

Your guide to
Cornwall,
England

(Penzance & St. Ives)

Coffee/Bakery:

Yallah Coffee (St. Ives)

Mount Zion (St. Ives)

St. Ives Bakery (St. Ives)

Crowst (St. Ives)

Roundhouse Cafe (Penzance)

Wren and Raven (Penzance)

Loaf (Penzance)







Eat:

**Artist Residence's Cornish Barn
(Penzance)**

45 Queen Street (Penzance)

Onzo Pizzeria (St. Ives)

Brine (St. Ives)



Bars/Cocktails:

Artist Residence's Cornish Barn

(Penzance)

45 Queen Street (Penzance)

Four (Penzance)

St. Eia (St. Ives)





SATURDAY 11TH OF APRIL
TO DRINK: COS PINTOS Rosso SILE 12.
PANIZZI VERNACCIA TUSCANY 2021 13
TO EAT: WYE VALLEY ASPARAGUS 15
SOFT BOILED EGG + PARMESAN

THE GOOD FOOD GUIDE
100 Best Local Restaurants 2025

rove & frolic

Must-Do:

**Geothermal Pool & Sauna @ Jubilee Pool
(Penzance)**

Coast Boat Trips (from Penzance)

**Swedish Massage @ Chapel House with
Yolande (Penzance)**

**Coastal Walk to St. Michael's Mount (from
Penzance)**

Tate Gallery/Museum (St. Ives)

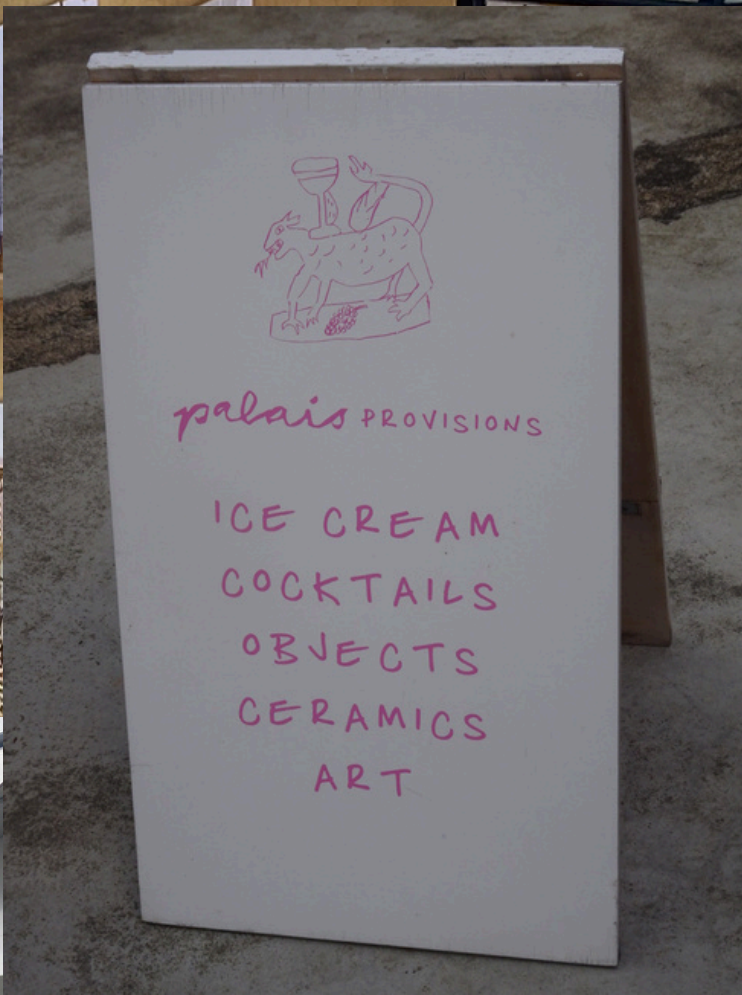




Shopping:

- Fishboy (Penzance)
- Seven Stones (Penzance)
- East of Here (Penzance)
- We Have What You Need (Penzance)
- The Old Farmhouse Jewelry (Penzance)
- Treth & More (St. Ives)
- The St. Ives Co. (St. Ives)
- Steal (St. Ives)
- Palais Provisions (St. Ives)
- *any and all charity shops





Stay:

Hotels:
**Chapel House
Artist Residence**

Airbnb:
Chris' "Lovely 1 Bedroom Apartment"





Our Personal Favs:

Brine (St. Ives) — Without a doubt the best brunch we had with beautiful views of the ocean. May even be a top fav of all time.

Artist Residence — for food, drinks and a place to stay, Artist Residence NEVER disappoints (and for a very fair price point).

St. Eia — bright and cosy wine bar with ah-mazinnngg cocktails (I know, I know — but I'll choose spirits over wine any day.) Definitely a highlight for me.

45 Queen St. — one of the best Negronis I've ever had, period. (But it must be the coffee infused Negroni)

Coast Boat Trips — such a cool way to see Cornwall. It inspired me to have a greater appreciation for Cornwall and the way of life there.

Coastal Walk — lots of routes to take but we grabbed a taxi from Penzance to St. Micheal's Mount to see it up close then took the 1 hr coastal walk back to Penzance. Was relaxing but also a nice way to move our bodies.