

Tinners Rest

Local walks, beaches, activities and attractions. Updated 2020.

Please double check venues before visiting to avoid disappointment.



PENZANCE & WEST PENWITH
PENNANS HA PENNWDYH WEST

C|365

Isles of Scilly

Land's End

Penzance & West Penwith

Special Events

Winter / Gwaf	Spring / Gwentol
St Ives Festival St Keverne Feast (PENZANCE)	St Buryan Feast Towednack Feast
St Just Feast Senmen Feast St Ives Feast	Zennor Feast St Ives May Day
St Ives Festival St Keverne Feast St Erth Feast Paul Feast Great Feast Cornish Gales out	Golowan & Mazing Day (PENZANCE) Newlyn Fish Festival Loft Towler Festival (St. Just) PENZANCE Literary Festival Merriv Tides Day Sawtreed Feast
Autumn / Kyngav	Summer / Hay

Look for these **SPECIAL EVENTS** **HWARVOSOW ARBENNEK MA** **HWARVOSOW ARBENNEK MA**

Drawn by/Delinyngans Keith Sparrow

CORNWALL 365 CREATIVE KERNOW ARTS COUNCIL ENGLAND VisitEngland CORNWALL COUNCIL

Closest beaches (miles away from Tinnars Rest)

Boat Cove/Sandy Cove 1.5 miles. No lifeguard cover.



Small north facing cove immediately below Pendeen Lighthouse. Rock and sand. Dogs allowed all year.

Take the right fork by the Lighthouse for 100m to a **parking** area, walk back along the track to the Lighthouse and follow the path that runs by the side of the wall where there is a gate and steps giving access to Pendeen New Cliff. Follow the worn grass path to rock platforms with the cove on the right.

Portheras Cove 2 miles. No lifeguard cover.

A lovely, rugged sandy cove located at the end of a shallow valley with sheer cliffs at the northern end. Not much beach at high tide, dogs allowed all year round.

Accessible via a car park to the right of Pendeen Lighthouse, or the farm car park in Rose Valley. Both followed by a walk and short descent. Not wheelchair/buggy friendly.



Porth Nanven Cove 4 miles. No lifeguard cover. Dogs permitted all year round.

At the end of the Cot Valley, St Just. Two small, predominantly rocky, west-facing beaches. Visiting at low tide is ideal.

A small car park, on the cliffs above the cove, sits on the site of the defunct **Bellan Mine**. Also near Bllowall Barrow, a Stone Age burial mound.

Priests Cove 4 miles. No lifeguard cover.

A tiny, rocky (still in use) fishing cove. Towering above the beach is **Cape Cornwall** itself with its iconic mine chimney stack.

Car park & toilets. Dogs allowed all year round.



Porthmeor Cove 3.8 miles. No lifeguard cover.

A small, sheltered cove halfway between Morvah and Zennor. A combination of pebbles, sand and rocks. Less accessible, but stays quieter year round.

Park at Carn Galver engine houses and walk east for a mile. Steep slopes and narrow paths lead down to the cove. Dogs allowed all year.



Gurnards Head Beach (Treen Cove) 4.6 miles. No lifeguard cover.

Access to cove involves a walk, then scrambling down over rocks and would not be easy for some.

Dogs allowed all year round.

Sennen Cove 9 miles.

Lifeguard cover - 30th of March until the 28th of October. A breath-taking sandy cove with easy access and parking available.

Dogs welcome October to April only. Cafes, restaurants, pubs, galleries and shops along the seafront. A very popular beach, with surfers and tourists.



Gwynver/Gwenver 9 miles. Lifeguard cover during summer.

Sennen Cove's dog friendly equivalent, and **our favourite!** At high tide the beach slopes steeply into the sea and can be dangerous, at low tide Gwenver joins up with Sennen beach.

On a clear day the Scilly Isles can be easily made out from the beach.

Car park/field at the top off the cliff. A fair 10-15 mins hike down a well-trodden path, but much more secluded.



Porthcurno 9 miles. Lifeguard service in summer.

Featured in Poldark...white sand & turquoise sea. Popular with families, has a stream that flows down one side which is great for kids to paddle in and up on the cliffs is the Minack Theatre.

Dog ban between May and September (8am - 7pm). Road is narrow and can get very busy in the summer.



