Menagwins Court
Holiday Cottages

I look forward to welcoming you to Menagwins Court soon!

I hope that you will be pleased with your accommodation and will have an enjoyable stay.

The hot water will be switched on ready for you – if you find that you use all the hot water you will find the instructions for boosting the immersion heater in the airing cupboard in the double bedroom. If the heating is off, you will also find the controls and instructions for these located in the airing cupboard. The instructions for all other appliances are in the folder which can be found in one of the kitchen cupboards.

The dustbins are in the hide at the far end of the car park and are numbered, one per cottage. There are also bins for recycling plastic bottles, plastic food trays & containers, tins, cans, newspapers, magazines, paper envelopes, stationery, wrapping paper, cardboard, tin foil and glass bottles and jars. Please wash the bottles, jars and tin foil first, remove any tops from the bottles & jars and crush plastic bottles. There are also bins for biodegradable bags of food waste. Unfortunately, it is not currently possible to recycle plastic food wrapping.

If I am not at the cottages when you depart, please close all windows and place your key in the key safe using the same code as when you arrived.

Please do not hesitate to contact me on 07775 717117 if you have any questions – you can call, text or WhatsApp.

I hope that you will find the information in this folder useful. If you come across anything else you think should be included, please let me know!

Enjoy your stay.

Chris Mynard

PLEASE DO NOT REMOVE ANY PAGES FROM THIS FOLDER

Menagwins Court
Holiday Cottages

To ensure that Menagwins is a happy place for all it would be appreciated if you could observe the following simple rules.

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

A drying rack is provided for use indoors or outdoors. Please do not hang washing out of the windows or on the fences.

Barbecues can be used in the barbecue area in the far corner of the courtyard. When using disposable barbecues place them on the blocks provided and not on the garden furniture as it will burn them.

Please note that for the comfort and safety of other residents, ball games are not permitted in the courtyard or the parking area.

The accommodation is not to be occupied by more than the number of berths paid for. Anyone exceeding this limit will have their money refunded and be asked to leave.

For the comfort of other guests, you are kindly requested to refrain from smoking inside the cottage. Please use the ashtray provided on the patio.

No pets are allowed in the accommodation.

Please do not use any of the blankets or bedding outside of the cottage.

THANKYOU FOR YOUR ASSISTANCE.

KITCHEN INVENTORY

9 Mugs
6 Cups
6 Saucers
9 Tea Plates
9 Dinner Plates
9 Dishes
1 Milk Jug
1 Water Jug
1 Butter Dish
1 Cruet
6 Egg Cups
6 Tall Glasses
6 Juice Glasses
6 Pint Glasses
6 Wine Glasses
6 Plastic Beakers
1 Fruit Bowl
1 Sugar Bowl
1 Bread Board
1 Bread Bin
1 Tray
1 Washing up Bowl
1 Draining Board Rack
1 Sink Tidy
1 Bucket
1 Dustpan & Brush
1 Mop
1 Swing Top Bin
1 Peg bag with pegs
1 Clothes Airer
1 Kitchen Roll Holder
1 Electric Kettle
1 Toaster
1 Microwave Oven
1 Torch
1 Iron & Ironing Board
1 Vacuum Cleaner

10 Knives
10 Forks
8 Dessert Spoons
8 Teaspoons
2 Tablespoons
1 Spreading Knife
1 Potato Peeler
1 Potato Masher
1 Straining Spoon
2 Serving Spoon
2 Wooden Spoons
1 Kitchen Scissors
1 Whisk
1 Spatula
1 Ladle
1 Kitchen Tongs
1 Grater
1 Knife Block with Kitchen Knives
1 Bread Knife
1 Turner
1 Tea Strainer
1 Tin Opener
1 Cork Screw
1 Teabag Squeezer
1 Carving Fork
1 Measuring Jug
1 Spoon Rest
1 Teapot
1 Cafetiere
3 Saucepans
2 Frying Pans
1 Colander
2 Pyrex Basins
1 Pyrex Oven Dish
1 Pyrex Casserole dish with lid
1 Baking Tray
1 Roasting Tin
1 Grill Pan

Please let me know of any shortages, damages or breakages – Thankyou.

If you are staying in your cottage for a second week, clean bed linen and towels will be available for you on Friday morning.

Make sure you know the location and operation of all escape windows and doors and service isolation points - your electricity consumer unit is located in the electric meter cupboard in the downstairs cloakroom and your water stopcock is located under the kitchen sink.

A dry powder extinguisher and fire blanket are provided and located in the kitchen.

You will find a torch in the under-stair cupboard and spare light bulbs in the cupboard under the kitchen sink.

