

***GOLF IN CORNWALL: ENGLAND'S BEST-KEPT SECRET***  
***Cornwall's Top Ten Golf Clubs, Fish & Chip Shops, & Pubs + Its Historic***  
***Road, Top Hotel, & Native Food***

By Mike May



# **TABLE OF CONTENTS**



**Pages 3-5: St. Enodoc Golf Club (Rock, Cornwall)**

**Pages 5-6: West Cornwall Golf Club (Lelant, Cornwall)**

**Page 6-7: Perranporth Golf Club (Perranporth, Cornwall)**

**Pages 7-8: Trevoze Golf & Country Club (Padstow, Cornwall)**

**Pages 8-9: Bude & North Cornwall Golf Club (Bude, Cornwall)**

**Pages 9-11: Mullion Golf Club (Mullion, Cornwall)**

**Pages 12-13: Bowood Park Hotel & Golf Club (Camelford, Cornwall)**

**Page 13-14: Launceston Golf Club (Launceston, Cornwall)**

**Page 14-15: St. Mellion International Golf Club (St. Mellion, Cornwall)**

**Page 15-17: Lanhydrock Hotel & Golf Club (Bodmin, Cornwall)**

**Page 17: The Journey Along A39: The Atlantic Highway**

**Pages 18-21: Budock Vean Hotel: A Cut Above the Rest**

**Page 22: The Cornish Staple: The Pasty....The Recipe & Its History**

**Page 23: Cornwall's Top Ten Fish & Chip Eateries**

**Page 24-27: Cornwall's Top 19<sup>TH</sup> Holes: Ten of Its Best Pubs**

**Page 27-28: Special Thanks: Gold Toe Golf Socks, New Balance, and Bionic Gloves**

**Page 29: Important Acknowledgements**

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**TO ENGLAND'S COUNTY OF CORNWALL**

# ***GOLF IN CORNWALL: ENGLAND'S BEST-KEPT SECRET***

## ***Cornwall's Top Ten Golf Clubs, Fish & Chip Shops, & Pubs + Its Historic Road, Top Hotel, & Native Food***

**By Mike May**

When people conjure up images of England's most southwesterly county of Cornwall, they often think about the area's rugged and cove-filled coastlines, its beautiful beaches, the many quaint seaside villages, and this area's famous foods such as Cornish clotted cream, Cornish pasties and freshly caught seafood, which is hauled in from the nearby Atlantic Ocean.

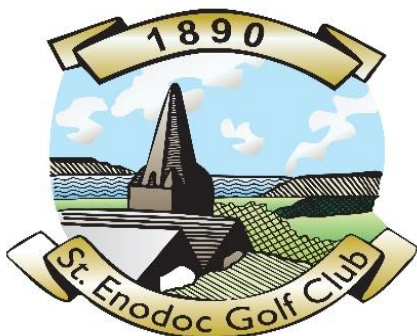
There are also sight-seeing 'hotspots' in Cornwall such as Land's End, Lanyon Quoit, St. Michael's Mount, Minack Open Air Theatre, Trelissick Garden, Tintagel Castle, Truro Cathedral, Eden Project, and the world-famous Jamaica Inn, the focal point of a 1936 novel (*Jamaica Inn*) by author Daphne du Maurier. For walking and outdoor enthusiasts, Cornwall also has miles and miles of seaside walking opportunities -- the South West Coast (walking) Path.



In addition to being one of Great Britain's more popular vacation destinations, Cornwall is home to a number of first-class golf courses -- both links and parkland courses. The first golf course in the county was opened in 1889. It's the West Cornwall Golf Club in Lelant, located in western Cornwall. Today, the Cornwall Golf Union boasts more than 30 golf courses that range, geographically, from the Cape Cornwall Golf Club in the far western part of Cornwall to the Bude & North Cornwall Golf Club in the northeast section of the county, not far from the Cornwall-Devon county line.

Here's an editorial review of ten of the finest, must-play/must-visit golf clubs in England's county of Cornwall:

### **ST. ENODOC GOLF CLUB (Rock, Cornwall)**



The St. Enodoc Golf Club -- [www.st-enodoc.co.uk/](http://www.st-enodoc.co.uk/) -- located near Rock in north Cornwall, has all the characteristics of a true seaside links golf course -- firm, consistent greens; undulating fairways; tight, uneven fairway lies; nasty bunkers; a few blind shots; and some dynamic and memorable seaside views. The course sits alongside the juncture of the River Camel estuary and the Atlantic Ocean. That seaside perspective is priceless.

At St. Enodoc, there's rarely an issue with getting a tee time since there are two courses: the Church course designed by James Braid, which opened in 1890, and the shorter Holywell course, which provides a typical links terrain with less daunting shots.

The Church course gets its name from the 11<sup>th</sup> Century St. Enodoc Church -- an old Norman Church -- which sits in the middle of the course alongside the 11<sup>th</sup> fairway.

**The backdrop of the 1<sup>st</sup> hole at St. Enodoc is the Camel Estuary. (photo credit: David Cannon)**



One of the biggest complements that can be bestowed on St. Enodoc is that many professional golfers are now coming to the Church course to get ready for the Open Championship each July. And, one of those players has been five-time Open champion Tom Watson.

“It (the Church course) is a wonderful golf course,” says Watson. “It has lots of variety and beautiful views everywhere you look. It’s a great place to play golf.”

Watson is not alone in his praise for St. Enodoc.

“It’s got the wow factor,” notes Simon Greateorex, general manager, St. Enodoc Golf Club. “It’s a golf club that really stirs the soul.”

Kudos to Braid whose design of St. Enodoc remains relevant to this day.

One of Braid’s design features which remains in play is the Himalaya bunker on the 6<sup>th</sup> hole. It is the tallest sand bunker in Europe. Avoid that hazard at all costs!

“He (Braid) put a great golf course in a limited space,” notes Scott Gibson, head greenskeeper at St. Enodoc.

When you reach the 18<sup>th</sup> tee of the Church Course, pause and admire the view before striking your tee shot. Without a doubt, Braid saved the best view at St. Enodoc for last. Some golfers simply refer to that view as “unbelievable.”



And, it appears that a few members of the golf media agree with the appeal of St. Enodoc as *Golf Digest* ranks the course as the 99<sup>th</sup> best in the world; *Golf Journal* lists St. Enodoc as the 51<sup>st</sup> best course in Europe; and *National Club Golfer* declares that St. Enodoc is the 17<sup>th</sup> best golf course in Great Britain & Ireland. Those rankings would put a smile on the face of the late, great Braid, who won five Open titles himself in the early 1900s.

