



# Newquay & North Cornwall

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## Best Places to Eat

- Restaurant Nathan Outlaw (p189)
- Paul Ainsworth at No 6 (p192)
- Appleton's at the Vineyard (p192)
- Mariners (p193)
- Fresh from the Sea (p189)

## Best Beaches

- Watergate Bay (p196)
- Crackington Haven (p186)
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- Porthcothan (p190)
- Holywell Bay (p197)
- Perranporth (p200)

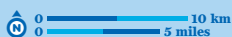
## Why Go?

If it's the classic Cornish combination of lofty cliffs, sweeping bays and white-horse surf you're after, then Cornwall's north coast fits the bill. Battered by Atlantic breakers and whipped by sea winds, the shoreline between St Ives in the south and Bude to the north is arguably the county's most dramatic stretch of coast. Unsurprisingly, this was poet John Betjeman's favourite part of Cornwall, but it's far from a well-kept secret; you'll be sharing the scenery with everyone from weekend surfers to coasterers and celebrity chefs.

The heart of the action is Newquay, North Cornwall's long-standing party town and the capital of the county's surf scene. The beaches here are spectacular. If you prefer your sands quieter, head west towards the coastal villages of St Agnes and Perranporth, or east towards Padstow and its booming culinary culture. Even quieter are the out-of-the-way beaches east of the Camel Estuary towards Tintagel and Boscastle.

## When to Go

- **May** Join the throngs for Padstow's raucous 'oss-themed May Day celebrations, but remember to book your accommodation early – or better still, stay out of town.
- **Aug** Watch the pros in action at the Boardmasters surf and music festival, the largest event of its kind in the UK. The action centres around Fistral Beach.
- **Late Sep** This is a great time of year to enjoy the north coast's beaches in relative peace and quiet – with a bit of luck, you might even get some early-autumn sun.



## Newquay & North Cornwall Highlights

- 1 Tintagel Castle** (p188) Pondering the legend of King Arthur at this cliff-top ruin.
- 2 Padstow** (p189) Chowing down in Cornwall's culinary capital.
- 3 Bedruthan Steps** (p199) Walking along the beach underneath these impressive rock stacks.
- 4 Chapel Porth** (p201) Wandering along the cliffs to one of Cornwall's most photographed engine houses.
- 5 Bude Sea Pool** (p186) Enjoying a dip in a saltwater pool at Summerleaze beach.
- 6 St Nectan's Glen** (p187) Seeking out a secret valley waterfall for a bracing shower.
- 7 Surfing** (p196) Catching a wave on one of the many beaches around Newquay.
- 8 Great Flat Lode Trail** (p203) Cycling past engine houses and mine stacks along this great mineral seam.
- 9 Port Isaac** (p188) Dining at Nathan Outlaw's stellar seafooderie.