

# THE FOOD FEAST

A TASTE OF CORNWALL!

VISIT FANTASTIC RESTAURANTS AND ENJOY DELICIOUS MEALS ON OUR FOOD ADVENTURE PACKAGE...



## STUNNING LOCATIONS

One of the amazing towns we will visit is St Ives which is home to some special restaurants and a fascinating art history.



## EATING OUT

There are few things better than eating a delicious meal a resaurant with friends and lively conversation.



## TRADITIONAL TREATS

Cornish cuisine and food traditions are something special.



## The Food Feast

Sample programme based on 8 nights

Day	9.30am – 12.45pm (inc. 15 min break)	Break	Afternoon excursions & food destinations
<b>Saturday</b>	Arrival in the UK, transfer to Truro. Orientation tour of Truro + Spanish tapas at Bodega 18		
<b>Sunday</b>	Explore Falmouth: + river cruise on the River Fal + The Wheelhouse for a seafood supper		
<b>Monday</b>	English classes		St Michael's Mount + The Godolphin gastropub
<b>Tuesday</b>	English classes		Eden Project + The Hidden Hut outdoor dining
<b>Wednesday</b>	English classes		Newlyn lunch, Porthcurno and Minack Theatre
<b>Thursday</b>	English classes		Shopping in Truro + High Tea in Charlotte's Victorian Tea Rooms
<b>Friday</b>	English classes		St Ives, Tate St Ives + La Casita supper in Carbis Bay
<b>Saturday</b>	Tour of Camel Valley vineyard, Padstow + Stein's Seafood Restaurant		
<b>Sunday</b>	Farewell breakfast & Return home		

### Programme Overview:

- 1. English classes** Each morning starts with our engaging and interesting English language classes.

During these lessons you will get to practice and develop your English language skills in a small group with students of a similar level to you.

Our qualified and enthusiastic teachers provide lessons focused on practising all four skills: reading, writing, speaking & listening. The main focus will be on speaking and natural English. Through the classes, you will learn lots about the history and culture of the UK and in particular, Cornwall.



- 2. River Cruise to Falmouth & The Wheelhouse** What better way can there be to start your Food Feast adventure than with a cruise down the River Fal to Falmouth. So much of Cornwall's food heritage is linked to the sea. On the way down the river, your guide will fill you with stories of past Cornish legends and point out important landmarks.

It's about an hour's cruise down the river before arriving in Falmouth, an important historical port with one of the deepest natural harbours in the world. The harbour is full of amazing sailing boats and the town centre is perfect for exploring before our delicious fish and seafood supper at the Wheelhouse.



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**3. St Michael's Mount & The Godolphin** For this excursion we will head down to St Michael's Mount, one of the jewel's in Cornwall's crown!

Cut off from the mainland twice each day by the tide is just one of the things that makes this amazing castle is such a joy to visit.

After exploring the house and its gardens, we will finish the day in The Godolphin, where we can look over at the castle and the magnificent views right across the bay while enjoying a delicious supper using the best local, seasonal ingredients.



**4. The Eden Project & The Hidden Hut** One of the modern wonders of the world! It is an enormous museum of plants set within two huge, spectacular biomes housing a tropical rain forest at one end and a Mediterranean landscape at the other.

After enjoying your afternoon exploring the world of plants and biodiversity, we will whisk you off to The Hidden Hut, a unique outdoor restaurant with tables on the beach and in the dunes.

During the summer, the Hidden Hut run special feast nights using the freshest ingredients that have been

sourced that day. These are cooked in front of you to enjoy on a beautiful summer's evening on the beach.



**5. Lunch in Newlyn, Porthcurno and the Minack** There are few places as special and dramatic as Porthcurno & the Minack Theatre, a theatre that has been carved out of the cliff near Land's End. Their summer theatre shows are legendary in Cornwall and it is the kind of special experience that people remember for a lifetime.

Before watching the play, we will first stop in at Newlyn, one of the most important fishing harbours in the UK.

We will have a delicious lunch at The Tolcarne in Newlyn. This wonderful restaurant is run by Michelin starred chef Ben Tunnicliffe. He picks the freshest and most delicious fish for his menu each day for his lunch and evening menu.

