

# A Cornish River.

Discover Falmouth, Explore Truro & Escape to The Roseland...







Boat Detail - Steve Tanner.



Signs, Prince of Wales Pier - Steve Tanner.



Coast Path - The Luggar Hotel.



Stained Glass - Truro Cathedral.

# Explore, Discover & Escape...

When you discover the beauty of Falmouth, Truro and The Roseland Peninsula, you'll realise they are a showcase of what Cornwall has to offer. The River Fal Estuary; also known as the Carrick Roads, links the three areas, the cathedral city of Truro, the idyllic Roseland Peninsula and the premier resort and port of Falmouth.

The wooded countryside, sheltered beaches and coves of the area are of such significance they have been designated an Area of Outstanding Natural Beauty. Worth protecting, the twin castles of Pendennis and St Mawes, built by Henry VIII, guard the entrance to one of the finest natural harbours in the world.

Falmouth is Cornwall's leading South Coast resort and home to the County's maritime heritage. It's a town that has flourished as a port for over 400 years and nowadays Falmouth is a bustling town with many attractions, not least the award-winning National Maritime Museum Cornwall. From the 29m tower at

the Museum you will have within view the picturesque Roseland Peninsula that sits across the bay from Falmouth. The Roseland has it all for the outdoor enthusiast, with sandy coves and tranquil beaches, breathtaking cliffs, superb creeks and countryside, pretty villages and hamlets. St Anthony Lighthouse marks the entrance to the Carrick Roads and warns ships of the infamous Manacle Rocks. Travelling inland up the Fal Estuary to the head of the Truro River, the City of Truro is a port of both historical and present day significance. Dating back to the 13th Century, Truro has many examples of outstanding historical buildings as well as modern architecture. The City was put firmly on the map in 19th Century with the arrival of the Great Western Railway and today has a fascinating selection of shops, galleries, beautiful parks, restaurants, cafés, Cornwall's prestigious museum and an award winning theatre.

Penryn, founded in 1216, stands at the head of the Penryn River in a sheltered position and with a wealth of charm, character and history, is one of Cornwall's most ancient towns. By the 1600s, Penryn had a thriving trade in Cornish tin and copper, and even today retains its heritage with a large proportion of buildings dating back to Tudor, Jacobean and Georgian times.

Explore the many river and creekside villages and historic buildings with maritime links, which make this part of Cornwall such a delight to discover. The waterside village of Mylor has a historic dockyard and one of the finest yacht harbours in the South West. Smugglers Cottage at Tolverne has historic connections with WWII, while the attractive village of Feock, with the nearby Trelissick House and gardens, founded on copper wealth, are now owned by The National Trust. Malpas is a picturesque creekside village with a great public house, wonderful riverside walks and a pedestrian ferry to cross the river.



friendly nightlife relaxed culture  
harbour all season character sea food  
university creativity vibrant beaches  
young nautical docks sailing historic  
family outdoors activities...

## Discover Falmouth...

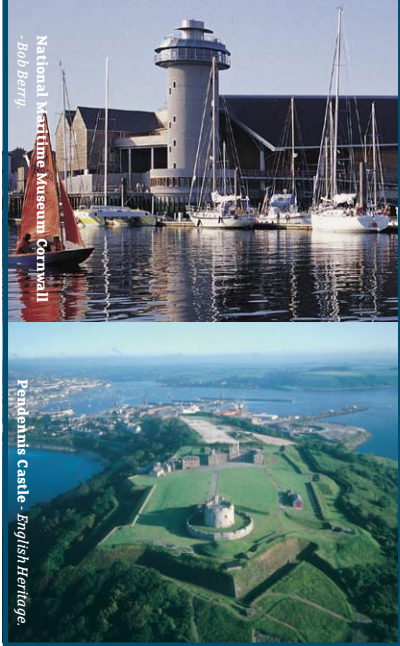
**Welcome to maritime Falmouth, founded on its important port and superb location at the southern end of the Fal Estuary. Here you will find sandy golden beaches, spectacular scenery and exceptional sailing in the Carrick Roads. Falmouth's town centre has many specialist art and antique shops as well as an abundance of cafés, restaurants and hotels offering a selection of world wide and traditional Cornish cuisine.**

When Sir Walter Raleigh landed here in 1590, he advocated Falmouth's potential in high places. In 1688 the post office was established and by 1817 a fleet of 40 packet ships was carrying passengers and mail to the West Indies and Americas. Today, the port offers marina facilities for the yachtsman, quays for visiting cruise liners and it has gained an international reputation as one of the great sailing and watersports centres of the world.

Falmouth's natural harbour is the third deepest in the world and regularly plays host to major international sailing events. 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.







National Maritime Museum Cornwall - Bob Berry

Pendennis Castle - English Heritage

# OUT & about...

The **Princess Pavilion** consists of a theatre and live music venue with a full programme of great entertainment, plus a licensed bar, café and free evening entertainment from the Edwardian bandstand and patio stage during the summer.

**Gardens.** **Fox Rosehill Gardens, Melvill Road.** This peaceful garden is a legacy from the Fox Family who gave part of the garden for public enjoyment at the end of the Second World War. The gardens include many species from Australia, New Zealand and South America.

**Kimberley Park**, is a seven acre site and the home to many fine ornamental trees and flowerbeds, assisting in the many awards that have been won by Falmouth in the Britain in Bloom competitions.

**Queen Mary Gardens**, established in 1912 by a generous benefactor the Honourable Agnes Mary Goldman. Originally known as Kimberley Marshes, the site was once a river mouth which silted up after the development of the shingle bar now known as Gyllyngvase Beach. The gardens provide a splash of colour to a seascape background with their high quality summer bedding schemes.

**Gyllyngdune Gardens**, adjacent to the Princess Pavilion theatre, form an excellent backdrop for outdoor events and a delightful short stroll leads you down to the seafront.

**Activities.** **The Fal Estuary**, with its superb natural maritime environment, provides plenty of delightful waterways and secluded coves. There are sailing and diving schools, skippered cruises and yacht charters, local fishing trips and watersport centres offering expert advice, tuition and equipment for hire. Pendennis Headland and the South West Coast Path offer excellent walking opportunities.

Falmouth's mild maritime climate is responsible for the exotic sub tropical quality of its parks and gardens, with many specimens successfully introduced by Victorian plant hunters and packet ship captains. Artists have been drawn to Falmouth for many years by its climate, quality of light and relaxed atmosphere, making the town a creative centre. Each year, University College Falmouth, having built an international reputation for the quality of its teaching, draws new students to the town. You will find the work of numerous artists for sale in the many private galleries around Falmouth.

**Falmouth Art Gallery**, family friendly and free, is one of the leading art galleries in the South West and its permanent collection features works by major British artists including Sir Frank Brangwyn, Sir Edward Coley Burne-Jones, Sir Alfred Munnings, Henry Scott Tuke and Dame Laura Knight.

