



THE VALLEY
CARNON DOWNS . CORNWALL

Activity Pack



Although we could argue that you'll never be bored in this beautiful part of the country, we also know that sometimes you just want to do something different. So, we've put together a list of activities all found in the local area, that could help make this a holiday of a lifetime.

Enjoy.....

1. Horse riding with a difference: The Old Vicarage Riding Stables, Penzance

Take a ride on one of the many beautiful local beaches. Ever swam a horse in the sea? Then we have the gorgeous Mounts Bay with 2 miles of soft golden sand for you to do just that! Other riding experiences such as trail riding and western style also available.

Contact John Daniels on **01736 711508**

2.) Conquer the Rocks: Cornish Rock Tors Polzeath

Experience the buzz of vertical movement over rock. Whether you are a complete beginner, expanding your horizons from indoor climbing or a budding rock monkey, the qualified and experienced instructors can guarantee you a great day out. Day courses run for different skill levels at a choice of venues in Cornwall. The climbing instructors have experienced climbing all over the UK, Europe and the rest of the World holding the relevant qualifications from the Mountain Leader Training Board for activities. Lunch and all equipment is provided. Also unlike many other companies they believe it is essential to provide rock shoes for you to get the most out of your day. For all ages and abilities. Contact **(0) 7791 534884** (Simon or Matt)

3.) Get Wet!!: Stithians Lake Angling and Watersports Centre, Redruth.

With excellent facilities for sailing, windsurfing and canoeing, beginners to the experienced will be in their element with courses, self-launch and hire provision along with multi-activity days. This is also the perfect location for a spot of trout fly-fishing. For boat bookings and more information tel. **01209 860301**

4.) Wildlife adventures on the high seas: Mermaid Pleasure trip, Penzance

Come and explore the fantastic coastline aboard the fast rib boat The Misty Blue in search of the amazing marine wildlife commonly seen in our waters. Bottle nosed dolphins, porpoises, basking sharks, seals, minky whales, sun fish, cormorants, gannets and gulls to name but a few. 1 and 2 hour trips available Contact Telephone **07901 731 201**.

5.) Brave the Birds of prey: Cornish Birds of Prey centre St Columb

All falconry experiences are complete hands-on with you flying the birds yourself under supervision of the falconer. A spectator is able to accompany the person doing the experience to take photos/video or to just watch them enjoy their experience for the entrance fee of £6.50 (only one spectator per participant) Minimum age for Falconry experiences is 14. Contact **01637 880544** for more information and bookings

6.) Zip above the sand: Zip wiring with Lusty Glaze Adventure Centre, Newquay

The Zip Wire is the Adventure Centre's answer to bungee jumping. At 750ft long, and 120ft high, this aerial runway is one of Europe's fastest longest and highest – and it is *here* in Newquay! The Zip wire is a fast, adrenalin ride that requires a minimum level of instruction, so it is perfect for a quick buzz while you visit the beach. For more information contact us on **01637 872444** or **01637 878718**.

7.) Caverns, Caves, Bluebells and Faerie folk: Carnglaze Caverns, St Neot nr Liskeard.

Experience a guided tour through the three caverns of cathedral proportions, hand created by local slate miners. Within the complex is the famous subterranean lake with its crystal clear blue/green water. During the tour you will go about 150m into the hillside and 60m below ground. Then find Shanara and the faerie folk in Enchanted Dell, set in 3 acres of lush garden and woodland. Contact **01579 320 251**

8.) Seafood Masterclass: Rick Stein Seafood School Padstow

Rick Stein's vision for the Padstow Seafood School was to 'run a place where I enjoyed cooking, a place where the whole morning would revolve around lunch.' These lunches are designed to cover every aspect of seafood cookery. Almost without realising it, you will cover it all from filleting a plaice to stir-frying squid, braising brill to steaming sea bass. Pre booking is essential, vouchers available. Contact Tel: **01841 532700**

9.) Ghosts and ghoulies!: Spooky nights, Ghost walks, and hunts with 'Haunted Cornwall'.

Take a guided walk to various spooky locations, steeped in authentic and ghostly tales. Hear some thought provoking stories from the entertaining guide. There are no gimmicks or tacky set ups - frankly we don't need them! Contact us on **01736 331206**