BRIEF HISTORY OF MENAGWINS COURT

The site where Menagwins Court stands was previously occupied by a petrol station, forecourt and garage. The petrol station was closed down a number of years ago and the owners sought the appropriate planning permissions to demolish the buildings and redevelop Menagwins court. The cottages were completed in 2006. Photographs of before and after the redevelopment are on the wall in the hallway.

The name "Menagwins" means "windy hill" in Cornish. It comes from "meneth" meaning "hill" and "gwyns" meaning "wind". The immediate area is known as Menagwins – next door is Menagwins Farm Produce (where fresh produce is sold at the gate) and opposite is Menagwins Cottage (the former blacksmiths cottage and workshop).

THE LOCAL AREA

Gorran Village (also known as Gorran Churchtown) has a general store/post office and the 'Barley Sheaf' public house which recently reopened after a major refurbishment. The telephone number for the pub is 01726 843330 and their website is www.thebarleysheafgorran.co.uk. You will find their current menu at the back of this folder.

In the centre of the village is the parish church of St Gorran, which is Norman in orogin and inside there is an interestingly carved oak chair. The notice board outside the church displays the service times and events.

Gorran Haven is just one mile away. To get there turn right out of the gateway and take the next right. Alternatively take the footpath across the field, the gateway is located on the right before the right turn in the road. The footpath comes out by the playground and sports field and the follows the road downhill into the village.

The heart of Gorran Haven is a cluster of fisherman's cottages, nestling around a secluded cove which remains much the same as in years gone by. The two village beaches are amongst the safest in the County, making them ideal for the whole family. The main beach is accessible to all, and the facilities are close by including a large car park, village shops, cafes & fish and chip shop. Gorran Haven is also the nearest place to join the coast path.

Local pubs & restaurants. In addition to the pub in the village there is also The Crown Inn at St Ewe – telephone 01726 843322 – website www.staustellbrewery.co.uk/pub/st-ewe/crown-inn (turn left out of the gate and turn left where signposted). Mevagissey has several pubs and restaurants and there is also The Ship Inn at Pentewan. **You will find a selection of menus in the folder in the cottage.**

The Lost Gardens of Heligan – Telephone 01726 845100 – Website www.heligan.com
The Tremayne family, who still own the Heligan Estate, created the gardens between 1780 and 1914, but the First World War brought ruin – 16 of the 22 estate workers were killed in action and the new tenants after the war could not afford to maintain the grounds. Carefull restoration has restored this treasure, exotic fruit trees, tree ferns and palms. You will have passed Heligan on your way to Menagwins – to get there turn left out of the gate and stay on the road until you see the entrance on your right. In addition to the fascinating gardens Heligan has a tea room open to garden and non-garden visitors, gift and craft shop and bakery**. If you are planning to visit The Lost Gardens of Heligan during your stay you can to purchase your tickets online – enter the code 'menagwins' at the checkout to receive a 10% discount on the garden admission price**.

FURTHER ON IN THE FOLDER YOU WILL FIND DETAILS AND DIRECTIONS TO MORE LOCAL TOWNS, VILLAGES AND BEACHES.

SUPERMARKETS

Asda (open 24 hours), Tesco and Lidl are all in St Austell, and you probably passed them on your way here. To get to them turn left out of the gate and left again at the crossroads on the main road. Take a right at the roundabout by McDonalds and you will find Asda on your right at the next roundabout. To get to Tesco and Lidl go straight over the roundabout by Asda, take the second exit on the next roundabout, left at the traffic lights and Tesco in on your right at the mini roundabout. Lidl is next to Tesco so go straight over the mini roundabout and you will find it on your right.

Gorran Stores

Fresh bread (Monday to Saturday)
Pasties, pastry goods & cakes
Fruit & vegetables
Fresh meat to order
Frozen foods
Ice creams
Off licence
Newspapers & magazines
Free to use ATM
Phone top-ups
DVD hire

Opening Hours
Mon,tues, thurs & fri 7.45-6.00
Wed 7.45-1.00
Sat 7.45-5.00
Sun 9.00-12.30



PENTEWAN VALLEY CYCLE TRAIL

To join the cycle trail you will have to cycle along the road past Heligan Gardens and Heligan Woods Holiday Park. Just after Heligan Woods you pass over a stone bridge under which the trail passes and the entrance onto the trail is immediately on your right – look for the blue signs. From here you can cycle off road to Mevagissey, Pentewan and St Austell. The trail continues along the road from St Austell to The Eden Project. A map of the cycle trail can be found opposite.

CYCLE HIRE

Cycles can be hired locally from Pentewan Valley Cycle Hire in Pentewan Village – telephone 01726 844242.

