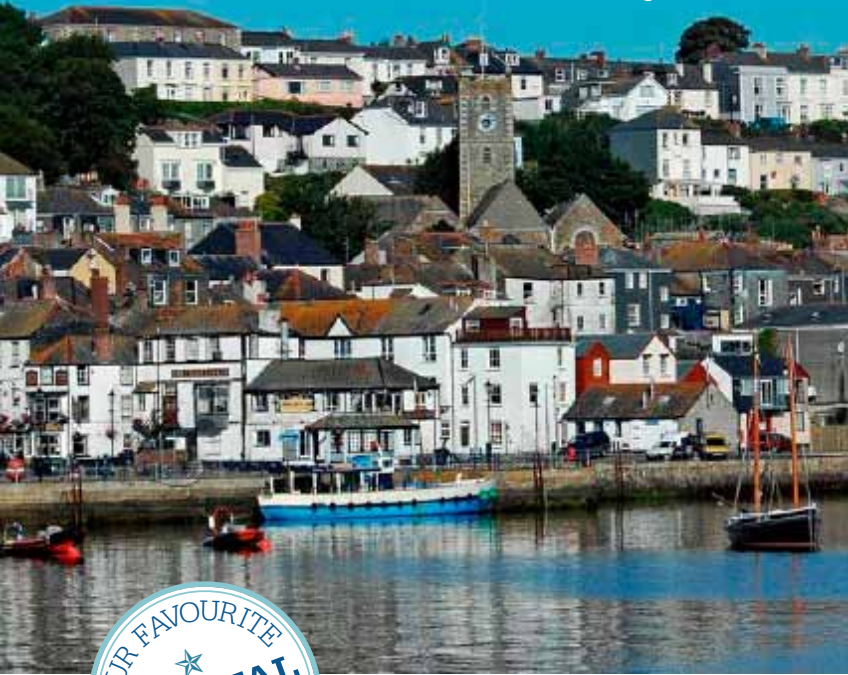


Falmouth is famous for its pretty harbour; Yarg cheese (right) is one of the delicious Cornish specialities that will delight foodie visitors.



A postcard from... Falmouth

WHERE?

On Cornwall's south coast facing the world's third largest natural harbour, between Truro and Penzance.

GETTING THERE...

Trains from London Paddington take four-and-a-half to five hours to Truro then change to the Maritime Line for the 20-minute journey to Falmouth Town, First Great Western, 0845 700 0125, firstgreatwestern.co.uk. By car, take the M4 from London to Bristol, then the M5 to Exeter and the A30 to Cornwall.

SHOP FOR...

Interiors and gifts Find top brand kitchen utensils and unusual gadgets at Kitchen & Gifts, 4 High Street, 01326 211109, kitchenandgifts.co.uk. Also in Falmouth's oldest street, discover the secrets of Cornish coastal interiors using fabrics and wallpapers by GP & J Baker, Zoffany, Neisha Crosland, and eco-friendly paints from Little Greene at Camellia Interiors, 38 High Street, 01326 311193, camelliainteriors.co.uk. Book a one-day course in the design studio with its lovely harbour views and learn how to 'make and mend' or all about 'vintage retro' style. Cushions, furniture, china and gifts can be found at Elephant & Monkey, 35 Killigrew Street, 01326 218881, elephantandmonkey.co.uk. Be spoilt for choice with traditional and contemporary hardware and fittings at Willow & Stone, 42 and 45 Arwenack Street, 01326 311388, willowandstone.co.uk, where owners Nick J Williams and his wife Sarah Willshaw also

offer Farrow & Ball paints, garden and pet sundries, plus art prints and posters. For works by contemporary ceramicist Helen Beard and Cornish painters Richard Tuff and Sue McDonald, visit Beside The Wave, 10 Arwenack Street, 01326 211132, beside-the-wave.co.uk. Round-the-world yachtsmen and women join the weekend sailors to shop at the country's oldest chandlery, The Bosun's Locker Chandlery, Upton Slip, 01326 312212, where you will also find tempting nauticalia and an interesting selection of gifts.

Artisan produce Traditional farmhouse loaves, focaccia and speciality breads are baked daily with organic flours at Stones Bakery, 28a High Street, 07791 003183. Learn how to make proper Cornish pasties alongside Charlie Choak who has been crimping crusts for over 50 years at Choaks Bakery, JH & M Choak, 30 Killigrew Street, 01326 312426. Or step into Stein's Deli, Discovery Quay, 01841 532700, rickstein.com, for delicious local produce that includes Cornish Crumbly and Yarg cheeses, Tywardreath sausages, and Crelow handmade jams and relishes. For barbecues, buy the freshest fish from family-run Arwenack Fisheries with friendly tips on how best to cook your purchases. Picnic on cooked dressed local crabs, shrimps and

PROPERTY

This compact terraced town offers a wide range of styles from Victorian townhouses and new-build family homes to spacious detached houses in sub-tropical gardens.



