

— CELEBRATING LIFE IN THE COUNTRY —

# WILDFLOWER

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**BRING THE  
BEACH HOME**  
NEW COASTAL STYLE  
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INSIDE KATHARINE  
POOLEY'S DEVON RETREAT

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WATER-INSPIRED  
WELLNESS ADVENTURES

**A SHORE  
THING**  
EMILY SCOTT'S SIMPLE  
SEAFOOD RECIPES

**ESCAPE TO  
CORNWALL**  
A SUMMER STAYCATION:  
WHERE TO EAT, SLEEP & EXPLORE

*Get set for*  
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LIVE | EXPLORE | GROW | ESCAPE



# ESCAPE

CALL OF CORNWALL | SUITCASE STAPLES | FAMILIES IN THE MED

*For the love of Cornwall*

Sand, surf, sun and sea breezes, sometimes a summer staycation is hard to beat.

For an action-packed holiday on home shores, Cornwall comes top of the 2025 *Wildflower* UK travel list



PHOTOGRAPH COURTESY OF GEORGE'S SURF SCHOOL (GEORGESSURFSCHOOL.COM)





# A Cornish STAYCATION

A laid-back lifestyle, wide-open seascapes and an abundance of exhilarating outdoor activities make Cornwall a regular holiday destination for *Wildflower* editor Zoë Levey and her family. Here Zoë gives us the inside track on three of her favourite places to visit





**FROM TOP:** The beautiful sea-facing outdoor pool at Carbis Bay Hotel; the laid-back Beach Club; its menu includes the freshest grilled fish; Tate St Ives has an excellent line-up of exhibitions including this summer's *Leigh Bowery!*

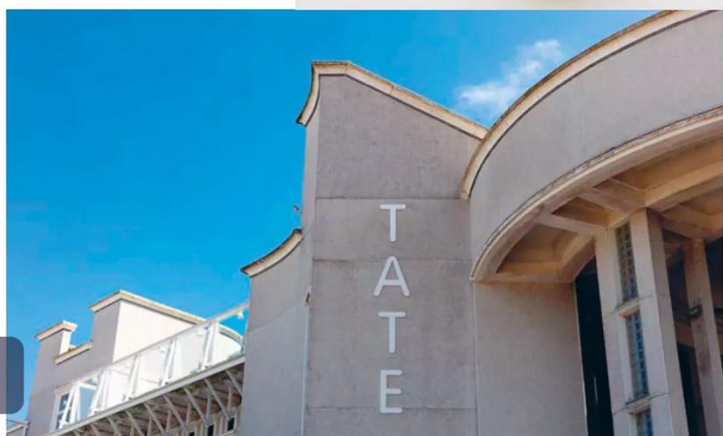


## ST IVES

**WHERE TO STAY** It's easy to see why the founders of the original Carbis Bay Hotel back in the 19th century chose this spot. Endless golden sand and far-reaching views out to sea make it one of Cornwall's finest beaches. Surrounded by lush woodland and beautiful planting, the hotel perches on the hillside overlooking the bay. Newer additions are the incredibly glamorous Lodges (each with an outdoor hot tub and private garden) and the exceptional C Bay Spa with its sea-facing infinity pool and sauna. Guests can enjoy drinks on the terrace in summer or shelter from the elements over a cocktail or two in the delightful Orangery during chillier months. St Ives is just a short hop by train – you can walk to the pretty little station from the hotel. Or stay behind and enjoy one of the many events such as this summer's *Mamma Mia* Show & Dine night. ([carbisbayhotel.co.uk](http://carbisbayhotel.co.uk))

**WHERE TO EAT** Stroll straight off the sand into the Beach Club at Carbis Bay, a laid-back eatery serving sun-soaked Mediterranean-style dishes such as grilled fresh fish, sizzling steaks, homemade artisan pizzas and hand-picked Cornish crab. There's a great wine list provided by Cloudy Bay, and an easy kids' menu too. Enjoy the beachy vibes over a long lunch or sit out on the deck to watch the sun go down. ([carbisbayhotel.co.uk](http://carbisbayhotel.co.uk))

**WHAT TO DO** Visit *Leigh Bowery!* exhibition at Tate St Ives, on until 31st August ([tate.org.uk](http://tate.org.uk)); stock up on surf wear at Off the Beaten Track and Tiki Surf in St Ives; discover the birthplace of British studio pottery, at the highly respected Leach Pottery ([leachpottery.com](http://leachpottery.com)); walk the South West Coast Path from St Ives to Zennor. ([southwestcoastpath.org.uk](http://southwestcoastpath.org.uk))