10 PIN BOWLING

'Ozzel Bowl' is St Austell's 8-lane bowling alley. Telephone 01726 77766
www.ozzellbowl.co.uk

Te get there turn left out of the gate and continue to the crossroads on the main road. Take a left at the crossroads and when you reach the roundabout at the end of the road go straight over towards the town centre. Take a left at the mini roundabout and a right at the end of the road. Bear left round the sharp bend and then turn right into Priory Car Park. Ozzel Bowl is at the far end of the car park. This is a pay and display car park.

CINEMA

St Austell's new White River Place cinema opened in 2009 and can be found in the town centre on Trinity Street. Te get there turn left out of the gate and continue to the main crossroads. Take a left here and when you reach the roundabout at the end of the road go straight over. Take a left at the next mini roundabout and you will see the White River Place shopping centre car park on your right. Continue up the road you will see the cinema on your right behind Frankie & Benny's (now closed) restaurant.

Cinema 24 Hour Automated Telephone Booking & Information Hotline: 01726 66301
Or book online at www.wtwcinemas.co.uk

THEATRES & SHOWS

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

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

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

INDOOR MARKET

Par Market & Foodhall at St.Austell is one of the largest indoor markets in the UK. The website is www.parmarket.co.uk The market is open every Saturday, Sunday and Wednesday. The food hall is open every day from Wednesday to Sunday. To get there turn left out of the gate and left again at the crossroads at the end of the road. Take a right at the roundabout by McDonnalds, straight over the roundabout by Asda and straight over the next roundabout. Pass straight through four sets of traffic lights and at the next roundabout turn right and Market World is on your right. Alongside Market World is Kidzworld indoor play centre which is open 7 days a week.

TOURIST INFORMATION CENTRES

There is a Tourist Information Centre on the main road in St Austell behind the Texaco petrol station just before Asda.

LOCAL NEWSWPAPERS

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

LOCAL RADIO STATION

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

GOLF

There are 3 golf clubs locally.

Porthpean Golf Club – Telephone 01726 64613 - www.porthpeangolfclub.co.uk
An 18 hole 'pay and play' course. No handicap is required and golf clubs and trolley hire is available. There is also a 9 bay covered, floodlight driving range. To get there turn left out of the gateway and continue to the main crossroads. Turn left towards St Austell and after London Apprentice take the next right, signposted Tregorrick. Climb the hill and at the end of the road turn right. The entrance to the golf club is on the left after the turn down to the beach. A shorter route is to turn into Pentewan village and climb the hill, but this is a very narrow road!

St.Austell Golf Club – Telephone 01726 72649 - www.staustellgolf.co.uk
Turn left out of the gateway and left again at the main crossroads. At London Apprentice turn left to Polgooth, the road bears right by the Polgooth inn, pass the coal merchants and take the next right at the grass triangle. Pass the entrance to St Margaret's park and the golf club is at the top of the hill. A handicap is required to play at this course.

Carlyon Bay Golf Club – Telephone 01726 814250 - www.carlyonbay.com/golf/
A handicap is required to play at this course. Turn left out of the gateway and left at the main crossroads, towards St Austell. At the roundabout by McDonalds take a right, go through the traffic lights, straight over the Asda roundabout and the next roundabout turn right (signposted Charlestown). In a quarter of a mile turn left signposted Carlyon Bay. Continue along this road and you see the entrance to the Golf Club at the entrance to Carlyon Bay beach.

LEISURE CENTRES

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

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

BUSES

Local bus service (23) is operated by Transport For Cornwall www.transportforcornwall.co.uk and runs between Gorran Haven and St Austell, calling at Heligan Gardens, Mevagissey and Pentewan. The current timetable below.

The Gorran and District Community Bus run a bus to St Austell on Wednesday and Friday, Truro on a Tuesday and Thursday and Plymouth on the 3rd Monday of the month – For times and bookings please call 01726 844933. There is also a bus to Plymouth on the 3rd Monday of the month.

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

Mondays to Saturdays except bank holidays

buses towards Gorran Haven

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

buses towards St Austell

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

TRAINS

The nearest train station is at St.Austell. To get there by car turn left out of the gateway and left at the crossroads on the main road. Continue to the roundabout at St.Austell and go straight over. Go straight over the mini roundabout, turning left at the next mini roundabout. Turn left at the next mini roundabout down to the station for dropping off passengers or for parking turn right at the final mini roundabout and take the first left, parking is on the right at the end of the road.

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

GARAGE

I recommend Gorran Garage - Telephone 07912 292087 - www.gorrangarage.co.uk

To get to Gorran Garage turn left out of the entrance and take the next left turn as if you are heading to Caerhays beach. Before you get to the beach there is a right turn signposted to Gorran Highlanes and St Austell – take this turn and the garage is on your left.