Marazion Beach 12 miles. Lifeguard service.

Sand with a few pebbly patches. Ideal family beach with the convenience of the nearby town and a children's playground on the green behind.

The view over to St Michael's Mount makes quite an impressive backdrop. Dog ban between May and the end of September.

Porthmeor (St Ives) 13 miles. Lifeguard service during summer. The most popular of St Ives' 5 beaches, situated directly in front of the Tate Gallery and only 5 minutes walk from the town centre.

Plenty of facilities including a surf school, and a café. Seasonal dog ban. Parking in St Ives is very limited. We get the train from St Erth!



Things to see & do in Pendeen

Pendeen Lighthouse – Built in 1900 to guide vessels around the inhospitable shoreline from Pendeen to Gurnards Head, was automated in 1995.

Small parking area right next to the lighthouse, which is great for bird watching. The lighthouse is not open to visitors, but is smack bang in front of you and makes for great photos.



The walk to the right of the lighthouse along the coastline is breath-taking. Walk along to **Boat Cove** (20 mins at leisurely pace)... you may catch a glimpse of seals. 25 minute walk back up the hill.

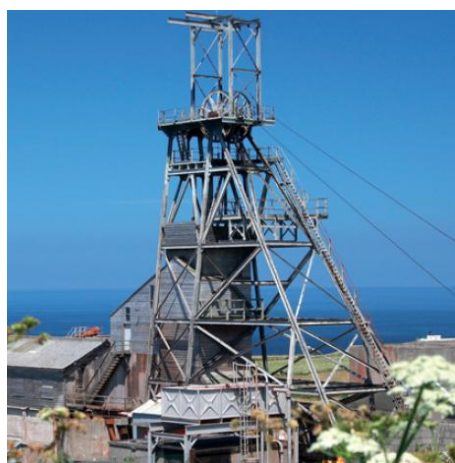
Pendeen Farmers' Market - 1st & 3rd Saturdays every month, 10am – 1pm. In The Centre Of Pendeen building. Run by volunteers - offering fresh, seasonal food.



<https://pendeenfarmersmarket.co.uk/>

Geevor Tin Mine Museum (Pendeen) - The largest preserved mine site in the country. Explore the buildings/mining machinery and discover how the rock brought up from deep underground was processed to produce the tin. Set in an Area of Outstanding Natural Beauty with fantastic coastal scenery, spectacular views and an array of wildlife. A great day out for kids and adults.

Open Sunday to Friday. (Closed on Saturdays). From April the site opens at 9am and the underground experience runs from 10am. The site closes at 5pm. From November to March open 10am – 4pm. Last admission 1 hour prior to closing.



Wheelchair accessible. Welcoming to breastfeeding mothers. Staff have received deaf and disability awareness training. Dogs welcome across entire site except underground. Assistance dogs are welcome everywhere. **01736 788662** <http://www.geevor.com/>



Boswedden Swimming Pool (St Just) - Indoor heated swimming pool open daily for private hire by advanced booking. One family or friend group at a time.

£5.00 per adult, £3.00 per under 15 – with a minimum for the hour of £7.00.

boswedden.org.uk/ **01736 788733**

Things to see & do - further afield



Levant Mine and Beam Engine in Trewellard (1.8 miles on foot from Tinnars Rest) – 30 minute walk or 6 minute drive.

The world's only Cornish beam engine still operated by steam on its original site. Guided tours (from 11am) mining remains, nature & The Tin Coast all in one. Pay and display car park is free for NT members.

Chûn Downs Nature Reserve & Chûn Castle – (2 miles inland from Pendeen) A lane signposted to Chûn Castle leads west from the Penzance to Morvah road at Bosullow Common.

Close by to the west, are the remains of Chûn Quoit, an ancient burial chamber. This atmospheric monument consists of four huge upright slabs topped by a massive capstone and is the only example of its type in perfect preservation.

The surrounding area is filled with Neolithic and Bronze Age sites, such as the Lanyon Quoit, a chambered tomb.

Access: Cars may be parked at Trehyllys Farm and a path leads up to Chûn Castle. Several footpaths pass over the reserve, all well-used, although they can be wet and muddy with some inclines.



