

OUT AND ABOUT



Padstow is famous for its festival held on May 1st to celebrate the coming of Spring- the 'Obby 'Oss, a pagan ritual where dancers, singers and musicians proceed behind the Hobby Horse through the streets thronged with people to a hypnotic tune. A 'must see' if you holiday in Cornwall at this time.



'One fellow, with a horses head painted before him, and a tail behind, the whole covered with a long footcloth which was supposed to hide the body of the animal, ambled, carolled, pranced and plunged, as he performed the celebrated part of the Hobby Horse.'



Fish freshly caught in the local Cornish waters is served in Padstow's many restaurants including Rick Steins.



# A Grand Day Out!

FOLLOW THE SPECTACULAR NORTH CORNISH COAST AND TREAT YOUR FAMILY WITH A VISIT TO **PADSTOW**, ONE OF **CORNWALL'S** FAVOURITE SEASIDE DESTINATIONS...

**P**adstow, a few miles up the north coast from Newquay, has a unique charm - fishing boats and pleasure boats jostle for place in the old harbour and the surrounding shops packed around the little side streets abound with gifts and goods of every sort. Brass bands often play on the quay competing with the sound of seagulls. Fish and chips and delicious pasties can be enjoyed from the harbour front and if you

buy your child a crab line they will be amused for hours dangling a hook into the harbour waters. For more up market dining try one of the many seafood restaurants (including Rick Stein's - booking essential). Sea fishing trips and power boat rides feature from Padstow - the surrounding coastline is spectacular. For a short trip, a ferry service can take you across the Camel river to visit Rock and Daymer Bay.

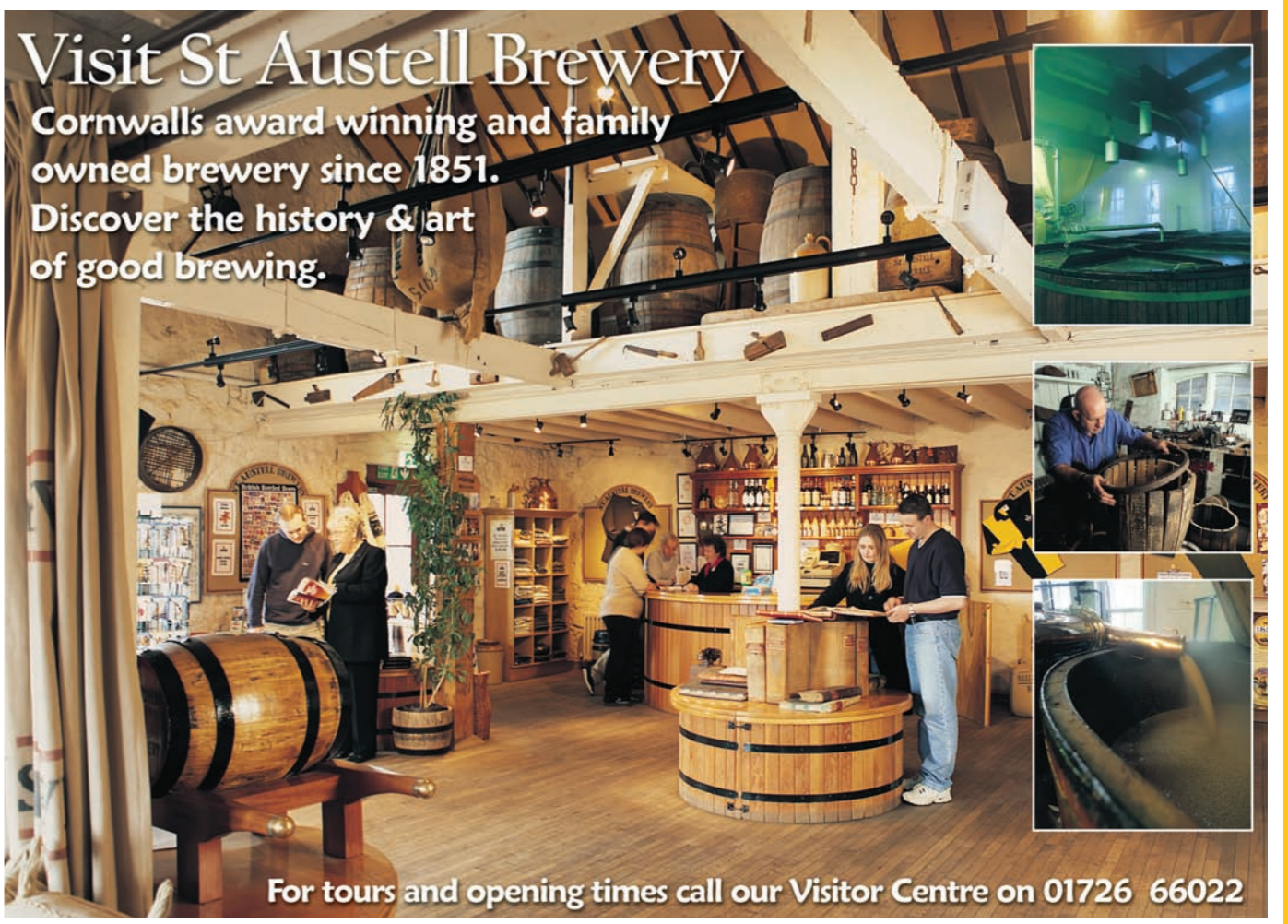
OUT AND ABOUT



The Camel Trail is a disused railway line following the beautiful Camel Estuary from Padstow to Wadebridge and restored to a cycle trail - bicycles and baby buggies of all shapes and sizes can be hired for a fun day out. Wadebridge is a bustling market town and ancient river port - well worth a look around if you have got any energy left after all that cycling!

## Visit St Austell Brewery

Cornwall's award winning and family owned brewery since 1851. Discover the history & art of good brewing.



For tours and opening times call our Visitor Centre on 01726 66022