Alternatively try River Valley Garage at London Apprentice (located behind Kingswood Restaurant). Telephone 01726 74056

TAXI

I suggest the following local companies: -

Gorran Haven Car Service – 07938 951687 – Gorranhavencarservice@gmail.com
Kestle Karz (Mevagissey) – 07561 705526 - kestlekarz@gmail.com
C&C Taxis (St Austell) – 01726 63538

DOCTORS

I hope that you will not need the doctor whilst you are on holiday but just in case the following information should be of assistance.

The local Doctors surgery at Mevagissey is part of the St Austell Healthcare Group. The surgery is open Monday to Friday from 8.30am until 5.30pm. The telephone number is (01726) 75555 – this is answered from 8am to 7.30pm. Outside of these hours please call 111 or 999 as appropriate.

The surgery is on River Street. To get there turn left out of the gateway and continue to the main crossroads where you take a right. Continue until you come into Mevagissey, pass the large car park and turn left to follow the one way system. Turn right and then right again by the Ship Inn, bear right and the Surgery is behind the pay and display car park on your right.

Your may be given an appointment at the Carlyon Road Health Hub in St Austell - to get there turn left out of the gateway and left at the main crossroads towards St Austell. Continue to the roundabout by McDonalds and go straight ahead. Go straight over the mini roundabout left at the next mini roundabout. Turn right at the next and continue straight across at yet another mini roundabout. Turn into the entrance on your right, pass the leisure centre there is a large car park at the bottom of the hill. The Health Hub is at the far end of the car park.

NEAREST HOSPITAL

The nearest Hospital is St Austell Minor Injuries Unit which is open daily from 8am to 10pm but appointments can only be given by calling NHS Direct on 111 first to be triaged.

To get to the Hospital turn left out of our gates left at the main crossroads. At the roundabout by McDonalds turn right, go straight through the lights, straight over the next roundabout and towards the top of the hill turn right towards Porthpean. The entrance to St Austell Hospital is on your right after approximately 1 mile.

The nearest Accident & Emergency department is at Truro – phone (01872) 250000.

DENTISTS

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

CHEMISTS

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

PLACES OF WORSHIP

The United Benifice of St Gorran with St Michael Caerhayes. Gorran Village.
See notice board for service times.

Haven Church – Gorran Haven
Sunday service at 11am.
Located in the village on Church Street.

Roman Catholic Church. St.Augustines, Woodland Road, St.Austell.
Tel (01726) 73838 www.augustineofhippo.com
Saturday service – 6pm. Sunday services – 8.30am and 10.30am.
Turn left out of gate and left at the crossroads on the main road. Go right at the roundabout by McDonalds, straight through the traffic lights and at the next roundabout turn left into Woodland road. The Church is on your right.

Church of England. St.Mewan Parish Church. Telephone (01726) 72679
Sunday Services – 9.30am & 4pm
To get to St.Mewan Church turn left out of the gate and left again at the crossroads on the main road. At the roundabout by McDonalds turn left and stay on the road out of St Austell. As you descend the hill you will see St.Mewan School on your right, turn right immediately before the school, then the next right. Continue along this road until you reach the church.

Methodist & United Reformed. St.Andrew's Church, Chapel Street, Mevagissey.
Telephone (01726) 842853 www.staustellmethodist.co.uk/churches/mevagissey
Sunday service – 10.45am Turn left out of the gate and right at the main crossroads towards Mevagissey. Pass the large car park on the left (where you may wish to park) and turn left at the one way system. The church is on you right and there is a car park on your left.

Baptist Church. St.Austell Baptist Church, West Hill. Telephone (01726) 67679.
www. stabc.org.uk Sunday services – 10.30am and 6.30pm
Turn left out of the gate and left again at the main crossroads towards St Austell. Go straight over the roundabout by McDonalds, first left and next righ across the front of Mill Autos. The Church is at the top of the hill on your right.

BEACHES IN CORNWALL

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

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

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

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

LOCAL BEACHES (approximate distance from Menagwins Court)

Gorran Haven Beach (1 mile) - The two village beaches have golden sand and sea amongst the safest in the County, making them ideal for the whole family. The main beach is accessible by all and all facilities are close by, including a large car park (charge applies during the main season). It is a pleasure to bathe in the clear sparkling water, particularly since the completion of South West Water's Clean Sweep program in the village. The harbour is sheltered by a stone quay and there are visitors' moorings for boating enthusiasts.

To reach Gorran Haven turn right out of the gateway and take the next right and park on the car park on your left. Alternatively take the footpath across the fields, which is located just outside the entrance to Menagwins Court. Gorran Haven is also the nearest place to pick up the coast path.

Vault Beach (1½ miles) - Vault beach is secluded and rarely busy, access from parking is via a 10 minute walk.