**FYI:** In 2014, St. Enodoc hosted the English Women's Amateur Championship. In 2015, St. Enodoc celebrated its 125<sup>th</sup> anniversary. (MM)

### **WEST CORNWALL GOLF CLUB (Lelant, Cornwall)**

If you only have time for one round, you can't go wrong if you choose the **West Cornwall Golf Club** -- [westcornwallgolfclub.co.uk](http://westcornwallgolfclub.co.uk) -- which is located in the village of Lelant, equidistant from the more well-known communities of Penzance and St. Ives. Built in 1889, the West Cornwall Golf Club (WCGC) is



the oldest golf course in Cornwall. The course's website states that WCGC is "one of the finest links courses in the county." It's true! It's a classic links course where wind is always a factor, the greens are true and consistent, and you have many options on every approach to every green. From a sightseeing perspective, West Cornwall is in a class by itself. As the course's website states, there "are panoramic views from almost every hole with St. Ives Bay and Godrevy Lighthouse forming a memorable backdrop to this gem of a links." You can see the sea from 16 of the 18 holes on the course.

According to West Cornwall Golf Club assistant pro Ian Harris, when this course was built back in the 1880s, it was one of two courses in Cornwall – the other being Perranporth Golf Club -- where the least amount of soil needed to be moved to build the course. In other words, what Mother Nature provided was the foundation for a brilliant links course. It remains a brilliant course to this day.



**The view of the two-tiered 10<sup>th</sup> green from the 13<sup>th</sup> tee, with the St. Ives Bay in the distance.**

"West Cornwall has been my English golfing home ever since I started playing golf as a pre-teen," said Neil Hodding, who has been a member of the club for more than 40 years and lives in nearby Carbis Bay. "I have lived and played golf around the world, but my golfing roots are firmly entrenched in that Cornish sand that's the foundation for the links at West Cornwall. There's something magical about those links. Every day, the conditions change which means you never play the same course twice!"

It is no surprise that every year, many visiting golfers return to West Cornwall for one more round.

By the way, the late, great 'Long' Jim Barnes, the winner of four major golf championships (the 1916 and 1919 PGA Championships, 1921 U.S. Open, and the 1925 British Open), was born in Lelant and called West Cornwall his home course, where he worked as an assistant pro from 1902-1906. The story at West Cornwall is that Barnes once played the course in par while using just one club, a three iron.

As a golfer, Barnes is one of three European golfers to have won three different majors. Scotland's Tommy Armour and Northern Ireland's Rory McIlroy are the other two.

**FYI:** Across the course at West Cornwall are a number of footpaths on which the general public are entitled to walk. As such, everyone playing the course is asked to respect the rights of the walkers and not to endanger them by striking golf balls in their direction! (MM)

### **PERRANPORTH GOLF CLUB (Perranporth, Cornwall)**

When you play the **Perranporth Golf Club**, the views of the surrounding area are memorable, breathtaking, and worthy of a postcard portrait. The sand dunes are golden in color and the hue of the nearby sea will change with the weather, depending on the mix of sun and clouds. And, the views of the course while standing on the 5<sup>th</sup> and 14<sup>th</sup> tees are stunning.



Kudos to course architect and five-time British Open winner James Braid for recognizing the natural contours of this seaside strip of real estate. Braid took a 'go with the flow' approach when designing this course. In many respects, he had no choice since he did not have access to bulldozers or any kind of earth-moving machinery. Basically, he had to stick with what Mother Nature provided and She did not disappoint. The course remains as relevant, fun and challenging to play now as it was when the course first opened in 1927.

The best defense mechanisms at Perranporth Golf Club -- [perranporthgolfclub.co.uk/](http://perranporthgolfclub.co.uk/) -- are the wind off the nearby Atlantic Ocean and the quality of the greens, which are quite quick and always true. It is worth mentioning that there are many raised greens

at Perranporth, which certainly test your chipping skills, especially if you miss the greens on the wrong side.

The Perranporth Golf Club measures 6,296 yards from the tips and is a par 72. Don't let its relatively short length deceive you.

"It's a real golf course," said Neil Hodding, who has played the course on many occasions and lives in the nearby town of Carbis Bay. "Don't judge the strength of this course by its yardage."



**The Perranporth GC, located on Cornwall's northern coast, overlooks the North Atlantic Ocean.**

Adding to the mystique and allure of the Perranporth Golf Club is the fact that each hole has a name, listed in two languages – English and the old Cornish language.

You begin play at the 1<sup>st</sup> hole -- Vn Nans (Downhill). You make the turn at the 10<sup>th</sup> hole -- A-ves (Outward). And, you finish at the 18<sup>th</sup> hole -- Deweth (Finish). The toughest hole on the course is the par five 14<sup>th</sup> -- Gwella Braid (Braid's Best). The 9<sup>th</sup> hole has a very appropriate name – Crib (Half Way) – since it is midway through the round.

FYI: It's worth noting that every par four at Perranporth is less than 400 yards and two of them are less than 300 yards. (MM)

### **TREVOSE GOLF & COUNTRY CLUB (Padstow, Cornwall)**

In Padstow, located in north Cornwall, the **Trevose Golf & Country Club** opened for play in 1925. The course was designed by Harry Colt. Currently, the club offers three courses to play – the Championship Course, a brilliant 18-hole links layout; Headland Course, a nine-hole alternative to the 18-hole course; and the Par 3 Short Course, which is a shorter course designed to give you a chance to work on your iron play.



The Championship Course at Trevose -- <https://trevose-gc.co.uk/> -- overlooks the Atlantic Ocean. As you play, allow yourself to get distracted by the white sandy beaches and the dramatic seaside cliffs. To say that the views are stunning is an understatement. When playing the Championship Course, the first nine holes hug the coastline and the sand dunes. It's difficult taking your eyes off the nearby Atlantic Ocean and the majestic Trevose Head. The back nine is played away

from the seashore and then heads back to the clubhouse as you conclude your round. Because Trevose is a true links course, the ever-changing winds will give Trevose a different look every day that you play it.



At every point on the golf course, you can hear the sound of the nearby crashing surf. Unlike many links golf courses, there is a meandering stream that winds its way around the course so the nearby Atlantic Ocean is not the only water hazard at Trevose.