## ROCK

**WHERE TO STAY** Latitude 50 specialises in luxury holiday homes in Rock and the surrounding areas of Daymer Bay, Polzeath and Port Isaac. We stayed in First Light, a spacious, modern dwelling on Rock Road, just minutes' walk from the beach and the ferry to Padstow. First Light offers a comfortable and convenient base in the heart of Rock, easily sleeping eight guests at ground level and with a large open-plan living space upstairs. Floor-to-ceiling windows give way to glorious views over the shimmering Camel Estuary and green fields beyond, and décor is contemporary coastal in style. A well-equipped kitchen meant we could stay in if we felt like it, with dinner followed by a favourite movie in the home cinema room. ([latitude50.co.uk](http://latitude50.co.uk))

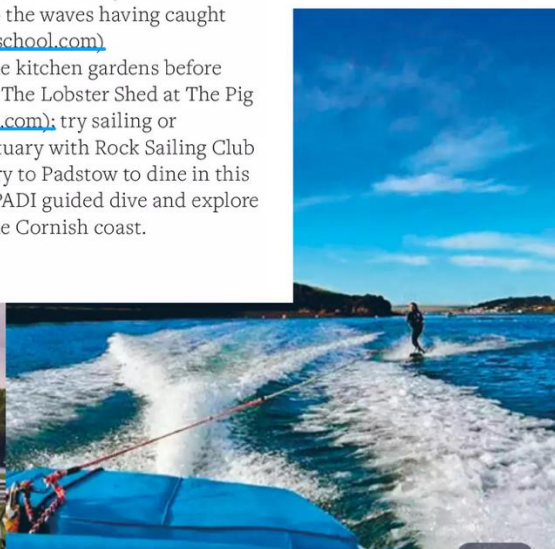
**WHERE TO EAT** Rock's fabled pub The Mariner's was taken over by Paul Ainsworth in 2019, with chef Joe Rozier now at the helm. Serving up modern British cuisine which celebrates the finest local produce, the menu is a curated collection of Paul's favourite dishes. Try the rich luxurious Cornish shepherd's pie with slow-cooked lamb shoulder and seaweed ragu, or pub classics such as a ploughman's with local cheeses, beer-battered fish and chips, and moules marinière

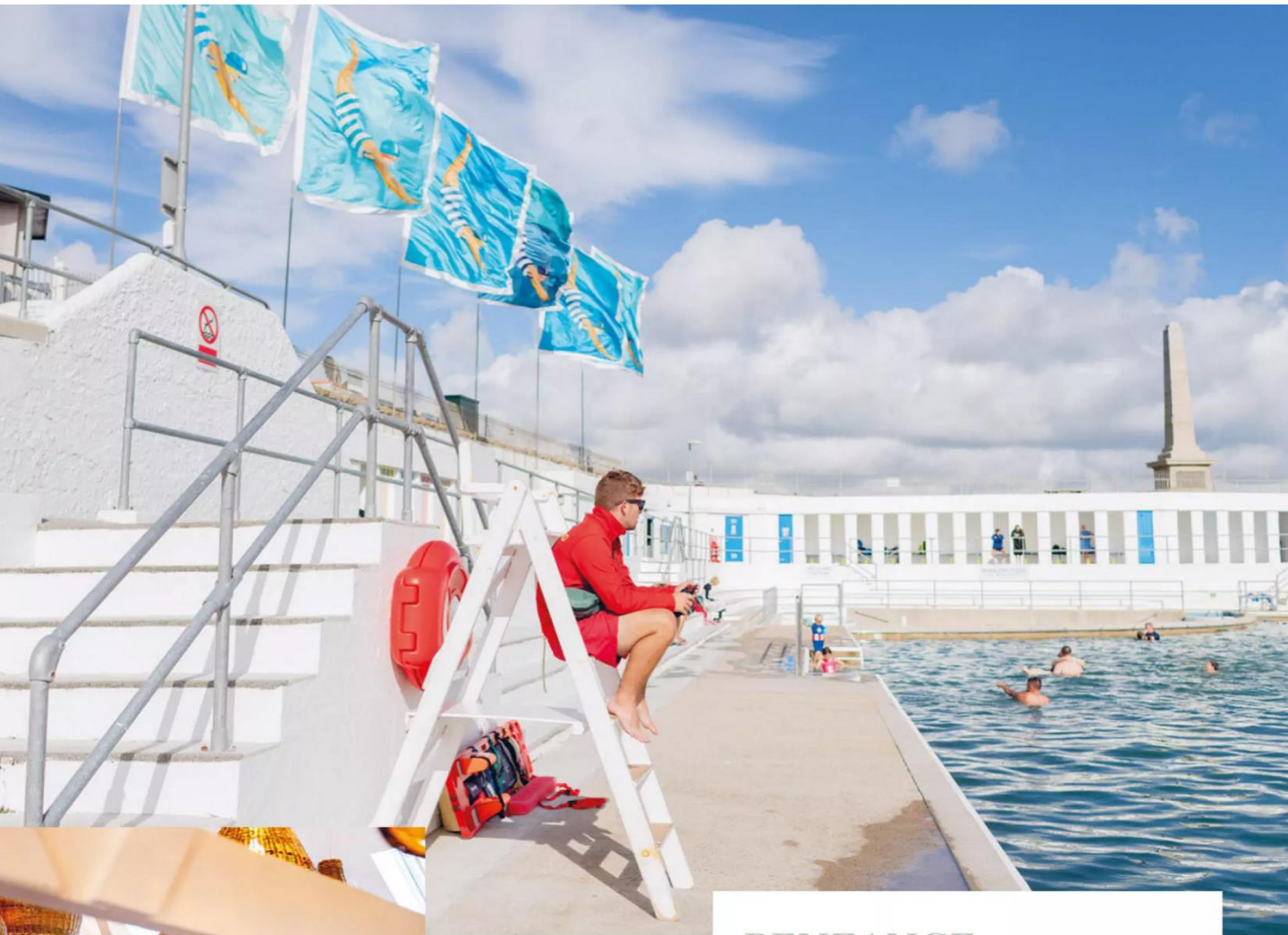
with an Asian twist. As Paul says, these are 'dishes we can never bring ourselves to take off the menu.' Book well in advance. ([paul-ainsworth.co.uk](http://paul-ainsworth.co.uk))

