



THE ESPLANADE

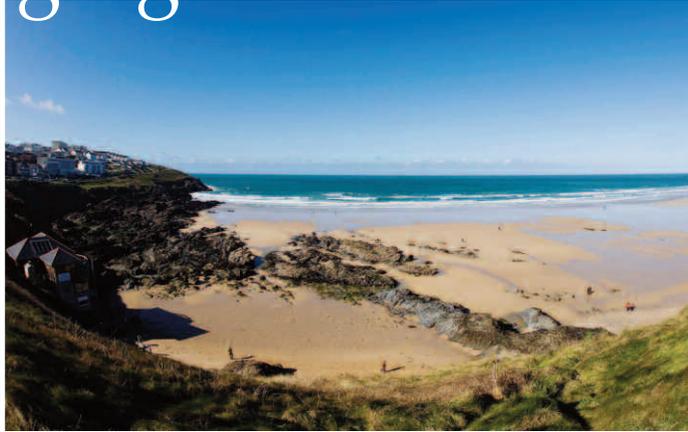


THE BAY



fistral spa

# go green



Visitors and locals alike love Cornwall for its wild and rugged coast and countryside, its wildlife, its ancient heritage and traditional local communities... the list goes on. But on the face of it, doesn't this present us with an awkward dilemma? As more and more of us choose to live and holiday here, aren't we in danger of placing increasing pressure on the very things that attracted us in the first place? Well, not necessarily - as long as we do as much as we can to make a positive impact on this unique and beautiful corner of the UK.

It started quietly, but the drive towards sustainable living and tourism in Cornwall has been gathering pace for some years, and these days,

it's pretty hard to ignore. Large-scale projects like the Eden Project and now the groundbreaking new Wave Hub (a project to build the world's first large scale wave energy farm off the north Cornish coast), have highlighted a collective desire and determination to protect our region's valuable resources.

But while schemes like these dominate the news headlines, there are hundreds of accommodation providers, restaurants, food producers and community groups across the county working hard to keep Cornwall green and gorgeous.

For more information on Green Tourism in Cornwall go to: [www.visitcornwall.com](http://www.visitcornwall.com)

## Included in this booklet:

25 things to do without a car

South West Coast Path

Help be a Responsible Visitor

Cycling Information

Where to Recycle

Rock Pool Guide

Marine Environment Guide

The Discovery Trail

Public Transport Guide

# BE A RESPONSIBLE VISITOR:

Reduce, Reuse, Recycle. Refuse packaging and bags you don't need, use recycling banks, and if your holiday home has a recycling system, please use it. Help us to keep Cornwall free from litter and environmental damage.

Get out of the car! Walking, cycling and riding are great ways to see the area without adding to traffic. Try exploring near to where you are staying.

Stay Local, Eat Local, Buy Local, See Local. Visit farmers markets, farm shops, village stores, pubs and cafes.

Chill Out - Switch Off! Help us reduce light pollution, energy use and CO2 emissions by switching off lights and all those standby buttons when you don't need them.

Follow the Countryside Code - Protect, respect and enjoy: look after plants and animals; take litter away; leave gates and property as you find them; keep dogs under close control; and consider other people and users when visiting the countryside. And enjoy!

## 25 THINGS TO DO WITHOUT A CAR...

We do understand that the easiest way to reach us may well be by car, but every year about five and a half million people visit Cornwall and - with there only being half a million people living in the county - that's a lot of extra cars...



1. Visit the seals at Newquay Harbour
2. Build sandcastles
3. Surfing lessons with the Quiksilver Surf School
4. View live lobsters & crabs at the Fern Pit Café
5. Watch the sunset over Crantock
6. Walk the South West Coast Path
7. Go fishing
8. Visit the Eden project
9. Try Rick Steins Fish and Chips in Padstow
10. See Sharks at the Aquarium
11. Horse Riding along the Gannel
12. Visit Newquay Zoo
13. Go to the Huer's hut and call "heva"
14. Walk the discovery trail
15. Play pitch and putt
16. Shop till you drop
17. Explore rock pools at Fistral Beach
18. Have a spa treatment at Fistral Spa
19. Take the bus to Heilgan Gardens
20. Take the ferry over to Crantock Beach
21. Visit the Cathedral in Truro
22. Cycle the St. Piran Trail
23. Bird spotting at the Gannel
24. Visit the Fern Pit Café for homemade cakes
25. Sit in the hotel and read the paper

