

sounds of the town

Hold me, thrill me, kiss me, kill me
Adventure Activities at Lusty Glaze beach offer various rock and sea adventures, and their hen packages are fantastic, especially the Extreme Experience, where you'll spend a morning coasteering or surfing, then after lunch scramble up a cliff assault course, walk a high wire over a chasm and take a high speed zip wire ride...all finished off with drinks on the beach. You can also book a Surf and Spa day or go for the I'm a Sealebrity challenge...believe us, the hen groups fare better than the stags when it comes to the Beach Tucker Trial.

What's goin' down A few miles inland from Newquay is the fantastic new Adrenalin Quarry. Here, you can scream very loudly as you travel at speed down the UK's longest zip wire. Deafen a friend on the twin zip or make it a solo mission as you step off the cliff and zoom over the lake below.

At the bottom of the quarry you can try your hand at hovercraft driving, giving it some serious welly on your solo adventure over land and lake. Just to make a full day of it, there's a

karting centre at the quarry too, with Sodi GT2 karts and an 800m track. Kartworld do a great hen package with a proper, Grand Prix-style competition for groups of ten or more, as well as floodlit night karting. Have a look at the website: adrenalinquarry.co.uk

Soul surfing One thing Newquay's not short on is surf schools. If you want the best quality instruction on offer look no further than the Rip Curl ESF Surf School. They are a level 4 school (the highest standard in the UK) and are walking distance from two amazing beaches. With both surfing and bodyboarding on offer and a complimentary bottle of fizz for hen parties they are a great choice. Learn to pop up and ride that board, or alternatively just cling on tight and try not to drown - it's a brilliant laugh and you'll hire good quality kit that will keep you all warm, no matter what the weather's doing. Tuition is available all year round and you can book a package with accommodation either at Cammarth Hotel or Bertie's Lodge within walking distance of the sea. Check prices at englishsurfschool.com.



Learn to surf with Rip Curl ESF Surf School.

'been there...'

We had the best time in Newquay. We piled into a minibus from London and headed down to the surf school. Two days of surfing lessons, bunk bed accommodation, fish and chips and a lot of drinking! It was fantastic. You don't care how you look, it's just about having fun and trying to stand up on that board. I didn't want to come home!

www.ripcurlesfsurfschool.com



Hen Activities Newquay

Surfing
Bodyboarding
Coasteering
Pole Dancing (Burlesque, Cheerleading)
Champagne Barbecues

Call 01637 879571

We can also supply cheap nightclub entry + novelty transport (tuk-tuk, limo, party bus etc).
Drop us a line to organise your ultimate Newquay hen weekend!



newquaypoledancing.co.uk

Rob Barber's
Bodyboarding School

COAST
COAST

The Ultimate Hen's Guide to... Newquay

The Hotel



3* Hotel Victoria
Beauty Rooms & Pool
Surf Lessons
www.hotel-victoria.co.uk
01637 872255

The Club



Bertie's
www.berties.com
Cornwall
VIP Box

The Restaurant



Senior Dicks Mexican
"The locals choice"
www.senior-dicks.co.uk
01637 870350

The Bar



Buzios
Cocktail
www.buzios.com



UK'S
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the hen party handbook

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