To get there follow the directions as for Gorran Haven and turn right up Lamledra Hill, a narrow lane just before the main Gorran haven car park. The National Trust car park is on the left at the top of the hill. Alternatively, walk to Gorran Haven and from the beach walk along the coast path to Vault.

Hemmick Beach (1½ miles) - A fairly isolated & small beach with limited parking reached by narrow country lanes. Its rock pools and sheltered cove are ideal for those who prefer more seclusion.

To get there turn left out of the gateway and immediately left again. Stay on the road until you see the left turn towards Hemmick where the Youth Hostel is indicated. A very narrow road with passing places leads down to a very small parking area close to the beach. In summer a further parking area is opened up on the hill approaching the beach.

Portmellon Beach (2 miles) – Portmellon's beach only appears at low tide. There is limited on road parking. The 'Rising Sun Inn' in has a large car park for patrons only.

To get to Portmellon turn right out of the gate and continue until you reach the beach.

Caerhays Beach (Pothluney Cove) (4miles) - A lovely sheltered beach, with golden sand, beach café and toilets. There is ample car parking directly behind the beach allowing easy level access (charge applies). The bay is overlooked by Caerhays Castle, a private residence which is open to the public during March, April and May (Monday to Friday) and the gardens are open between February and May.

To get there turn left out of the gate and immediately left again. Stay on the road until you see the beach and car park on your left.

Pentewan Beach (6 miles) - You will have seen Pentewan beach as you drove to Menagwins Court. A large sandy beach, excellent for swimming and all water sports. Parking is in the field opposite the entrance to the holiday park (charges apply)

Alternatively you can access the beach from the village and across the old harbour - to get there turn turn immediately before the Texaco petrol station. There is limited parking.

Porthpean Beach (7 miles)
Porthpean is known as St Austell's 'Town Beach' and is popular with families because of its safe bathing. There are toilets and snack bar on the promenade. The beach is home to Porthpean Sailing Club.

To get there turn left out of the gate and left again at the main crossroads. Turn right into Pentewan Village, pass through the square and climb the hill. – this is a narrow lane! Contunue until you see the right turn for Porthpean. At the bottom of the hill you see the slip road to the beach on your left and parking is in the field opposite – charge applies during the main season (to avoid the narrow lane don't turn into Pentewan village but continue to the end of the road, turn right and take the right turn after passing Asda).



Gorran Haven Beach



Vault Beach



Hemmick Beach



Portmellon



Caerhayes Beach



Pentewan Beach



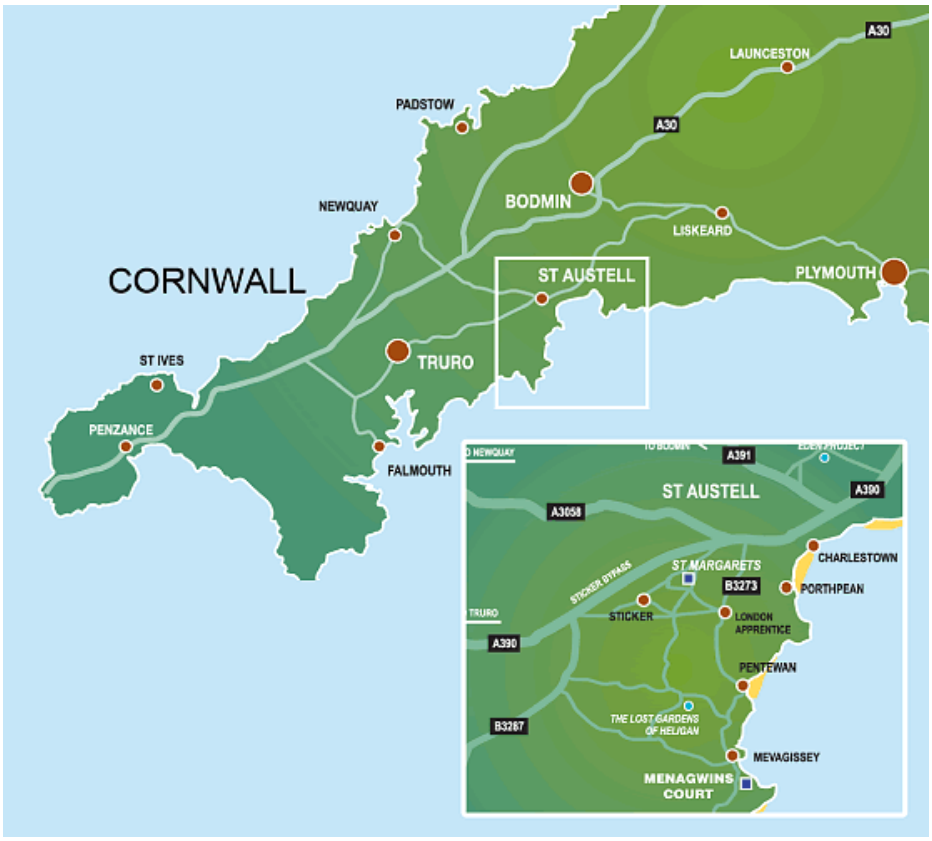
Porthpean Beach

TOWNS AND VILLAGES IN CORNWALL

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

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

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



LOCAL TOWNS & VILLAGES (distance from Menagwins Court)