# CYCLING

Newquay is a great base from which to explore the county by bike. All are trails on the Cornish Way, part of the Sustrans 'National Cycle Network' and developed by the Countryside Service. The scheme is a large project aimed at opening up large areas of Cornwall for the benefit of cyclists.

Cycle hire in and around Newquay:

~ **Mobius Kite School and Bike Trails**

17 Churchfields Rd, Cubert, TR8 5JN Tel: 0845 430630

~ **Seven Twenty**

32 Cliff Rd Newquay TR7 2ND Tel: 01637 876009

~ **Cycle Revolution**

7 Beach Rd Newquay Tel: 01637 872364



# RECYCLING

At the hotel, we recycle glass, plastic, metal, paper and card. Please help the environment by recycling whilst you are on holiday.

There are high-capacity recycling bins available at both hotels which we encourage guests to use. Please ask at Reception for details.

# CARBON OFF-SETTING

When you get home, why not off-set the carbon emissions from your trip to Cornwall - visit [www.co2balance.com](http://www.co2balance.com).

# MORE INFO...

Please see our 'Green' notice board for:

- ~ A list of our latest green achievements
- ~ A list of our local suppliers
- ~ Our green policy
- ~ Please ask at Reception for one of our green feedback forms



# WALKING

What a great base for a walking break! Slap bang on the famed South West Coast Path, there are dozens of walks in and around Newquay to suit all ages and abilities, from short beachside ambles to more strenuous cliff and coastal path romps.

Head south towards Holywell Bay to encounter exposed rocky headlands, enormous dunes, streamside habitats, a tidal estuary and mudflats or north towards Padstow and dramatic cliffs, stacks and famed surfing beaches such as Tolcarne, Lusty Glaze and Watergate Bay.

Historic sights abound with early man's influence evident in a number of Bronze Age barrows, Iron Age

cliff castles and a nineteenth century iron mine.

Try a stroll around the Pentire peninsula, along Fistral Beach and down to Newquay Harbour (via the Huers Hut). Or, take the ferry from the Fern Pit Cafe over to Crantock and explore the coast all the way to the secluded bay of Polly Joke.

# SOUTH WEST COAST PATH

Running from Minehead in Somerset to Poole in Dorset, the South West Coast Path is Britain's longest national trail running some 630 miles (1014km). It offers an incredible array of scenery, from wild moorland to tranquil inlets, towering cliffs to expansive sandy beaches. On the way, expect to see historic fishing ports, picture postcard villages and hamlets, nature reserves and national parks. And of course Newquay is perfectly situated to access it!

Visit [www.visitnewquay.org](http://www.visitnewquay.org) or [www.southwestcoastpath.com](http://www.southwestcoastpath.com) for more information.



## PUBLIC

## TRANSPORT

Locally, an extensive network of bus services is run by a number of operators in Cornwall. Timetable information is available from Reception.

Alternatively, you can contact Western Greyhound direct on 01637 871871 for Newquay, Mid and North Cornwall.

Western Greyhound buses from Newquay go to:

- Eden Project** 527
- Exeter** 510
- Heligan Gardens** 527 to St. Austell, then 526
- Mevagissey** 527 to St. Austell then 526
- Newquay Airport** 556
- Okehampton** 510
- Padstow** 556
- Perranporth** 501, 587
- Plymouth** 597 to St Columb Major then 593 to Liskeard then 592
- St Austell** 521 (via St. Dennis) 527 (direct)
- St Ives** 501
- Truro** 585 586 (direct)
- Wadebridge** 510 or 597 to Columb Major then 594

## DISCOVERY TRAIL MAP

The Discovery Trail map is a free map available at a variety of outlets across Newquay. It promotes sustainable living and green tourism while at the same time providing a valuable resource on local history and the natural world for budding explorers on foot or bicycle.