**The summer sunset over the Trevose Golf & Country Club is a peaceful sight. (photo credit: Trevose Golf and Country Club)**

With affordable and comfortable on-site accommodation, access to many area beaches, a heated outdoor pool, resurfaced tennis courts, a wonderful on-site dining option, and a bar which overlooks the golf course, Trevose is one of Cornwall's ideal stay-and-play golf destinations – for both golfers and non-golfers.

In addition to being a great stay-and-play destination, Trevose and St. Enodoc have joined forces with two other clubs in the county of Devon (Royal North Devon GC and Saunton GC) and with one links golf club in Somerset (Burnham & Berrow GC) to form a marketing partnership known as the Atlantic Links.

**FYI:** In 2008, the English Golf Union staged the English Men's Amateur Stroke Play Championship (the Brabazon Trophy) at Trevose. **(MM)**

### **BUDE & NORTH CORNWALL GOLF CLUB (Bude, Cornwall)**

**A**t the **Bude & North Cornwall Golf Club** in Bude, the members have been pursuing Old Man Par since 1891. The club was originally called the North Cornwall Golf Club. Initially, membership was restricted to officer class incomers and local gentry. Local residents and the general public were excluded from being members. The one exception to the rule was applied to five-time Open champion Harry Vardon





who visited the club in 1905, 1907, and 1909. According to the club's current website, "the growing demand for locals to play the game resulted in the formation of an artisan section in 1919 called Bude Town Golf Club. These artisan members carried out work on the course and were not admitted to the clubhouse and had restricted playing rights."

As soon as you walk off any tee box, you will discover that the fairways, rough and putting surfaces on every hole have something in common – an undulating terrain complemented by severe and subtle borrows. Also, every ball in the fairway will have a tight lie which will be rather uneven at times.

From the back tees, Bude & North Cornwall -- [budegolf.co.uk/](http://budegolf.co.uk/) -- only measures a shade over 6,000 yards and plays to a par of 71, but don't let its short yardage fool you. At Bude, there are only two par fours which measure more than 400 yards and all three par fives are listed as less than 500 yards. For comparison purposes, don't forget that St. Andrews in Scotland is one of the shorter courses in the R & A's Open Championship Rota, but that doesn't stop the world's top golfers from registering bogeys (or worse) when they play St. Andrews. The same can be said of when talented players tackle Bude & North Cornwall.



While Bude & North Cornwall has an active, annual membership of players, the club opens its door to visiting golfers from around the world. The club even allows non-members to participate in its club competitions, but the club's website states that each player must present a handicap certificate in order to play. So, just like your American Express card, don't leave home without it (the handicap certificate) when you go to play the Bude & North Cornwall Golf Club.

### **Bude & North Cornwall awaits your arrival.**

When playing Bude, golfers are permitted to walk while carrying their bag, using a pull cart, or renting a golf cart – or a buggy, as the British refer to them.

After your round at Bude & North Cornwall, take time for a quick retreat to the clubhouse for a snack and/or a libation, whether it's a cup of tea or a cold beer. You are welcome to sit inside or outside on the patio. On the second floor of the clubhouse, there's seating on the balcony which overlooks the 18<sup>th</sup> green. Also, on the second floor, there's a 'billiards' room with a full-size snooker table.

**FYI:** At Bude & North Cornwall, the scorecard provides clear instructions for all golfers to "Beware of walkers on footpaths." (MM)

### **MULLION GOLF CLUB (Mullion, Cornwall)**

The game of golf has been played at the **Mullion Golf Club**, England's most southerly golf course, for more than a century. The course opened in 1895 as a nine-hole course. It's now an 18-hole layout which measures nearly 6,100 yards from the tips.

From all accounts, it appears that the scenery at Mullion -- [mulliongolfclub.co.uk/](http://mulliongolfclub.co.uk/) -- is as striking now as it was 'back in the day.' Situated on the western cliffs of the Lizard Peninsula, one of the most remote pieces of real estate in England, Mullion is somewhat isolated which adds to its peaceful and serene setting. The views of the adjacent Mounts Bay, with St. Michael's Mount in the distance, are images which will change from day to day. Simply put, they are sights which you will never forget.



Like the West Cornwall Golf Club, Mullion's opening hole is a par three – probably the most difficult of the four par threes on the course. The view from the 1st green out to sea is powerful, but the view from the 3rd green is just as attention-grabbing as you get a birds-eye view of the rugged, jagged cliffs which border a nearby ocean cove. While standing on the 4th tee, the backdrop of the Atlantic Ocean makes you feel as if you are on the 18<sup>th</sup> tee at the Pebble Beach Golf Links in California.

One of the greenside bunkers on the 8th hole actually has wooden steps that allow you to enter and leave the sand with ease. But, it's best to avoid that bunker all together. As you conclude the front nine, it's an uphill trek to the 9th green, which is why it is called Cardiac Hill. But, when you arrive, the view out to sea will have been worth the effort to get there.



**The Mullion Golf Club has unmatched views of the Atlantic Ocean and nearby Mounts Bay.**

The par four 10<sup>th</sup> hole is considered Mullion's 'signature hole.' Why? Because the approach shot into that green will be your most memorable shot while playing Mullion. Whatever you do, make sure that you do not miss the 10<sup>th</sup> green on the right as the steep ravine to the right of the green is nothing but



trouble. For the balance of the back nine, only one hole is longer than 400 yards and that's the par four 15<sup>th</sup>, which is usually played into the wind, which adds to its degree of difficulty. To score well on the inward nine, it's important to pay attention to the wind, the contour of the fairway, and don't get distracted by Mullion's natural beauty. You can always go sightseeing after golf.



**The setting sun over the Mullion Golf Club is majestic and perfect for a postcard (photo credit: Mullion Golf Club)**

As you get ready to play the Mullion Golf Club, check out the course's website which indicates that all golfers "are required to wear smart casual clothing at all times in the clubhouse.....but not dirty or soiled clothing."

**FYI:** The Mullion Golf Club was a golfing favorite for accomplished authors Arthur Conan, A.A. Milne, and A.P. Herbert. **(MM)**



## **BOWOOD PARK HOTEL & GOLF CLUB (Camelford, Cornwall)**

**At the Bowood Park Hotel & Golf Club**, the par-72 course runs to 6,692 yards for the men, 5,700 for the ladies and is set up in a way which should maximize enjoyment for all standards of golfers. In other words, at Bowood Park, you shouldn't have to spend your holiday looking for too many lost balls! The well-drained greens, built to USGA standards, mean the course rarely closes due to inclement weather, and, in the winter, the regular tees and greens are in full use. There are no temporary greens at Bowood Park – **bowoodpark.com**. A fleet of 20 electric buggies/golf carts are also ready for your use.