After lunch, we continue to Porthcurno for some time to relax before taking the scenic walk up the cliff steps to the magical Minack Theatre itself. While watching the show, there is the backdrop of the sunset over the Atlantic Ocean with birds diving for fish and, if we are really lucky, you will see dolphins jumping in the bay.



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6. **Truro** As the capital city of Cornwall, there is always plenty to do in Truro. Of course, Language Tree is based here and there is a great selection of shops to browse for souvenirs and gifts.

No visit to Truro is complete without visiting the wonderful cathedral and then to finish off your afternoon, we will treat you to a traditional High Tea at Charlotte's Victorian Tea Rooms. This is a perfect English tradition and a chance to enjoy so many little tasty treats that you won't find anywhere else.



7. **St Ives, Tate St Ives & La Casita** St Ives is probably the most beautiful town in Cornwall.

It is such a wonderful place to walk around the narrow streets and get a feel for a traditional fishing village. Since the 1920's it has also been an artists' mecca due to the wonderful light and landscapes all around.

As a result, it is one of only three locations in the UK with a Tate Art Gallery. Plus, there is the Barbara Hepworth sculpture garden.



During our time in St Ives, you will have a chance to enjoy all these different things. Then, before to finish our day, we have reserved tables at La Casita in Carbis Bay where we will be treated to the finest Spanish food prepared by Spanish chef Javier Vivo. Using the finest local seafood he prepares the most divine Spanish paella.

8. **Padstow, the Camel Valley Vineyard & The Seafood Restaurant** For our final adventure, we dedicate a full day to exploring the wonderful area around Padstow which has become a food mecca due to world famous chef Rick Stein making it his home in the 1970s.

Other famous chefs have also opened restaurants in the area too. For our final meal, we will get to taste the fabulous cuisine he produces in his Seafood Restaurant. This really is a special experience.



The icing on the cake is to also include a guided tour to the Camel Valley Vineyard to enjoy tastings of their wonderful sparkling wines.

### Food Feast options:

The sample programme gives you a taste of the typical Food Feast programme we offer. There are so many fantastic food options around the region and we are very happy to put together a special programme for your group focusing on the food treats you would like to enjoy while you are here.

Here are some alternative options you could choose from:

- **Rick Stein's Seafood Restaurant** Rick Stein is known in the UK and around the world as famous seafood chef. The Seafood Restaurant is the original restaurant, he and his wife opened in 1971.
- Rick Stein also has restaurants in:
  - Newquay - specialising in curry and with views out to sea
  - Falmouth - specializing in fish'n'chips meals next to the harbour
- **Paul Ainsworth** another world famous chef offering the highest quality fine dining experiences from his restaurant in Rock, near Padstow.
- **Hidden Hut** each summer, the Hidden Hut offers feast nights where you eat out on the beach. The owners have become well-known for providing delicious meals using locally sourced, seasonal food. A great cultural experience!
- **Pub lunches** all around Cornwall, we have some amazing pubs. Many of them date back hundreds of years to the times of pirates. These places are perfect for winter roast lunches next to a roaring fire. Great at the end of a coast walk too!
- **Hubbox** big tasty burgers! If you love big handmade burgers then Hubbox is a perfect treat while you are here with us in Cornwall. They have a massive menu of all kinds of burger treats to suit all dietary needs. Plus a great view out to sea from the restaurant.
- **Curry houses** while this food is originally from India, we have loved it here in the UK for many years. It's only really worth it if you like spicy food! However, if you do like spicy food, then this is a real treat and the best Indian food you will find outside India.
- **Newlyn fish & The Wheelhouse** Nearly all fish caught in the UK arrives in Newlyn. There are some special restaurants around Cornwall which get to choose the best fish and serve it up daily around Cornwall. If you love fish and seafood, we have some amazing treat for you!
- **Camel Valley vineyard** While we are not particularly famous for our wines in the UK, Cornwall is actually perfectly situated for the growing of grapes. This secret little vineyard makes some amazing sparkling wine.
- **Brewery Tours** as well as vineyard tours, there are a couple of great breweries in Cornwall: St Austell Brewery (one of the biggest traditional brewers in the UK) and Skinner's Brewery winner of many real ale awards. The tours are great fun, with lots of beer to taste and pasties to enjoy.