Follow the Hetty or the Ada Trails and discover the discs dotted around the town that together with this map, unlock the secrets of Newquay's fascinating history. The coastal footpath is a perfect way to enjoy the scenery and wildlife of this breathtaking and diverse coastline. It enables you to go at your own pace stopping off for refreshments, a swim or just to savour the view. The town footpaths are ideal for those wishing to explore Newquay's history and architecture.

Learn more about Newquay's pilchard industry, the Headland riots or the Bronze Age remains on the Barrowfields. Take in views that encompass the Gannel estuary, Fistral Beach, Pentire Headland, Towan Head and the north Cornwall coast.

## GREEN POLICY

We hereby commit to improve our environmental performance by:

- o Complying with all relevant environmental legislation and industry codes of practice.
- o Actively working towards reducing environmental impact and prevent pollution that occurs as a result of our operation.
- o Considering the concerns of interested parties such as guests, members, local residents, employees and regulators.
- o Setting objectives and targets to drive continual improvement programmes, and regularly review en-

vironmental performance to ensure success.

- o Ensuring all employees and sub contractors are aware of this policy and trained in their environmental responsibilities.
- o Engaging suppliers and guests in environmental initiatives which support the environmental aims of the company.
- o Making this policy available to our customers and the public on demand.

For more information, please see our Green Notice Board or contact Reception.

We would like to thank the following organisations for their help in putting together this booklet:



# ROCKPOOL GUIDE

When you are out on the seashore, remember that wildlife is all around you. Rockpools and rocky shores support a wealth of marine biodiversity which is accessible to everyone. Here is some more information about a few of the most common species, to start you off on your rock-pooling adventure.

## Limpets

- These common creatures can live up to 20 years and are very important for the ecology of the seashore
- They slide around when the tide is in scraping seaweed off the rocks with their rough tongue
- When the tide goes out, limpets return to exactly the same spot and this is called their home scar



## Periwinkles

- Periwinkles are grazing herbivores, most of them eating microscopic seaweed (invisible to the naked eye) They are found at all levels of the shore
- At the top of the shore (furthest from the sea), the rough periwinkle can be found (pictured) whereas further down the shore, the edible periwinkle dominates

## Barnacles

- Although it doesn't look like it, these animals are related to prawns and crabs
- They then build a shell around themselves and close themselves in
- When the tide comes in they open a 'trapdoor' at the top of their shell and stick their feathery legs out into the water to catch particles of food which float past



## Mussels

- These animals like areas of rapid water movement and there you will find them in abundance. They are filter feeders and when the tide comes in, they will open slightly to allow water and food to pass through
- Mussels attach themselves to the rock using strong threads, called byssus threads

## Dog whelk

- This is a carnivorous animal that has a 'drill' like tongue which they use to drill a hole in the shell of a mussel, limpet or barnacle
- When they have drilled a hole through the shell, they use acidic liquid to dissolve the body of the animal inside. They can then 'suck' up their meal
- This process takes a long time (hours or days depending on what is being eaten) and so they may get washed off in the tide before they are able to get their meal



## Cushion starfish

- These can be very difficult to spot as they are very small, only a few centimetres across
- They may be found hiding in seaweed or underneath stones on the lower shore (near the sea at low tide)
- Underneath their legs are lots of tiny sucker feet, which can be damaged if handled



### Beadlet anemone

- These are usually red but can be green or brown
- They look like blobs of jelly when the tide is out but extend their tentacles out when the tide comes back in
- The tentacles can then move the food to their mouth in the centre
- These animals can eat small prawns and fish

### Snakelocks anemone

- These beautiful anemones cannot retract their tentacles and so are usually found in rockpools where they remain covered in water even when the tide goes out
- Like the beadlet anemone they use their stinging cells to catch their prey
- Although the sting of the anemones is not sufficient to harm humans, some people with sensitive skin may get a rash, so it's best not to touch the tentacles.