Located in the centre of the town, the **Falmouth Arts Centre's** programme includes great theatre from both local and national companies, an interesting choice of both mainstream and foreign language films and a wide range of music, talks, lectures, and exhibitions.

**Ships & Castles Leisure Centre** provides excitement for all ages with its wave machine, river run and flume and has an extensive fitness suite. Swimming and fitness facilities are also available at the major hotels.

**Falmouth Golf club** offers unrivalled views.

**Beaches.** Falmouth has five stunning beaches ideal for family fun.

**Castle Beach**, a narrow beach on Falmouth's seafront where you will find sparkling rock pools - the stuff of childhood memories.



**Tunnel Beach**, a narrow stretch of sand, sheltered by a high sea wall.



**Gyllyngvase Beach**, Falmouth's main Blue Flag awarded beach, extends alongside Cliff Road with a crescent shaped white stretch of sand, ideal for family bathing and watersports. Sandchair hire is available from the Beach Café for disabled beach access.



**Swanpool Beach**, a short walk along the cliff path from Gyllyngvase, offers a large variety of water-based activities and a children's play area. Opposite is Swanpool Nature Reserve for those who want to discover tranquility and the local wildlife.



**Maenporth Beach**, a wide sandy beach two miles south west of Falmouth, has views of Falmouth, Pendennis Castle and St Anthony Lighthouse on the Roseland.



Disabled Access Summer Lifeguards Parking Summer Dog Ban Blue Flag Toilets

**Sightseeing.** In Falmouth it could not be easier. During the summer months a unique Park and Float service links Ponsharden and Custom House Quay. Linked with this is The Falmouth Explorer Bus 400 which connects the Ponsharden Park and Ride site with the Town Centre and all of Falmouth's beaches and attractions. Hop on and off tickets are available. You can also climb aboard one of the many passenger ferries and pleasure boats that depart from Prince of Wales Pier or Custom House Quay to explore the beauty of the Fal Estuary and Helford River.

**Attractions.** **National Maritime Museum Cornwall.** This award-winning attraction on Falmouth's waterfront offers breathtaking views from the 29m tower and one of only three natural underwater viewing locations in the world. With hands-on interactives, audio visual immersive experiences, talks, special exhibitions and the opportunity to get out onto the water and discover the marine life around our coastline, this new generation of museum is the perfect day out.

**Pendennis Castle.** Built on the Pendennis headland between 1540 and 1545, it forms the Cornish end of a chain of castles built by Henry VIII and offers spectacular views of the Fal Estuary and Falmouth Bay.

Pendennis Castle displays a range of artillery defences from the early years of the use of gunpowder to the Second World War. A lively Discovery Centre with hands-on display, a new 'Pendennis Unlocked' exhibition and regular tours to the underground magazines, brings to life Cornwall's greatest fortress.



Gyllyngvase Beach - Dawn Rumals

# all YOU need to *KNOW*



www.acornishriver.co.uk

Discover Falmouth

## Park & Ride / Park & Float.

Park at the Ponsharden site on the outskirts of Falmouth and enjoy a leisurely boat trip into the town centre or onto the Maritime Museum. With all tide access, boats run a regular and scheduled service throughout the day. The car park serves as an ideal starting point for the Fal River links service whereby you can park your car for the day and enjoy a trip to a number of destinations across the Fal Estuary including Falmouth, St Mawes, Trelissick Gardens, Smugglers Cottage, Mylor and many more.  
Tel: 01326 319417

**The Maritime Line**  
Picturesque and convenient rail branch line between Falmouth and Truro.

## Places to visit.

**National Maritime Museum Cornwall**  
Discovery Quay  
Tel: 01326 313388  
Open daily  
10:00 – 17:00  
🚗 400

**Pendennis Castle**  
Tel: 01326 316594  
April – Sept  
Open daily  
10:00 – 17:00  
Winter opening times vary.  
🚗 400

**Ships & Castles Leisure Centre**  
Pendennis Point,  
Tel: 01326 212129  
Fun Pool open daily.  
Term and school holiday timetables available from Falmouth Tourist Information Centre.  
🚗 400

**Penryn Museum**  
Higher Market Street, Penryn  
Tel: 01326 372158  
Open Mon – Fri  
10:00 – 15:30 Free  
🚗 numerous

**Ocean Bowl**  
Falmouth Docks  
Tel: 01326 313130  
Open daily  
11:00 until late  
🚗 400

**Falmouth Bowling Green**  
Tregenver Road  
Tel: 01326 311529

**Falmouth Sports Club**  
Western Terrace  
Tel: 01326 211060

**Public Tennis Courts**  
Gyllyngvase Beach (book via the Falmouth Beach Resort Hotel)  
Tel: 01326 312999

**Falmouth Golf Club**  
Swanpool Road  
Tel: 01326 311262  
🚗 400

**Falmouth Pitch & Putt**  
Swanpool Road  
Tel: 01326 317311  
🚗 400

**Bosathick Riding Stables**  
Constantine  
Tel: 01326 340367

## Arts and Entertainment.

**Falmouth Art Gallery**  
The Moor  
Tel: 1326 313863  
Open Mon – Sat  
10:00 – 17:00

**Princess Pavilion**  
Melvill Road, Falmouth  
Tel: 01326 211222  
🚗 41, 400

**Falmouth Arts Centre**  
Church Road, Falmouth  
Tel: 01326 212300

## Cafés, Restaurants, Pubs and Bars.

Falmouth is home to many fantastic restaurants and cafés, including some particularly good seafood restaurants and also numerous pubs and bars, which serve light meals and snacks. Contact

**Falmouth Tourist Information Centre** for an extensive list or visit our website.

## Accommodation.

Falmouth has numerous hotels, guest houses and self catering accommodation to suit both the leisure and business traveller. Please contact Falmouth Tourist Information Centre, who will be happy to provide you with a registered list of accommodation.

## On the Water.

The best way to explore the area and visit the attractions is to use the ferries, water taxis and powerboat rides. Take the ferry to Truro from Falmouth, stopping off at Trelissick Gardens or pop over to Flushing and join the coast path to Mylor from where you can return on the Aqua Cab scheduled service. Full details of ferry operators can be found on the transport insert at the back of this guide along with suggested itineraries.

**Fal River Links**  
Tel: 01872 861914  
Email: info@falriverlinks.co.uk

**Falmouth Tourist Information Centre** has a comprehensive list of local yacht charter, boat hire, watersports and activities as well as details for diving, fishing and sightseeing trips.

