick Stein's for fish and chips. If you fancy a stroll, take a short walk to Gylngvase Beach and the award-winning Gylly Beach Café). Pendennis Castle is just a short walk up the hill and a great place for families with lots to see and do and plenty of space to run around or have a picnic. Built by Henry VIII, the castle has seen action in many conflicts, including WWI and WWII. Experience the sights, sounds and smells of battle and spot the enemy fleet approaching through a range of interactive exhibits and hands-on activities.

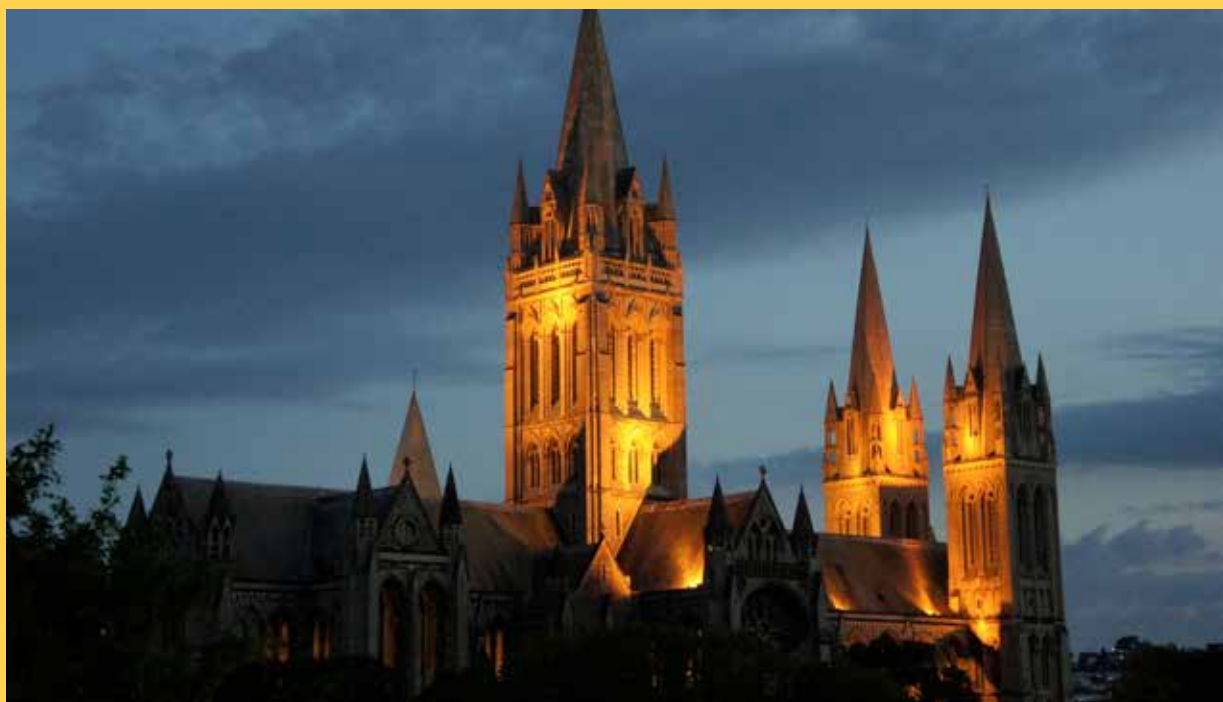
Getting there: see www.travelinesw.com to plan your car-free journey

www.nmmc.co.uk/
www.rickstein.com/Rick-Steins-Fish-Falmouth.html
www.gyllybeach.com/
www.english-heritage.org.uk/daysout/properties/pendennis-castle/

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Explore Truro



Truro is a picturesque city which has lots of little winding streets and alleyways to wander around and a lovely riverside walk. Discover a wealth of small, speciality shops and coffee houses in tucked away places. The cathedral is at the heart of the city. It's open for visitors every day, who are also welcome to join them during any of the services. Truro is also home to the Royal Cornwall Museum which has a variety of exhibitions, displays and events relating to all things Cornish throughout the year.

Getting there: see www.travelinesw.com to plan your car-free journey

www.enjoytruro.co.uk/welcome
www.royalcornwallmuseum.org.uk/
www.trurocathedral.org.uk/

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Discover Trewithen Gardens



Trewithen is a historic estate close to Bosinver with impressive gardens and delightful woodland walks. It is internationally renowned for its magnolias and camellias. The House is equally impressive, dating back to the 18th century. Don't miss the tea shop for what's arguably one of the best tea shops in Cornwall.