Crown Mines/Botallack (2 miles from Pendeen) - On the wild Tin Coast, the famed Crowns engine houses cling to the foot of the cliffs in a landscape transformed by its industrial past. Part of the Cornish Mining World Heritage Site, and the filming location for Wheal Leisure in BBC's Poldark, from here Cornish miners changed the world.

Countryside open dawn to dusk, Count House Workshop Café generally open 10am – 5pm. Parking: just beyond Botallack Count House.

Wheal Owles (2.1 miles from Pendeen) - Also known as Cargodna Mine, stands high on the cliffs between Botallack and Cape Cornwall.

It's name translates from Cornish as 'place of work on a cliff', 'owles' being a corruption of the Cornish word 'als' meaning 'cliff' with 'wheal' meaning a 'place of work'. Featured as Wheal Leisure (the fictional mine) owned by the Poldark family. Dogs welcome on leads.



Men-An-Tol (3 miles from Pendeen) - An unusual and attractive Cornish site, believed to belong to the Bronze Age, making it around 3,500 years old.

Access: From Penzance take the B3312 to Madron and then follow the B road signposted to Morvah. A small sign on the right at Bosullow Common will indicate the beginning of the footpath to the Men-an-Tol and there is a parking area. If you get to the T junction on the B3306 you've gone too far.

Cape Cornwall (4 miles from Pendeen) – The only cape in England. Distinctive headland juts out into the ocean where two great bodies of water meet. Part of the Tin Coast and Cornish Mining World Heritage Site.

Seasonal dog ban on beach and slipway from Easter Sunday to 30 September. There are many mine shafts along the coast, uneven paths.



Carn Glouce/ Ballowal Barrow (4 miles from Pendeen) - A complex of chambered tombs from different periods, spanning the Neolithic and Bronze Ages (3500-2500BC), and the only one of its kind in Cornwall.



Parking is available in a very small layby on opposite the site. **Directions:** From the centre of St Just take Cape Cornwall Street, then take the left hand turning signed to Carn Glouce (Cornish for Ballowal Barrow).

The site is very remote and exposed with no shelter in extreme weather conditions... be aware there is loose stone and the barrow has steep sides. Dogs on leads welcome



Mousehole (9 miles from Pendeen) – A picturesque fishing village. Galleries, gift shops and restaurants a safe sandy beach at low tide popular with families.

Dolly Pentreath, reputedly the last person to speak only the Cornish language, lived in Mousehole. In the middle of December, the Christmas lights are switched on in the village. These are famous throughout Cornwall and are worth visiting.

Parking in the village is extremely limited and the roads are very narrow. Visitors are encouraged to park on the outskirts of the village and to walk in. There is a regular bus service from Penzance to Mousehole.

Trengwainton Garden & Tea Rooms (Madron, Penzance) – 10/15 minute drive from Pendeen. A country house and garden noted for its collection of exotic trees and shrubs; and offers views over Mount's Bay and The Lizard.

Dogs welcome on leads in garden & tea room. **01736363148** Check The National Trust Website for opening times.
nationaltrust.org.uk/trengwainton-garden



Penlee Park Open Air Theatre (Penzance – 9 miles away) - A unique outdoor theatre space that has celebrated Cornish, national and international performers since 1948.



Enjoy an afternoon or evening of quality entertainment in the open air this **summer**. There is the opportunity to order vegetable pre-show curry or jacket potato. The home-made vegetable curry is both dairy and gluten free. penleeparktheatre.com/

Jubilee Pool (Penzance – 9 miles from Pendeen) – Considered the country’s finest example of a pre-war lido. Soon to have a section heated to 35°C all year round using geothermal energy.