Four-bedroom detached house, £595,000 Just a minute's walk from the seafront, this property has a bright spacious living room with French doors leading to the front garden. There's a contemporary kitchen plus balustrated balconies. Miller & Son, 01326 311666, millerson.com



Three-bedroom detached house, £237,000 With views towards Swanpool bay, this home has an enclosed rear garden, dual-aspect living room, kitchen/dining room, and an en suite to the main bedroom. Lewis Haughton Wills, 01326 211511, lewishaughtonwills.com.



Four-bedroom townhouse, £289,000 This three-storey Victorian home has panoramic harbour views and original features. There are two reception rooms, and a garden room with French doors to a small sun-trap courtyard. Heather & Lay, 01326 319767, heather-lay.co.uk.

cockles temptingly displayed at their shop at 29 Arwenack Street, 01326 312235.

TAKE A BREAK...

Enjoy cream teas with pure Cornish ingredients from Rodda's clotted cream and Boddington's jam to Tregothnan tea at de Wynns Coffee & Tea Shop, 55 Church Street, 01326 319259, dewynns.co.uk. Tuck into quality fish and chips (you can eat in or take away), including local mackerel and pollock, at Harbour Lights, Custom House Quay, Arwenack Street, 01326 316934, harbourlights.co.uk. Take breakfast, lunch or tea at the Courtyard Deli, 2 Bells Court, 01326 319526, courtyarddeli.wordpress.com, where you can eat upstairs in the light-filled café or downstairs in the pretty cobbled courtyard.

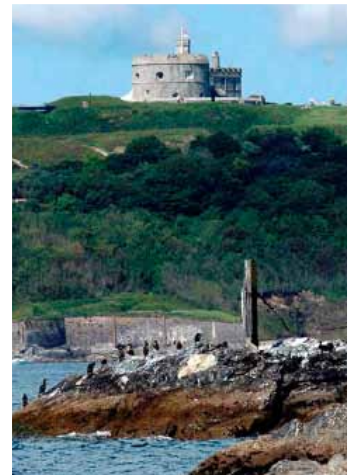
SPEND A WEEKEND...

Where to stay With panoramic harbour views, The Greenbank Hotel, Harbourside, 01326 312440, greenbank-hotel.co.uk, is steeped in history; the original Georgian part is where Falmouth packet ship sea captains once had lodgings.

What to do Swim from three main beaches: Swanpool, home to the Elemental UK Watersports School, 01326 318771, elementalluk.com; Gyllyngvase for perfect sandcastles and the popular brasserie-style Gylly Beach Café, 01326 312884, gyllybeach.com; and Castle beach for shrimping in rock pools and ice-cream at Castle Beach Café, Cliff Road, 01326 313881, castlebeach.cafe.co.uk. Stroll along the Falmouth seafront towards Pendennis Castle, 01326 316594, english-heritage.org.uk, and continue to Pendennis Point



for great coastal views. Stop at Events Square and visit the National Maritime Museum, Discovery Quay, to explore Falmouth's seafaring history. There are regular events for children, you can spot seals and dolphins from the high tower and sealife through the underwater viewing windows, 01326 313388, nmmc.co.uk. A must-see is the famous painting *The Lady of Shalott* by John William Waterhouse in Falmouth Art Gallery, Municipal Buildings, The Moor, 01326 313863, falmouthartgallery.com. Take pedestrian ferries to Flushing and St Mawes, sight-seeing and fishing trips on boats from the town quays, or a wildlife sea safari, Orca Sea Safaris, 01326 214928, kingharryscornwall.co.uk. Cruise the harbour and hidden coastal creeks with Enterprise Boats, 01326 374141, enterprise-boats.co.uk.



TOP Retro finds and vintage buys at Elephant & Monkey.
ABOVE Enjoy a day out at historic Pendennis Castle.

WHY VISIT NOW?

For history buffs... From 29th July to 1st August 2011, visit Pendennis Castle for the family friendly 'Time Travellers Go...Knights and Princesses' event (below left). Featuring a children's academy with squire training, etiquette lessons and the chance to try on armour. Call 01326 316594, english-heritage.org.uk.

For garden lovers... From 23rd to 31st July 2011, Love Parks Week will see guided walks, brass band concerts, children's events and tea parties in Falmouth's four historic public gardens (including Gyllyngdune, below right). Call 01326 313553, falmouth.co.uk.