## Diving.

**Falmouth Diving Club**  
Tel: 01326 376928

**Cornish Diving & Watersports**  
Bar Road, Falmouth  
Tel: 01326 313178

## Wildlife Watching.

**Orca Seafaris**  
The Docks, Falmouth  
Tel: 01326 214928

**Just Ribbing**  
Tel: 07779 036589

## Watersports.

**Falmouth School of Sailing**  
Grove Place, Falmouth  
Tel: 01326 211311

**Falmouth Surf School**  
Tel: 01326 212144

**Falmouth Canoe Club**  
Cornwall Watersports Association  
Falmouth  
Tel: 01326 317353

**Cornwall Surf Academy**  
Tel: 08702 406693

## Gardens close to Falmouth.

**Trebah Garden**  
Sub-tropical  
Tel: 01326 250448  
Open Daily  
10:30 – 17:00  
🚗 T4 🚗 23

**Glendurgan Garden**  
Laurel maze  
Tel: 01872 862090  
Open: Tues – Sat (Feb – Oct)  
10:30 – 17:30  
🚗 T4 🚗 23

**Carwinion Garden**  
Bamboo collection  
Tel: 01326 250258  
Open Daily  
10:00 – 17:30  
🚗 T4

**Penjerrick Gardens**  
Peaceful  
Tel: 01872 870105  
Wed, Fri, Sun  
March – September

**Enys Gardens**  
Oldest garden in Cornwall  
Tel: 01872 274536  
Tues, Fri, and 1st Sun in month  
March – Oct

## Walking and Cycling.

**Mineral Tramways Trail**  
Devoran - Portreath and access to the Great Flat Lode  
Tel: 01872 222000  
🚗 89/90 (Devoran)  
🚗 T7 (Portreath)

(Walk one way, catch the bus back!)

**Coastal Footpath**  
South West Coast Path  
Tel: 01752 896237  
Falmouth Tourist Information Centre holds a number of books on walks in the area.  
🚗 T4 🚗 12, 16, 19

**Swanpool Nature Reserve**  
One of the 11 most important brackish lagoons in Britain, supporting a wide variety of wildlife  
A pleasant walk along the shore with good bird watching opportunities.

**History and Heritage Town Trail**  
Obtainable from the Falmouth Tourist Information Centre  
Tel: 01326 312300

**Falmouth Shopmobility**  
Free scooter scheme available  
10:00 – 14:00  
24 hours notice – book in advance.  
Tel: 01326 212733

All Terrain Wheelchair available for hire from Gyllyngvase Beach Café  
Tel: 01326 312884

**Farmer's Markets**  
Tuesday morning  
09:00 – 13:00  
The Moor

## Churches.

**King Charles the Martyr**  
Church Street, Falmouth  
C of E  
Tel: 01326 211062

**St Mary Immaculate**  
Killigrew Street, Catholic  
Tel: 01326 312763

**Falmouth Methodist Church**  
The Moor  
Tel: 01326 211549

## Falmouth Tourist Information Centre

Tel: 01326 312300

11 Market Strand  
Prince of Wales Pier  
Falmouth TR11 3DF  
info@falmouthtict.co.uk

Discover Falmouth.

www.acornishriver.co.uk



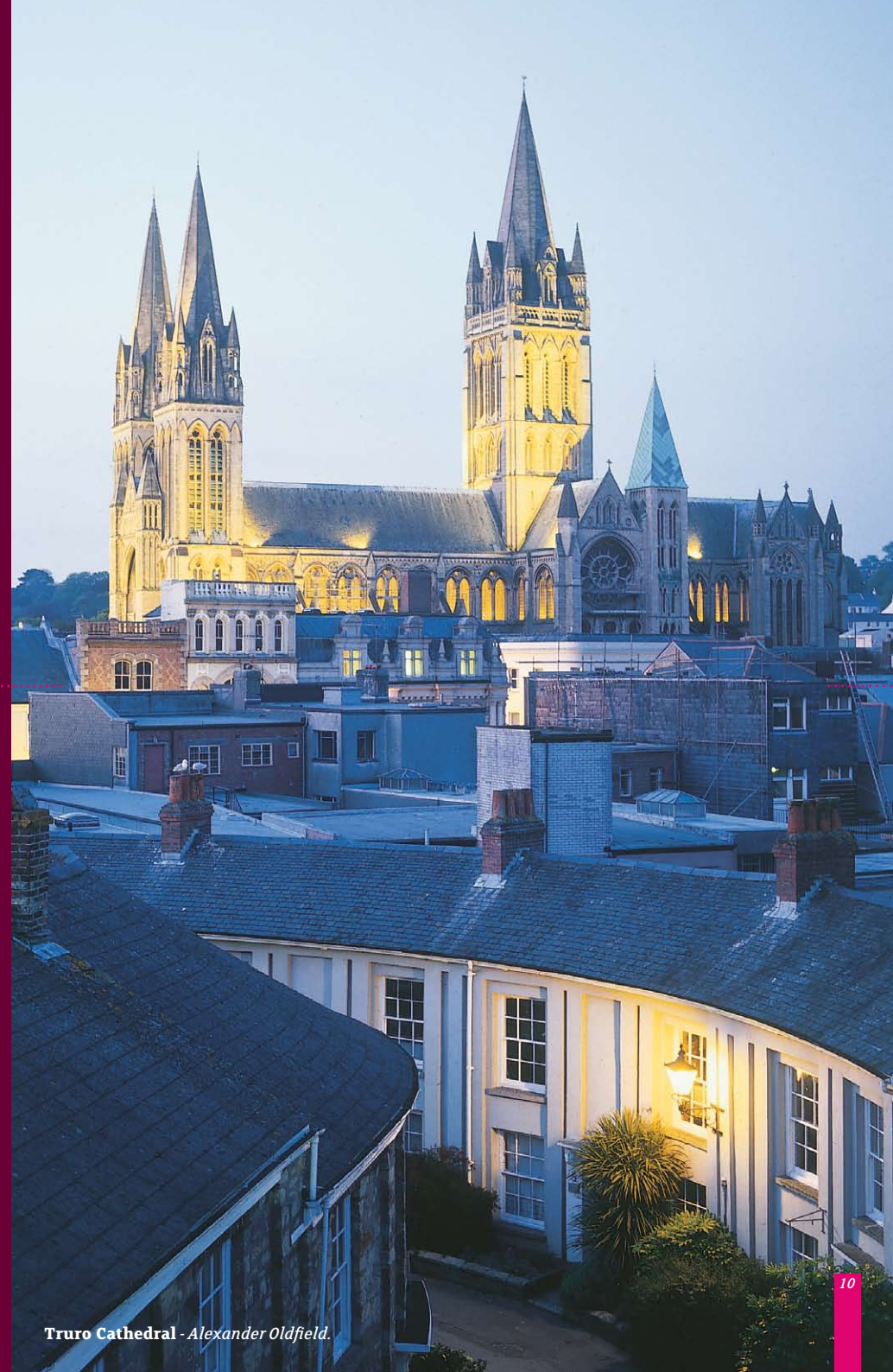
magnificent bustling compact market  
shopping transport cathedral theatre  
architecture cultured lively hub café  
culture museum sophisticated central  
georgian chic historic...