St Ewe (1.5 miles) - A picturesque little village with 'The Crown Inn' 16th century public house and a 14th century church at its centre. The church of All Saints has a carved octagonal spire, and inside the church are the village stocks, and a rood screen that is the only one in Cornwall to have survived the attentions of Cromwell's soldiers. St Ewe is also close to the **Polmassick Vineyard** www.polmassickvineyard.co.uk which grows grapes in the wooded valley below the church and is open to the public. To get there turn left out of the gates and continue along the road until you see the left turn signposted for St Ewe.

Pentewan (6 miles) - The village has a pub with beer garden, restaurant, tearoom, gift & general shop and water sports shop which also supplies diving air. The local Post Office is located in the Petrol Station. The village is dominated by the old harbour, built between 1818 and 1826, which has been silted up since the 1940's. The beach can be accessed across the harbour. To get there turn left out of the gate and left again at the crossroads on the main road. Turn right into the village immediately before the Texaco petrol station. There is limited parking.



The Crown Inn, St Ewe



Pentewan Village



Mevagissey Harbour

Mevagissey (6½ miles) - Mevagissey is an extremely popular destination for visitors in the summer. There is an inner and outer harbour and there remains a fishing community, as there has been since the fifteenth century or earlier. The local fishermen take holidaymakers out on fishing trips – look out for the boards around the harbour. There is also a water ferry across the bay to Fowey which runs from May to the end of September www.mevagissey-ferries.co.uk The village has a variety of small shops and several pubs and restaurants. There is an Aquarium on the harbourside, a model railway exhibition www.model-railway.co.uk a museum (free admission) www.mevagisseymuseum.com At the end of June the village celebrates Feast Week, this ancient festival celebrating the Feast of St. Peter has become a major event in the Cornish calendar - the harbour is decorated with bright lights and flags, there is a full week of activities and on the final evening there is a carnival and Spectacular Firework Display around the harbour - www.mevagisseyfeastweek.org.uk To get to Mevagissey turn left out of the gate and right at the crossroads on the main road. It may be wise to park on the large car park on your left-hand side – there are other car parks in the village but things can be very congested in the summer! You can get to Mevagissey by turning right out of the gate and passing through Portmellon, but this involves negotiating very narrow 2 way streets through the village, which isn't recommended!

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

To get to St.Austell town centre turn left out of the gate and left again at the crossroads on the main road. Go straight over the roundabout by McDonalds and follow the signs for parking. .

St.Austell is home to the world famous **Eden Project -** www.edenproject.com To get there turn left out of the gate and left again at the crossroads on the main road. Upon reaching St Austell follow the brown signs.



St Austell Town



Charlestown



Tregony

Charlestown (10½ miles) - Charlestown (4½ miles) - Charlestown is no longer a working port, you are more likely to find a collection of old ships which are used in filming projects all over the world – the very recent 'Poldark' series, 'The Three Musketeers', 'Frenchman's Creek', ' A Respectable Trade' and 'Dr Who' have all used the port as a film location. Charlestown also has a Shipwreck museum www.shipwreckcharlestown.co.uk Pubs, Hotel, Pottery Workshop, Gallery, gift shops and restaurants. To get there turn left out of gate and left again at the crossroads on the main road. Take a right at the roundabout by McDonalds, straight through the traffic lights straight over the next roundabaout and right at the next roundabout, signposted to Charlestown.

Tregony (9 miles) – The village of Tregony is known as the 'gateway to the Roseland'. The exceptionally wide Fore Street is a relic from the days when this was a busy port with traffic to match. Tregony was once considered a town and in the 14th Century it was surrounded by busy woollen mills producing a rough serge aptly named 'Tregony cloth'. Things worth looking out for are the unusual clock tower on Fore Street and the seventeenth century almshouses which boast an unusual wooden gallery. The site of a twelfth century Norman castle known as 'Treg-ney' from which the village got its name is situated on Tregony Hill. You can expect a warm welcome at the Kings Arms in Fore Street which has a reputation for fine food in a friendly atmosphere.



Along with Tregony the following villages are all located in the area known as The Roseland Peninsular. To get there turn left out of the gate immediately turn left again. Follow the lane, passing Caerhayes beach and eventually you see the signs for each village. This route is along narrow lanes – an alternative route follow the directions above for Tregony, pass the village and look out for the signs to each village.