With two nine-hole loops back to the clubhouse, starts are possible from the first tee or the tenth tee. It's also useful for those wanting an early nine-hole game. The first nine starts at the upper end of the course and makes for an excellent warm-up to a full round, the benefit of which you will feel when you reach the 600-yard 7th! On the way, you will pass some of the 26 lakes and ponds which adorn the course.



**The 18<sup>th</sup> hole at Bowood Park includes a large lake on your left as you approach the green.**

The second nine quickly descends past the old Lanteglos Church into the valley of the River Allen which is lined by attractive bluebell woods and streams. The signature hole is the 385-yard 12<sup>th</sup> -- the Azalea hole -- a challenging par four with an island green reached by a covered wooden footbridge which is reminiscent of New England. A few holes later, you will be on the 18th tee, hopefully hitting your drive to the top of the slope, which presents you with a commanding view of the clubhouse, which awaits you with a welcoming and well-deserved drink.

**FYI:** A ten-bay covered driving range, large putting green and a chipping green are available for use at Bowood Park. (MM)

### **LAUNCESTON GOLF CLUB (Launceston, Cornwall)**



The game of golf in Launceston was first played in 1910. That year, a group of local dignitaries built a few holes on a piece of property which was owned by the Williams family of Werrington Park. This course was on the western edge of the current Launceston Golf Club. The game of golf was played here until the beginning of World War I. Locals didn't really start playing golf again until 1927, which is the year that the Launceston Golf Club -- [launcestongolfclub.co.uk/](http://launcestongolfclub.co.uk/) -- was officially founded.



**The Launceston Golf Club is a great course for walkers and the course has wonderful views of nearby Launceston.**



Over the years, the course developed into a nine-hole layout starting at the current second hole, with the 9th green and Clubhouse around the area of the current 16th green and 17th green. Interesting features included playing over fences and hedges which, thankfully, no longer exist!

In the 1960s and early 1970s, the membership implemented a plan to extend the course to 18 holes and convert a local farm structure into a bigger clubhouse. There were a few delays along the way, but, in the end, an additional nine holes were added and the new clubhouse became a reality.

**FYI:** The struggles and hard work by the members of the Launceston GC were documented and turned into a book, *A History of Launceston Golf Club*, written by Peter Rickard -- which sold out of its first print run. (MM)

### **ST. MELLION INTERNATIONAL GOLF CLUB (St. Mellion, Cornwall)**

**T**he St. Mellion International Golf Club -- [st-mellion.co.uk/](http://st-mellion.co.uk/) -- has been blessed with two golf courses. The original course is the Kernow Course, which opened for play in 1976. The second course is the Nicklaus Course at St. Mellion, which opened for play in 1988. Designed by Jack Nicklaus, the Nicklaus Signature Golf Course is amongst the finest golf courses in Europe and certainly one of the most famous. The golf course opened to rave reviews with Nicklaus himself being quoted.

"I knew it was going to be good, but not this good," remarked Nicklaus.



**St. Mellion is not only popular in Cornwall, as it attracts golfers from throughout Europe.**



The Nicklaus Course has been built with dramatic mounding along the fairways and around the greens.



fairways and big greens, the Kernow Course has gained a popular following and in a recent survey was included in the Top 5 "2nd Courses" in the UK's best 36-hole golf course venues.

After the opening of the Nicklaus Course, the Kernow Course was then also referred to as The Old Course.

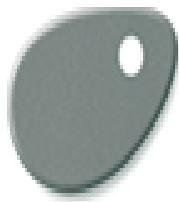
**FYI:** The Nicklaus Course at St. Mellion was the first European course personally designed by Jack Nicklaus. (MM)

The Kernow Course at St. Mellion was certainly good enough to host the European Tour's Benson & Hedges International Open, beginning in 1979 and then again for six years from 1990 until 1995, with Jose Maria Olazabal, Bernhard Langer and Seve Ballesteros amongst the winners. The Kernow Course also hosted the European Tour's Tournament Players Championship in 1983 which was won by Langer.

Entirely renovated as part of St. Mellion's extensive 2008 redevelopment, the Kernow Course has developed into a very popular golf course with members and visitors alike. It's a perfect foil for the world-class Nicklaus Course. With its wide

### **LANHYROCK HOTEL & GOLF CLUB (Bodmin, Cornwall)**

**The Lanhydrock Hotel and Golf Club** is one of the more appealing getaway destinations in Cornwall – for both golfers and non-golfers. Situated in a sheltered wooded valley on the outskirts of Bodmin, the Lanhydrock Hotel and Golf Club -- [www.lanhydrockhotel.com/](http://www.lanhydrockhotel.com/) -- provides something for everyone when it comes to golf, accommodations, dining, and fitness. The golf course opened for play in 1990 and was originally called the Bodmin Golf and Country Club. The hotel accommodations were not built until 2006.



**LANHYDROCK**  
HOTEL | GOLF CLUB | FITNESS SUITE

The 18-hole golf course is actually one of the more popular and well-designed layouts in the south west of England. The golf experience begins before you step foot on the first tee. The driving range features six covered bays and two grass area practice tees, both located adjacent to the clubhouse. From there, it's a short trek to the first hole.

The opening hole is a short par four, where you are tempted to hit your driver with the goal of getting a birdie or possibly an eagle putt, but the presence of a pond in front of the green usually keeps the driver in the bag. From there, it gets more interesting. On the front nine, four of the nine holes are short par fours. And, the greens on two of the holes – the par four 1<sup>st</sup> and par three 6<sup>th</sup> – actually have a pond protecting the entrance to those two putting surface. On the back nine, there's a dogleg theme, as four of the holes are doglegs. At the Lanhydrock

Golf Club, the two best holes were saved for last. The longest par three and the longest hole on the course can be found on the 17<sup>th</sup> and 18<sup>th</sup> holes -- the par-three 17<sup>th</sup> (201 yards from the tips) and the par-five 18<sup>th</sup> (570 yards from the tips). When playing the 9<sup>th</sup> hole, it's best to get a glimpse of the pin position on the 18<sup>th</sup> green so that you can maximize your chances of hitting your approach as close as possible to the 18<sup>th</sup> pin, as you conclude your round.



**The views from the fairways at Lanhydrock provide stunning views of the Cornish countryside.**

When it comes to accommodations, there are three main options – superior suites, double rooms, and executive twin rooms. No expenses were spared in order to make those rooms attractive places to spend the night. Each room provides complimentary Wi-Fi

When it comes time to satisfying your appetite, the Nineteen Bar and Bistro serves a variety of delicious and filling meals – using locally grown produce when possible.

