



101 Things to Do on a Rainy Day in Cornwall

These pages have been compiled and are maintained by Gill Jenkins with huge assistance and suggestions from CoaST (The Cornwall Sustainable Tourism Project), Network Cornwall members and businesses throughout Cornwall.

This edition of '101 Things to Do on a Rainy Day in Cornwall' is current as of the date below. You are welcome to print this information for your personal use or to help your guests to find these wet-weather gems in Cornwall, but please think of the environment and print it double-sided if possible.

The latest version of this information can be found on the '101 Things to Do on a Rainy Day in Cornwall' website which is updated regularly and where you can find maps and directions to the listed Attractions.

If you would like to link to this PDF on your website then you can find easy to use instructions on the 'Get your link' page on our website

If you have any comments, suggestions, corrections or updates you would like to be listed, or have found this guide useful then please contact us either via the website, or by snail-mail to: Gill Jenkins, 101 Things ... Cornwall, Polgwyn, Castle Street, Bodmin PL31 2DX, Cornwall.

This PDF was last updated 12th April 2010.

HISTORIC HOUSES

Antony House, Torpoint - PL11 2QA
www.nationaltrust.org.uk/main/w-vh/w-visits/w-findaplace/w-antony/
tel. 01752 812191

Cotehele, nr Saltash - PL12 6TA
www.nationaltrust.org.uk/main/w-vh/w-visits/w-findaplace/w-cotehele/
tel. 01579 351346

Lanhydrock House, Bodmin - PL30 5AD
www.nationaltrust.org.uk/main/w-vh/w-visits/w-findaplace/w-lanhydrock/
tel. 01208 265950

Mount Edgcumbe House, Rame Peninsula - PL10 1HZ
www.mountedgcumbe.gov.uk
tel. 01752 822236

Pencarrow House, Washaway - PL30 3AG
www.pencarrow.co.uk
tel. 01208 841369

Prideaux Place, Padstow - PL28 8RP
www.prideauxplace.co.uk
Elizabethan Mansion open to the public. Major film location, stunning setting above the fishing port of Padstow. Fine paintings, porcelain, furniture and a collection of Teddy Bears. Home to the Prideaux-Brune family for over 400 years.
tel. 01841 532411

MUSEUMS

Bodmin Town Museum, Bodmin - PL31 2HQ
www.museumscornwall.org.uk/museums/bodmin-museum
tel. 01208 77067

Helston Folk Museum, Helston - TR13 8TH
www.kerrier.gov.uk/index.cfm?articleid=10739
Great children's section. If without children, perhaps a pint of the famous Spingo at The Blue Anchor then down the road to Treloarwarren Bistro for a 'cheap but posh' lunch!
tel. 01326 564027

Liskeard & District Museum, Liskeard - PL14 6BW
www.liskeard.gov.uk/heritage.htm
tel. 01579 346087

Magnificent Music Machines, Nr Liskeard - PL14 4SH
www.paulcorinmusic.co.uk
Described by Holiday Which? as 'a delightfully eccentric museum created on the back of one man's passion for music boxes, Wurlitzer's, and organs of yesteryear. Paul personally guides you around his collection, treating you to performances and dipping into his encyclopaedic knowledge.'
tel. 01579 343108

Museums in Cornwall
www.museumscornwall.org.uk
is a website compiled and maintained by the Royal Cornwall Museum. It's a really useful map-based site that provides a list of all Museums throughout the County, with links to their respective websites.

National Maritime Museum Cornwall, Falmouth - TR11 3QY
www.nmmc.co.uk/index.php
tel. 01326 313388

Perranzabuloe Museum Trust, Perranzabuloe - TR6 0HG
www.perranzabuloemuseum.co.uk
Interesting local Museum in seaside town with artefacts, photographs, posters, etc. explaining the real history of the area, from St. Piran to Surfing
tel. 01872 572341

Porthcurno Telegraph Museum, Porthcurno - TR19 6JX
www.porthcurno.org.uk/placestovisit.html
tel. 01736 810966

Royal Cornwall Museum, Truro - TR1 2SJ
www.royalcornwallmuseum.org.uk
Boasts a real Egyptian Mummy!
tel. 01872 272205

The Duke of Cornwall's Light Infantry Regimental Museum, Bodmin - PL31 1EG
www.lightinfantry.org.uk/regiments/dcli/duke_museum.htm
tel. 01208 72810