## Explore Truro...

**Set in a valley, the magnificent cathedral city of Truro is an intriguing mix of the historic blending sensitively with the new. Truro is acknowledged as the shopping capital of Cornwall, with major national retailers and small specialist shops to be found along Georgian streets and bustling opes. The City's greatest attractions are its simplest pleasures, be it wandering the streets or visiting the cathedral.**

Fine examples of architecture within Truro include the Victorian cathedral, Coinage Hall, Assembly Rooms, Passmore Edwards Library, Princes House, The Mansion House and the fine Georgian architecture of Walsingham Place and Lemon Street. Modern architecture is epitomised in the award-winning County Court building. Rising to prominence with the early trade in tin during the 13th Century, by the 18th Century Truro was the social centre of Cornwall, sporting town houses belonging to some of the Duchy's principal families.

The city has a wealth of entertainment for all tastes and interests, including the Hall for Cornwall - the county's main theatre, the cathedral with its extensive programme of performances, a multi-screen cinema and a wide range of restaurants, pubs, trendy bars and night clubs. Truro is also the home of the Royal Cornwall Museum and Gallery which contains collections on the history of Cornwall's social and cultural life. The city also boasts a number of art galleries, some with national recognition.



Truro Cathedral - Alexander Oldfield.





# OUT & about...

activities from music, fêtes and community events to the local farmers markets which are held throughout the year on Wednesdays and Saturdays. Continental markets are also regularly held on Lemon Quay. Antique buffs head for Truro's famous flea markets, held regularly in the Hall for Cornwall foyer.

The best of local arts and crafts are showcased at the many 'Made in Cornwall' fairs, whilst the annual 'Cornwall Food and Drink Festival' is a three-day event celebrating quality produce and cuisine with cookery demonstrations by top Cornish chefs. The annual Fatstock Show takes place in December, when the quay is filled with the sounds and smells of cattle and sheep as the best Cornish beasts are judged - a favourite with farmers and families alike.

Truro's largest indoor market, the Pannier Market, just off Lemon Quay, has a varied range of goods as well as a wide selection of food stalls. The popular Lemon Street Market houses a variety of specialist shops, art galleries and café s.

**Attractions.** A visit to the city wouldn't be complete without visiting the magnificent neo-gothic **Truro Cathedral** with its soaring spires and eye-catching elegant beauty. Inside, the calm tranquil atmosphere is heightened by the glorious colours of the stained glass. There are shop and restaurant facilities and guided tours are available.

**Hall For Cornwall.** Cornwall's premiere theatre and arts venue is set within the old listed building of Truro City Hall and opened to major public acclaim in 1997. The auditorium, with its vast stage and fly gallery, is capable of taking a huge range of performances from musicals, opera and ballet to drama, pop concerts and community arts.

With its central location in the county and good transport links, Truro has long been a centre for trade and commerce. The majority of the county's attractions are all within an hour's drive away.

Lemon Quay, which is the hub for thousands of regular shoppers, has a strong reputation for holding some of the finest markets in Cornwall. The original quay still remains beneath the surface and continues through the streams and leats, which run through the city centre.

**Truro and The River.** The river is never far away from the city - flowing under roads and buildings, through the unique leats system, over weirs and down to the tidal river at Newham. Indeed, it is thought the name Truro derives from Tri-veru, meaning three rivers - Kenwyn, Allen and Truro.

Two fascinating walks follow the river - take the route from Town Quay past Boscawen Park and Malpas, past ancient heronries to the tranquil creek-side village of St Clement; or follow the river on its opposite bank past Garras Wharf and along the disused rail track to Calenick. Passenger ferries run between Truro, Malpas, Falmouth and St Mawes from Easter to October on one of the most beautiful stretches of river in the country, passing charming waterside villages and wooded creeks.

**Lemon Quay and Truro Markets.** Eat, shop or be entertained at Truro's new events square. Lemon Quay has a varied programme of

**Royal Cornwall Museum.** Cornwall's oldest and most prestigious museum is famed for its internationally important collections. See a myriad of minerals, view the unwrapped mummy and discover Cornwall's unique culture. Admire the collection of Newlyn School paintings in the fine and decorative arts gallery. The museum presents a range of exciting exhibitions throughout the year featuring the best of Cornish artists together with major touring presentations.

Learning is central to the museum and the education department offers a range of fun events for all the family. Whether it is workshops for schools, holiday events, mini museums or the summer activity centre, there is something for everyone.

**Gardens.** Truro is a regular winner in the national Britain in Bloom floral competition. In summer the city is ablaze with colour with its planting schemes and hanging baskets. The city has two public parks which are popular with visitors and families alike.

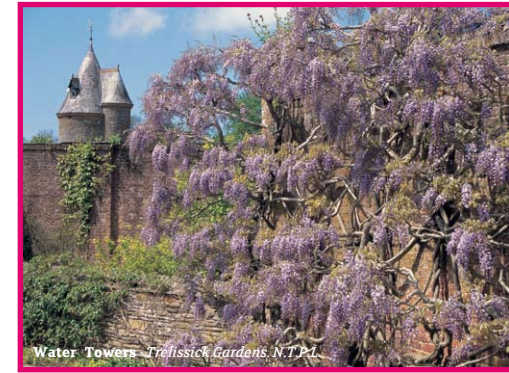
**Boscawen Park** is the city's main open space with tennis courts, cricket and football pitches. An exciting children's play area is always busy, and concerts and theatre are held at the recently created open air performance area. Opposite the park is a duck pond with a circular walk.

**Victoria Gardens** is a tranquil park, with mature and exotic trees, shrubs and colourful bedding schemes. The Victorian bandstand hosts concerts and entertainers on Sunday afternoons in the summer months. Nearby is Hendra playing fields, popular with skateboarders and budding soccer stars, whilst smaller children are catered for at the adventure play area.

**Daubuz Moors** is a conservation area within a few minutes' walk of the city centre, following the River Allen with crossings at a number of places. Popular with walkers and mountain bikers.

A number of privately owned gardens can be visited from Truro. Ask at any Tourist Information Centre for a guide to Cornwall's gardens.

**Bosvigo Gardens** comprises a series of small garden rooms around the pretty Georgian house (not open to the public). Unlike many other Cornish gardens, Bosvigo is at its best in summer.



Water Towers - Trellisick Gardens, N.T.P.

**Trellisick Estate, owned by The National Trust** and situated at the head of the Fal Estuary, commands panoramic views over the area, with extensive walks. At the heart of the estate is the garden which has colour year-round; spring blossom is particularly delightful. It also has two galleries, a shop, a restaurant and tea-room, all with a focus on things Cornish. Why not arrive/depart by ferry, using the new landing stage?

