



The Creation Works / Hwel An Gwrians

Local Area Guide

LEISURE / FITNESS:

Par Track - www.partrack.org.uk

Just a short walk through the park, Par Track offers a full size athletics track and a gym at extremely affordable rates. Also within Par Track you'll find football pitches, a basketball hoop, a pump track and small skate park. The train station enters into it.

Snowlands - www.snowlandsgym.co.uk

A 5 minute walk away, Snowlands has a large weights room, all the machines, and a heated indoor pool. You

can pay hourly or monthly rates, and again, it's very affordable.

Sea - Swimming

Par Beach sits at the East end of the much larger St Austell Bay. It has a three-quarter mile sand beach, large established sand dunes, and at one end you'll find a lake that is home to loads of wild fowl. There is a nature reserve too, and coupled with the seagrass and merle beds under the surface, you'll understand why this is one of Cornwall's most biodiverse landscapes. At the West End of the beach you'll look across the outlet of Par river to Par Docks, which is still in use by fishermen and as the home of Imerys' China Clay operation. The beach is very shallow at

low tide - you can walk out a long way before it's deep enough to swim in, though that does make it easy to visit the Time & Tide Bell, one of 13 around the country and a working sculpture.

www.timeandtidebell.org

Par is also often subject to a lot of seaweed, so for swimming we recommend:

Spit Beach - on the other side of the docks and reached by a footpath (and it has its own carpark). It's where the locals swim. <https://www.staustell.co.uk/discover/spit-beach/>

Booley's Beach - which requires a 10 min walk from Par Beach along the cliff path, and then a descent to

something really special. Again, this is the local's preference. You can find it on google-maps.

Polkerris Beach - This is a lot of people's fave. It's a 30 - 40 minute walk across the cliffs on the South West Coast Path. (Go past Booley's beach and keep going). You walk at the edge of fields, with a beautiful view across to Mevagissey before descending down to the tiny village of Polkerris. There is a sea wall too - so super safe to swim - plus boat and paddle board hire. **The Rashleigh Inn** does a good food menu, and **Sam's on The Beach** does pizzas. There's a cafe, Ice Cream, and beach shop too. There are AMAZING views here.

NOTE: As with everywhere in the UK, there is a history of privately owned water companies discharging effluence into rivers and the sea. We advise you check water quality with the Surfer's Against Sewage '**safe to swim**' app - you can download it here:

<https://datahq.sas.org.uk/sewage-data-hq/is-it-safe-to-swim/>

SHOPS:

Coop Convenience Store - basic supermarket and off-licence. Cash point inside.

107 Par Green, Par, PL24 2AG

7am - 10pm Mon - Sun

Spar Convenience Store & Post Office Counter -

parcel deliveries to here.

28 Eastcliffe Rd, Par, PL24 2AH

7am - 10pm Mon - Sun

Coop St Blazey - Larger Supermarket

Middleway, St Blazey, Par, PL24 2JH

7am - 10pm Mon - Sat

10am - 4pm Sun

Richards Fruit & Veg - Family run green grocers with

fresh locally caught fish

Harbour Rd, PL24 2BD

6am - 5.30pm Mon - Fri

6am - 5pm Sat

CAFES:

Par Track Cafe - Fry-ups, sarnies, paninis, toasties, jacket spuds, avo toast, cakes

Through the park and beside the running track. Also hosts the community library. A real hub and all funds go back to the Community Run Par Track.

10am - 7.30pm Mon - Thurs

10am - 2pm

Fri

10am - 4pm

Sat

9am - 2pm

Sun

BB's - Coffee, Tea, and loads of cake

10c Eastcliffe Rd, Par,

9am - 5pm

Tues - Sat

Bluebells Coffee House - Pasties, Coffee, Fry-Ups,
Pancakes, Avo Toast, Wraps, Cake

31 Par Green, par, PL24 2AF

8am - 5pm Mon - Sat

9am - 4pm Sun

EATING OUT & PUBS:

There are loads of pubs in and around Par.

One our faves is the New Inn, Tywardreath, which is a
15 minute walk up the hill, and like most does food.

They all serve at different times, so we recommend
checking menus & hours online.