The National Museum of Gardening at Trevarno Gardens, 3 miles from Helston on B3303 - TR13 0RU
www.trevarno.co.uk
With 70 acres of gardens and grounds there is so much to do at Trevarno come rain or shine. With 3 museums including the National Museum of Gardening, a shop, adventure play area, estate walk and real live reindeer! Family Fun Days every Wednesday in the school holidays and theatre productions every Friday evening until the end of August.
tel. 01326 574274

Wonder Years Toy Museum, Bude - EX23 8AY
www.wonder-years.co.uk
tel. 01288 389979

MINING

China Clay Country Park, nr St Austell - PL26 8XG
www.wheal-martyn.com
tel. 01726 850362

Cornish Mines & Engines, Pool, nr Redruth - TR15 3NP
www.nationaltrust.org.uk/main/w-vh/w-visits/w-findaplace/w-cornishminesandengines/
tel. 01209 315027

Geevor Tin Mine, Pendeen - TR19 7EW
www.geevor.com
tel. 01736 788662

King Edward Mine, nr Camborne - TR14 9JW
www.kingedwardmine.co.uk
tel. 01209 614681

Morwellham Quay, nr Gunnislake - PL19 8JL
www.morwellham-quay.co.uk
Quite a bit is outdoors
tel. 0822 833808

Poldark Mine, nr Helston - TR13 0ES
www.poldark-mine.co.uk
tel. 01326 573173

HERITAGE and HISTORY

Bodmin Jail, Bodmin - PL31 2NR
www.bodminjail.org
Take a tour - then feast on good food
tel. 01208 76292

Jamaica Inn, Bolventor, Launceston - PL15 7TS
www.jamaicainn.co.uk
For more than 4 centuries, the legendary coaching house that was immortalised in Daphne du Maurier's novel of the same name, has stood high on Bodmin Moor.
tel. 01566 86250

Pendennis Castle, Near Falmouth - TR11 4LP
www.english-heritage.org.uk/server/show/nav.11391
Built by Henry VIII to help defend England against possible attack by France and Spain. Enjoy the interactive exhibition and end your day with a Cornish Cream Tea in the Castle's tea-rooms
tel. 01326 316594

St Mawes Castle, St Mawes - TR2 3AA
www.english-heritage.org.uk/server/show/nav.11392
Like its counterpart, Pendennis Castle was built by Henry VIII on the opposite bank of the Fal Estuary to help defend England from possible attacks by France and Spain
tel. 01326 270526

The Arthurian Centre, Slaughterbridge, nr Camelford - PL32 9TT
www.arthur-online.co.uk
tel. 01840 213947

The Shipwreck and Heritage Centre, Charlestown, St Austell - PL25 3NJ
www.shipwreckcharlestown.com
Said to be the largest private collection of shipwreck and historical artefacts on public display in Europe, it includes many items from a bygone age including artefacts from more than 150 shipwrecks. Follow up with a good pub lunch at the Inn down by the harbour!
tel. 01726 69897

The Tolmen Centre, Constantine nr. Falmouth - TR11 5AA
www.constantinecornwall.com/tolmen
Village Arts and Community Centre - Regular professional performances of Theatre Music, Dance and Films - Lunchtime Cafe (weds/thurs) - Mini Heritage Centre
tel. 01326 341353

Truro Cathedral, Truro - TR1 2AF

www.trurocathedral.org.uk

Open every day, entrance is free though lingering for a coffee, purchasing a guide-book, or making a voluntary donation, are all welcome and help to raise much-needed funds to ensure the cathedral's sustainable future

tel. 01872 276782

GALLERIES

ImageDelivery, Falmouth - TR11 3AU

www.imagedelivery.co.uk

We provide a photographic library of images from all around Cornwall. Various in house photographers provide stunning coastal and landscape views along with many local subject matters. We exhibit hundreds of historic photographs that have been scanned and cleaned to a high quality. An amazing catalogue of history of almost every town refreshed, printed and on show.

tel. 01326 314770

Millenium Gallery, St Ives (opp Tourist Information) - TR18 4HE

www.millenniumgallery.co.uk

Gallery showing top artists: Simon Allen, Jeremy Anear, Simon Averill, Trevor Bell, Harriet Bell, Joy Wolfenden Brown, Judy Buxton, Neil Canning, Paul Chaney, Margrit Clegg, Dany Fox, Naomi Frears, Ralph Freeman, John Hopwood, Sax Impey, Amanda Williams Lucas, David Kemp, Louise McClary, Melanie Miller, Richard Nott, Juliette Paull, Tim Shaw, Jesse Leroy Smith, Ken Spooner, Mark Surrige, Kate Walters, Rupert White, David Whittaker and Lucy Willow. Mon-Sat 10-5

tel. 01736 793121

Penlee House Gallery & Museum, Penzance - TR18 4HE

www.penleehouse.org.uk

tel. 01736 363625

Tate St Ives, St Ives - TR26 1TG

www.tate.org.uk/stives/

tel. 01736 796226

The Exchange Gallery, Penzance - TR18 2NL

www.newlynartgallery.co.uk

Sister Gallery to The Newlyn Art Gallery

tel. 01736 363 715

The Newlyn Art Gallery, Newlyn, Penzance - TR18 5PZ

www.newlynartgallery.co.uk

Fully refurbished Art Gallery showing contemporary national, international and local work.