T16 13, 17

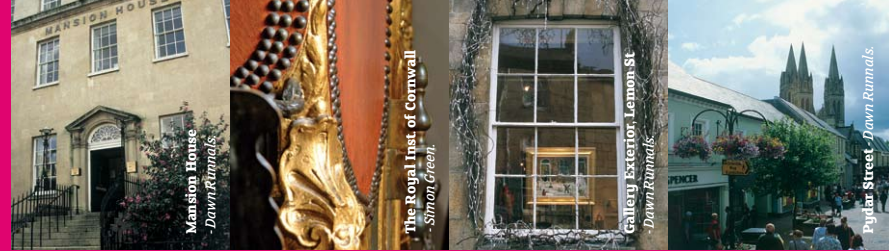
**Trewithen Gardens** at Grampound Road are renowned for their magnificent collection of magnolias, camellias and rhododendrons and many rare trees and shrubs.

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Nalders Court - Down Ruinalls.

# all YOU need to *KNOW*



## Places to Visit.

**Truro Cathedral**  
(Free, donations welcomed)  
High Cross, Truro  
Tel: 01872 276782  
Open Daily: Mon – Sat: 07:30 – 18:00  
Sun: 09:00 – 17:00  
Hear the magnificent cathedral choir sing at Evensong 17:30 Mon – Fri (not Thurs)  
Sun 10:30 & 16:00 during term time.  
There are regular free lunchtime concerts on Fridays at 13:10 (Mar – Oct) as well as many other events throughout the year.

**Royal Cornwall Museum**  
(Free Admission)  
River Street, Truro  
Tel: 01872 272205  
Open Mon – Sat: 10:00 – 17:00  
Closed Sundays and Bank Holidays.

**Truro Bowl**  
Units 1&2, Oak Way  
Moresk Road, Truro  
Tel: 01872 222333  
Open Daily: 11:00 – 23:00

**Plaza Cinema**  
69 Lemon St, Truro  
01872 272894  
Film listings available from Truro Tourist Information Centre or local papers.

**Hall for Cornwall Theatre**  
Back Quay, Truro  
Tel: 01872 262466

**Truro Leisure Centre & Swimming Pool**  
College Road, Truro  
Tel: 01872 261628  
♿ numerous

**Sports and Recreation.**  
**Public Tennis Courts**

(No advance bookings)  
Boscawen Park, Malpas Road, Truro  
Tel: 01872 274766

**Truro Tennis Club**  
Newbridge Lane, Truro  
Tel: 01872 274329

**Truro Cricket Club**  
The Pavilion  
Boscawen Street, Malpas Road, Truro  
Tel: 01872 277468

**Truro Bowling Green**  
Kenwyn Road, Truro  
Tel: 01872 241753

**Truro City Football Club**  
Treyew Road, Truro  
Tel: 01872 278853

**Truro Rugby Football Club**  
St Clement's Hill, Truro  
Tel: 01872 274750

**Truro Golf Club**  
Treliske, Truro  
Tel: 01872 278684

**Truro Squash Club**  
St George's Road, Truro  
Tel: 01872 273252

**Cornish Pirates Rugby Team**  
Kenwyn Hill  
Tel: 0845 2703530

## Walking and Cycling.

For full details contact Truro Tourist Information Centre

**Mineral Tramways Trail**  
Devoran - Portreath and access to the Great Flat Lode  
Tel: 01872 222000  
♿ 89/90 (Devoran)  
♿ T7 (Portreath)

(walk one way, catch the bus back!)

**Idless Woods**  
Idless (3 miles from Truro)

**Forestry Commission**  
Circular walk/cycle

**Boscawen Park**  
Circular walk along the estuary, approx 1 mile from City Centre along Truro River.

**“Footsteps Around Truro”**  
Historic City Trail.  
Guided walk of the Historic City.  
Wednesdays from May to September

## On the Water.

Take a ferry from Truro to Falmouth, stopping off at Trelissick Gardens or to St Mawes to explore the Roseland.

**The Maritime Line**  
Picturesque and convenient rail branch line between Truro and Falmouth.

## Cafés, Restaurants, Pubs and Bars.

Truro is home to over 50 fantastic restaurants and cafés, including various speciality establishments and also numerous pubs and bars which serve light meals and snacks.

Please contact Truro Tourist Information Centre for an extensive list.

## Hotels.

Truro has various hotels and guest houses to suit both the leisure and business traveller. Please contact Truro Tourist Information Centre, who will be happy to provide you with a registered list of accommodation in the City and within a 10 mile radius. The same information can be found on the Truro City Council website, [www.truro.gov.uk](http://www.truro.gov.uk)

## Art Galleries.

There are an extensive number of private art galleries in Truro exhibiting a wide variety of art, sculpture and ceramics, from contemporary exhibits to fine art with a Cornish flavour. For a full listing of the galleries, contact Truro Tourist Information Centre.

**Royal Cornwall Museum Art Gallery**  
River Street, Truro  
Tel: 01872 272205  
Open: Mon – Sat 10:00 – 17:00

## Gardens.

**Bosvigo Gardens**  
Bosvigo Lane, Truro  
Tel: 01872 275774  
Open March – End September, Thurs and Fri only  
11:00 – 18:00

**Trelissick Gardens (The National Trust)**  
Feock, Near Truro  
Come by ferry from Truro, Falmouth or St Mawes using Trelissick's new landing stage.  
Tel: 01872 862090  
Open Daily 10:30 – 17:30  
♿ T16 ♿ 13, 17

**Trewithen Gardens**  
Tel: 01726 883647  
Open Mon– Sat March to September 10:00 – 16:30  
Call for Sun opening times  
♿ 27

## Churches.

Please contact Truro Tourist Information Centre for an extensive list of places of worship, or visit our website.

**Truro Cathedral**  
High Cross  
Tel: 01872 276782

**Our Lady of the Portal & St Piran**  
RC Church  
St Austell Street  
Tel: 01872 272291

**Contact Numbers.**  
**County Library**  
With Internet access  
Union Place  
Tel: 01872 279205

**Truro Reference Library**  
Union Place  
Tel: 01872 272702

**Courtney Library & Cornish History Research Centre**  
Royal Institution of Cornwall, Royal Cornwall Museum, River Street  
Tel: 01872 272205

**Cornwall Records Office**  
Old County Hall, Truro  
Tel: 01872 323127

**Cornwall Family History Society**  
5 Victoria Square, Truro  
Tel: 01872 264044

## Markets.

**Pannier Market**  
Back Quay, Truro  
Open Mon – Sat 09:00 – 17:00

**Lemon Street Market**  
Lemon Street, Truro  
Tel: 01872 273031  
Open Mon – Sat 09:00 – 17:00

**Truro Farmer's Market**  
Lemon Quay Square, Truro  
Tel: 01637 830958  
Wed & Sat 09:00 – 16:00

**Truro Country Market**  
Trelawney Bar, Hall For Cornwall, Back Quay, Truro  
Tel: 01872 262466  
Tuesdays 09:30 – 15:30

**Flea Markets**  
Hall For Cornwall Foyer, Boscawen Street, Truro  
Tel: 01872 262466  
Various days – please check with Truro Tourist Information Centre.

