

THE  
**GODOLPHIN**  
MOUNTS BAY CORNWALL

GUEST  
GUIDE

# WHY MARAZION?

The ancient market town of Marazion is, not surprisingly, a place of picturesque streets with galleries and gift shops. Cornwall's oldest town looks out to Mount's Bay, and is by far the best place to see iconic St Michael's Mount which sits just 500 meters from the coast.

The South West Coast Path runs through the town and the RSPB nature reserve is home to Cornwall's largest reed bed and an abundance of plants and birds.





# RESTAURANTS & BARS



## SHUTTERS

*Marazion 01736 888510*

Our Restaurant & Lounge Bar at The Godolphin in Marazion. Our dedicated team produce dishes using ingredients sourced from the Cornish Coast, serving ultra seasonal menus, great wines and delicious cocktails. Opens daily at 8am for breakfast, lunch, afternoon tea and dinner.

[thegodolphin.com](http://thegodolphin.com)



## THE UNICORN ON THE BEACH

*Porthtowan 01209 890381*

Our sister Pub & Restaurant in Porthtowan. Expect lobster from the next bay, locally caught crab and meat reared in fields along the coast. All with an extensive drinks list of local ales, artisan wines and curated cocktails.

[unicornonthebeach.com](http://unicornonthebeach.com)



## CRABBY'S

*Marazion 01736 888510*

Our Beach Bar & Terrace surfside in Marazion. Expect farm to table, free range and wild caught produce in a beach front setting, where we ensure that food miles are always kept to a minimum by supporting our fantastic local suppliers within Cornwall and the South West.

[thegodolphin.com](http://thegodolphin.com)



## 45 QUEEN STREET

*Penzance*

A beautiful old industrial warehouse in the heart of Penzance has had new life breathed into it by its owners. Build your own style charcuterie boards alongside great cocktails. Try their very own organic Cornish rose gin, Tinkture.



## POCKETFUL OF STONES

*Penzance 01736 333550*

An independent Cornish distillery home to Dr. Squid, Caspyn Gin among other firm favourites. The business has expanded with their newly opened bar located along Causeway Head in Penzance.

[pocketfulofstones.co.uk](http://pocketfulofstones.co.uk)



## UGLY BUTTERFLY

*Carbis Bay 01736 805800*

In a stunning Cornish Atlantic setting, just a mile from St. Ives, Ugly Butterfly showcases chef Adam Handling's passion for converting locally sourced, quality ingredients into beautifully presented dishes, packed full of flavour.

[uglybutterfly.co.uk](http://uglybutterfly.co.uk)



## LITTLE PALAIS

*St Ives 07469 710785*

A little neighbourhood bar in St. Ives. This part of the glorious Cornish Coast gets a lot of attention in the Summer months, and Little Palais' star reputation has risen rapidly, with the relaxed bistro and bottle shop becoming a favourite among visitors and locals alike.

[littlepalais.com](http://littlepalais.com)



## MUSSEL SHOAL

*Porthleven 07817 241024*

The cafe kiosk on the quay in Porthleven serves French bistro style food, including moules frites, but the fun part is that diners can book to be taken out to eat on a pontoon in the harbour for a dramatic dining experience on the sea.

[musselshoals.co.uk](http://musselshoals.co.uk)

# RESTAURANTS & BARS



## **THE HERON INN** *Truro 01872 272773*

Serving freshly prepared, locally sourced food, this beautiful riverside gastropub on the outskirts of Truro overlooks the Tresillian River where it joins the River Fal. It boasts stunning views across the estuary and is accessible by both car, bike and boat.

[heroninnmalpas.co.uk](http://heroninnmalpas.co.uk)



## **MACKEREL SKY** *Newlyn*

A seafood bar, set in the heart of the fishing village of Newlyn. The restaurant was opened in May 2015 by Nina and Jamie MacLean and their aim is to bring the freshest and most local produce with a focus on tapas style taster plates.

