

9th JULY 2011

RELAXING STAYCATION IDEAL FOR FIRST HOLS WITH A NEW BABY ON BOARD

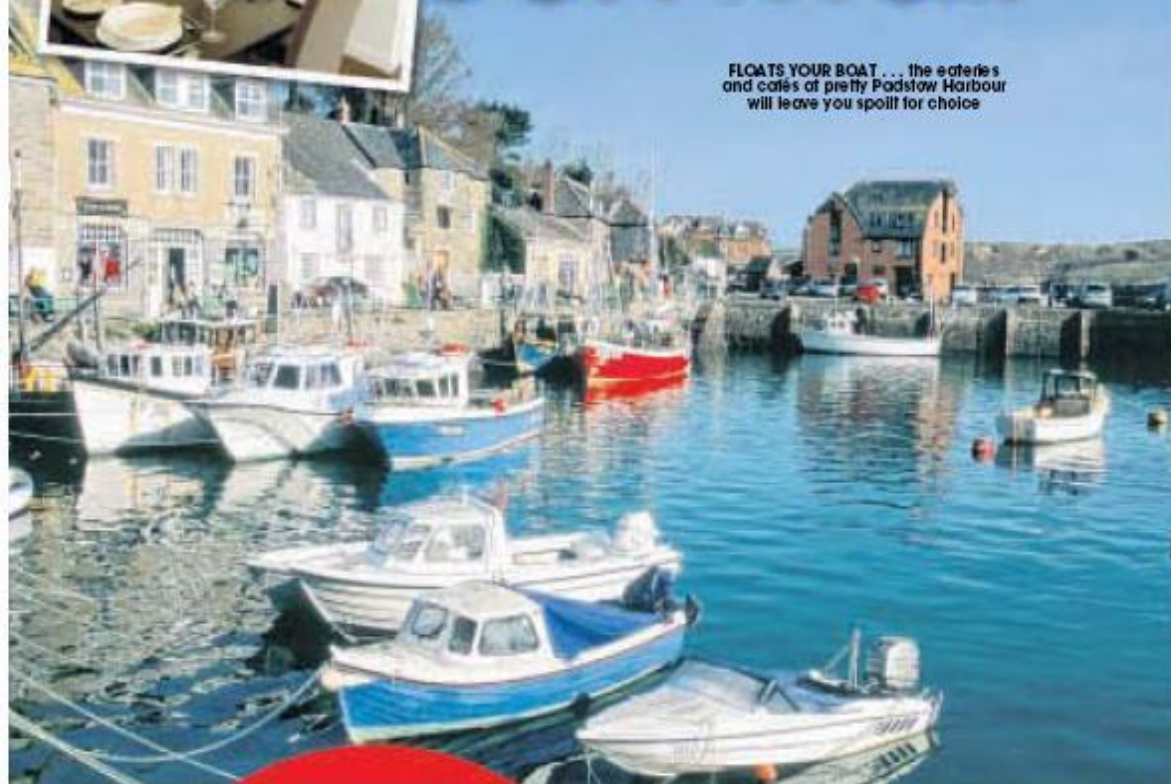


**STUNNING ...**  
five-star luxury of  
The Cornwall's  
woodland home  
and the fab  
open-plan living  
space, below



# Kidding around in Cornwall

**FLOATS YOUR BOAT ...** The eateries  
and cafes at pretty Padstow Harbour  
will leave you spoilt for choice



**FORGET** bikinis, cute sun dresses and sandals... for this summer holiday we were laden with wipes, nappies, babygros and bibs.

Hubby and I have gallivanted around New York, sipped wine in the South of France and been enthralled on a South African safari in the past couple of years.

But then along came Megan. And boy, have things changed!

We needed somewhere far more baby-friendly than a busy city break or a night or two in the African bush for our first holiday with our beautiful 11-week-old girl.

And The Cornwall Hotel, Spa and Estate was just the place.

Set in 43 acres of parkland near St Austell, the four-star hotel and 22 five-star woodland holiday homes are near stunning beaches and attractions like the Eden Project and the Lost Gardens of Heligan.

I'll admit to being slightly apprehensive about the 90-minute flight from Glasgow to Newquay with a baby but everyone at Air Southwest went out of their way to make things easier for us.