tel. 01736 363715

The Southern Gallery, Wadebridge - PL27 7FH

www.thesoutherngallery.co.uk/

Wildlife Gallery open since 1972

tel. 01208 812332

STEAM ATTRACTIONS

Bodmin & Wenford Steam Railway, Bodmin - PL31 1AQ

www.bodminandwenfordrailway.co.uk

Enjoy the countryside in the dry - followed by refreshments at Bodmin General Station and a browse in the shop

tel. 01208 73666

Lappa Valley Steam Railway, nr. Newquay - TR8 5HZ

www.lappavalley.co.uk

Three miniature Steam Railways plus boating, maze and lots of things for all the family

tel. 01872 510317

Launceston Steam Railway, Launceston - PL15 8AD

www.launcestonr.co.uk

tel. 01566 775665

A FEW MORE THINGS THAT DON'T FIT INTO OTHER CATEGORIES

Blue Reef Aquarium, Newquay - TR71DU

www.blureefaquarium.co.uk/newquay/newquay-links.htm

tel. 01637 878134

Callington School of Art, Callington - PL17 7AN

www.callingtonartschool.com

A small private Art School offering residential and 1-day courses in a variety of media. Open to locals and visitors alike. Lunch provided. Contact Peter Sulstan

tel. 01579 383491

Carnglaze Caverns, St Neot, Liskeard - PL14 6HQ

www.carnglaze.com

Open All Year for tours underground - 3 Gigantic Caverns with stunning Subterranean Lake - 6.5 Acres of Woodland Walks & Faery Dell with Picnic Areas - Concerts Underground ~ Classical to Rock - Weddings in 4 locations - Open Monday ~ Saturday 10am-5pm (8pm August)

tel. 01579 320251

Carole Allen Jewellery, Camborne - TR14 7RN

www.caroleallenjewellery.co.uk

Come and experience a working jewellery studio in Camborne. Visitors can watch the jeweller at work and view her beautiful collection of silver and enamels. Items on sale will be at a discount of at least 20% off website prices.

Refreshments are provided. Please ring to make an appointment.

tel. 01209 715605

Cornish Orchards, near Looe - PL14 4PW

www.cornishorchards.co.uk

Apple-juice and cider tasting - no official tours but workload and time permitting, you could well be shown around

tel. 01503 2659007

Fowey Town Tours, Fowey - PL23 1HG

www.foweytowntours.co.uk

Take a tour on the land-train around the picturesque harbour town of Fowey and learn about its history, and intimate connection with the famed and inspirational writer, Daphne du Maurier

tel. 01726 832350

Gamalan Music Workshop, Ladock, Truro - TR2 4PT

www.woodlandvalley.co.uk

Gamalan is an Indonesian Percussion Orchestra, ideally played by a group of typically, 15-25 in number. No musical knowledge or talent is required - the Conductor provides all of that! A really fun, and different way to spend a day indoors.

Goonhilly Craft Shop & Licensed Tea Room,

Goonhilly Down - TR12 6LQ

www.goonhilly.biz

Refurbished ground-floor Tea-room & Craft Shop with many locally made crafts. We are 1/2 mile north of Future World@Goonhilly

tel. 01326 221698

Helford River Expeditions, Mawnan Smith on the Helford River - TR11 5JA

www.helfordriverexpeditions.co.uk

Explore Carwinion Gardens on foot and explore the safe and sheltered Helford River by open & 'sit on top' tandem kayak with several stops along the way to take in the sights, history and splendor of this Area of Outstanding Natural Beauty near Falmouth Cornwall. This is a truly eco-aware and safe way of seeing this beautiful area for active families and individuals that want an occasion to remember.

tel. 07968 024457

Knit One Weave One, St. Ives - TR26 1SP

www.knitweave.co.uk

Craft workshops including feltmaking, tie dyeing, weaving, papermaking and more, all held in St. Ives. No experience necessary. Most workshops are suitable for adults or children.

tel. 01736 797122

Mullion Meadows, Mullion - TR12 7HB

www.mullionmeadows.co.uk

Mullion Meadows, close to Mullion Cove on the Lizard Peninsula has a variety of things on offer and comprises a Café, a Gallery/Artist Studios run by the owner-Artists - and a chocolate factory!