### Common prawns

- Prawns are see-through when in the rockpools and this helps them to be able to blend into their surroundings more easily and not get eaten
- Their eyes are on the top of their heads so they have better vision to see if they are under threat
- They have two sets of legs, one for walking and one for swimming

### Edible crab

- These are an orange / brown colour and look like a pasty with their crimped edge
- They are difficult to spot as they often wedge themselves into a crevice
- They have very large pincers which they use to crush and eat mussels and marine snails



### Hermit crab

- This crab is the only one not to have its own shell
- They live in the empty shells of dog whelks, topshells or periwinkles
- As they grow larger they need to find new shells to live in and will even rip another hermit crab out of a shell if they want it enough

### Shore crabs

- These are very common and are usually green but can be brown or orange
- They grow to about 10cm across the carapace (shell). Like most crustaceans they have to moult their shell every so often as they grow bigger
- This usually happens about 4 times in the first year alone



### Spider crab

- These crabs have very long legs which make them less agile than other crabs and more vulnerable to predators
- To help disguise themselves they cover their shell with bits of debris, sand and seaweed
- They have quite a lot of sharp spikes on their carapace to further ward off predators



# UNDERSEA LANDSCAPES...

The seabed off the South West of England includes many areas of solid rock, forming reefs populated with jewel and other anemones, many hundreds of seaweeds and kelp forests. Between the rocky reefs there are extensive plains of sands and gravels, and where these come close to sheltered shores, seagrass beds which also harbour seahorses and cuttlefish.

In sheltered coves and bays seals breed, and thousands of sea caves and underwater cliffs and pinnacles support rich communities of colourful sponges, bryozoans and corals.

The main commercial fish species targeted within the area are mackerel, pilchard, sprat, monkfish, plaice, megrim, hake, lemon sole, Dover sole, horse mackerel, whiting and pollack. There are also important fisheries for crabs, mussels, scallops, lobsters and whelks. Herring are locally abundant around the Cornish coasts, where spawning occurs in estuaries in the spring. They are fished in small quantities in Barnstaple Bay off the north Devon coast, where they also spawn.

## **Basking Shark and Dolphins**

The seas around the Southwest Peninsula are a favoured feeding ground of the Basking Shark, which in summer will venture into waters within sight of the shore. A gentle giant and the largest fish to be found in the coastal waters of the British Isles, it measures up to 12 metres, and weighs up to 7 tonnes. It feeds on animal plankton (mostly tiny shrimp and crab like creatures), filtering 1,000 to 2,000 cubic metres of seawater per hour, through enormous sieve-like gills. The sharks follow plankton streams borne by the Gulf Stream.

Basking Sharks share the open seas with whales, dolphins and porpoises. The most common offshore species seen in these waters are the common dolphin, Risso's dolphin and the long-finned pilot whale. In inshore waters the bottlenose dolphin and harbour porpoise are more frequent. The harbour porpoise occurs in small numbers in near shore waters around the coasts of Cornwall and north Devon, mainly between September and December. Common dolphin are frequently reported between August and January.

## **Sea Caves**

Sea caves are formed by wave action eroding rock along fault lines, or where an underground cave breaks through to the sea. The UK has the most varied and extensive sea caves on the Atlantic coast of Europe. They vary from only a few metres to several tens of metres into the rock. There may be tunnels or caverns with one or more entrances. Caves are typically colonised by encrusting animal species such as bryozoans, sponges and corals, but may also support shade-tolerant seaweeds near their entrances.

## **Seaweed Hotspots**

The UK is internationally important for its diversity of red, brown and green seaweeds, together with blue green and other encrusting algae, which grow in zones according to the penetration of light down through the sea and exposure to waves. Several areas of the South West are particularly rich in seaweeds and are known as 'hotspots'.

## **Sandy Plains**

Much of the undersea landscape of the South West is a sandy seabed. In some areas the sand is mainly coarse with shell fragments and in others, it is formed of clean particles of granite rock.

## **Seals**

'Common Seals' are rare in the South West and Grey Seals are more frequently seen along the north coast of the peninsula. Newquay Harbour is home to a number of seals.