There are also various Arts & Crafts and Made in Cornwall markets throughout the year on Lemon Quay. For dates please check with Truro Tourist Information Centre, or the website.

## Truro Tourist Information Centre

Tel: 01872 274555

Boscawen Street, Truro, TR1 2NE  
tic@truro.gov.uk  
[www.truro.gov.uk](http://www.truro.gov.uk)



calm beautiful countryside rural  
undiscovered walking castle nautical  
natural tranquil beaches picturesque  
lush green escape gardens coastline...

## Escape to The Roseland...

**The Roseland is a jewel in the crown of Cornish beauty. It is a designated Area of Outstanding Natural Beauty for the quality of its landscape and unrivalled coastal scenery. From secluded coves, delightful creeks, rural villages and wooded countryside, to pretty fishing villages, golden sandy beaches and scenic cliffs and headlands, the variety is awe-inspiring.**

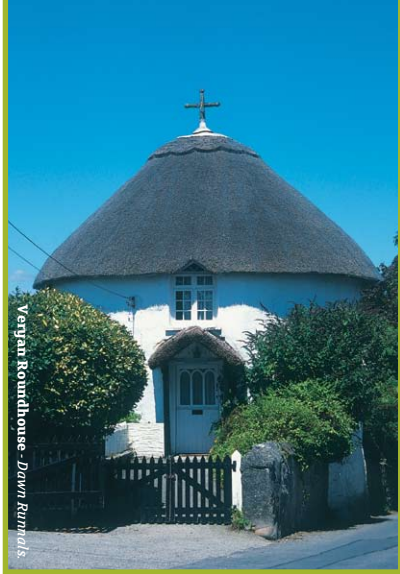
Explore the cliffs and creeks, swim off secluded beaches, browse the shops and art galleries, sail, windsurf, waterski, dive, snorkel, fish and birdwatch. Take in one of the carnivals and fêtes, or watch sailing regattas and gig racing. The mild climate of the Roseland sustains some unusual

flora and fauna and Gull Rock, off Nare Head, is home to one of the largest seabird breeding colonies on the South Coast of England. Throughout the Roseland there is an outstanding selection of accommodation and places to eat and drink, with flower covered pubs and cream tea cottages.



St Anthony's Lighthouse - Cornwall Marine Network.





Veryan Roundhouse - Dawn Rannals

# OUT & about...

Further east is the village of Veryan, famous for its roundhouses built 200 years ago to guard the entrances to the village from evil spirits. Portloe is a delightful fishing village with a tiny harbour enclosed by cliffs providing shelter for fishing boats.

🚗 51 (Veryan and Portloe)

Tucked away inland are the sleepy villages of Philleigh and Ruan Lanihorne; both have good pubs and interesting churches. The creek at Ruan Lanihorne is a bird lover's paradise while leafy lanes and woods provide tranquil walks.

Once a thriving port before the river silted up, with allegedly 36 alehouses to provide nourishment for the sailors, Tregony's wide main street, featuring a recently restored clock tower, is known as the gateway to the Roseland.

Local buses provide wonderful views over the high Cornish hedges, while one of the best ways to see the Fal Estuary is on a boat trip from Smugglers Cottage. A lovely old thatched building in a glorious location on the River Fal at Tolverne, the cottage is open for morning coffee, drinks and home-cooked lunches, cream teas and early evening pasty suppers. Tolverne was closely involved with the D-Day landings, when thousands of American troops left for Normandy.

🚗 17 (Tolverne)

Nearby, the King Harry Car Ferry, voted one of the world's most picturesque ferry crossings, will take you across the River Fal offering a time saving passage between the Roseland Peninsula and Trelissick Gardens, Truro or Falmouth.

🚗 10 (King Harry)

**St Mawes** is situated at the southern end of the Roseland Peninsula. An important port in medieval times and now a picturesque fishing harbour, it is protected by the most perfectly preserved of Henry VIII's coastal fortresses. St Mawes Castle was built to counter the invasion threat from Europe in partnership with its twin, Pendennis, on the other side of the Fal Estuary. The village enjoys a mild climate and remains a major centre for a wide range of marine activities and operates a regular pedestrian ferry service from Falmouth.

🚗 50 (St Mawes) 🚗 12, 17

Linking St Mawes to Place, a ferryboat takes pedestrians to the remote St Anthony in Roseland. The family church at Place Manor may be visited. At St Anthony Head, a coal beacon was burned for centuries until the present lighthouse was built in 1834 to mark the entrance to the Carrick Roads. The strategic importance of St Anthony Head is illustrated by the remains of many fortifications.

🚗 19 (Place)

On the east side of the Roseland are the twin villages of Portscatho and Gerrans. Portscatho was once famous for pilchard fishing while Gerrans features a church spire, well-known as a landmark for those at sea and on land. These villages give access to a number of breathtaking cliff, creek, country and beach walks.

**St. Just In Roseland** has a 13th Century church set above the tidal creek of St Just Pool with a beautiful churchyard luxuriantly planted with sub-tropical species. It was described by John Betjeman as "To many people the most beautiful churchyard on earth".

🚗 50 (St Just in Roseland)

**Beaches** on the Roseland are very quiet and ideal for families. They vary from small sandy coves to long stretches of sandy beach with great rock pooling, offering something for everyone all year round.

**St Mawes - Tavern and Summers.** The village has two very good family beaches on either side of the harbour. Both beaches are excellent for swimming and benefit from a southerly aspect, making them ideal for sunbathing.

♿️ 🚫 🅑

**Great Molunan - St Anthony.** Owned by The National Trust, this small golden sandy beach is reached by a path from the Headland.

♿️ 🅑

**Porthbeor.** This National Trust owned golden sandy beach is reached by a steep path and rocky areas are exposed at low water. Secluded and very quiet.

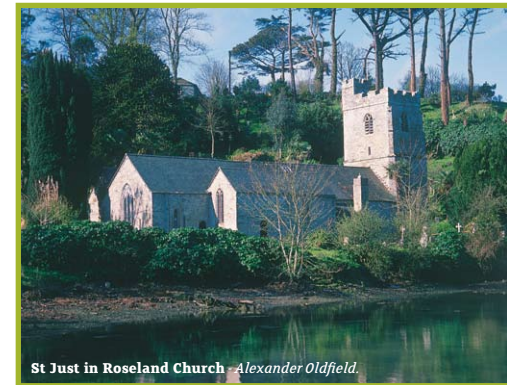
🅑

**Towan.** A long strip of sand excellent for exploring rock pools at low tide.

🅑

**Portscatho - Tattams.** An attractive fishing village beach which is mainly rocky, with sandy patches. The beach stretches all the way to Porthcurnick Beach to the north.

♿️ 🚫 🅑



St Just in Roseland Church - Alexander Oldfield.

**Porthcurnick - Portscatho.** A beautiful sandy cove, National Trust owned, with many rockpools. Ideal for children and water activities.