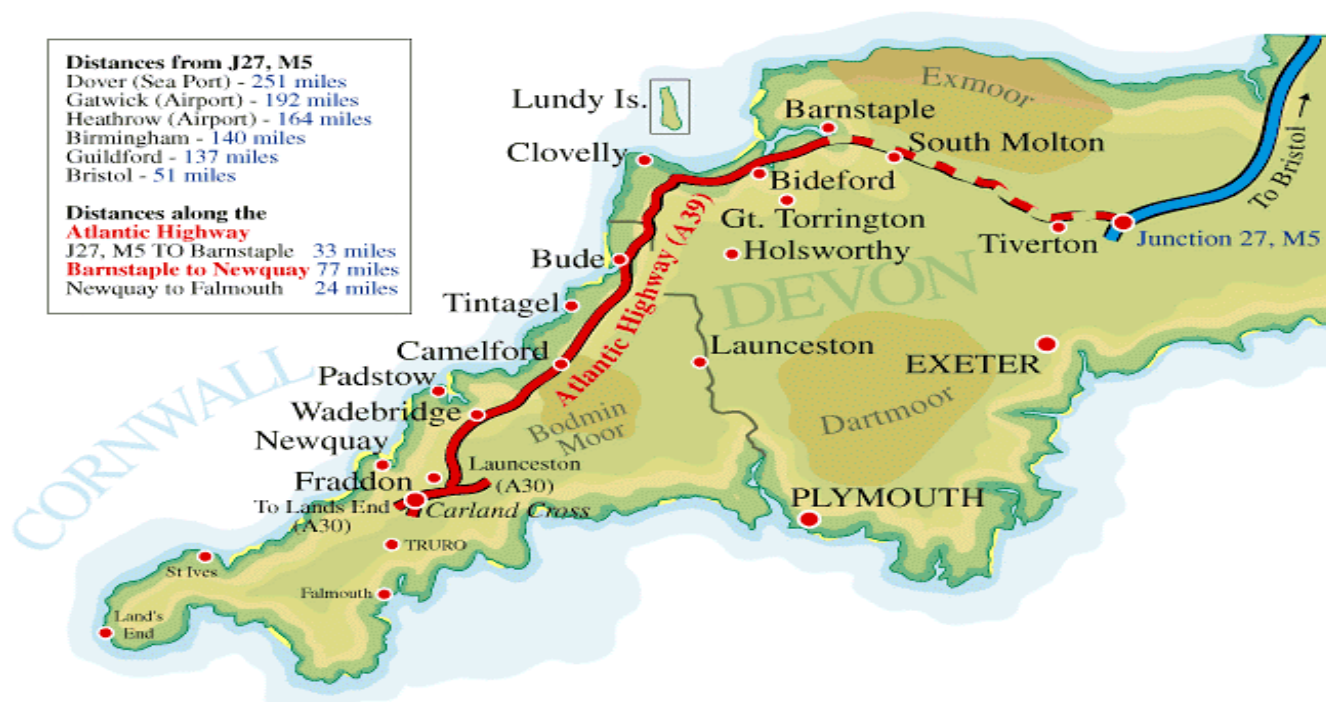
At Lanhydrock, the Fitness Suite is fully equipped with a complete range of state-of-the-art cardiovascular and strength equipment from Life Fitness. The personal trainer at Lanhydrock will be there to provide you with advice and guidance. Personal fitness sessions can also be booked with the personal trainer.

Hotel guests and non-resident guests are allowed to charge their electric cars here at the Lanhydrock Hotel & Golf Club – at no expense. The Lanhydrock Hotel & Golf Club is officially registered on the [Tesla website](#) as a charging point.

**FYI:** From time to time, you will see two black Labradors roaming around Lanhydrock. They are named Bruce and Basil. They are the pets of the ownership at Lanhydrock. **(MM)**

## THE JOURNEY ALONG A39: THE ATLANTIC HIGHWAY

As you make the trip from Devon to Cornwall, you should travel along the scenic coastal road which is officially known as the A39. The locals refer to it as the Atlantic Highway, though golfers could just as easily refer to it as the 'link to the links.' The journey along this country road takes you through communities which exude charm and character. You will feel the urge to stop in every community for a selfie or the chance to document your visit to every special place with a picture. If you succumb to a few selfie temptations, allow an extra hour or two of your time on the road. This trip along the A39 will be as memorable, scenic, and captivating as playing golf in Cornwall.



As you travel from Devon into north Cornwall, you will be amazed by the scenery, the local architecture, and the genuine/rustic look of the countryside. If there's one word to describe Cornwall, it's 'authentic.' The countryside scenes will remind you of the TV programs *Poldark* and *Doc Martin*, which have been filmed in Cornwall.

As you enter Cornwall, there are many signs advertising bed & breakfast accommodations and various campgrounds. B & B's are a common sight in Cornwall. You will also see signs for Cornish pasties plus fish & chips for those who are hungry. The pasties are delicious and the fish & chips are some of Britain's best. When you travel through Camelford in north Cornwall and you are hungry, consider stopping to eat at Fryor Tuck's Fish & Chips or Little Peckish Fish & Chips.

Again, the Atlantic Highway experience will be as memorable and enjoyable as getting up & down for par along on any of Cornwall's fine golf courses. (MM)