Artists Anthony and Marjorie are happy to demonstrate their painting techniques - they sell art materials and their own work.

An average visit can last around an hour and a half. On leaving, why not take lunch at one of the local hotels offering good restaurant food.

tel. 01326 240560

Roskilly's, St. Keverne/Helston - TR12 6NX

www.roskillys.co.uk

Visit whether you're in a buggy or a wheelchair, whether you want a meal, coffee or tea by the fireside or a stroll around the meadows, or if you fancy watching cows being milked and learning a little about how the farm works.

There's the Bull Pen Gallery's range of hand-made furniture and stained glass, too, or just grab a brollie and wander around the farm in the company of cows, donkeys, ducks and cats. And when the rain eases, enjoy the tranquillity of a walk by the ponds. or here's a thought, why not treat yourself to some fantastic ice cream.

Oh, the parking's free, by the way, and so is admission.

tel. 01326 280479

St Kitts Herbarry, Camelford - PL32 9XH

www.stkittsherbs.co.uk

tel. 01840 213442

Stone Carving Cornwall, Lamorna - TR19 6NX

www.stonespirals.com

Learn to carve stone. We can arrange a stone carving course for you, with flexibility on dates, to suit all ages and abilities, including absolute beginners. You can come for a day or a few days carving. Tuition packages available.

tel. 01736 731834

The Courtroom Experience, Bodmin Shire Hall - PL31 2DQ

www.cata.co.uk/attractions/the-courtroom-experience.html

Play witness to the trial of Matthew Weeks, tried for the murder of Charlotte Dymond on Bodmin Moor in 1884 - act as a member of the Jury and decide Matthew's fate

tel. 01208 76616

The Daphne du Maurier Literary Centre, The Ticket Shop and Tourist Information Centre Fowey - PL23 1AR

www.fowey.co.uk

The Daphne du Maurier Literary Centre has a small exhibition about Daphne du Maurier, famous for writing Rebecca and Jamaica Inn, her life and works. There are information panels, a small display and a 12 minute DVD is shown on request. Entry is FREE. We are open every day except Christmas Day and Boxing Day. We also provide tourist information and the shop sells a range of local guide books, novels by and relating to Daphne du Maurier and a range of quality gifts.

tel. 01726 833616

The Eden Project, nr St Austell - PL24 2SG

www.edenproject.com

Biomes, Visitor Centre and shop all under cover but there is a lot of outside to see too at Eden

tel. 01726 811911

The National Lobster Hatchery, Padstow - PL28 8BL

www.nationallobsterhatchery.co.uk

Everything you ever want to know about lobsters and their protection in the future

tel. 01841 533877

Transcendental Temple, South West Cornwall - TR19 6RD

www.transcendentaltemple.co.uk

Provides details of where & how to book for Reiki, Tarot & Past Life Sessions or where & when there are one day courses on how to learn Reiki, Tarot or Psychic Development in South West Cornwall.

tel. 07985 249028

Trecarne Pottery, Mullion Cove

www.trecarnepottery.co.uk

Close to Mullion Meadows and home of local potter Michael Roux

World of Model Railways, Mevagissey - PL26 6UL

www.model-railway.co.uk

tel. 01726 842457

WET WEATHER ACTIVITIES THAT DON'T STOP IN THE RAIN

Back of Beyond Adventures, Based in Newquay but activities take place all over Cornwall - TR7 1LU

www.backofbeyondadventures.co.uk

Popular activities include Coasteering (exploring the tidal impact zone), surfing and canoeing Cornwall's rivers and Survival/Expedition Skills Days

tel. 01637 876243

Canoe Tamar, Trips start from Cotehele House, Morwellan Quay and Calstock - PL12 6TA

www.canoetamar.co.uk

Canoeing on the River Tamar between Cornwall and Devon - ideal family activity in all weathers

tel. 0845 430 1208

Cornish Drizzle Days, Anywhere in Cornwall

On days when there's only a light drizzle, a walk in the woods (any woods) is quite lovely - especially is there's a nice, warm café at the end of it

Cornish Rock Tors, Polzeath - PL27 6SS

www.cornishrocktors.com

All weather activities including Sea Kayaking, Coasteering, Climbing and Power Boating based at Polzeath on the North coast.

