

BREAKFAST LIKE A KING

Fuel up at Cafe Irie (38 Fore Street, 01637 859200), just above the harbour. This little place is crammed with books, art, plants and local produce – as well as Newquay’s cool crowd. It serves cheap, healthy breakfasts, with the creamiest scrambled eggs, just-squeezed organic juices and freshly baked bread on the menu.

START WITH A SHOP

Stock up on Cornish treats such as fragrant heatherbell honey and Trevarno skincare at Café Irie, then take a stroll along Fore Street towards Fistral Beach and browse surf boutiques stocking big brands such as Roxy and Animal. SugarLoaf, on Bank Street, is also worth a peek. This Brazilian boutique sells cute beachwear and great Ipanema flip-flops.

HEAD TO THE BEACH

Surf’s up! Catching waves is the number one way to feel fit and invigorated. Fistral Beach has soft, rolling waves that are great for beginners – look for light winds and swells of about 4ft – or escape the crowds at Tolcarne. Rob Barber’s Bodyboarding School (www.robbarber.com, 01637 879571) can kit you out with boards, wetsuits and lessons. If you’re surfing, start on a lightweight ‘foamie’ board, while bodyboarders will find swim fins helpful to propel them onto the waves. From £30 for two hours. Check conditions at www.magicseaweed.com.

TREAT YOURSELF

Indulge in one of the Scarlet Hotel’s (www.scarlethotel.co.uk) spa treatments. The ayurvedic

Wellbeing minibreak in NEWQUAY

With stunning sandy beaches, chic hotels and watersports galore, this surfer’s haven has a laid-back vibe that’s perfect for a mind-and-body boosting break

serves a delicious, healthy menu – think Cornish mussels, red gurnard fillets with garlic and lemon butter, and Thai curry. Later, everyone goes to The Chy Bar on Beach Road. There’s music, cocktails and great views of the ocean – and after dark you can head into its sister nightclub The Koola (www.thekoola.com) just next door.

GET YOUR KICKS

Swap surfing for coastering for a day. This scramble along rocks and cliff faces involves swimming, climbing and jumping into the sea. It’s fun, adrenalin-fuelled and utterly exhausting – in a good way! The English Surf School (www.englishsurfschool.com) runs safe, well-organised sessions for £40.

COOK UP A FEAST

Boost your kitchen skills at Tresillian House (www.walledgardencookeryschool.com). You’ll harvest vegetables from the walled garden, be taken out to a local fish market, pick up butchery techniques and try your hand at bread making on this residential course.

STAY IN STYLE

Rest your head just steps from Fistral Beach at Pure Shores (www.pureshoreslodge.com). This chilled-out surf pad has rooms from £27.50 per person. Or if you’re on a big budget, extend your spa visit at the Scarlet Hotel (www.scarlethotel.co.uk) and stay the night, from £230 per double room in September, including breakfast. From the roof planted with sea-thrift to the naturally filtered outdoor pool, everything’s geared to be good to you – and the environment.



Dine on local fish with your chips at Kahuna

Throw yourself into a coastering session

Newquay has endless sandy beaches

Enjoy a sundowner on the terrace at the Scarlet Hotel

massage, from £60 – administered in a hushed, tented room with sweet-smelling oils – is a magical way to ease tired muscles. Pop in for a massage as a day guest and enjoy the spa facilities,

which include a Moroccan-style hammam, for an extra £15.

MAKE A NIGHT OF IT

Overlooking Tolcarne beach, Kahuna bistro (01637 850440)

LOCAL TIPS

CORNISH FIZZ For a delicious Cornish sundowner, try 2008 Camel Valley Cornwall Pinot Noir Rosé Brut, £24.95 (www.camelvalley.com), or its Cornwall Brut, £19.95, an award-winning sparkling wine.

CATCH OF THE DAY If you’re self-catering and need a few essentials, nip to Morrisons just outside town. Its counter has an amazing choice of freshly caught local fish. Mackerel is the best – packed with healthy omega-3 oils, selenium and vitamin B12, it’s healthy, cheap and yummy!

GET SUITED Snugg is a Cornish brand that tailor-makes sport-specific wetsuits to your exact size using a type of neoprene made from a limestone-base polymer rather than petroleum. You’ll cut a dash on your surfboard – and be eco-friendly. Brilliant. From £150 (www.snuggwetsuits.co.uk).