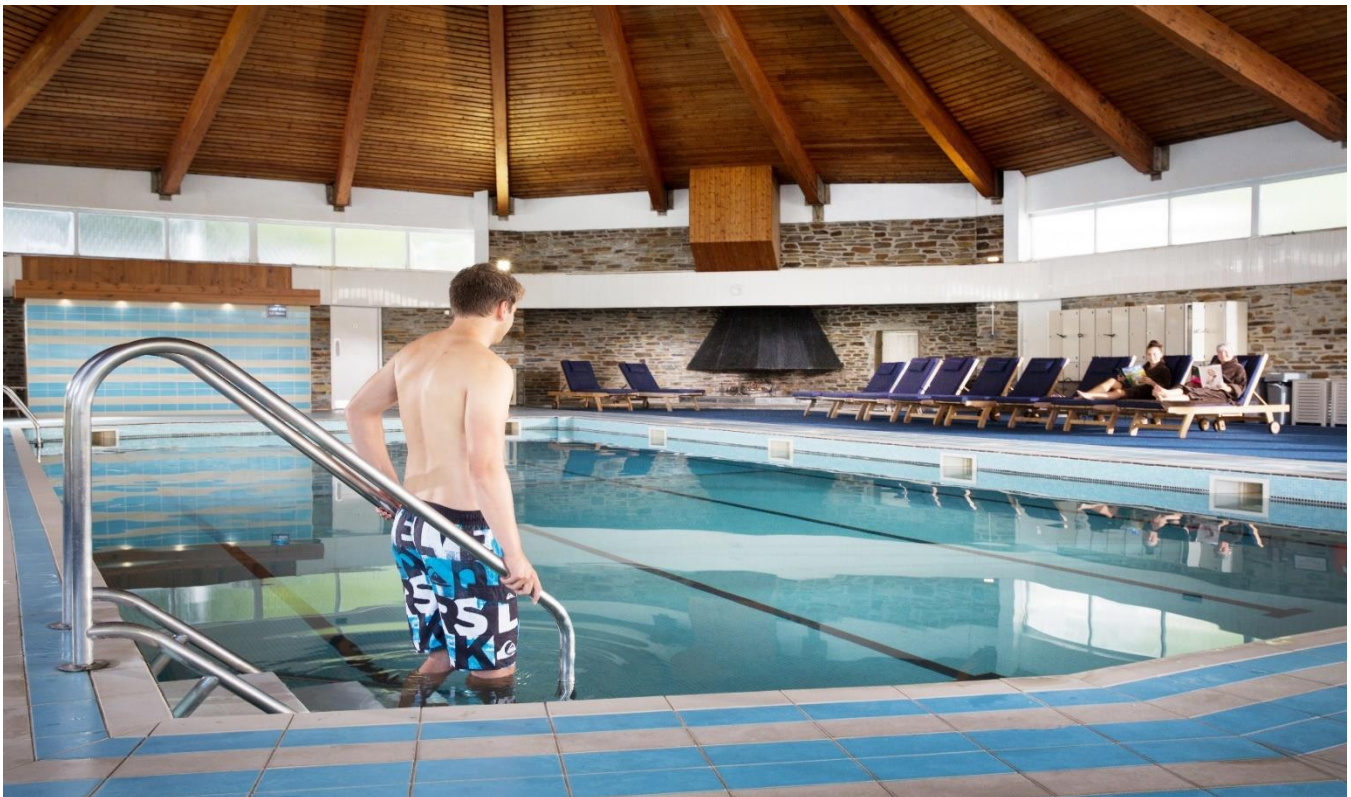


## BUDOCK VEAN HOTEL: A CUT ABOVE THE REST

**The Budock Vean Hotel -- [BudockVean.co.uk](http://BudockVean.co.uk)** -- located along the south coast of Cornwall, may not be the biggest hotel in England or the newest hotel in England, but it definitely ranks as one of the finest, first-class, most relaxing holiday destinations in merry, ole' England.

Because the Budock Vean Hotel's valley garden leads down to the Helford River, this property is simply known as the 'The Hotel on the River.' Very few hotels can easily and efficiently cater to the different needs of its guests as well as the Budock Vean does. Some guests simply want to rest, unwind, and get immersed in a good book while relaxing in the conservatory while other guests want an activity based getaway featuring golf, tennis, fishing, open-water swimming, boating, and kayaking. And, for those who enjoy being in sync with Mother Nature while on holiday, there are two of Cornwall's best gardens – Trebah and Glendurgan – which are located just a hop, skip, and a jump away from the hotel's front entrance. Guests also have easy access to the coastal footpath that will give them a wonderful view of the nearby Cornish coastline.

The inexact nature of this hotel's address (Near Helford Passage, Mawnan Smith, near Falmouth, Cornwall) adds to the allure and mystique of this property which is, admittedly, a little off-the-beaten path.



**The spa at the Budock Vean Hotel is a popular attraction for guests.**

But, it's worth making the journey to this marvelous, detail-conscious, boutique-like hotel located along the southern coast of England's most southwesterly county.

If you prefer a vacation where you wish to be pampered and treated like royalty, then you should take advantage of every treatment available at the Budock Vean's Natural Health Spa. They include massages, facials, manicures, pedicures, and salt scrubs. You will also have to make time to enjoy the sauna and the outdoor hot tub, as well as the indoor pool.



**An aerial image of the Budock Vean Hotel and its golf course, with the River Helford in the distance.**

And, if there's a unique occasion which necessitates a special bottle of wine, flowers, and chocolates, those can be delivered to your room or waiting for you in your room, upon arrival.

Whether you are relaxing or having an out-and-about type of vacation, you will undoubtedly develop an appetite for the first-class cuisine that is prepared every day for the guests at the Budock Vean Hotel. It's worth noting that this hotel has earned awards and recognition for its delicious food and first-class service. In addition to dining in the restaurant, guests can enjoy lunch, afternoon tea, and dinner in the cocktail bar, terrace, and conservatory.



**The lobby of the Budock Vean Hotel is classy and comfortable.**



"The Budock Vean Hotel has echoes of a country house from an Agatha Christie-type novel. I loved it. I remember the lovely grounds going right down to the river Helford," said Jill Evans of Glastonbury, a former guest at the hotel.

It's worth noting that actor Aiden Turner, the lead character (Ross Poldark) in the popular *Poldark* television series, has stayed at the Budock Vean Hotel. It was a memorable visit, to say the least.

"There was a rush of volunteers amongst our female staff to take his (room service) order up to his room!" recalled Martin Barlow, owner and managing director, Budock Vean Hotel.

### **CREATURE COMFORTS OF HOME**

The rooms are second-to-none at the Budock Vean. Everybody who plans to stay for a week usually wishes that they had made plans to stay for a month. In addition to being beautifully designed and decorated, these rooms have every modern convenience that you can imagine or will ever want. The standard extras include flat-screen remote control TV, free wi-fi, telephone, hair dryer, Elemis spa toiletries, and tea & coffee making machines. You are encouraged to use and enjoy the bathrobes and slippers which you will find in each room. And, of course, a complementary bottle of Cornish water can be found in every room, as well. Those bottles of water can be consumed on the premises or taken home as a souvenir from your Cornish getaway.



**The front entrance of the Budock Vean Hotel.**



## MANY OVERNIGHT OPTIONS

When it comes to getting some sleep, there are three room types to choose from -- the more traditional décor of the Standard and Superior rooms or the contemporary luxury of the newly refurbished Signature rooms. As you would expect, the Signature and Superior rooms have better views of the golf course and hotel gardens.