**WHAT TO DO** Polzeath Beach offers some of the finest surfing in Cornwall. Take to the waves and book a private lesson with George's Surf School, founded by surf and alpine sports instructor George Stoy. George and his team (all ISA/Surfing GB/International Lifeguard qualified) are experts in teaching kids and adults alike to surf whatever their ability. Sessions are geared to the needs of each individual surfer with emphasis on patience, kindness and knowledge, and they are especially good with children with ASD/ADHD. George himself is engaging and dynamic, his enthusiasm and energy boundless, making sessions fun for all. You'll be out of time before you know it, wanting to head back onto the waves having caught the surf bug. ([georgessurfschool.com](http://georgessurfschool.com))

**ALSO TRY...** Wander the kitchen gardens before settling down for lunch at The Lobster Shed at The Pig at Harlyn Bay ([thepighotel.com](http://thepighotel.com)); try sailing or water-skiing out on the estuary with Rock Sailing Club ([rswsc.co.uk](http://rswsc.co.uk)); take the ferry to Padstow to dine in this foodie's paradise; book a PADI guided dive and explore the wrecks and reefs off the Cornish coast. ([harlyndiveschool.co.uk](http://harlyndiveschool.co.uk))

**CLOCKWISE FROM TOP LEFT:** George's Surf School in Polzeath; First Light is situated in the heart of Rock; water-skiing out on the Camel Estuary; head over to The Pig at Harlyn Bay and enjoy lunch at The Lobster Shed





## PENZANCE

**FROM TOP:** Penzance's Jubilee Pool reopened in 2024; Porthleven's Kota Kai is a must-book restaurant while in the area; chef Jude Kereama's creative cuisine includes his signature dish, Seafood Laksa

**WHERE TO STAY** Housed in a converted Georgian townhouse, located high above Penzance's vibrant harbour, Chapel House offers a stylishly quirky place to call home when you're in town. Expect a warm welcome from hostess Katie and her team, who can help you plan your visit to the area. Six spacious rooms, each individually designed in fresh coastal colours offer beautiful views out to sea. A drawing room with open fire is the perfect spot for tea and freshly made cake, and breakfast is served in the basement kitchen which offers a lively and convivial start to the day. Especially good are the giant breakfast baps, stuffed full of local produce cooked to order, ideal for fuelling up before an action-packed day exploring the southwest coast. ([chapelhousepz.co.uk](http://chapelhousepz.co.uk))