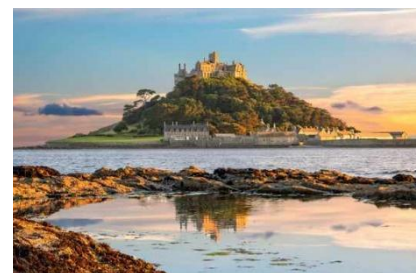
Jubilee Pool Café - covered seating area with shelter from the weather. Menu has vegan, veggie, and GF options. Panoramic views over the pool, St Michael’s Mount and across Mounts Bay to Newlyn. **Pool open: 10.30am - 6pm.**



Savoy Penzance Cinema, Bar & Kitchen (Penzance - 9 miles from Pendeen) - Hollywood movies and alternative film club nights in 3-screen cinema with pizza restaurant and bar. **01736 363330**

Newlyn Filmhouse (7 miles from Pendeen) - A two screen independent cinema and restaurant in a stylishly converted fish smoking cellar in the heart of the thriving fishing village of Newlyn. Showing the best of mainstream and art house cinema. The Eathouse restaurant serves food daily, with a menu of dishes made from local, fresh produce, light bites, nibbles, cocktails and plenty of options for vegans, vegetarians and children. **01736 332222**

St Micheal’s Mount – (Marazion) 11 miles from Pendeen. A rocky island crowned by a medieval church and castle. The café has vegan, veggie options.. outdoor seating. Dogs permitted on the boats, and the island but not up in to the castle. The town; Marazion is home to the Godolphin Arms, a great place for a bite to eat with awesome panoramic views of Mounts Bay, and St Michael’s Mount.





Minack Theatre (Porthcurno) – 12 miles from Pendeen.

A unique theatre perched on the cliffs high above the Atlantic ocean. A full programme of drama, musicals and opera every summer. Open from May. minack.com/

Many steep, small steps. Day visitors can explore the world famous open-air theatre created from a cliffside by Rowena Cade. Dogs welcome, but not to performances.

Land's End – (11 miles from Pendeen) Britain's most south-westerly point and one of the country's most famous landmarks. There are two options for access. Parking at Sennen Cove and walking up the scenic and spectacular South West Coastal Path with a National Trust outpost (1 mile approx.). Bring binoculars!



Or park at the official Land's End Attraction site which offers a range of 'pay as you go' attractions designed to keep families entertained throughout the summer months e.g. Greeb Farm, a restored 200 year old Cornish farmstead where young and old can meet the animals. This is where you'll find the iconic Land's End sign (£10 a photo).

The Telegraph Museum (Porthcurno 12 miles from Pendeen) - Once the heart of international telecommunications, boasting the largest telegraph station in the world. Today, the Telegraph Museum Porthcurno is a vibrant and captivating heritage attraction. telegraphmuseum.org/

Penwith Pitch & Putt (St Erth - 15 miles from Pendeen) – No need to book. Crazy golf, football golf course, outdoor play area, shop and toilets. **01736 759 710**
penwithpitchandputt.co.uk/

Paradise Park Wildlife Sanctuary (Hayle – 15 miles from Pendeen) - An award-winning Wildlife Sanctuary with a JungleBarn Indoor Play Centre. Over 130 species, parrots, flamingos, otters, penguins, petting zoo. paradisepark.org.uk/

Flambards Theme Park (Helston – 22 miles from Pendeen) flambards.co.uk/



“A great family fun day out with plenty of great things to do! Brave the sky-high thrill rides, or enjoy the undercover soft play area. Discover dinosaurs in the Jurassic Journey and uncover fossils in the Dino Dig. There is plenty to enjoy even on those rainy days.”

Dog friendly. **0845 6018684**

The Cornish Seal Sanctuary (near Helston – 28 miles from Pendeen) – **01326 221 361**

In the beautiful village of Gweek, The Cornish Seal Sanctuary is a charity that rescues and rehabilitates grey seal pups from around the Cornish Coastline. Common Seals, Patagonian & Californian Sea Lions, Penguins, Otters, Goats, Sheep and Ponies too. sealsanctuary.sealifetrust.org/en/



Top 5 local walks



Pendeen Watch & Portheras Cove 2.8 miles (4.5 km)

A short descent to Portheras Cove and a gentle climb out of it; on footpaths through farmland and quiet lanes. Full walk details can be found on:

southwestcoastpath.org.uk/walksdb/709/

Levant, Botallack and the Crowns (Tinnars Trail) 3.5 miles (5.6 km)

Easy - Coastal path, field footpaths that may be wet, quiet lanes. There is very little ascent or descent. Full walk details can be found on:

southwestcoastpath.org.uk/walksdb/707/



St Just to Cape Cornwall 5.2 miles (8.3 km)