The New Inn - Full menu, veggie/vegan/gf options, roasts, and all the drinks. Massive garden & outdoor seating area under cover too. Also host events.

www.thenewinncornwall.co.uk

Fore St, Tywardreath, PL24 2QP

The Ship Inn - Traditional menu, all the drinks, beer garden, events, right at the end of Par Beach

Palmer Hill, Par, PL24 2AR

The Welcome Home - Menu includes curry and a pint, roasts etc. + frequent live music. The nearest to The Creation Works in terms of distance.

39 Par Green, Par, PL24 2AF

You can also google **The Par Inn & The Royal**.

TAKEAWAYS:

Val's Place - Legendary Fish & Chips. No. 4

Moorland Rd. (We're at No. 13a).

Cluck N Chuck - New chicken shop opened this year

- 22 Eastcliffe Rd, PL24 2AH

YGs - For kebabs etc - 10 Harbour Rd, PL24 2BB

The Golden Wok - Chinese takeaway - 115 Par

Green, PL24 2AG

Indian Ocean - Tandoori that delivers to Par -

Tywardreath Highway, St Blazey, PL24 2RN

FURTHER AFIELD:

Charlestown Harbour - PL25 3NJ

Situated 3.5 miles away it will take a cliff top walk on the South West Coast Path, a bus or car to get there and it's worth it. Charlestown Harbour is a UNESCO heritage site for its importance to the China Clay Industry. It's now full of airbnb's / second homes which means lots of food & drink too.

The Pier House Hotel - Stunning sea views, real fires, good full menu, great beers in nearby St Austell Brewery's showcase Cornish pub.

Short & Strong - Some say the best (Origin) coffee in Mid Cornwall. Also breakfast/brunch/lunch and

everything you'd expect from a proper hipster cafe, including London prices.

Now getting competition from the newly opened **Ten Ten Coffee** up the hill.

The Rashleigh Arms - Your back up when the Pierhouse is full. Also shows sports.

The Long Store - Up market dining upstairs at **Short & Strong**.

The Cellar - Beside Short & Strong for evening wines, cocktails and light bites.

Springtide - Fish is the speciality in this 4th part of the Long Store empire.

The Harbour Side - Woodfire Pizzas beside the Pierhouse

Tall Ships Creamery - Award winning Ice-Cream + food and lots of sweet treats.

Rebellion Roast House - Burgers, Steaks, Ribs, Stacks, Wings, Steaks, Cajun Fries etc

Fowey

3.5 miles the other way you'll find Fowey. Again, you'll need a bus or car, unless you fancy a 1.5 - 2 hour walk that passes Booley Beach and Polkerris before rounding the Gribbin Head Daymarker, (Like a lighthouse with stripes instead of a lamp), before winding down steep hills to Ready Money Beach. The same deep-water estuary that made this a Civil war battle site, a historical naval port, and a D-Day embarkation harbour means it now gets the cruise

liners too, not too mention more than few A-listers on their hols. Expect pubs, cafes, restaurants, fudge, flapjack & ice cream shops, a local artisan bakery and several (chain) Cornish bakeries doing pasties etc plus craft and hipster art, book & toy shops. Worth a google are:

Sunny Spice - Authentic and very decent Southern Indian Food including fab dosas & loads of Keralan favourites.

Bufala Fowey - upmarket estuary views match upmarket Italian food

The Dwelling House - quirky Tuscan (& Asian inspired) food paired with great Italian wines in a Georgian townhouse with an amazing tiny hidden garden.

Brown Sugar - Fowey Local's fave cafe. Good food, Yallah coffee. Almost enough seating.

Pintxo - Proper Tapas and often full, recommend booking.

Fowey Hall Hotel - As well as the spa (great pool) it's a good place for cocktails or a cream tea.

And for sea swimmers...

Ready Money Beach is a gift! At high tide it almost disappears beneath the crystal clear waters. In summer there is a platform to swim out to, plus the **Beach Cafe** to grab a cuppa for the warm up after. Expect lots of locals in dry robes.

Duchy Cafe & Nursery - Cott Rd, Lostwithiel, PL22 0HW

Situated a 20 minute drive away on the edge of **Lostwithiel**, Cornwall's historic stannery town, and boasting views of **Restormel Castle, the Duchy** combines an upmarket nursery with a cafe whose organic led menu is worth the trip. Also the new Orangery restaurant.

The Hidden Hut - Portscatho, Truro, TR2 5EW

It's a drive onto the Roseland Peninsula and a walk from the car park to this legend of a gem. Expect amazing seasonal food overlooking stunning sea views. For breakfast & Lunch you can just rock up (10 - 4). For the legendary FEAST NIGHTS booking is essential. www.hiddenhut.co.uk Either way you're sitting outside, so remember to take a Mac!