Megan did her bit too, giving great big gummy smiles to everyone and anyone.

After a 25-minute transfer to the hotel, and with one tired baby, we were taken to our self-catering two-bedroom house.

## Luxurious

The complex only opened last year after its owners renovated an 1832 manor house (now the hotel) and its grounds. And everything feels brand new.

It's the thoughtful touches at The Cornwall that really make it stand out.

When we arrived at our woodland home from home at 10pm, there was fresh milk in the fridge, a loaf, butter and jam.

And even better, our travel cot was already set up, sparing us the battle.

Our accommodation was luxurious. Two generous bedrooms, the master ensuite, and a plush family bathroom made up the ground floor. And above, a fantastic open-plan living space and balcony were beside a bespoke kitchen, with everything you could possibly need.

The next morning, our hire car was very kindly dropped off for us and we headed into the hotel for a delicious breakfast. Another plus point – you

can stay in a self-catering lodge (which you can also buy and rent out) but get someone else to do all the cooking by eating in the hotel.

We had breakfast every day in the hotel (chose from cooked, continental or wolf both) and stuffed our faces at its two restaurants at night.

Well, it would have been rude not to, especially as Megan snoozed quietly in her pram as we got stuck in.

Acorns Brasserie is unfussy, delicious fare... think Caesar salad, mussels in white wine and perfectly-cooked steak.

But the jewel in the crown is The Arboretum. My word, the food was to die for and worthy of MasterChef. And at £35 for three courses, it's a steal.

Let's cut to the chase, the dark chocolate and salt caramel mousse with caramel ice cream and honeycomb was quite simply the best dessert I have ever tasted. And I have tasted a lot of desserts...

We somehow managed to drag ourselves away from the estate to explore Cornwall.

First stop was the Eden Project. Two massive biomes recreate rainforest and Mediterranean climates.

It's very interesting in a green and hippy saving-the-planet kind of way but at £20 a head it's not cheap. And the heat and humidity in the dome are pretty oppressive.

Just down the road is Mevagissey. It's a quaint little seaside town with nice streets for pushing a pram – and there are plenty of chippies to sample freshly-caught battered fish.

I'd been looking forward to checking out one of celeb chef Rick Stein's many eateries in Padstow so we tootled off to his café and soaked up the glorious countryside on the 40-minute drive. But despite

his website claiming kids of all ages are welcome, we were turned away because of the pram. I always preferred Jamie Oliver anyway.

Instead we sat in a café overlooking the pretty harbour, sampling the traditional calorie-laden Cornish scone with clotted cream and jam.

Fowey is another must-see and it was only 15 minutes from our base.

In true British style, when we arrived the heavens opened but the sun was soon shining again and showed off this picturesque town in its full glory.

## Pampered

Being on holiday is hard work, what with all that wandering, exploring and eating. So it was a joy to be pampered at The Cornwall's spa, which originally was the estate's stables and carriage house.

I opted for a stress-busting massage which left me completely refreshed and relaxed. The spa building also houses a state-of-the-art gym or unwind in the infinity pool (which overlooks the Victorian walled garden), steam room and sauna.

The estate is a real gem and it was a great choice for our first family holiday.

Watching the sunset as we sipped a glass of wine on our balcony was bliss.

Especially as one very contented baby slept soundly – must have been the sea air.

*And it left us wondering, who needs to go abroad when all this is on our doorstep?*

**LOUISE BAILLIE**



# GO: CORNWALL

**GETTING THERE:** Air Southwest operates regular flights to Newquay Airport from Glasgow, Leeds Bradford, Manchester, Dublin, Cork and Bristol. Flights from Glasgow to Newquay Cornwall start from £79 each way. Book at [airsouthwest.com](http://airsouthwest.com)  
**STAYING THERE:** Stay at The Cornwall Hotel Spa & Estate in a two-bedroom woodland home from £100 per night. Call 01726 87 40 50 or visit [thecornwall.com](http://thecornwall.com)  
**MORE INFO:** For car hire, visit [croftlea-carhire.co.uk](http://croftlea-carhire.co.uk) or call 01637 874449. Prices start from £19.95 per day.



**GARDEN OF EDEN . . . the Project recreates rainforest and Mediterranean climates**



**SLEEPING BEAUTY**  
... Louise and contented Megan take it easy in stunning Padstow