If 'Fido' wants to tag along when you visit the Budock Vean Hotel, then he or she is welcome, as long as you notify the hotel in advance that your four-legged, fur-covered companion is planning on making the trip to Cornwall, as well.

There are two other forms of accommodation here at the Budock Vean, which are great for small groups or families planning some type of big get-togethers or family reunions. They are the 5-star Gold Award modern holiday homes which include a luxury kitchen and can sleep six in three double/twin en-suite bedrooms.

Or, you can stay at the 4-star rated more traditional older style cottages and lodges. These lodges have specific names: Old 19th, Beaver's Dam, Beaver's Lodge, and Badger Cottage. These are self-catering properties which are pet-friendly and allow full access to the amenities of the hotel.

Throughout the year, this hotel caters to guests who have a mutual interest in specific activities. The special events include the ever-popular Bridge and Golf Breaks in April, October and November; a Watercolour Painting break in March; Gourmet Weekends in early March and late November; and special events during Christmas and New Year's to enjoy the holidays.

## FORE!

When visiting this hotel, bring your golf clubs so you can enjoy the Budock Vean Golf Club. Designed in the 1920s by five-time (British) Open Champion James Braid, this is a wonderfully designed nine-hole parkland golf course which has been constructed on rolling landscape, complemented by a beautiful mix of mature trees and flowering shrubs. This course's close proximity to the Atlantic Ocean and the Helford River also provide a refreshing breeze.

Even though the Budock Vean GC is just a nine-hole layout, golfers are offered a genuine 18-hole experience, as there's a different set of tees for the front nine and the back nine. Not only is there a different set of tees for every hole, the distance of each hole on the front nine are different from the distance of its back-nine 'partner.' And, every hole has a different name, as well. The names are special and creative, such as Hickman Hill (1st), John's Joy (8th), Admiral's Island (12th), and Little Beauty (17th).

"Although we are only nine holes, it is a cracking little course," says Barlow. "In this day and age with golf having to fight harder than ever to attract new players, both young and old, we have been working hard to promote the nine-hole game, now that England Golf has permitted handicaps to be established over nine holes and for nine-hole competitions."

If you want to enjoy one of Cornwall's (and England's) finest hotels, which is truly a cut above the rest, call today (01326 250288) or send them an email ([relax@budockvean.co.uk](mailto:relax@budockvean.co.uk)) to reserve a room where you will thoroughly enjoy all the amenities of 'The Hotel on the River.' **(MM)**

# **A CORNISH STAPLE: THE PASTY**

## **THE RECIPE & ITS HISTORY**

### **‘The Players in the Game:’**

1 pie shell  
chopped/cubed stewing beef or round steak  
2 peeled potatoes -- thinly chopped  
1 onion – skinned/diced  
1 small turnip/rutabaga – chopped/sliced/diced  
1 slice of butter  
salt and pepper  
1 egg – beaten



### **‘Game Day Coaching Instructions:’**

Roll out pie shell on flat surface; trim fat off beef and cut into thin strips; mix meat with vegetables in the middle of the pie shell; season with salt/pepper/butter; dampen pastry edges with water and fold over the edges to meet on the side of the filling, pinch and twist pastry together to form neat fluted and curved pattern (known as crimping); cut small air vent in each side of the pasty; brush pasty with beaten egg. BTW: Devon pasties are crimped on the top and Cornish pasties are crimped on the side.

### **‘Rules of the Game:’**

Bake for 10 minutes at 425 degrees. Then reduce heat to 350 degrees for 30 minutes.

### **‘Game History:’**

The best known food from Cornwall is its pasties. The legend is that the Devil never dared to cross over the River Tamar into Cornwall for fear of being included in a pasty made by local housewives. Pasties developed in tin mining villages. The shell of the pasty was as hard as a rock so that if dropped down a mine shaft, it would not break!

**RECIPE CREDIT:** Jo Hodding (Carbis Bay, Cornwall, England....and a playing member of the West Cornwall Golf Club; Lelant, Cornwall, England)

## CORNWALL'S TOP TEN FISH & CHIP EATERIES



**At Lewis' Fish & Chip Shop in Newlyn, the food is delicious and the portions are generous. Due to its close proximity to Newlyn's fish market, Lewis's often serves fish that is rarely served elsewhere, such as Megrin and John Dory.**

1. Lewis' Fish & Chip Shop (Newlyn, Cornwall)
2. Sanders Fish and Chips (Hayle, Cornwall; Pool, Cornwall)
3. Rick Stein's Fish (Falmouth, Cornwall)
4. High Lanes Fish & Chip Shop (Hayle, Cornwall)
5. Morrish's Fish Restaurant (Redruth, Cornwall)
6. Beck's Fish & Chips (Carbis Bay, Cornwall)
7. Port and Starboard Fish and Chips (St. Columb Major, Cornwall)
8. Harbour Lights Restaurant (Falmouth, Cornwall)
9. Heamoor Fish & Chips (Penzance, Cornwall)
- 10.) Cod End Fish & Chips (Newquay, Cornwall)



# CORNWALL'S TOP 19<sup>TH</sup> HOLES: TEN OF ITS BEST PUBS

When golfers walk off the 18<sup>th</sup> green at any one of the 30+ golf courses in England's county of Cornwall ([www.CornwallGolfUnion.org.uk](http://www.CornwallGolfUnion.org.uk)), their next thought is probably focused on where to go for a post-round libation. One option to consider is a local pub, which will provide a wide variety of food and beverages (alcoholic and non-alcoholic) and an atmosphere that will be as memorable as any of your great shots or putts on the golf course. Chances are strong that where ever you decide to play golf, one of the county's top pubs won't be too far away.

## 1.) The Jamaica Inn on Bodmin Moor (photo credit: Trish Steel)



When traveling through Cornwall on the A30 highway, you will go past the Jamaica Inn ([jamaicainn.co.uk](http://jamaicainn.co.uk)), dubbed Cornwall's Most Famous Smuggling Inn. It is located in the middle of Bodmin Moor, one of the most remote parts of northern Cornwall.

## 2.) The Driftwood Spars in St. Agnes

The Driftwood Spars has its own brewery as well as a restaurant. It's located along the sea in an amazing little village of St. Agnes, which is steeped in mining history and has beautiful, natural surroundings.

## 3.) The Blue Anchor pub in Helston

This thatch-roof structure pub has been in existence for a few centuries, dating back to the 13<sup>th</sup> century. At one time, this building was a rest house for monks. The Blue Anchor is located in Helston, along the town's high street. This pub is well known for brewing its own "Spingo" beer – a true original brew which pre-dates all the other more recent micro-breweries.