tel. 07791 533569

Errant Surf School, Newquay - TR7 1DX

www.errantsurf.com/newquay_surfing.php

British Surfing Association level 3 Surf School located in Newquay. We coach at Watergate Bay and Newquay Bay. Surfing lessons from half day to week long courses.

tel. 0870 334 1711

Falmouth/Porthowan Surf School, Newquay - TR11 4QU

www.falmouthsurfschool.co.uk/

We are a mobile fully qualified BSA Surf School, who run lessons for all ages, in all weathers (conditions suitable). Pick-up points in Falmouth, we transport you and your family to the surf which is included in the price. Also Equipment Hire is available. Contact Spence for further details.

tel. 07837 712670

Glenleigh Farm, nr St Austell - PL26 7JB

www.glenleighfarm.co.uk

Coarse fishing for all ages - whatever the weather - and the fish tend to catch better in the rain! Fully disabled friendly and plenty of easy to catch silver fish for the youngsters

tel. 01726 73154

Global Boarders Surf Experience Days, Marazion, Penzance, Hayle, St Ives, Sennen, Praa Sands, The Lizard - TR17 0AR

www.globalboarders.com

Unique, award-winning Surf Experiences. 100% sustainable, low impact mobile surfing. Super warm wetsuits and unrivalled customer service. We take you to the best waves on any given day - make the most of a wet day by having fun, learning something new and getting even wetter.

tel. 0845 303 9303

greenleisure.co.uk, Based in Tregony but with centres around the County
www.greenleisure.co.uk
It's likely that the heaviest of downpours would go unnoticed by those hardy souls in pursuit of such countryside activities as are on offer here
tel. 07773 255426

Hibiscus Surf School, Newquay - TR7 1NY
www.hibiscussurfschool.co.uk
A 'women's only' surf school based in Newquay. We've been running for 6 years and have taught 100's of girls and women the fun of surfing. All the teachers are female, qualified surf coaches, beach lifeguards and first aid trainers.
tel. 01637 879374

Lusty Glaze Beach, Newquay - TR7 3AE
www.adventure-centre.org

Orca Seafaris, Falmouth - TR3 6QJ
www.kingharryscornwall.co.uk/ferries/orca
Wildlife watching and Eco-tourism Trips all year round
tel. 01326 214928

The Diving and Marine Conservation Centre, Mounts Bay - TR18 4BN
www.silverdolphinmarineconservationanddiving.co.uk
tel. 01736 364860

The Silver Dolphin Centre, Penzance - TR18 4BN
www.silverdolphinmarineconservationanddiving.co.uk/4556.html
PADE 5-star Dive and Marine Conservation Centre offering courses throughout the year - and in the rain!
tel. 01736 364860

Wild Food Walks, Penzance - TR20 8AE
www.wildwalks-southwest.co.uk
There's no such thing as the wrong weather, just the wrong clothing! Whatever the weather, enjoy a leisurely guided walk in beautiful places. Learn about wild edible plants and seafoods, hear about historical and medicinal uses and easy recipes. Enjoy nature in a new way... public walks throughout the year, private walks also available.
tel. 01736 369719

SHOPPING

Kingsley Village, Fraddon just off the A30 - TR9 6NA
www.kingsleyvillage.com
Home to many small (and some larger) Cornish businesses selling everything from food to jewellery, furniture to crafts and an art gallery upstairs
tel. 01726 861111

Local Shops

Check out the local shops in the area you are staying - they'll all welcome your support

The City of Truro

The centre of administration for Cornwall and also its largest town with most of the usual high street shops and many more small, interesting and creative little gems
tel. 01872 274555

Trago Mills, On the A38 between Bodmin and Liskeard (also at Falmouth) - PL14 6HY
www.trago.co.uk
tel. 01579 348877

Trelawney Garden Centre, Wadebridge - PL27 6JA
www.trelawney.co.uk
Boasts good food, Cornish plants and plenty of parking
tel. 01208 893030

Local Markets and Farmers Markets

Cornish Guild of Smallholders, Lostwithiel - PL22 0HE
Local Produce Market at Lostwithiel Community Centre - Fortnightly on a Friday 10am-2pm - Local produce and crafts, all stallholders are the actual producers so have a chat and find out about their animals and produce
tel. 01872 554498

FOR CHILDREN AND KIDS OF ALL AGES

Jubilee Pool, Penzance
www.jubileepool.co.uk
And a lovely suggestion from Penzance ...I recently took two classes of children to the Jubilee Pool in Penzance , It was sheltered, warm and safe and empty and it was throwing it down , they loved it . Afterwards, they were able to go undercover into the Pool cafe. For a family who wants a different swimming experience - other than a corporate and noisy swimming pool - Jubilee Pool on a wet day can't be beaten!