[mackerelskycafe.co.uk](http://mackerelskycafe.co.uk)



## **THE OLD FORGE** *Hayle 01736 753696*

An independently run bistro with a focus of high quality ingredients, great flavour and simple dining, the team at The Old Forge in Lelant celebrate seasonal, cheerful and nostalgic food with the aim is to provide a relaxed experience alongside consistency & quality.

[bookings@theoldforgelelant.co.uk](mailto:bookings@theoldforgelelant.co.uk)



## **LOVETTS** *Newlyn*

A family run, neighbourhood bar and coffee shop with a focus on low intervention wines, craft beers, cocktails and spirits. Sit in or takeaway, Origin speciality coffee and cake served alongside smoothies, bar snacks and toasties.

[lovetts-newlyn.co.uk](http://lovetts-newlyn.co.uk)



## **THE HIDDEN HUT** *Truro*

Found tucked away along the coast path near Portscatho on the remote Roseland Peninsula, The Hidden Hut is a special spot to enjoy freshly cooked food out in the sea air. The Hut serves a small menu of simple lunches and refreshments.

[hiddenhut.co.uk](http://hiddenhut.co.uk)



## **STAR AND GARTER** *Falmouth 01326 761441*

A Georgian townhouse with boutique apartments and an award winning restaurant. Expect fish direct from the boat, meat from the farm, World class whiskies, rums galore and harbour views

[starandgarterfalmouth.co.uk](http://starandgarterfalmouth.co.uk)



## **NEW YARD RESTAURANT** *Helston 01326 221595*

A restaurant serving home made bagels, cakes, lunch and evening dinners. The New Yard Restaurant is situated in the historic stable yard at Trelowarren, a private estate that has been owned by the same family for over 600 years.

[newyardrestaurant.co.uk](http://newyardrestaurant.co.uk)



# LOCAL ATTRACTIONS



## **ST MICHAEL'S MOUNT** *Marazion*

Hop on a boat or walk across the causeway during low tide to a community where modern life meets over a thousand years of history, with the oldest buildings on the island dating back to the 12th century.



## **ESKINZO SURF SCHOOL** *Porthtowan*

Experts in teaching surfing to all ages and abilities, the team will have you surfing in no time, or paddle boarding if you'd prefer. Based in Porthtowan at The Unicorn on the Beach.



## **POLGOON VINEYARD** *Penzance*

Polgoon is dedicated to producing a range of artisan Cornish wines, ciders and juices on their family run vineyard and orchard in Penzance. You can visit Polgoon for tours and tastings throughout the year and their shop is always open.



## **JUBILEE POOL** *Penzance*

The UK's largest, most celebrated art deco sea water lido and geothermally heated pool. Great coffee, fantastic food, and boasting some of the best views in Penzance. The geothermal pool is a naturally heated sea pool that reaches 35 degrees.



## **CHAPEL STREET** *Penzance*

An interesting street with a number of historical buildings, quirky independent shops and a fantastic cafe and eating culture. Stop by one of the many eateries in the area before visiting the homeware and clothing shops that line the street in the heart of Penzance.



## **TATE ST. IVES** *St. Ives*

Discover 100 years of art celebrating how West Cornwall has welcomed and inspired artists, and revealing new connections to artists from around the World. Includes work by Alfred Wallis, Marlow Moss, and Barbara Hepworth.



## **ISLES OF SCILLY**

An archipelago off the southwestern tip of Cornwall. Sail on the Scillonian, or fly via helicopter or the Skybus from Landsend, Newquay or Exeter. With only five inhabited islands, over 100 or so more provide a safe haven for wildlife and seabirds.



## **NEWLYN FILMHOUSE** *Newlyn*

Newlyn Filmhouse is a two screen independent cinema, converted from a 1876 granite built, fish cellar and smokery. The venue also includes a cafe bar serving cocktails, coffee and everything in between.