🅑

**Carne and Pendower.** Owned by The National Trust, both beaches are wide and sandy. At low tide it is possible to walk from one beach to the other. There are coffee/tea and lunch facilities in the hotels at each end.

♿️ 🚫 🅑

**Portholland.** A small cove with rock pools.

♿️ 🅑

**Caerhays - Porthluney Beach.** A privately owned, secluded family beach with a large expanse of golden sand.

♿️ 🚫 🅑

♿️ Disabled Access

🅑 Parking

🚫 Summer Dog Ban

♿️ Toilets



Pendower beach - Dawn Rannals.



# all YOU need to *KNOW*



Cottage - *Down Runnals*



Boat reflection - *Down Runnals*



Caerhays Castle Gardens - *Down Runnals*



Yachts - *Down Runnals*

## Activities.

Gerrans has a really informative Heritage Centre with a wealth of information on the cultural history of the Portscatho/Gerrans area and is well worth a visit.

## Walking

Welcome to a walker's paradise! The Roseland, being a peninsula, has a great variety of both coastal and inland walks offering fabulous walking all year round. An array of circular walks can occupy a whole day, a morning or an afternoon if time is short. Walking guides and booklets are available from The Visitor Centre in St Mawes and in local shops.

## Watersports and Sailing

The sailing waters around St Mawes and Percuil offer something for everyone. Both are ideal for boats, windsurfers and kayaks which are available for hire on the Percuil River. Charters are also available. Learn how to sail and try your hand at watersports with friendly instructors. Full details are

available from the Roseland Visitor Centre.

## Boat Trips.

### Place Ferry

A small seasonal passenger ferry runs during the season with a regular service throughout the day between St Mawes and Place offering an opportunity to explore the beautiful St Anthony Head and enjoy circular walks in the area.

For details of all other ferry operators please see the transport insert or contact Tel: 01872 861913 Email: info@falriverlinks.co.uk

🕒 19 (Place)

## Galleries and Shopping.

There are many galleries and craft shops selling local crafts, pottery and paintings in the villages of the Roseland. Many are unique to the area and cater for a wide variety of tastes and budgets. Galleries offering a wide selection of local artists offering different painting styles and techniques

can be found in Tregony, Veryan, Portscatho and St Mawes. There are craft centres at Melinsey Mill, Veryan and Portscatho.

🕒 50 (Portscatho)

## Gardens.

The gardens in this part of Cornwall are beautiful all year round and the sub-tropical climate makes for a great Spring splash of colour with camellias, daffodils, and rhododendrons plus many unusual species of flora and fauna.

### Lamorran House Gardens, St Mawes

A Mediterranean-style garden with streams, bridges and water features overlooking St Mawes Bay. Tender rhododendrons and azaleas flourish here. Tel: 01326 270800 Open Wed & Fri, April – Sept

### Caerhays Castle Gardens, Gorrán

An informal 60 acre woodland garden noted for its camellia, magnolias and rhododendrons. Tel: 01872 501310 Open mid February – end of May

## Close to the Roseland.

### Eden Project, Bodelva, St Austell

The world famous, award winning attraction provides a gateway into the fascinating world of plants and people. Advance tickets can be bought from the Tourist Information Centre and a discount is available if you arrive by bicycle. Tel: 01726 811911 27 March – 30 Oct 10:00 to 18:00 last admission 16:30. 31 Oct – 25 March 10:00 – 16:30 last admission 15:00

### The Lost Gardens of Heligan, Pentewan, St Austell

200 acres for exploration, including extensive productive gardens, a lush 22 acre "sub-tropical" jungle, together with walks through managed farmland, wetlands and ancient woodlands. Voted "The Nation's Favourite Garden". Tel: 01726 845100

## Pubs, Cafés and Restaurants.

The Roseland villages have a wide selection of family-friendly places to eat and cater for a variety of tastes from cafés to fine dining restaurants, many specialising in local and Cornish produce.

There are great pubs and cafés offering a variety of dining choices in St Mawes, Portscatho, Gerrans, Tolverne, Philleigh, Veryan, Portloe, Ruan Laniorne and Tregony.

## Hotels around St Mawes.

Portscatho, Rosevine, Portloe, Carne, Pendower and Ruan Highlanes offer a great choice from lunches and cream teas to some of the finest dining in Cornwall, many with stunning water views.

## Places to visit.

### Roundhouses Veryan

Built by the Trist family in the 19th Century and situated at the entrances to the village, these privately owned thatched circular cottages are a unique feature of Veryan.

### St Mawes Castle

Built in the reign of Henry VIII as a defence against invasion by France. The castle is in the custodianship of English Heritage and is open all year round. Tel: 01326 316594

St Just in Roseland Church Described as one of the most beautiful churches in England. 3 miles from St Mawes.

### Turnaware Bar and Tolverne

Smugglers Cottage is open during the summer for traditional Cornish fare and Tolverne, historically part of the D-Day landings, offers a great deal of memorabilia. Turnaware Bar offers good fishing for bass and dogfish.

🕒 17 (Tolverne)

### St Anthony Lighthouse and Battery

A coal beacon burned here for centuries until the present lighthouse was built in 1834. The strategic importance of St Anthony Head for the defence of Carrick Roads and Falmouth is illustrated by the remains of many fortifications. Wheelchair accessible.

🕒 19 (St Anthony)

### Gerrans Local Heritage Centre, Old Forge

Open to visitors. Tel: 01872 580535

The Roseland Visitor Centre in the main car park has a wealth of up to date detailed information as well as many guide books on the local area. They can also help with accommodation enquiries.

## Roseland Visitor Centre

Tel: 01326 270440

The Square, St Mawes, TR2 5AG  
manager@roselandinfo.com

# Days out...

We have put together two walks for you to discover the area.

## The Roseland Ramble - Be Inspired

Get out and explore the isolated Roseland Peninsula with its tranquil beaches, panoramic views and wooded creek side walks.

Catch a Falmouth Park & Float ferry from Ponsharden to Customs House Quay and then change for the ferry to St Mawes. When you arrive in the picturesque fishing village of St Mawes, grab a refreshing drink and a packed lunch in one of the many waterside cafés before connecting with the Place Ferry which will carry you across the scenic Percuil River to Place Creek.

From Place follow the South West Coast Path towards St Anthony Head. When you arrive at the headland, take some time to walk bare foot in the white sand of Moulan Beach and, if you're feeling adventurous, take a swim in its crystal clear waters. From here you can continue along the shore to St Anthony Lighthouse where the path turns and ascends to the top of the headland. From there, you can enjoy a breathtaking view which overlooks the spectacular entrance to one of the world's largest natural harbours. The headland also bears newly revealed remains from centuries of defensive fortifications. Approx 4 miles.

After rounding the headland, follow the gentle coastal path until you reach Porthbeor beach, then turn inland across the field and return to Place creek on the road. From here you can return on one of the regular services back to St Mawes and on to Falmouth.

