# Suggestions for a week around Meadow Rise

#### Day One

Arrive and unpack. Why not take a walk around St Columb before perhaps stopping at the Ring of Bells for a drink or meal (booking is recommended, and don't forget to use your voucher).





#### **Day Two**

Newquay has a lot to offer with its Aquarium, zoo, wonderful beaches and gardens to explore. Why not head to the Zoo to spend a few hours enjoying the animals they have before heading down to one of the many beaches for an afternoon of surfing and digging in the sand. Towan Beach is in the town and easy to get to or there's Lusty Glaze just around the corner. Fistral is also a short journey away. If adventure is calling take a trip to Newquay Activity Centre to hire a surfboard, paddle board, maybe go for a paddle in a kayak or perhaps try Coasteering. Don't forget to take your voucher.



Towan Beach - Newquay



Lusty Glaze - Newquay



Fistral Beach -Newquay



Coasteering with Newquay
Activity Centre

### **Day Three**

Camel Creek Adventure Park is just a short drive from Meadow Rise and has rides, animals and is a fun filled day for all the family. By booking online you will get money off per person by entering the code. Make sure to take a picnic and spend a whole day exploring and having a great time.





## **Day Four**

Why not explore a little further afield and head down to Penzance. There are some great places to visit one of which is St Michaels Mount. Depending on the tides you can either walk across the causeway or if the tide is in take a boat across to make it more of an adventure. Explore the beautiful gardens and the amazing views from the top. It really is a day to remember.



St Michaels Mount – Mounts Bay



The boat journey over from Marazion



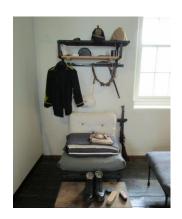
St Michaels Mount Garden

### Day Five

Falmouth is a great day out with a variety of places to visit to make the most of your time. Why not try Pendennis Castle, a fortress built by Henry VIII to defend the country against invasion. Set on a headland with stunning views out to sea this castle has defended Cornwall since Tudor times and played a vital role in both World Wars. With lots to see and do for all the family it really is a place to visit.



Pendennis Castle - Falmouth





After your trip to Pendennis why not visit the National Maritime Museum just down the hill from Pendennis. This impressive museum has boats from all ages and tells the stories of the sea. A great place for young and old to enjoy with lots of hands on interaction for all the family.







National Maritime Museum - Falmouth

## <u>Day Six</u>

Perhaps explore one of the beautiful gardens around the area maybe a trip to the famous Lost Gardens of Heligan or the biomes of the Eden project. Both are a great day out and both just a short drive from Meadow Rise.



The Lost Gardens of Heligan



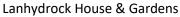
The Mud maid at Heligan



The Eden Project

With so much to see and do a week will fly past and you'll have to choose carefully. Perhaps once you've packed the car you might like to visit Lanhydrock National Trust house and gardens, Bodmin or if you want an adrenaline rush why not stop by Adrenaline Quarry, Liskeard to have a go on the zip wire to get the heart pumping.







Sunset over Watergate Bay



Zip Wire at Adrenaline Quarry

Whatever you choose to do we hope you have a great time and a safe journey home.