# LOCAL ATTRACTIONS



## TINTAGEL CASTLE

*Tintagel*

Immerse yourself in history, myth and stunning scenery at Tintagel Castle on Cornwall's rugged north coast. Inextricably linked with the legend of King Arthur, for centuries this dramatic castle and coastline has fired the imaginations of writers and artists alike.



## THE EDEN PROJECT

*Bodelva*

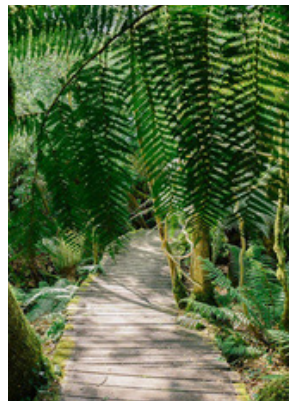
The project is located in a reclaimed china clay pit, found approximately three miles from St Austell. The attraction is home to the world's largest rainforest in captivity with steamy jungles and waterfalls.



## PORTHWARRA COVE

*Porthcurno*

A picturesque fishing cove in West Cornwall. This scenic place is the ultimate hideaway and was also a Poldark filming location. Plenty of rockpools to explore and tunnels to discover. Find Porthgwarra Cafe at the top of the slipway.



## TREMENHEERE GARDENS

*Penzance*

In a sheltered valley overlooking St Michael's Mount; the woods, stream and dramatic vistas provide the perfect setting for large scale exotic and sub tropical planting at Tremenheere Sculpture Gardens.



## THE LOST GARDENS OF HELIGAN

*Saint Austell*

Lost to the brambles of time since the outbreak of WW1, this sleeping beauty was reawakened in 1990 to become Europe's largest garden restoration project. Heligan's two hundred acres are a paradise for the explorer and wildlife lover.



## THE SEAL SANCTUARY

*Gweek*

The Cornish Seal Sanctuary is a charity that rescues and rehabilitates grey seal pups from around the Cornish coastline. They rescue over seventy seal pups each season that they rehabilitate and release.



## PENDENNIS CASTLE

*Falmouth*

A mighty fortress built by Henry VIII to defend against invasion. Hear the roar of real guns, scan the horizon for enemy ships and find out what life was like for soldiers stationed here during the World Wars.



## MINACK THEATRE

*Penzance*

The Minack Theatre is Cornwall's world famous open air theatre, carved into the granite cliff and set in glorious gardens overlooking the spectacular panorama of Porthcurno Beach. Advance booking essential.



# CORNISH BEACHES

## MARAZION BEACH

Simply relaxing and soaking up the atmosphere of this enchanting beach is pleasure enough but with windsurfing, kitesurfing, jet skiing and sailing all on offer, there is plenty to keep even the most energetic busy. There are rock pools to explore around Chapel Rock and Marazion Harbour, and a well equipped play park is situated just above the beach.

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## PRAA SANDS 5 miles

When you take the short walk from the car park to Praa Sands, you'll be struck by how white the sand is, blinding so in the sunshine. Apparently, and here's the science, the light sand is made from seashells that have been pulverised by wave action over millions of years.

Located in the south west facing bend between the Lizard and West Penwith, the mile long sandy beach is backed with sheltering sand dunes and its easily accessible position is enjoyed by families having fun in the shallows.

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## PORTHMEOR 9 miles

Situated in the shadow of the iconic Tate St Ives Gallery, Porthmeor is a sandy, safe beach, popular with surfers and swimmers alike. Its an ideal location just a stone's throw from the centre of St Ives, where you'll find shops, pubs, cafes and lots of art galleries that the town is famous for.

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## PEDN VOUNDER 11 miles

Pedn Vounder is located at the eastern end of the bay that makes up Porthcurno Cove, and on a spring low tide one can walk to Pedn Vounder from neighbouring Porthcurno Beach. Always check the tide times before setting out.

Over recent years the beach here has ceased to be the secret spot it once was. Having become something of a poster child for Cornwall's most stunning beaches, it has featured in national newspapers and is now well and truly on the tourist bucket list.

