

## CORNISH FAMILY GETAWAY WITH ACTIVITIES FOR THE CARBON-CONSCIOUS

Explore Cornwall's nature-friendly activities at this chic retreat



For families looking to save on their carbon-footprint for the school holidays and continue the Staycation trend this year, The Cornwall Hotel Spa & Estate offers a home-away-from-home with a multitude of get-back-to-nature activities.

An easy journey by train from central London will ensure those wanting to get away without the emissions-cost can travel directly to St Austell, just 15 minutes from The Cornwall Hotel Spa & Estate. With ample capacity, families wanting to bring bicycles on the train can then enjoy the picturesque cycle paths of the area. If you even fancy cycling the direct trail from the train station to The Cornwall Hotel Spa & Estate, the hotel will collect your bags for you and bring them to the hotel. If you prefer to travel light, bicycle hire is available and for those staying in one of The Cornwall's Woodland Homes, your transport will be delivered straight to your door. Alternatively, if you are the proud owner of your own green-mobile, the hotel is one of the first to provide charging points for electric vehicles to enable eco-friendly sight-seeing throughout your stay.

The Cornwall Hotel Spa & Estate is located within 43 acres of beautiful Woodland and Parkland yet is less than two miles from the idyllic Porthpean Beach and the nearby traditional fishing villages of Mevagissey and Charlestown. It is also just five miles from The Eden Project and The Lost Gardens of Heligan.

Those feeling active can embrace all The Cornwall Hotel Spa & Estate has to offer on its door step: keen walkers can take in the stunning views along the South West Coast Path; sea swimming and scrambling round the cliffs with a guided coastering session will allow kids to see a whole host of sea-life including grey seals, shags, fulmers and even dolphins; and yacht charters can be arranged departing just 5 minutes from the hotel and complete with skipper, picnic from The Cornwall Hotel Spa & Estate and views of the Isles of Scilly - all ensuring great days out for all the family are never far to venture.

Back at the hotel, the infinity swimming pool is perfect for play-time and if the kids haven't crashed out yet, high ropes, indoor climbing and archery can all be organized through the hotel - perfect for rainy days. After the day's exertions, mums and dads can relax in the indulgent Clearing Spa with a wide range of bespoke treatments from natural-product specialists Aromatherapy Associates.

**Family accommodation:** The South coast of Cornwall has so much to offer, and The Cornwall Hotel Spa & Estate, opened just last year, is the perfect base. This secluded getaway is home to a luxury 65 bedroom hotel with restaurant, spa, fitness facilities and twenty two luxury woodland homes for sale and holiday rental – perfect for families preferring the self-catering option. Taking the hassle out of self-catering holidays, the Woodland Home fridge is stocked with a welcome pack including fresh bread, milk and juice and all bedding and towels are supplied.

The architect-designed homes blend perfectly with their woodland surroundings and have been furnished and equipped by an award-winning interior design team. These idyllic retreats each feature glazed front elevations offering exceptional views of the glorious leafy setting and enjoy complimentary use of the hotel's spa and pool, with access to all the hotel's bar, dining and hospitality facilities: the perfect place from which to combine al-fresco adventure with Cornish chic.

*Trains daily from London Paddington to St Austell with First Great Western*

For more information and to book visit [www.thecornwall.com](http://www.thecornwall.com) or call 01726 87 40 50

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