Getting there: see www.travelinesw.com to plan your car-free journey

www.trewithengardens.co.uk/

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Country Style



Just down the road from Bosinver, Griggs Country Store is a great place to go for little retail therapy. They can kit you out with anything from wellies to waterproofs or flip flops, and they've got some top brands on offer at very reasonable prices (check out the Hunter wellies). They've also got a whole range of accessories for dogs, so you can treat your canine companion too. If you're feeling peckish, head over to the restaurant for some hearty home cooked food. There's with plenty of choice for everyone – there are daily specials, a special kids' menu, a range of gluten free options, plus a variety of tempting cakes...

Getting there: Turn left out of the drive and walk along the footpath towards the village of Sticker. Griggs is well sign posted – you can't miss it. The walk should take you around 40 minutes.

www.magrigg.co.uk/

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Explore the countryside on horseback



Wander through the glorious Cornish countryside by horseback. The Boskell Riding Centre offers treks for adults and children and has a range of friendly horses waiting to meet you. If you've never been on a horse before, don't worry! Complete beginners are very welcome. Boskell Riding Centre, Trenance Downs, St Austell, PL26 5RG. 01726 73049

Getting there: see www.travelinesw.com to plan your car-free journey

www.facebook.com/boskell.ridingcentre

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www.bosinver.co.uk



Check out the latest films in St Austell

If you're looking for a rainy day activity or just want to relax and enjoy the latest cinematic offerings, White River Cinema in St Austell has several screens showing a range of films.

Getting there: see www.travelinesw.com to plan your car-free journey

www.wtwcinemas.co.uk/

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Pentewan Trenarren and back the hard way

Follow the lane past Apple cottage to Polgooth, then take Treloweth Road. When you reach Pentewan Road, turn left to reach the village of London Apprentice and pick up the Pentewan Valley Trail. Once you reach Pentewan, go past the pub (or call in if you're in need of refreshments) then through the town square bearing left up the hill. About 200 yards up you'll see a footpath to the right. Passing by alms houses and the church, follow the footpath to Trenarren. There's a small, pretty beach here which is an ideal stop for a break or a picnic lunch. Bear left and join the trail to Kings Wood and back to London Apprentice. Phew!

This is a slightly more challenging walk but the views certainly make it worth the extra effort! If you fancy something a little more leisurely, try the Pentewan Valley Trail (number 22).

Getting there: by foot!

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Take a trip on the River Fal



Enterprise Boats run regular trips on the River Fal from Truro to Falmouth. Whether you choose a morning, lunchtime or afternoon cruise, taking a leisurely voyage down the river gives you the chance to appreciate all the area has to offer from a different perspective. On the way to Falmouth, you'll catch tantalising glimpses of the small creeks that join the River Fal and the grand architecture of Trellissick House and Tregothnan Mansion. The trip covers 12 miles, and takes approximately one hour. Stop off on the way there or back and explore Trellissick Gardens.

Getting there: see www.travelinesw.com to plan your car-free journey

www.enterprise-boats.co.uk/
www.nationaltrust.org.uk/trellissick-garden/

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Discover the delights of the Helford River

Since the Middle Ages, people have been travelling across Helford River by ferry. Back then, it was an important link between communities, and local people used it to transport their produce to Falmouth to sell at the market. Today, the ferry's mostly used by people for leisure purposes, and bikes, dogs and pushchairs are all welcome on board. The area surrounding the Helford is beautiful at any time of year. With several outstanding gardens to visit, old pubs full of character and delightful walk, there's plenty to see and do. If you fancy exploring the river under your own steam, you can hire self-drive motor boats or kayaks.

Getting there: see www.travelinesw.com to plan your car-free journey

www.helford-river-boats.co.uk/

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Discover the delights of DairyLand

DairyLand is a great day out for all the family, even when it's raining. Kids will love feeding the animals, pony rides and tractors galore. The 'Bull Pen' indoor play area is fantastic and there's a great outdoor playground plus nature trails and much, much more.

Getting there: see www.travelinesw.com to plan your car-free journey

www.dairylandfarmworld.com

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Take a trip on a steam train

For a truly memorable day out, step back in time with the Bodmin and Wenford Railway and discover what it's like to travel by steam locomotive. Experience the sights, sounds and smells of a trip by steam train. If you show your bus ticket when you buy your railway trip tickets, you can get a 20% discount on your fare.

Getting there: see www.travelinesw.com to plan your car-free journey

www.bodminrailway.co.uk/

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Cycle the Camel Trail

Head to Bodmin for the start of the Camel trail, one of the most popular and scenic cycle routes in the UK. The Camel Trail runs from Padstow to Poley's Bridge, via Wadebridge and Bodmin. There are spectacular views along the whole trail, from the wooded countryside of the upper Camel Valley to the Camel Estuary. Following the route of an old railway, the trail is traffic-free and generally level, making it ideal for families. Enjoy a well-earned ice cream as while you wander round picturesque Padstow. If you're a wine lover, you might want to stop at the renowned Camel Valley Vineyard to take a tour or sample some of their world-class wines. Bodmin Bikes and Cycle Hire is just 400m from the start of the trail and can kit you out with everything you need for a great day out, with a range of bikes and accessories on offer including trailer sets or tag-alongs for kids.

