

# 24 HOURS IN FALMOUTH

*With a rich maritime heritage, beautiful beaches and intriguing independent businesses, Falmouth should be next up on your list of Cornish places to spend 24 hours in, writes ALEXANDRA HURLEY*

## NIGHT TIME

### ROYAL DUCHY HOTEL

Spend a night in pure luxury at the four-star Royal Duchy Hotel and fall in love with the palm-fringed sun terrace, the wonderfully tranquil spa and restaurant serving AA Rosette winning cuisine. Dining is a delightful experience at the hotel with the choice of fine dining in the Pendennis Restaurant, relaxed dining in the Terrace Lounge Bar, dine *al fresco* on the Sun Terrace or unwind in the Champagne Bar. The hotel's facilities allow you to feel completely removed from the busy town, yet it's only a short walk to Falmouth town centre and the aforementioned beaches.

[royalduchy.co.uk](http://royalduchy.co.uk)

### STEVE GRIBBEN

In his new show *Steve Gribben: Shunted Again* at The Poly, veteran train traveller and stand-up comedian Steve Gribben rails against the state of Britain's railway systems. Using his very worst journeys as examples, Steve take his audience on a tour of cancellations, delays and overcrowding that's enough to drive you to drive. The comedian also acknowledges the history of the railway and the immense social change that the trains have brought. Join him on 21 April for a mixture of stand-up, songs and train announcements.

[thepoly.org](http://thepoly.org)

### CRIBBS

Caribbean street food and rum bar, Cribbs serve up authentic Caribbean street food flavours, a wide variety of rums from all over the Caribbean and lively evening rhythms. Tuck into delicacies such as roti wraps, burgers 'n' buns, curried chana, saltfish, jerk chicken, warm waffles and chocolate and rum pudding. The rum bar features more than 30 different rums, plus ice crusher cocktails and long drinks. Enjoy an evening of live music and DJs in this lively and vibrant venue.

[cribbsrumbar.com](http://cribbsrumbar.com)

## DAYTIME

### FALMOUTH SPRING FEST

A real, feel-good event, Falmouth Spring Fest brings the town's community together like no other. Celebrate Falmouth's beautiful coast, community and culture with a series of exciting events that everyone can get involved in. In an explosion of colour, life and activity, the festival will include Paint the Town Yellow Day (expect lots of stunning daffodils), beach cleaning, painting and gardening for Falmouth Spring Clean Days, free games, studio classes and activities on The Moor, guided walks and a four-day folk and cider fayre.

30 March – 17 April  
[falmouth.co.uk](http://falmouth.co.uk)

### FALMOUTH ART GALLERY

Falmouth Art Gallery has a vibrant exhibition and event programme, plus a variety of workshops for locals and visitors alike to get involved with. Exhibitions change regularly and work from the permanent collection is displayed alongside major museum loans, work from local artists, community groups, schoolchildren and students. The gallery works to a variety of themes and the staircase gallery is used for community displays from groups such as Age Concern and Falmouth University. Get crafty in one of the workshops, where there's a variety of activities to meet all ages.

[falmouthartgallery.com](http://falmouthartgallery.com)

### TAKE TO THE BEACH

Pack your bags for the beach because Falmouth boasts four beautiful stretches of sand and surf: Castle Beach, Gyllyngvase beach, Swanpool beach and Maenporth beach. Go stand-up paddleboarding (SUP), rock pooling, discover hidden coves, take to the sea and surf the waves or simply kick back on the sand and take in the Cornish coastline.

[visitcornwall.com](http://visitcornwall.com)



Steve Gribben: *Shunted Again* at The Poly



Delivering daffodils for Paint the Town Yellow Day at Falmouth Spring Fest which takes place this month



Foodie delights: hot shellfish at Rick Stein's Fish



Meander through Queen Mary Gardens by Gyllyngvase beach. Photo: Ewen MacDonald

## EATING

### THE WHEELHOUSE

Falmouth's best-kept foodie secret, The Wheelhouse is hidden down a little side street, with only a single chalked hand signalling its whereabouts. Enjoy finger-licking delicious crab, lobster and shellfish in an intimate space filled with quirky, miss-matched furniture. The merry atmosphere is contagious and there's a random selection of fun hats dotted around the room, but you'll need to book so plan ahead.

*Upton Slip, Falmouth TR11 3DQ*

### RICK STEIN'S FISH

Rick Stein OBE is best-known for his love of fresh seafood and he sure knows how to impress with fresh fish simply cooked. The Falmouth seafood restaurant serves Rick's favourite dishes such as Amritsari fish, Cornish chilli crab and meen kulambu, a fragrant cod curry from Southern India, as well as fish and chips and daily specials. If the weather's nice, grab a takeaway and tuck into tiger prawns, battered oysters and fish chill burgers on the beach. Perfect!

*rickstein.com*

### ESPRESSINI

A speciality coffee shop and kitchen, Espressini is committed to sourcing the best quality beans from around the globe and forging long-lasting connections with growers and roasters. Pair your coffee with something tasty off the classic and contemporary menu and enjoy coffee and brunch at its best. Also check out Espressini Dulce, the smaller sibling of Espressini. Sitting close to Falmouth harbour and waterfront, it is the perfect pit-stop to grab a coffee on the go, plus it is the shop's dedicated retail hub showcasing brewing equipment and whole bean coffee.

*espressini.co.uk*

## SHOP

### VINTAGE WAREHOUSE 13

Find clothing from all your favourite eras at Vintage Warehouse 13. Sift through Levi 501 jeans, Levi shorts, checked lumberjack shirts, denim shirts, stand-out jackets, silk blouses, floral shift dresses and plenty of accessories. If you're a vintage lover, you won't be able to resist a peek at what gems you can find among the shop's rails.

*vintagewarehouse13.co.uk*

### WILLOW AND STONE

With a beautiful double-fronted store front, which has been restored and brought back to life by Willow & Stone, the shop is home to architectural ironmongery and traditional door knobs for period, classic and contemporary homes including restoration hardware, door handles, door knockers, letter plates, cupboard knobs and window fittings. Customers can also browse lighting, a vast array of unusual gifts, books and stationery.

*willowandstone.co.uk*

### THE FALMOUTH BOOKSELLER

A bookworm's haven! Falmouth Bookseller is one of the leading independent bookshops in the UK and is staffed by knowledgeable booksellers who love to read and are happy to recommend. The building itself is steeped in character, with wooden staircases, shelves of interesting reads and places to sit and read that all-important synopsis before you buy. As well as stocking a wide range of titles, The Falmouth Bookseller hosts a diverse range of book events throughout the year.

*falmouth-bookseller.co.uk*