#### 4.) The Ship Inn in Porthleven

At The Ship Inn, the food and beer are excellent. From time to time, live folk music is played to entertain its nightly visitors. This pub is located in a tight little old building, perched above the harbor entrance to Mount's Bay.

#### 5.) The Mermaid (the interior) on St. Mary's on the Isles of Scilly (photo credit: Yelp)



If you have a nautical mindset, you will enjoy the Mermaid's interior décor. It's a pub with character and no other pub in the United Kingdom is designed like the Mermaid. If you like seafood, the Mermaid's freshly made crab salad is mouth-watering. The atmosphere inside the Mermaid on summer Friday nights following the gig races on the Scillies is an experience not to be missed.

#### 6.) The Shipwrights in Helford

The Shipwrights is literally on the water's edge. It has very good food and beer plus live jazz on Sundays. Helford is an idyllic village.

#### 7.) The Paris Hotel in Coverack

This pub is named after a local ship wreck. There's a full menu to choose from and all the beers are very kind to the palate. This pub has a fantastic location with panoramic sea views from the headland that is perched above the little fishing harbor, which has an active fleet of small day boats. The nearby coastal walking path provides you with some world-class, spectacular views out to sea from the towering cliffs.



**8.) The Turk's Head (the interior) in Penzance (photo credit: Yelp)**



The Turk's Head is the oldest pub in Penzance, dating back to 1233. The Turk's Head is where smugglers and pirates used to gather for a drink. The Turk's Head serves great food, especially locally caught seafood. Back in the 1500s, parts of the pub had to be rebuilt due to the fire caused by the Spanish Invasion.

**9.) The Sloop Inn in St. Ives (photo credit: TripAdvisor)**



Established in 1312, the Sloop Inn is perched on the cobblestone road which borders the St. Ives harbor. The Sloop Inn is charming and filled with charisma because of all the characters that have visited this establishment over the last few centuries. In order to access one of the three bars inside, make sure



you stoop over as you enter the front entrance to the Sloop Inn as it was originally designed for the local Cornish population, which is historically short in stature.

### **10.)The New Inn on Tresco on the Isles of Scilly**

The New Inn is definitely off the beaten path. Located on the western side of Tresco, one of the inhabited islands in the Isles of Scilly, The New Inn has a strong Scillonian/nautical décor inside with wreckwood and marine relics on display. Drinks are served at the Driftwood Bar.

## **SPECIAL THANKS**

### **GOLD TOE GOLF SOCKS -- THEY ARE SECOND-TO-NONE**

Any car mechanic will tell you that the key to a smooth ride in any kind of automobile, regardless of the vehicle's sticker price, is a good set of tires, which must be balanced and properly aligned. That same theory applies to golfers, as well. Regardless of the quality of your golf clubs and the rhythm of your

swing, it's important to have a solid foundation when you step foot on any golf course, which starts with the right kind of socks. If you don't take care of your feet, then your chances of registering a good score are negatively impacted. In my opinion, the gold standard for golf socks starts and finishes with the Fairway edition of Gold Toe Golf Socks.



I don't think that I have seen so much attention to detail given to one piece of athletic apparel, which, in this case, is the golf sock. First of all, these golf socks are lightweight and very comfortable. The AquaFX® Moisture Control technology wicks away

moisture from the foot keeping your feet as cool, dry, and comfortable on the 18<sup>th</sup> green as they were on the 1<sup>st</sup> tee. In this sock, there's a comfort tab where the sock meets the Achilles tendon, Y Heel reinforcement, cooling mesh panels on the forefoot, support for the arch, and a reinforced toe area. Where there's a possible issue, Gold Toe Golf Socks has addressed the situation so that it will not become an issue. The colors range from white to a mixture of light and dark color combinations.

After golf, it's time to transition to the Clubhouse edition of Gold Toe Golf Socks. These socks are comfortable, colorful, and durable. This sock, which is produced in a variety of argyle color combinations, is a longer dress sock. In this sock, there's Spandex throughout it, to provide a perfect fit for you. Just as you can see in the Fairway edition, the Clubhouse edition of the Gold Toe Golf Sock has a reinforced toe to improve comfortability. So, if you want to improve your chances of success on the golf course, invest in Gold Toe Golf Socks ([GoldToe.com](http://GoldToe.com))

## NEW BALANCE – WITH ME EVERY STEP OF THE WAY



**M**y experience of walking along the top golf courses in Cornwall has been made possible because I wore the correct footwear – the NBG2004 golf shoe from New Balance Athletic Shoe. Those golf shoes were (and remain) comfortable, trendy, functional, waterproof, fashionable, striking, and appealing to the eye. On the course, these shoes gave me the necessary grip, traction and support that I needed to hit any kind of shot and walk any type of golf course terrain that I encountered. The durability issue is a key part of the

design process because the game of golf is played in diverse weather conditions that range from dry to wet. Producing a top-notch golf shoe is not an easy proposition, but New Balance Athletic Shoe has figured out the solution.

## BIONIC GLOVES – SIMPLY THE BEST

**G**olfers who are searching for fit, feel, and comfort in their golf glove would well-served by wearing a golf glove from Bionic Glove. There are four models available in the golf category: Performance Grip Pro, StableGrip (with Natural Fit), the newly released RelaxGrip 2.0, and ReliefGrip. All gloves are designed by an orthopedic hand specialist with the purpose of providing the best tools to play golf with a focus on the anatomy of the hand.

The Performance Grip golf gloves have been designed for competitive golfers. They give the golfer a

greater natural fit and superior feel on the golf club. These golf gloves are made with premium Cabretta leather that's durable, supple and safe to wash. With fit, feel, grip and moisture management built in, you are guaranteed a top-quality golf glove with maximum performance. The StableGrip golf gloves are made of Cabretta leather. There are 12 mini towels inside the glove that will help keep your hand drier. This glove has a strategically placed pad system which provides increased durability in areas that are prone to wear and tear and better contact surface with the club. And, the easy grab tab makes glove removal simple and quick. The RelaxGrip 2.0 golf gloves provide an extra relaxation layer to your hand, providing instant control and balance. The terrycloth lining inside the glove provides moisture



absorption. The ReliefGrip golf gloves are designed to provide relief for sore tender hands. This glove has all of Bionic's signature technology; motion and webzones for breathability, dexterity and comfort; patented pad system for durability comfort; plus form-fitting LightPrene for enhanced wrist and thumb support.

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