



3 PERFECT DAYS

♥ DAY 1 // NORTHERN EXPOSURE

Begin with a spin along the Atlantic Highway (p190) via Boscastle (p190) and Tintagel (p192), en route to Cornwall's culinary capital, Padstow (p194). Lunch at Paul Ainsworth at No 6 (p198) or Margot's Bistro (p197), then work off the calories around the Seven Bays (p196) or the Camel Trail (p194). Finish in boutique style at the Scarlet (p302) with supper at Lewinnick Lodge (p202) or Fifteen (p201).

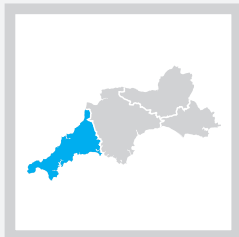
♥ DAY 2 // ARTISTIC ST IVES

Spin on along the north coast, factoring in scenic stops at Chapel Porth (p203) and beachy Perranporth (p203). If time is short, head straight down to St Ives (p206) to explore the Tate (p206) and the Barbara Hepworth Museum (p207), stopping for lunch at the Porthminster Beach Café (p210). Catch the sunset from the cliffs at Gwithian (p209), have supper at Alba (p209) or the Loft (p210) and kip at Primrose Valley (p303) or the Boskerris (p303).

♥ DAY 3 // WAY OUT WEST

On day three, follow the breathtaking Zennor coast road (p211), leaving time for a visit to Pendour Cove (p211), the Men-an-tol (p212) or the Iron Age village of Chysauster (p213). Book in for lunch at the Gurnard's Head (p216), then plumb the depths of Geevor Mine (p211) or hike the glorious stretch of coast path between Senen (p214) and Land's End (p215) before overnighting at the luxurious Cove (p304). Round things off with a memorable meal at Mousehole's top restaurant, Two Fore St (p221).

CORNWALL



DISTANCE CHART (miles)

Newquay	46	Note: distances are approximate		
Penzance	75	32		
St Ives	72	31	8	
Truro	52	16	28	25
	<i>Blide</i>	<i>Newquay</i>	<i>Penzance</i>	<i>St Ives</i>

PADSTOW

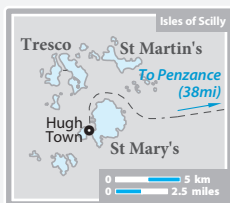
p194

Sample the cream of contemporary Cornish cuisine

ZENNOR

p211

Trace the curves of Cornwall's most breathtaking coast road



PENWITH

p210

Travel back in time around Penwith's ancient monuments

LIZARD POINT

p224

Explore craggy cliffs, secluded beaches and a historic lighthouse