Portholland (5.5 miles) – Portholland East and West are small hamlets with only 40 permanent residents. Portholland has two separate coves at high tide, but at low tide they are linked by a sandy beach. Most of the properties are in the main owned by the Caerhays Castle Estate. Portholland East and West have remained largely unchanged for over one hundred years.



Portholland



Portloe

Portloe (6 Miles) - It's steep sided valleys has meant that Portloe has managed to escape development over the years and many buildings differ little from when they were built. The naturally sheltered position meant that the village grew in the seventeenth and eighteenth centuries as a busy pilchard fishing port. At the beginning of the twentieth century there were more than fifty boats fishing here - now only three boats work from the cove mainly for crab and lobster.

Veryan (8 Miles) - The famous 19th century thatched round houses are quite unique and were built round so that the devil didn't have a corner to hide in. There is an interesting church and an art gallery.

St Just in Roseland (12 miles) – St. Just-in-Roseland is famous for its picturesque church set in magnificent gardens complete with semitropical shrubs and trees. The church perches on the edge of a tidal creek, with numerous paths leading from the churchyard onto the coastal footpath which continues around the headland, through some magnificent National Trust lands to St. Mawes. This is a delightful walk of approximately 2 miles.



Veryan



St Just in Roseland

St Mawes (14 Miles) - St Mawes is situated at the southern end of the Roseland Peninsula. An important port in medieval times, and now a characterful and chic coastal village and yacht haven, it is protected by the most perfectly preserved of Henry VIII's coastal fortresses. St. Mawes Castle was built in the 16th century to counter the invasion threat from Europe in partnership with its twin, Pendennis, on the other side of the Fal Estuary. There is a regular pedestrian ferry service to and from Falmouth, as well as a small seasonal passenger ferry with a regular service throghout the day between St Mawes and Place, offering an opportunity to explore the beautiful St Anthony Head and enjoy circular walks in the area.



St Mawes



St Mawes Castle

A LITTLE FURTHER AFIELD……

Truro (15½ miles) - The first thing that you will notice when arriving in Cornwall's capital is it's magnificent cathedral, built between 1880 and 1910. The city is also home to the Royal Cornwall Museum and the Hall for Cornwall, offering theatre & concerts**.** Truro is Cornwall's main shopping centre with many of the high street names as well as a local market. There are also some lovely parks along the estuary, heading towards Malpas.

Lostwithiel (17 miles) - Lostwithiel is today a quiet, charming market town, which was the capital of the Duchy of Cornwall in the 13th century. Interesting features of the town are the Tudor Bridge, Guildhall, Old Duchy Palace; and the Duchy of Cornwall Nursery. Lostwithiel Museum is small local history museum, housed partly in the old town prison, with an excellent collection of photographs. Restormel Castle's ruins stand behind a 60-foot wide moat on a hill, commanding the Fowey Valley. Parts may date from the 11th century but most of the existing building is 13th century.



Truro Cathedral



Truro



Restormel Castle – Lostwithiel

Fowey (18 miles) - Fowey (pronounced Foy) is situated on one side of the Fowey River estuary with Polruan on the other (which can be reached by passenger ferry). During high tides boat trips run from the town quay. Yachts and Dinghies crowd the estuary in the summer and from the docks, which lie upriver, China Clay is exported. There are two local festivals, the first is an arts and literature festival celebrating the life of it's most famous resident Daphne Du Maurier, which runs during May www.dumaurier.org and the second is Fowey Regatta Week which is the village carnival week and takes place at the end of August – www.foweyregatta.co.uk Upon arrival it is recommended that you park in the main car park as it can get very congested in the town, although this does mean an uphill walk when you return to your car!



Lostwithiel



Fowey



Fowey

Bodmin (23 miles) - Within easy walking distance of Bodmin's centre, Mount Folly, there seven fascinating attractions - the Shire Hall, Courtroom Experience; Bodmin and Wenford Railway. The DCLI Military Museum; Town Museum; Bodmin Jail, the largest parish church in Cornwall, St Petroc's and the Camel Trail. Within a two miles radius of the town you can take a day out and discover the grand Georgian Houses of Pencarrow and Lanhydrock,- both set in lush gardens and woods as good as any you will see, visit the famous Camel Valley Vineyard and taste the award-winning wines; or just wander through the beautiful Cardinham Woods.



Bodmin



Bodmin Steam Railway



Watergate Bay – Newquay

Newquay (23 miles) - Newquay is situated on the north coast and is Cornwall's most popular resort offering large, sandy beaches and is the countries surfing capital. The town today has the reputation of being loud and commercialised due to its numerous amusement arcades, fun pubs, nightclubs and surf shops. Newquay has a Sealife Centre, Zoo, Fun Pools with flumes and boating lakes.

