



Winter Cornish Coastal Adventure 4-Day Sample itinerary

While Cornwall is renowned for its summer charm, the colder months bring their own distinct allure. From the dramatic coastline to cozy coastal villages, there is so much to enjoy in Cornwall in the winter months. The absence of summer crowds allows for a more intimate connection with the area's natural beauty, historic sites, and picturesque towns where visitors can escape from the hustle and bustle of everyday life. Winter in Cornwall is the perfect time for beach walks, indulging in hearty cuisine, coastal adventures and immersing oneself in a rich cultural heritage that comes to life during the colder months.

For more information check out www.visitcornwall.com or contact pressandpr@visitbritain.org

Supporting assets can be found [here](#) on the [VisitBritain image library](#) or on the [Visit Cornwall image library](#).

Day 1 – St Austell	
Morning	<p>Arrival into St Austell by train (4h 30min from Heathrow, 5h 30mins from Gatwick, 4h from Bristol Airport, 2h 15mins from Newquay airport, 4h 10mins from London)</p> <p>St Austell The old market town offers stunning coastal views, historical sites, intriguing museums, and delicious local cuisine. The curved bay boasts sandy beaches ideal for water sports and scenic walks.</p>
Afternoon	<p>St Austell Brewery The historic family run brewery offers a truly Cornish experience. See behind the scenes during one of their brewery tours and learn how they brew their drinks or book a tasting session to sample their creations.</p> <p>By bus to the Eden Project (25 mins)</p> <p>The Eden Project Explore the beautiful domed garden and rediscover the natural world. The attraction features one of the world's largest indoor rainforests, a mediterranean biome and extensive outdoor gardens with contemporary art. From reducing energy use and making soil from recycled waste to buying locally, Eden Project has sustainability at its core. From now until the end of February, visitors can book ice skating sessions in a stunning setting.</p> <p>OR</p> <p>By bus to Charlestown Harbour (30 mins)</p>

	<p>Charlestown Harbour The beautiful UNESCO World Heritage site is Britain's last working 18th century Georgian harbour. Scenes for movies including The Three Musketeers, Doctor Who and Alice in Wonderland were filmed at the port. Walk along the coastal path on either side of the harbour to enjoy breathtaking views and hidden beaches.</p> <p>By bus back to St Austell (approx. 30 mins)</p>
Overnight	<p>Overnight at The White Hart Hotel in St Austell Located in the centre of the town (5 mins from the train station), The White Hart Hotel is a Grade 2 listed Georgian town house hotel. With its cozy bedrooms, the hotel provides the perfect base to explore the area. Their restaurant serves local and seasonal dishes with fresh fish from the Cornish coast.</p>
Day 2 - Penzance	
Morning	<p>By train to Penzance (55 mins)</p> <p>Penzance Penzance offers an array of award-winning restaurants, lively pubs, independent shops and galleries. Visitors can enjoy a stroll along the famous promenade, through tropical gardens and along historic streets. Explore the surrounding stunning countryside, including gorgeous beaches and picturesque clifftops.</p> <p>Plunge at the Jubilee Pool Opened in May 1935, the year of King George V's Silver Jubilee, the pool was built to allow cold water swimming in a sheltered space. Located right on the coast at the Battery Rocks near the harbour, the main pool swells during high tides. Open since September 2020, the naturally heated geothermal pool (up to 35 degrees) is open all year round.</p>
Lunch	<p>Lunch at The Shore Restaurant The Shore is known for its Japanese-inspired cuisine showcasing the finest Cornish produce served in an intimate atmosphere. Owner and head chef Bruce Rennie changes the pescetarian set menu daily to align with the season. The restaurant has a well-deserved Michelin Guide listing.</p>
Afternoon	<p>Escape Rooms Cornwall Choose from three different themed rooms and expect numerous puzzles, brainteasers and surprises. The stories in each room are Cornwall themed and suitable for experienced escape room enthusiasts as well as those wanting to try something new.</p> <p>Gin tasting at Pocketful of Stones distillery The four passionate founders of the distillery moved to Cornwall to realise their dream, leaving behind the London hustle for the Cornish wilderness. Learn more about their story, the way they make their concoctions and taste their range of spirits.</p> <p>OR</p> <p>By bus to Sennen Cove (45 mins)</p> <p>Walk from Sennen Cove along the King Charles III England Coast Path past Land's End to Porthcurno (approx. 2h 45 mins)</p> <p>Sennen Cove</p>