Getting there: see www.travelinesw.com to plan your car-free journey

www.bodminbikes.co.uk/
www.sustrans.org.uk/ncn/map/route/camel-trail
www.destination-cornwall.co.uk/camel-trail.html
www.camelvalley.com/



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Try your hand at 10 pin bowling

10-pin bowling is always a family favourite and is ideal for large groups or wet weather days. Challenge your family and friends to see who can get the best score! St Austell and Truro and both have bowling alleys.

Getting there: see www.travelinesw.com to plan your car-free journey

www.ozzellbowl.co.uk/home/
www.truro-bowl.co.uk/

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Explore the Luxulyan Valley

Flora and fauna are abundant in the Luxulyan Valley, which becomes transformed by bluebells in late spring. Watch out for roe deer, badgers, foxes and even otters as you make your way down the valley with the River Par thundering down beside you. Awarded World Heritage status in 2006, you'll find numerous traces of Cornwall's industrial heritage throughout the valley, including the impressive viaduct built by Joseph Treffry in the 1800s. It's great place to explore with the dog. Luxulyan village is also worth a look, with several Listed cottages. The granite church at the heart of the village dates back to the 15th century, although there's been a church here since Norman times.

Getting there: see www.travelinesw.com to plan your car-free journey

www.cornish-mining.org.uk/areas-places-activities/



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Visit Pine Lodge Gardens



Pine Lodge Gardens is testament to the dedication of Ray and Shirley Clemo, who travelled the world collecting seeds and plants to establish it. The habitat they've created has made it an ideal place for wildlife – look out for the pair of black swans who have made their home on the lake. Open all year, there are 30 acres of tranquil plantsman's gardens to stroll through. Keen horticulturalists won't want to miss The Nursery, which also propagates and sells many of the plants seen in the Gardens. When you're ready for a break, the tea rooms have a range of excellent home-cooked food using fresh local produce.

Getting there: see www.travelinesw.com to plan your car-free journey

www.pinetumpark.com/

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Magical St Mawes



St Mawes has often been described as the 'jewel in the crown' of the Roseland Peninsula. Perched on the banks of the River Fal, St Mawes offers delightful views across to nearby Falmouth and the Carrick Roads. Like Falmouth's Pendennis Castle, St Mawes Castle, on the outskirts of the village, was built by Henry VIII to defend the Cornish coastline against the threat of invasion by France and Spain. There are several walks you can do from St Mawes.

St Just in Roseland church is renowned for its beautiful churchyard, and is a gentle two and a half mile stroll away. During the summer months, a small ferry runs to nearby St Anthony, with more outstanding coastal walks, sandy beaches and the lighthouse which featured in the opening credits of the popular children's TV show *Fraggle Rock*.

St Mawes is also a great place for a day at the beach – or on the water. Swim, kayak, windsurf or launch a dingy from the sheltered harbour – or relax on the beach. For a little taste of luxury, head to the elegant Tresanton hotel and enjoy a cream tea (or if you really feel like spoiling yourselves, a champagne tea!) and take in the delightful views across the water.

Getting there: see www.travelinesw.com to plan your car-free journey

<http://www.english-heritage.org.uk/daysout/properties/st-mawes-castle/>
www.tresanton.com



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Take a horse drawn carriage ride



Fancy snuggling up for a romantic carriage ride for two, taking a trip to the pub with friends or a horse-drawn adventure guaranteed to delight the kids? Pikna is the Czechoslovakian word for beautiful, and once you see these magnificent shire horses you'll understand why owner Alfie chose the name. Meet Wilfred, Juna, Angel and Brave Lad and travel the traditional way through the beautiful Cornish countryside.

Getting there: horse power!

www.piknashirehorses.webeden.co.uk/

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Discover Cornwall on foot with a guide



One of the best ways to discover Cornwall is on foot - Explore in Cornwall offer a menu of walks which explore the varied habitats and beautiful landscapes of Cornwall. Walking is also one of the best ways to get close to Cornwall's amazing wildlife - from grey seals to peregrine falcons. Half and whole day walks are available at a pace that allows you to take it all in. Private guided walks are also available for up to 8 people and Navigation and Hill walking training is also available for all levels, from beginners to advanced levels on a group or private bespoke booking basis.

Getting there: Explore in Cornwall can arrange collection from Bosinver or from bus/railway stations. Call them on 07929 065510 and see www.travelinesw.com for public transport links.

www.exploreincornwall.co.uk

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