Baby Information Bank, Cornwall-wide
www.babyinformationbank.co.uk
Includes lots of useful information and ideas to help keep those Little Ones amused
tel. 01208 74111

Bombadinga's Café in Pool, nr Redruth - TR15 3RX
A happy Mum says "an ideal spot to while away a couple of hours. There's a small indoor soft play area for the kids and a nice café for parents to sit and chill. There's a height limit so ideal for little ones."
tel. 01209 219555

Carruan Farm, nr Polzeath - PL27 6QU

www.carruan.co.uk

not all indoors

tel. 01208 869584

Ceramica, St Ives - TR26 1SD

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Paint your own pottery studio

A fun and relaxing environment for people of all ages to come and express their creativity.

The perfect place to spend time with friends, celebrate with colleagues, unwind after work or have a treat with the kids!

A great way to spend a rainy day or any day.

A large selection of ceramics to choose from, full range of paint colours, stamps, design books and all the tools you need to create your very own unique work of art. At the same time you can enjoy a coffee and a cake.

Whether you re painting a present for someone, or painting yourself a full dinner service, you are sure to have fun!

tel. 01736 791581

Dairyland, Newquay - TR8 5AA

www.dairylandfarmworld.com

Great for families with the indoor Bullpen play area

tel. 01872 510246

Going Potty, Trevigro, Callington - PL17 7JS

www.going-potty.co.uk

A wide choice of artistic workshops to suit all creative tastes

tel. 01579 384228

kidscornwall.co.uk

www.kidscornwall.co.uk

Magazine for kids and their parents. Compiled by local parents, all suggestions have been road-tested by the kids themselves. Cost £4 from good bookshops.

Kidzworld Cornwall, Par - PL25 3RP

www.kidzworlduk.co.uk/cornwall

Kidzworld is an indoor play centre with a wide range of activities including Mega-slides, Giant tubes , ballponds, Death Slide, Crushers, Fireman's Pole and more.

Themed party rooms for birthday parties including a Jurassic room, Toon room, Intergalactic room and fairyland. Book online now for parties and entry.

tel. 01726 815553

Paradise Park, Hayle - TR27 4HB

www.paradisepark.org.uk

An ideal venue for children of all ages and their families and they offer a great deal on return visits

tel. 01736 753365

Raze the Roof, Penryn - TR10 9EP

www.razetherooof.co.uk

Kid's fun at it's best! Here is something for the whole family from tiny tots to adults. Kids love to play in our mega play frame, Slides, climbing wall, ball cannons, astro-glide and tiny tots explore too, in their own safe space. 3 birthday party rooms with amazing themes to choose from complete with your own party host for maximum fun and entertainment. Take the mess and stress away! Laser tag your friends in a high tech game of hide and seek with your own laser phaser! The adults can enjoy a refreshing cup of coffee and their favourite magazines in our comfortable café with our fantastic fresh food and drink menu for the whole family complete with complementary Wi-Fi.

tel. 01326 3877481

Super Camps, Highertown, Truro - TR1 3NQ

www.supercamps.co.uk

Activity day camps offering children aged 4-14, the opportunity to swim, climb, kart, do art, crafts and cooking - to name a few! Held throughout July and August

tel. 01235 832222

Treasure Trails, County-wide

www.treasuretrails.co.uk

Trails that offer you the opportunity to use your detection skills! Choose from Treasure Trails or Murder Mystery. However, unless you have access to a computer and printer, you would need to plan ahead.

tel. 01872 263692

Trengilly Wartha Inn, Constantine, Falmouth - TR11 5RP

www.trengilly.co.uk

Accredited destination pub that welcomes children. Offers a family room with toys, games and free colouring books as well as lots to explore and entertain outside - if you're a hardy soul!

tel. 01326 340332

www.ukschooltrips.co.uk

www.ukschooltrips.co.uk

This educational website is mainly used by teachers and group leaders such as guides etc, but can be used by parents too to help plan educational and interesting days out for the family

ORGANISATIONS - OFFERING LOTS MORE USEFUL INFO

Tamar Valley - Cornwall/Devon borders

www.tamarvalleytourism.co.uk

And some words of wisdom from one clearly at ease with the Cornish mizzle., "There's no point in going home early as it is raining there too..... get some wellies and wet weather gear and go for a walk over the moors, or a shopping spree to Plymouth and maybe see a movie / swim indoors (also Lux Park/China Fleet/Callington...) or a matinee at the theatre or visit the aquarium and throw in a pub lunch"sorted!

