



Newquay's stunning Fistral Beach



Newquay, Cornwall

Woman's Weekly Senior Features Creator, Natasha

Where I went

Recently voted one of the 'nation's favourite seaside towns', Newquay is known for its laid-back vibes and panoramic Fistral Beach. My friend Kate and I decided it would be the perfect location for a short break to escape the hustle and bustle of London – and we were not disappointed.

What I did

Kate and I had a pamper session with a relaxing back-and-shoulder massage at The Headland Spa, based at The Headland Hotel. The imposing, Gothic building is best-known for being where the 1990 movie adaptation of Roald Dahl's *The Witches* was filmed. We then stayed to use the spa's facilities, like the invigorating steam room, and followed this with a traditional Cornish cream tea – jam, then cream on your scones, of course.

We also walked along the cliffs to Watergate Beach, taking in the local sights and stopping off in a couple of pubs along the way. There are a few coastal walks to choose from, and I'd recommend choosing one from the Discovery Trail Map, but be careful to check tide times before you go out. You can find more information at

A relaxing room at the nearby Carnmarth Hotel



The majestic Headland Hotel and Spa



Limbering up to tackle the waves



More Online
Find lots more destination ideas at womansweekly.com/travel

Beach. It took us only 15 minutes to walk into Newquay centre.

What I ate

On the first night we kept it local and dined in the hotel's C-View Bar and Restaurant. The homely seafood pie, made from locally sourced fish, was to die for, and we sampled some great cocktails, too.

The next evening, we headed to The Stable bar and restaurant (stablepizza.com), which had breathtaking views of Fistral

Beach. This chain specialises in pies and pizzas, as well as cider – they have 80 varieties to choose from. We enjoyed our delicious pizzas so much we went back there for our post-surf lunch the next day.

A well-deserved pizza at The Stable restaurant



visitnewquay.org/things-to-do/activities/walking-and-hiking.

Newquay is also famous for surfing, so on our final day we decided to brave the winter waves with a beginners' lesson from Newquay Activity Centre (newquayactivitycentre.co.uk). Although it was absolutely freezing in the water, I managed to stand up on my surfboard for the first time ever – result!

Where I stayed

Waking up in our sea-view room at the Carnmarth Hotel (carnmarth.com) was a very calming experience. The hotel was clean, modern and had an ideal location, right by Fistral

Travel details

We flew from London Gatwick to Newquay Cornwall with Flybe (flybe.com), which took just over an hour. There are flights from other UK airports, too, including Manchester, Newcastle and Belfast City. We travelled by taxi to our hotel, which took about 20 minutes.