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## PORTHCURNO 12 miles

Described by some as being a paradise, Porthcurno Beach, located in the far west of Cornwall has won many awards and it's easy to see why. With gorgeous fine soft white sand washed by a sea that turns turquoise in the sun, and high cliffs on both sides providing shelter. It's an oasis of stunning natural beauty.

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## PORTHTOWAN BEACH 18 miles

Located within a designated Area of Outstanding Natural Beauty, this Blue Flag award winning beach is one of Cornwall's most popular surfing beaches; bordered by soft golden sand and backed by large dunes, dramatic cliffs and The Unicorn on the Beach. From the beach, at low tide, you can walk to the neighbouring and equally stunning beach at Chapel Porth to the east.

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## KYNANCE COVE 20 miles

Located on the west side of the Lizard and probably the most photographed and painted location in Cornwall, the contrast between the cove's white sand beach and the dark red and green serpentine rock produces a breathtaking sight. At low tide you can explore the towering rock stacks and the caves with names such as The Parlour and The Drawing Room.

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## FISTRAL BEACH 20 miles

As one of the world's top surfing destinations, Fistral is the playground for hundred of enthusiasts who flock to the beach to get a fix of the big waves. On shore there are plenty of opportunities to book surf lessons or hire gear and a complex of cafes, takeaways and shops is located on the beach. Or you can just lie on the beach and watch the action from afar.

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## WATERGATE BAY 33 miles

Two miles of golden sand at low tide stretches towards Newquay and out to sea. Enormous waves come in from the Atlantic providing a spectacular sight at this popular surfing and kitesurfing spot. It is a large, open bay that frequently picks up swell from the Atlantic and is popular with families and surfers.

*At certain times of the year there are restrictions on when dogs are allowed on the beach. For the most up to date information please visit [cornwall.gov.uk](http://cornwall.gov.uk) and search "dogs on beaches".*



# EXPLORING THE COAST



## **PORTHWARRA TO PORTHCURNO**

*2.3 miles Moderate Walk TR19 6JR to TR19 6JX*

After a modest climb out of Porthgwarra, with some scrambling between granite boulders, there is a fairly level walk over the clifftops as far as Porth Chapel. You then cross the valley before resuming along the clifftop as far as the Minack Theatre. Finally a steep climb takes you down to the idyllic beach at Porthcurno.



## **MARAZION TO PENZANCE**

*2.7 miles Easy Walk TR17 0EN to TR18 2LT*

An easy walk from Penzance, or Marazion, that gives great views across Mount's Bay to St Michael's Mount, the Lizard and Mousehole. It is especially good in Autumn, when the Bird Reserve at Marazion attracts rare migrants such as Bitterns and Water Rails, and the flocks of Swallows hunting flying ants sometimes draw the attention of a passing Hobby, an unusual bird of prey.



## **MARAZION TO PERRANUTHNOE**

*3.3 miles Easy Walk TR17 0EN to TR20 9NP*

Coast path along the beach, through dunes, on pavements, lanes and footpaths. Level walking throughout apart from one gentle uphill section. Please note, there are pinch points along the route and so it is not accessible for pushchairs. After making your way through the picturesque streets of Marazion, with its galleries, shops and tearooms, the coast path pulls out around the edge of Mount's Bay and past the old mine workings at Trenow.



## **PERRANPORTH TO ST AGNES**

*3.8 miles Moderate Walk TR6 0GS to TR5 0RS*

Most of the walk is fairly level and provides excellent cliff top walking. From start to finish you can experience the mining heritage, as well as keeping your eye out for the birdlife and wild flowers. This walk is particularly good for dogs as it passes beaches and pubs where dogs are welcome.



## **PADSTOW TO HARLYN BAY**

*6.9 miles Challenging PL28 8AF to PL28 8SB*

A long walk, on mostly level terrain, although the route becomes more challenging and rugged after Gun Point. The dramatic coastline around Stepper Point includes an enormous collapsed sea cave at Roundhole Point, and it is a good walk for older children who can do the distance, passing several sandy beaches as well as smugglers caves.