CATA - The Cornwall Association of Tourist Attractions

www.theguide-cornwall.com

SECTA - attractions and activities in South East Cornwall

www.secta.org.uk/attractions.php

Tamar Valley - Cornwall/Devon borders

www.tamarvalleytourism.co.uk

STORM AND WAVE WATCHING

The Lewinnick Lodge Bar and Restaurant, Pentire Headland, Newquay - TR7 1NX

www.lewinnick-lodge.info/flash/newlodge.htm

A great place for watching the waves whilst you eat!
tel. 01637 878117

The Windswept Café, South Fistral Beach, Newquay - TR7 1QA

www.windsweptcafe.co.uk

Snuggle up on a beanbag with hot chocolate filled with cream and marshmallow! Or watch from the balcony snugly wrapped in a warm fleece blanket.

tel. 01637 850793

Wave-watching at Spring Tide time, Various

In really wild winter, there is nothing better than watching the Spring Tides from a good vantage point such as The Ship Inn at Porthleven, The Queen's Hotel in Penzance and The Minack Theatre Café

LET THE TRAIN TAKE THE STRAIN

Car Free Days Out, consider a journey by train on one of Cornwall's 5 wonderfully scenic branch lines:**The Tamar Valley Line** - Gunnislake to Plymouth**The Looe Valley Line** - Liskeard to Looe**The Maritime Line** - Truro/Perranwell/Penryn/Penmere/Falmouth**The Atlantic Coast Line** - Newquay to Par**The St Ives Bay Line** - north to south coast in just 20 minutes!

www.carfreedaysout.com

Theatres in Cornwall and Plymouth

Acorn Theatre, Penzance - TR18 4BU

www.acornartscentre.co.uk

tel. 01736 363545

Hall for Cornwall, Truro - TR1 2LL

www.hallforcornwall.co.uk

tel. 01872 262465

Keay Theatre, St Austell - PL25 4DJ

www.thekeay.co.uk

tel. 01726 226777

Kidz R Us Theatre Company

www.kidzrus.net

tel. 01736 797007

Kneehigh Theatre

www.kneehigh.co.uk

Touring Theatre Company based in Cornwall.

We will be in Cornwall over the summer with a programme of specially selected work for our 30th anniversary.

We are also building The Asylum... a jaw-dropping, spirit-lifting nomadic theatre structure - a tent! - and the most beautiful tent in the world. It's a flexible structure with the potential to range from a 200-seater that would be perfect for a village green or a school playing field, to a 1000-seat auditorium that could command London's South Bank, Watergate Bay or Sydney Harbour.

tel. 01872 267910

Miracle Theatre Company

www.miracletheatre.co.uk

tel. 01209 216762

Plymouth Pavillions

www.plymouthpavillions.com

tel. 0845 146 1460

St. Austell Players

www.staps.co.uk
tel. 01726 72289

Sterts Theatre, Upton Cross, nr Liskeard - PL14 5AZ

www.sterts.co.uk
covered open-air theatre
tel. 01579 362382

The Barbican Theatre

www.barbicantheatre.co.uk
tel. 01752 267131

The Minack Theatre, Porthcurno, Penzance - TR19 6JU

www.minack.com/dayvisitors/coffee.htm
The Minack Coffee Shop offers a stunning location from which to view wild waves or a raging storm!
tel. 01736 810181

The Theatre Royal

www.theatreroyal.com
tel. 01752 267222

Tywardreath Players

www.tywardreathplayers.co.uk

CINEMAS

The Cinedrome, Padstow - PL28 8AN

www.wtwwcinemas.co.uk/padtim.htm
tel. 01841 532344

The Flora Cinema, Helston - TR13 8PT

www.merlincinema.co.uk/index.php?localpage=helston
tel. 01326 569977

The Phoenix Cinema, Falmouth - TR11 3PL

www.merlincinema.co.uk/index.php?localpage=falmouth
State of the Art 5 Screen Cinema including Licensed screens and Café/Bar.
tel. 01326 313072

