sounds of the town

Harder, better, faster, stronger Adventure Activities at Lusty Glaze beach offer various rock and sea adventures, and their stag packages are second to none. Choose a tailormade package, or just opt for one of their own evil master plans and you'll be challenged, buzzing, scared and loving it. Packages on offer are the Cliff Combo, I'm a Sealebrity (you have to eat weird sea creatures), Wave Warrior, Beach Invasion and Coastal Caper. All include a blend of fantastic activities – will you be coasteering, learning to surf, abseiling, high-wire walking, paddle-board racing, zip-wiring...? They'll feed you gourmet burgers and beers on the beach to top it all off. Brilliant. Log on to adventure-centre.org.

Push it A few miles inland from Newquay is the area's newest attraction, Adrenalin Quarry. Here, you can shoot along the UK's longest zip wire. Fly with a friend on the twin zip or make it a solo mission as you step off the cliff and zoom over the lake below. Try not to scream like a girly, now. At the bottom of the quarry you can try your hand at hovercraft driving, cruising at full throttle over land and lake after an initial training session. 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 stag package with a structured, Grand Prix-style competition for groups of ten or more, as well as night karting. Have a look at adrenalinquarry.co.uk.

Wave of mutilation One thing Newquay's not short on is surf schools. If you want the best quality instruction look no further than the Rip Curl ESF Surf School. They are a level four school (the highest standard in the UK) and are walking distance from two amazing beaches. With both surfing and bodyboarding on offer 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. Check prices at englishsurfschool.com.

Take to the surf on the gorgeous Tolcarne Beach.

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