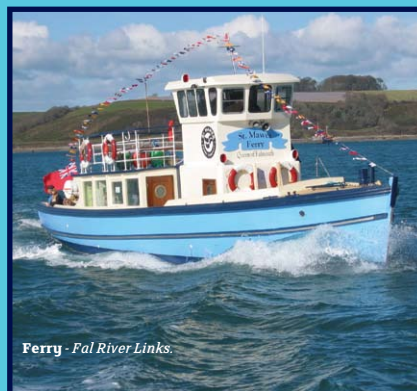
## Trelissick Trail - Awaken Your Senses

Get in touch with nature and visit Trelissick, its sub tropical gardens, woodland walks and enchanting river views.

Park at Ponsharden and catch the FREE bus to the Prince of Wales pier in Falmouth where you can change for one of the many services up the Carrick Roads to Trelissick. Alternatively, catch one of the regular services from St Mawes to Trelissick.

If you are feeling energetic, a gentle stroll around the garden can be followed by a 3 mile circular walk through the beautiful 500 acre estate on woodland paths skirting the Fal and its peaceful creeks.

The 25 acre garden, owned by The National Trust, has year-round colour and is famed for its exotic plants; camellias, magnolias, rhododendrons and many rare hydrangeas. Open throughout the year, Trelissick also features a renowned art and craft gallery, restaurant, shop and plant sales. At the end of your day, return to the landing stage and catch one of the regular services back to Falmouth.



Ferry - Fal River Links.

# Wherever we go & whatever we do... we have an impact.

Take only photographs, leave only footprints...

## 5 ways to be the best sort of visitor:

1. Reduce, Reuse, Recycle
2. Reduce traffic – walk, cycle or use public transport
3. Stay local, eat local, buy local, see local
4. Chill out – Switch off!
5. Follow the Countryside Code

The Countryside Code reminds us all to protect, respect and enjoy; look after plants and animals; take litter away; leave gates and property as you find them; keep dogs under close control; consider other people and users when visiting the countryside. And enjoy! For a dog friendly beach guide contact the tourist information centre and please use dog bins where provided.

## ...and of course have a fantastic holiday!

### Access

We are committed to improving access for everyone. For full details of facilities provided by local accommodation, shopmobility schemes, all terrain wheelchair hire and other services please contact the tourist information centres.

**If you have enjoyed your visit to the area, tell others. If you have any suggestions please let us know – [comment@carrick.gov.uk](mailto:comment@carrick.gov.uk)**

[www.acornishriver.co.uk](http://www.acornishriver.co.uk)



Cruise boats - Falmouth River Links.

## Seaside Safety

### On the Beach

- Look at the safety signs before going into the water.
- Don't swim off headlands.
- Be wary of undertow currents.
- Don't let children go out on an inflatable airbed or dinghy.

### Cliff Dangers

- Keep well clear of the cliff edge.
- Don't climb on cliffs.
- Before walking along a stretch of beach under cliffs, find out what the tide is doing. You could get cut off.
- Don't dig into soft cliff faces. They can collapse and bury you.

**In an emergency for coastal or sea rescue DIAL 999 and ASK FOR COASTGUARD.**



# Main Events 2006

The website has a full events listing and is updated as events are confirmed. Further information can be provided by the Tourist Information Centres.

The area has a rich tradition of hosting a year-round programme of events from sailing regattas to food and drink festivals, carnivals and events celebrating our Celtic heritage, to name but a few.

## Fal River Festival

27 May – 11 June



A festival of events based both on and off the water around the Fal Estuary (stretching from Falmouth to Truro, including St Mawes and St Anthony Head). Events will include art, craft, drama, literature, food, gardens, music and watersports and much more.

Tel: 07774 173735

[www.falriverfestival.co.uk](http://www.falriverfestival.co.uk)

## Interceltic

### Watersports Festival

24 – 29 July



International Festival of the Celtic regions, featuring watersports competitions,

cultural events and Celtic markets.

[info@icwfcornwall2006.co.uk](mailto:info@icwfcornwall2006.co.uk)

[www.intercelticwatersportsfestival.com](http://www.intercelticwatersportsfestival.com)

## Philleigh Country Fayre

Wed 26 July & Wed  
2 August 18:30 – 21:00

Fun for all the family with dog racing, duck racing, tote, bar, sheep dog demo, BBQ & side shows.

Free Admission

Tel: 01872 580313

## Falmouth Classics

5 – 6 August

Annual regatta for traditional boats ranging from 6ft – 60ft.

Tel: 01326 375309

[www.falmouthweek.co.uk](http://www.falmouthweek.co.uk)

## Henri-Lloyd

### Falmouth Week

5 – 12 August



Racing for all types of craft from the small dinghy to the high-performance racing machine, supported by a full daytime and evening social programme, including a fireworks spectacular.

Tel: 01326 211555 for racing

Tel: 01326 312300 for entertainment

[www.falmouthweek.co.uk](http://www.falmouthweek.co.uk)

## St Mawes Carnival

1 – 5 August

Sports contests, bands, BBQ, Volley ball as well as the main procession on the Saturday.

Tel: 01326 270440

## St Mawes Regatta

Thursday 10 August

Regatta day with hundreds of boats finishing in St Mawes Harbour.

Entertainment, live music, BBQs

Tel: 01326 270686

[www.stmawessailing.co.uk](http://www.stmawessailing.co.uk)

## Cornwall Food and Drink Festival

29 September – 1 October

Celebrating the best of Cornish food, with produce market and demonstrations from top Cornish chefs. Held at Lemon Quay in Truro.

Tel: 01872 274555

[www.truro.gov.uk](http://www.truro.gov.uk)

## Falmouth Festival of Literature and Arts

6, 7 and 8 October

Meet eminent figures from the worlds of literature and arts in Falmouth Arts Centre.

Tel: 01326 211522

[www.falmouthfestival.co.uk](http://www.falmouthfestival.co.uk)

[admin@falmouthfestival.co.uk](mailto:admin@falmouthfestival.co.uk)

## Roseland Festival

13 – 28 October

A series of music, drama, film, dance and literary events at venues within the Roseland Peninsula. Tel: 01326 270440

## Falmouth Oyster Festival

19 – 22 October



Timed to coincide with the start of

the oyster harvesting season, this annual festival celebrates one of the last remaining oyster fisheries to dredge under sail and oar. The festival includes cookery demonstrations, oyster tasting, local craft and produce markets and working boat races. Held on Events Square in Falmouth.

Tel: 01326 312300

## Truro City of Lights

21 November (tbc)

Lanterns made of willow and tissue paper are paraded through the streets of Truro, creating a spectacle of light.

Truro Tourist Information Centre

Tel: 01872 274555

[www.truro.gov.uk](http://www.truro.gov.uk)

[www.acornishriver.co.uk](http://www.acornishriver.co.uk)