Falmouth (25 miles) – Founded on its important port and superb location at the southern end of the Fal estuary, Falmouth has sandy golden beaches and exceptional sailing in the Carrick Roads. The town centre has many specialist art and antique shops, as well as an abundance of cafes and restaurants. Falmouth's natural harbour is the third deepest in the world and regularly play host to major international sailing events and visiting cruise ships. It provides a picturesque background to the busy main streets where unsurpassed views of Flushing, Falmouth Bay, St Mawes and beyond, can be glimpsed between the buildings or from walkways meandering through the town.



Newquay Harbour



Falmouth



Padstow

Padstow (29 miles) - Padstow is also situated on the north coast but couldn't be more different to Newquay, with its shops, reastaurants and pubs set around its attractive harbour. The village is still a working fishing port and it has become famous thanks to local resident Rick Stein and his fabulous seafood restaurant and his television series filmed around the village. There are also passenger ferries to take you across the estuary to Rock. If you are here on May Day then be sure to visit Padstow for the Obby Oss.

Polperro (30 miles) - In Polperro it is easy to step back in time in what is a largely unspoilt fishing village, clinging to steep hillsides around a small harbour. Like its neighbour Looe, it offers plenty of places to eat and relax. The museum tells the story of fishing and smuggling whilst the model village and land of legend takes you into another world. Polperro is also a haunt of artists and there are several galleries dotted around the village. It has its own arts and music festival in June, which includes the crowning of the mock mayor and parades through the narrow streets. Take the Horse Bus from the main car park to the village centre.



Polperro



Looe



St Ives

Looe (34 miles) - There are two Looes – East and West. West Looe is smaller and quieter than East Looe, which is a commercial fishing port and Shark Fishing centre. You will find safe beaches, a wide choice of restaurants, excellent walking routes and fishing trips.

St Ives (40 miles) - Lose yourself in a maze of narrow cobbled streets and alleyways bursting with galleries, craft and funky clothes shops, hop cafes and artsists studios. Chill out with a drink or splash out on the culinary delights at one of the top restaurants around the harbour, looking out at the fishing boats and clear water. Inspire your creative side with a visit to the Barbara Hepworth Sculpture Garden and the Tate St Ives, with its regularly changing exhibitions and great roof-top cafe.

CHINA CLAY

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

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

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

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

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

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

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

THE CORNISH LANGUAGE

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

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

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

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

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

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

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

Examples of the Cornish language:-

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

Old	Coth or Coath	*Coth or Coath*
New	Noweth	*Now-Eth*
White	Gwyn or Gwidden	*Gwin or Gwidden*
Black	Du or Dhu	*Dew*
Blue	Glas or Glaze	*Glayze*
Red	Ruth	*Ruth*
Grove	Kelly	*Kelly*
Moor	Hal	*Hal*
Church Enclosure	Lan-	*Lan-*
Mill	Melyn	*Mellin*
Bridge	Pons	*Ponze*
Pond or Pool	Pol	*Pol*

Counting in the Cornish language

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

First	Kensa	Kensah
Second	Nessa	Nessah
Third	Tressa	Tressah
Fourth	Peswera	PesWerah
Fifth	Pympes	Pimp-Ez
Sixth	Wheghes	Hwhech-Ez
Seventh	Seythves	Sayth-vez
Eighth	Ethves	Eth-vez
Ninth	Nawves	Naw-vez
Tenth	Degves	Dec-vez

Food & Drink in the Cornish Language

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

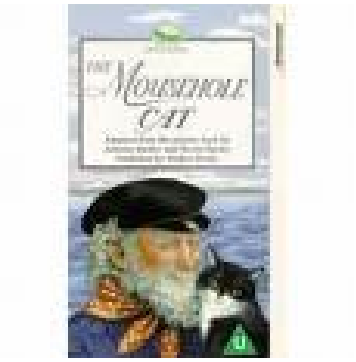
Myths and Legends in Cornwall

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

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



Tintagel Castle



The Mousehole Cat

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

Cornish History & Heritage

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

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

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



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

Historic Sites in Cornwall

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

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

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

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

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


The Tristan Stone


The Hurlers


Men-an-Tol


Chysauster

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

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

Cornwall on Film

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

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

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

Cornwall has also become popular as the focus of documentaries about Cornish life with series like *The Fisherman's Apprentice* with Monty Halls and *Cornwall* with CarolineQuentin.

The Cornwall Film Festival takes place every November to celebrate the best in Cornish film, showcasing award-winning short, and feature films, from local directors.

Arts and Culture in Cornwall

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

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

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

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

Literature

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

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