The Plaza Cinema, Truro - TR1 2PN

www.wtwwcinemas.co.uk/trutim.htm
tel. 01872 272894

The Rebel Cinema, Bude

Sadly the Rebel Cinema has closed

The Regal Redruth, Redruth - TR15 2AZ

www.merlincinema.co.uk/index.php?localpage=redruth
tel. 01209 216278

The Regal Wadebridge, Wadebridge - PL27 7AD

www.wtwwcinemas.co.uk/wadtim.htm
tel. 01208 812791

The Royal Cinema, St Ives - TR26 2ND

www.merlincinema.co.uk/index.php?localpage=stives
tel. 01736 796843

The Savoy Cinema, Penzance - TR18 2SN

www.merlincinema.co.uk/index.php?localpage=penzance
tel. 01736 363330

White River Cinema, St Austell - PL25 5LX

www.wtwwcinemas.co.uk/austtim.htm
White River Cinema is located in the new White River Place development in the centre of St. Austell. Due to the continuing construction work, access is currently only available from Trinity Street.
tel. 01726 66301

Adventure

Active-8, South East Cornwall - PL14 4QX

www.activecornwall.co.uk
Simple to use online booking website with a portfolio of some the best activities in Cornwall whatever the weather!
tel. 01579 320848

Adrenaline Quarry, Menheniot Junction nr. Liskeard - PL14 3PJ

www.adrenalinequarry.co.uk
Adrenalin Quarry, home of The Zip, the biggest Zip wire in the UK, Hoverworld, The UK's no1 Hovercraft Flying School, and Kartworld, first for Karting in the South West. Visit our website or phone 01579 308 204 for details. Open 10-6 every day, rain or shine.
tel. 01579 308204

BF Adventure, Penryn - TR10 9BX

www.bfadventure.org
An outdoor activity centre on 60 acres of land. Three water filled quarries are a base for abseiling/climbing, canoeing, kayaking and archery. We also have an adventure quarry with rope bridges, zip wire, gabions etc.
tel. 01326 340912

Mobius Kite school and Bike Trails, Kite School (Mobile) - Perranporth, Hayle, Marazion, Pentewan. Bike Trails - Various locations in mid Cornwall (Truro Area) - TR6 0JL

www.mobiusonline.co.uk

When its wet, its usually windy so kitesurfing is an ideal activity. If the rain is not too heavy you could also have a go at powerkiting, kite bugging and kite landboarding. A guided Mountain Bike Trail is also a great rainy day activity as lots of the trails are under dense woodland.

tel. **08456 430630**

Mylor Sailing School, Mylor, Falmouth - TR11 5UF

www.mylorsailingschool.co.uk

We are a small but long established, owner-run independent Sailing and Powerboating school. We are an RYA recognised centre with an AALA license ensuring standards of safety, equipment and quality of tuition. We are able to give a friendly personal service to children and adults that can be tailored to your requirements. With our range of beginner, intermediate and advanced RYA Sailing and Powerboating courses and tuition here in Cornwall, combined with our ideal location you will find Sailing and Powerboating at Mylor Sailing School a great experience.

tel. **01326 377633**

Outlook Adventure, Cornwall - PL15 9BN

www.outlookadventure.co.uk

Outlook Adventure is a mobile multi activity provider offering activity days throughout Cornwall.

We have courses to suit everyone from Coasteering to Climbing! Young and old, novice or experienced. Our courses suit individuals, families, school groups, stag groups as well as Military groups. We also offer personal development and leadership courses for young people and corporate groups.

If you are a charity looking to fund raise, we can help!

tel. **01566 772278**

Salt Air Adventures, Newquay - TR7 1AA

www.saltair.co.uk

All female instructors providing a mobile service for surfing, coasteering and rock climbing in Cornwall.

tel. **07988 620742**

The Adventure Centre, Lusty Glaze Beach, Newquay - TR7 3AE

www.adventure-centre.org

The Adventure Centre has a range of exciting activities to take part in whatever the weather is like outside. Although most of our activities are outdoors, it doesn't really matter if it's raining as we will provide wetsuits and protective gear to ensure you have a warm and fun experience. Plus we have an indoor beach cafe where you can eat or drink and dry out after your activities. Our activities include Surfing, Coasteering, Abseiling, Zip Wire and other cliff activities.

tel. **01637 860031**

Vertical Descents, Newquay - TR7

www.verticaldescents.com

Home of Adventure activities, Vertical descents provides many outdoor activities for anyone and everyone all over Cornwall. Specialists in Coasteering we cater for all and provide the best adventure activities and adrenalin days available in Cornwall. We offer, Power Kiting, Kite surfing, Kayaking, Surfing, Mountain Biking and much more.

We travel to you to offer the finest service with the best activities and brilliant staff. All of our activities are available, rain or shine for the whole family.

tel. **07891 264342**

