



Attractions and Activities around Mesmear.

Abseiling, Rock Climbing, Coasteering, Kayaking and Powerboat tours –

Cornish Rock Tors. Tel: 07791 533 569 or 07791 534 884. Matthew and Simon are very professional and safety conscious. They take half and full day trips climbing and abseiling for children over 6 and any age adults. £30 per person for a half day. Half a day of Coasteering (part climbing over deep water, part jumping into the sea from heights) is £30 pp (min age 10 and a confident swimmer). They may come and collect you from Mesmear if you're lucky; otherwise they depart from Polzeath beach. Kayaking and Powerboat tours aim to explore the coastline and hopefully see some of the wildlife – basking sharks, seals, dolphins and a variety of birds.

Adventure Park - Crealy, Tel: 0870 116 3333. Located between Wadebridge and Newquay, this is a good day out. Pretty unsophisticated if you're used to Legoland, but much more hands on and less queues.

Art - The Tate, St Ives www.tate.org.uk/stives.

Beauty - Rachel James is a beauty therapist who is happy to visit you at Mesmear. Using Phytomer and Mary Cohr products, treatments range from massages and facials to a 'cheek lift' (that's a droopy 'derriere' not face!). Tel: 07862 134350

Alternatively 'The Cow Shed' Beauty Spa at the St Moritz Hotel offers a full range of treatments and Mesmear guests get **10% discount** (mention you are staying at Mesmear when you book). Tel: 01208 862242.

Birds of Prey - The Cornish Birds of Prey Centre, St Columb Major. Tel: 01637 880544. Owls, hawks, falcons and many more. Flying displays at 12.00 and 2.30. A close up experience.

Cycle Hire - Bridge Bike Hire, Wadebridge Tel: 01208 813050. The Camel Trail offers 20 miles of off-road cycling along a disused railway track. You can hire bikes with baby seats, tag-a-longs, tandems etc etc. The section from Wadebridge to Padstow can get busy on a sunny day, but the route inland towards Bodmin is often quieter although it doesn't have the fabulous estuary views. Book bikes in advance during peak season. There's a great fudge shop in Padstow, or have Rick Steins fish and chips. If you go from Wadebridge to Bodmin, stop at the little café where the birds sometimes feed from your hands.

Eden Project - Tel: 01726 811911 or www.edenproject.com. A great day out, but during high season it's best to go on a sunny day rather than the rainy ones when it can get too busy. It will take about 40 minutes to get there.

Fishermen's Sea Shanties

Fishermen's Friends is a band of locals who sing traditional and not-so-traditional sea shanties on The Platt in Port Isaac every Friday evening (May 25th to early Sept only). Starting at about 8pm for an hour they sing on the quayside. Sit with a beer (take a rug to sit on and plenty of jumpers) and take in the beautiful scenery and light hearted music. Our children often search for 'sea glass' on the beach while the fishermen are singing.

Fishing -

Mackerel Fishing on 'Batara Star'. Tel: 077233 60902 or 01208 863343. A two hour boat trip leaves from the jetty in Rock. Everyone has their own line and the catch is usually prolific, so get the BBQ ready for supper. There is no minimum age, cost is £13pp.

Shark Fishing or Dolphin watching on 'Lady Mary II' Tel: 07976 292379. www.ladymary.co.uk

Padstow Angling Centre. Tel: 01841 532762 – This is for serious 1:1 tuition. Not suitable for children.

Gardens - coast

There are numerous wonderful gardens but most are near the south coast which will take about 50 minutes. www.gardensofcornwall.com.

Go-Karting -

St Eval Track. Tel: 01637 860160 or www.cornwallkarting.co.uk. They have different sized go-karts and different tracks for every age group. About half an hours drive from Mesmear, open 0930 – 1630 but closed on Sundays.

Golf -

Roserrow Golf & Country Club, located between us and Polzeath beach. Tel: 01208 863000. A par 72, 18-hole course and they don't require a handicap.

St Enodoc Golf Course: Tel: 01208 863216 has two courses. The Church Course requires a handicap of 24/28 for men/ladies, but the Holywell course is 'turn-up-and-play' with no handicap restrictions. Both are traditional links courses with magnificent views.

Leisure Club -

The St Moritz Hotel: Tel: 01208 862242 has a small indoor pool, gym and sauna which are open to non-residents. The 'Cow-Shed' beauty salon is also here.

National Lobster Hatchery – Just near Rick Steins Fish and Chip shop in Padstow. It will only keep you occupied for half an hour, but is fascinating for all ages.

National Maritime Museum - Located in Falmouth (about 50 mins drive). Tel: 01326 313388. This is a great museum even if you're not a sailor. It's very hands on and really enjoyed by us and our children.

Sailing -

Rock Sailing School. Tel: 01208 862881. Based on the pontoon in Rock, it is an RYA affiliated school where you can either have instruction for a two hour slot, or take an RYA course.

Shrimper sailing – Alan Green will take you out on his Cornish Shrimper.
Tel: 01208 841246

Steam Railway - Bodmin & Wenford Railway. Tel: 0845 1259678. I'm afraid that we've yet to try this out, but we've passed the trains on the Camel Trail, and they're certainly noisy and steamy!

Surfing – Surfs Up Surf School, Polzeath. Tel: 01208 862003 or 07760 126225.
www.surfsupsurfsschool.com. Pete and his instructors offer courses or just a two hour lesson. They provide wet suits. It's good fun whatever your age and ability.

If you just want to rent a body board, surf board or wet suit try TJ's on the beach (You'll need to leave a credit card as security)

Waterskiing – Camel Ski School, Rock. Tel: 01208 862727. They operate from the jetty in Rock and offer waterskiing (with a bar for beginners), wake-boarding and banana boating.

Walks - There is an Ordinance Survey Map in the house, but here are a few local walks you might like to try:

Daymer Bay – Rock – Daymer Bay : (Total 1 hr). Park at Daymer Bay and depending on the tide you can either walk along the beach or over Bray Hill and along the dunes. If you don't stop to play games and build sandcastles it takes about 30 mins. each way. The Blue Tomato Café is a great stop for hot chocolate or lunch before you return. If you want to lengthen this walk, start from Polzeath and walk to Daymer Bay along the cliffs, which will add another 30 minutes onto the walk

Lundy Bay (As long as you want it to be, but at least 1 hr): From Mesmear, take the track that runs to the right of the Games room. (Please remember to shut the gates). At the end of the track (the 3rd gate), turn right and walk along the hedge towards the road. Cross the road following the sign to New Polzeath (You have to walk on the road, no pavement, for about 5 minutes). You'll see the Lundy Bay car park on your left, and the footpath to the beach on the right. This can be a circular walk, but take the map; otherwise you can walk as far as you wish along the coastal path and return the same way. The coves are small, with a mixture of sand and rocks which are covered at high tide, but the walk along the top of the cliffs is accessible at any time.

The Rumps (1 hr): From Mesmear, drive towards New Polzeath, pass the Lundy Bay car park on your left and another ¾ mile turn right towards Pentire Farm and Pentire Point. Drive on until you get to the 2nd group of farmhouses and park in the courtyard (There's an honesty box for parking). Take the path up the hill and follow signs. The views are spectacular, but it is quite a long walk if you have children, but we managed to get our youngest around (with a few bribes) from 4 and a half years old.

There are plenty more walks both coastal and through woodlands, please ask and I'll point them out on the map.

Wine - Camel Valley Winery, Nanstallon. 20 min. drive from Mesmear, they have tours and tasting sessions.

Yacht Charter - Charter a 34' motor cruiser from Rock www.rockboatcharters.com