	<p>The popular Sennen Cove offers has a range of activities including surfing and a selection of shops, galleries and cafes. The large sandy beach and stunning coastal views draw tourists each year as it is a perfect spot for a coastal walk along Cornwall's western shore.</p> <p>King Charles III England Coast Path In honour of the Coronation of His Majesty King Charles III, England's Coast Path has been officially renamed as the 'King Charles III England Coast Path'. The National Trail along England's coast is scheduled to be fully accessible for walking by the end of 2024 and will stretch over 2,700 miles once completed.</p> <p>Land's End Land's End is one of Britain's most loved landmarks due to its beautiful surroundings and the unique location at the westernmost point of Cornwall. Get ready for breathtaking views and stunning coastal landscape. Refresh yourself in the restaurant or café and check out the brand-new immersive indoor adventure golf experience.</p> <p>Porthcurno Beach Porthcurno is an exceptionally beautiful white sandy beach on a turquoise bay backed by granite cliffs. The beach is naturally sheltered from the wind and weather, making it a popular surfing location during the winter months.</p> <p>By bus back to Penzance (1 h)</p>
Overnight	<p>Dinner and overnight stay at Artist Residence Penzance This charming Georgian Inn in Penzance, tucked away on historic Chapel Street, offers stylish and cozy rooms. The hotel is just a short stroll away from the various restaurants, main attractions and the waterfront of the town. The restaurant is a vibrant community hub serving locally sourced dishes, and the sunny terrace garden is perfect for a cup of tea or hot chocolate on dry and sunny winter days.</p>
Day 3 – St Ives	
Morning	<p>By bus to St Ives (33 mins)</p> <p>St Ives St. Ives is a beautiful coastal town in Cornwall known for its stunning surf and swim friendly beaches, historic charm and vibrant art scene. The town offers breathtaking coastal walks that have inspired renowned authors including Rosamunde Pilcher and Virginia Woolf. The town is also a hub for outdoor activities such as surfing, paddle boarding, boat trips and golf.</p> <p>Explore St Ives' beaches on a winter walk In winter, St Ives' peaceful beaches and trails offer a tranquil escape providing stunning coastal and countryside views. The cosy village boasts an abundance of remarkable coves, with four main beaches: Porthmeor below the iconic Tate Gallery with a great café with heated booths overlooking the beach, Porthminster with a long stretch of sand to the other side of the town within easy reach of the stations, Harbour beach at the very centre of town and Porthgwithden which is tucked below St Ives point and is a hidden gem with cute beach huts.</p>
Lunch	<p>Try a traditional Cornish pasty at St Ives Bakery This independent bakery is a haven for pasty lovers and offers a wide variety of other freshly baked goods. The Cornish Pasty is a popular pie traditionally filled with beef, potato and swede, making it the perfect warming lunch for colder days.</p>
Afternoon	<p>Visit the Tate St Ives The Tate in St Ives is where inspiring art and breath-taking scenery meet. The gallery offers spectacular views of the Atlantic Ocean and tells captivating stories of Cornish Coastal art. The</p>

	<p>gallery features beloved 20th-century British artworks, complemented by a diverse exhibition schedule highlighting both British and international modern and contemporary art. Renowned artists such as Barbara Hepworth, Marlow Moss, Naum Gabo, and Patrick Heron drew international attention to St Ives and West Cornwall.</p> <p>Explore the area around the Tate and stop at Olive's Café for a Cornish cream tea The area with cobbles streets and whitewashed cottages is home to plenty of galleries and art studios including the Blue Bramble Gallery, tucked away in a quieter location in town. Take a break at Olive's Café which is known for their Cornish cream teas including freshly made scones, Cornish clotted cream, jam and local tea. They also serve delicious home-made cakes and light meals made from local ingredients.</p>
Overnight	<p>Dinner & overnight stay at Tregenna Castle Hotel Perched on a hill overlooking St Ives, the resort offers a perfect base to explore this beautiful corner of Cornwall throughout the year. Expect picturesque sea view rooms, two restaurants serving flavourful seasonal dishes, an indoor pool & gym, spa and a golf course.</p> <p>OR</p> <p>Stay at Una St Ives in Cardis Bay (30 mins from St Ives) Situated above the picturesque Carbis Bay area, the relaxed and stylish holiday resort Una St Ives will launch high-end villas from late 2023. The interior of the villas will be elegant and contemporary, each with its own private hot tub. The resort includes a spa, leisure club, lido swimming pool and restaurant with alfresco dining options.</p>
Day 4 – Newquay	
Morning	<p>By train to Newquay (2h 12mins)</p> <p>Newquay Newquay has become a popular seaside destination due to its big, beautiful beaches within easy reach of the town. In recent years, it has gained fame for its culinary scene, with restaurants including Rick Stein's Fistril offering beachside dining with freshly caught local fish. The town offers a diverse range of dining options, from Cornish pasties to international cuisine. Known as the surfing capital of Britain, Newquay offers a variety of water sports including kite surfing, stand-up paddleboarding, windsurfing and sea kayaking.</p>
Lunch	<p>Lunch at Cove24 Restaurant and Cocktail Lounge Located in the heart of Newquay, Cove24 offers great dining experiences with a cozy atmosphere in a relaxed setting. Their menu is inspired by great Cornish produce including fresh fish landed at Newquay harbour, local beef and vegetables and micro herbs from nearby farms.</p>
Afternoon	<p>Winter surf lesson with St Ives Surf School on Fistril beach Surf enthusiasts can enjoy the sport all-year round with the right winter wetsuit supplied by the school. Fistril Beach is very popular with surfers and has lifeguards during the winter months.</p> <p>OR</p> <p>Newquay Sea Safaris & Fishing Embark on a Sea Safari from Newquay's historic harbour and explore the rugged Cornish coastline, spot wildlife and hear tales with engaging guides. The tour goes past aptly named Seal cove and you may also see dolphins or sharks from the boat. The organisation is proud to be part of Cornwall Wildlife Trust, a local wildlife charity dedicated to conservation and education in Cornwall.</p>

Overnight	Dinner & overnight stay at The Headland The luxurious Headland is one of Cornwall's iconic hotels known for its stunning architecture and interiors combining traditional with modern design touches. Each of their rooms has its own character and many have picturesque ocean views. Relax in their exceptional spa or hire an e-bike to explore the area. The hotel won the Independent Hotel of the Year award in 2023 recognizing its commitment to providing exceptional guest experiences while embracing innovation.
Day 5 – Departure	
Morning	Individual departure from Newquay by train or bus (5h 30mins to Heathrow, 6h 13 mins to Gatwick, 5h to Bristol Airport, 20mins to Newquay Airport)