

Best things to do and places to stay on your summer holiday to Cornwall

Comment



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Forget the pasties, these should be top of your list (Picture: Metro.co.uk)

Thanks to the G7 summit in June, the world's spotlight will shine on one of England's sunniest counties.

And with half of us **having already booked** a staycation in the South West, it's about time you brushed up on the best activities to get up to while you're there.

And if you're late to the party when it comes to having already nabbed a holiday cottage, we've rounded up some fabulous places to stay.

Let's find out what Cornwall was to offer...

Bodmin Jail Hotel, Bodmin Moor



No complaints about being locked in this cell for the night

One of the most exciting things to happen here this year – apart from the prospect of **Joe Biden**'s armoured vehicle getting stuck down a narrow Cornish lane – is the transformation of Bodmin Jail, overlooking Bodmin Moor, into a stylish hotel.

Dating from the 1770s, it held prisoners until 1916, then became a run-down attraction. 'People tried to dynamite it but failed, thanks to the thickness of the walls,' laughs the hotel's GM, Rajesh Joshi.

'Now it's been beautifully restored, using original features – even the bars on the windows come from former cells.'

You can expect 70 luxurious rooms, a gourmet restaurant, al-fresco dining, a **gin** and champagne bar, with glamping on-site, too, and a spa coming this summer. One spooky reminder of the building's origins comes with the Jolly Hangman Tavern.

'Yes, the name does refer to the fact the jail once carried out executions,' says Rajesh, 'but don't worry, it's not haunted. I hope.'

Rooms from £150pn, click [here](#) to book.

St Michaels Resort, Falmouth



If you're feeling chilly after your wild swim, a dip in the hot tub back at the resort should warm you up

Fancy trying wild swimming for the first time, or, if you're not a novice, doing it in a special setting?

SwimLab coach Salim Ahmed will be running a new weekend open water retreat at St Michaels Resort on Gylly Beach, Falmouth.

'This is a perfect place to learn, or enhance, your wild swimming technique,' he says. 'The water here is relatively mild, set between two beautiful bays, with the views from the water adding to the sense of mindfulness.'

From £515pp including meals and accommodation, click [here](#) to book.

Headland Hotel, Newquay



Swim in style at the Headland Hotel

If you just fancy bobbing about, or focussing on lanes, get yourself to the Headland Hotel in Newquay, which has just launched their new, £10 million Aqua Club, a swimming and wellness space.

It features six pools (three indoor), a sun terrace and spa.

Click [here](#) for more information.

Jubilee Pool, Penzance



The benefits of a sea swim from the safety of a lido (Picture: Cameron Smith/Getty Images)

Lido fans should make a beeline for Penzance's Art Deco Jubilee Pool, one of Europe's only remaining geothermal salt water tidal pools, which underwent a £2 million restoration a few years ago.

Click [here](#) for more information.

Gin School, Padstow



Become a gin master

Cornwall's been part of the UK's gin renaissance over the past decade, and this year one of the most successful distilleries, Tarquin's Cornish Gin, based in Padstow, is opening its first Gin School.

It will offer distilling masterclasses, allowing you to experience the process of creating your very own bottle of Cornish gin

Classes cost £85pp, click [here](#) for more information.

Gin fans should also try...



Fruity flavours

New to the market is Penzance Gin, a unique, citrusy, amber-coloured gin created by three friends who came up with the idea during a pub quiz at their local.

Check out their website [here](#).

Prawn on the Law, Padstow

If you need something to soak up all that booze, premium seafood purveyors Prawn on the Lawn are opening their pop-up restaurant at Trerethern Farm in Padstow for the second summer running.

Expect local brown crab, lobster and oysters, as well as freshly grilled fish.

Click [here](#) to find out more.

Three Mile Beach, St Ives



Beachfront beauty (Picture: Elliott White)

Those looking to spend their time by, and indeed, on, the sea (via a surfboard), have a host of hot new spots to choose from when it comes to a slick beach stay.

Three Mile Beach is a collection of 15 bright and airy self-contained properties right by the Atlantic, sleeping between four and ten people, not far from St Ives.

From £2,000 for seven nights/£71pp pn. Click [here](#) to book.

Gwel Tresa, Polzeth



Not a bad place to come back to after a day catching waves

In Polzeath, you'll fall asleep to the sound of the waves – after a day hanging ten over them – at Gwel Tresa, an impressive, newly-constructed, four-storey house right on the sand.

You'll find five double bedrooms with incredible panoramic sea views, an outdoor kitchen, cocktail bar, and super-chic interiors.

From £26pp pn for a seven night stay. Click [here](#) to book.

Do you have a story to share?