Moderate - The paths are mostly good and the gradients are manageable. A walk through a tumbledown landscape of old mines and mills, as well as ancient forts, barrows and a fifth-century oratory. Full walk details can be found on

southwestcoastpath.org.uk/walksdb/701/

Geevor Mine & Chûn Quoit 6.5 miles (10.5 km)

Challenging - Coast Path, quiet roads, tracks, lanes, and footpaths across moorland. A lot of ascent and descent, but most of it is not steep. Full walk details can be found on

southwestcoastpath.org.uk/walksdb/705/



Pendeen to Sennen Cove 9.1 miles (14.6 km)

Moderate, apart from a short section near Aire Point where you have to clamber over a rock outcrop. Full walk details can be found on southwestcoastpath.org.uk/walksdb/157/

Local Cornish Festivals



Helston Flora Day (Hal an Tow) an ancient Spring festival to celebrate the end of winter and mark the arrival of the new vitality and fertility with the trees and flowers bursting into life.

Usually held on 8th of May, unless that date falls on a Sunday or Monday, in which case the previous Saturday is taken.

helstonfloraday.org.uk/

Golowan Festival Midsummer celebrations in Cornwall... most popular in the Penwith area and in particular **Penzance** and Newlyn. Typically the last week in June (**21 June to 30 June 2019**). Fun fair, fireworks, music, and the performance of associated rituals. The best fireworks we have ever seen!

golowanfestival.org/



Lafrowda Festival in St Just - Lafrowda is the ancient name for the church lands where the village of St Just stands today. A celebration of local heritage, and a showcase for some of the finest artistic, theatrical and musical talent in the area.

One of the highlights of the fortnight is Lafrowda Day on the **third Saturday in July** when the roads are closed and decorations go up.

Montol Festival - an annual celebration in **Penzance**, on the 21st of December each year. Celebrations go on throughout the day, but things really come to life once the sun sets. The darkness gives drama and intrigue to the processions which carry lanterns and torches, and wear masks and traditional costumes.

montolfestival.co.uk/



Miscellaneous amenities

Ramsay Pharmacy (St Just) – Open 9am to 1pm, 2pm to 6pm weekdays. 9am to 12:30pm Saturdays. Closed Sundays. **01736 788440**

Urgent Care Centre (West Cornwall Hospital) (Penzance) - open 24 hours for urgent medical care. Minor burns and scalds, simple fractures, cuts, urinary infections and minor falls. **01736 874113. TR18 2PF**

Pendeen Surgery - Doctor: Monday and Tuesday 2.30pm - 4.30pm and Thursday 9.00am - 11.30am by appointment. **01989 763535**

Cape Cornwall Surgery in St Just – (next door to the School). **01736 788306**

Local defibrillators:

- 1) Pendeen Primary School. 2) Boscaswell Stores (SPAR) Pendeen.
 - 3) Cape Cornwall School. 4) Cape Cornwall NCI.
 - 5) St Just Primary School. 6) St Just Town Council Office.
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Car repairs: **Jerry Harvey General Engineering** (Trewellard) - **01736 788 899**

Car repair & petrol: **Trewellard Garage** (Trelleward) - **01736 788468**

Taxi service: **Trelawney Cars** (Pendeen) - **01736 788877**

Closest Cash Points: Pendeen SPAR. St Just Post Office. Charges in The Premier Store in St Just.

Closest banks are in Penzance.

Closest Veterinary Practices are in Penzance:

Regent Court Vets - 01736 368768

Rosevean Vets - 01736 362215

Vets4Pets (in Pets At Home) - 01736 335300

Closest pet shop: Clemo's Pets & DIY (St Just) - Open - Mon - Sat / 9am - 5pm. **01736 787877**

Bus services:

A17 route, operated by **First Kernow**:

Boscaswell - St Just - Penzance - Carbis Bay - St Erth - St Ives

A3 route, operated by **First Kernow**:

Lands End - St Just - Pendeen - St Ives

18C route, operated by **First Kernow**:

Pendeen - St Just - Penzance - Hayle - Cornwall College - Duchy College

240 route, operated by **First Kernow**:

St Just - Penzance - Hayle - Truro College

7 route, operated by **West Penwith Community Bus Association**: Lands End - St Just / Penzance - Zennor

Time tables available online - bustimes.org/operators/first-kernow