Hub Box - Pentewan Sands, St Austell, PL26 6BT

Laid back beach shack serving awesome burgers, shakes, dirty fries etc with a full licence and beach view. Access through the holiday park. Wheelchair accessible.

SIGHT SEEING:

The Eden Project is in Par! PL24 2SG

Globally renowned biomes house tropical rainforest and temperate zones, along with outside gardens. In winter an ice-rink, in summer big name music acts at The Eden Sessions. Also, year round, good food and coffee! Loads to see and do, very child friendly.

The Lost Gardens of Heligan - Pentewan, St Austell, PL26 6EN

Unbelievable restored gardens in grounds of a stately home. Were lost after WWI and restoration included the discovery of a rainforest in a valley with its own micro-climate. Super family friendly and lots of events years round.

Wheal Martyn - PL26 8XG

If you want to understand the industrial heritage of mid-Cornwall, Wheal Martyn is a 26 acre clay mining museum with exhibits, kid's attractions and extensive nature trails.

The Hall for Cornwall - Truro, TR1 2LL

Cornwall's largest venue in a beautifully refurbished Grade II listed building. Mixed programme of theatre, dance, music, talks, and an important programme of community and youth arts.

Into Bodmin - The Old Library, Bodmin, PL31 2JX

Community led & facing arts organisation embedded in Bodmin. Lots of off-site events as well as a programme in the Old Library's intimate venue.

The Minack Theatre - Porthcurno, Penzance, TR19 6JU

Necessitates a long drive and a very steep walk at the end of it. This is Cornwall's legendary cliffside

amphitheatre built by hand by the astonishing force of nature that was Rowena Cade and her gardener Billy Rawlings. Must be seen to be believed. Theatre acts here frequently upstaged by pods of dolphins surfing the Atlantic. By moonlight.

Tintagel Castle - Castle Rd, Tintagel, PL34 0HE

5th - 7th C. Island fortress ruins connected to the mainland by a suspension footbridge over cliffs and boiling seas. What's not to like?

Kerdroya - Colliford Lake, Bodmin Moor, Liskeard, PL14 6PZ

A new piece of public art by Golden Tree Productions, Kerdroya is a 56m diameter classical labyrinth

constructed from Cornish hedges (stone built, earth-core walls). A celebration of Cornish culture. Free, 24-7 access, dog friendly, the labyrinth leads you on a 750m walk from entrance to centre where you get views over the moor and lake. There is a downloadable audio trail and text from this can be displayed on your phone.

TRANSPORT:

Par Train Station is less than 500m from The Creation Works and we recommend travel by train if you can. If you have lots of luggage, we're more than happy to collect / drop off. This mainline station connects you through London to Glasgow, or down to

Penzance. It's always worth investigating the sleep train if coming from the North.

Bus Routes

The Creation Works sits on the no. 24 & no. 25 routes, connecting Par to St Austell, St Blazey, Tywardreath and Fowey. From St Austell you can reach all of Cornwall by Bus / Train.

Timetables at www.transportforcornwall.co.uk

Driving

There is an EV Charging point at The Creation Works.

Airports

The closest are Newquay, Exeter and Bristol.

MEDICAL:

Doctors

Par Surgery (Part of Fowey River Practice)

Eastcliffe Rd, Par, PL24 2AJ

01726 829272

Hospital

St Austell Community Hospital (Minor injuries)

Protean Rd, Saint Austell, PL26 6AA

01726 873000

A&E

Royal Cornwall Hospital

Treliske, Truro, TR1 3LJ

Pharmacy

Allied Pharmacy

29 Eastcliffe Rd, PL24 2AQ

01726 812917

09.00 - 17.30 Mon - Fri

Public Defibrillators

Closest - Par Track Cafe

Par Track, Eastcliffe Rd, Par, PL24 2PB

Next Closest - Allied Pharmacy

29 Eastcliffe Rd, PL24 2AQ

FINDING THE CREATION WORKS:

LOCATION:

what3words: **///dignify.spirit.original**

ENTRANCE:

BY CAR - via driveway at 13 / 13a Moorland Rd,

PL24 2PA

what3words: **///motion.tapers.expel**

BY FOOT - via gate through Par Track

what3words: **///spilling.protects.wager**

For anything else, just ask us!

hello@thecreationworks.com