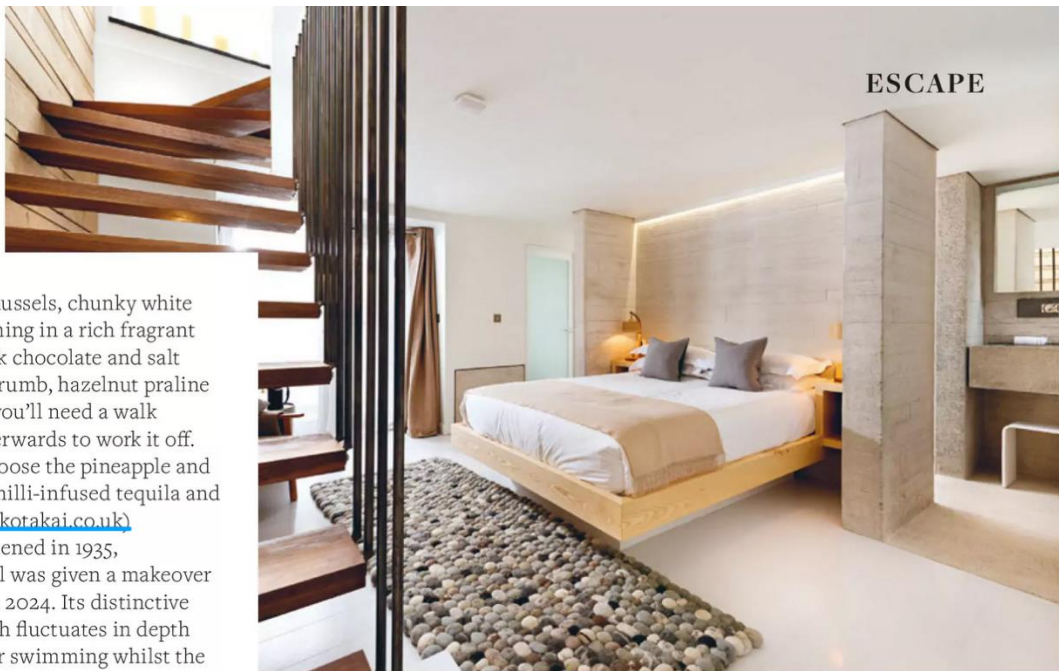
**WHERE TO EAT** Celebrated chef Jude Kereama welcomes guests to his acclaimed eatery Kota Kai in the tiny fishing village of Porthleven, just 20 minutes from Penzance. Making the most of the fresh fish coming in from the boats daily, chef Jude's imaginative menu includes vibrant dishes reflecting his many influences from around the world. His must-try hero dish is the Seafood Laksa, with generous amounts of



king prawns, flavourful little mussels, chunky white fish and yellow noodles swimming in a rich fragrant broth. For pudding, try the dark chocolate and salt caramel pot with a chocolate crumb, hazelnut praline and miso ice cream, although you'll need a walk around the quaint harbour afterwards to work it off. Cocktails are adventurous - choose the pineapple and chilli margarita with passilla chilli-infused tequila and lime - it really packs a punch. ([kotakai.co.uk](http://kotakai.co.uk))

**WHAT TO DO** Originally opened in 1935, Penzance's famous Jubilee Pool was given a makeover and celebrated its reopening in 2024. Its distinctive triangular saltwater pool, which fluctuates in depth with the tides, offers cold water swimming whilst the geothermal pool (the first of its kind in the UK) is heated to a more comfortable 28-30 degrees via a 410-metre deep geothermal well. Alternating your swim between pools is an invigorating and fun experience, and you'll emerge exhilarated. Warm up afterwards in the new sauna and with a whipped cream hot chocolate. A top tip - take a dry robe and sliders, as it can get chilly waiting for a changing room when it's busy. ([jubileepool.co.uk](http://jubileepool.co.uk))

**ALSO TRY...** Buy fresh fish and oysters from W. Stevenson ([wstevenson.co.uk](http://wstevenson.co.uk)); take a day trip by boat from Penzance to the Scilly Isles ([directferries.co.uk](http://directferries.co.uk)); visit the *Sea Flower* exhibition at the Jackson Foundation Gallery in St Just-in-Penwith which runs to 9th August ([jacksonfoundationgallery.com](http://jacksonfoundationgallery.com)); find the best fish and chips at the Mackerel Sky Seafood Bar in Newlyn ([mackerelskycafe.co.uk](http://mackerelskycafe.co.uk)); walk the cobbled causeway to St Michael's Mount during low tide and spend the day at this fascinating historic site. ([stmichaelsmount.co.uk](http://stmichaelsmount.co.uk))



## Find the best fish and chips at the Mackerel Sky Seafood Bar in Newlyn and walk the cobbled causeway to St Michael's Mount

**FROM TOP:** Chapel House's six rooms are all individually designed in fresh coastal colours; get fish and chips from Mackerel Sky Seafood Bar in Newlyn; walk the causeway to St Michael's Mount at low tide

