

the simple things

January

Taking time to live well

Midwinter treats

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Turkish baths
Old-fashioned puddings

HYGGGE

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From left: Bottoms, boats and beautiful interiors – all the ingredients for a top-notch coastal winter break



Low-season romance

SEE, DO, STAY, LOVE THE UK. THIS MONTH: A GEORGIAN B&B IN QUIET AND WINTRY PENZANCE

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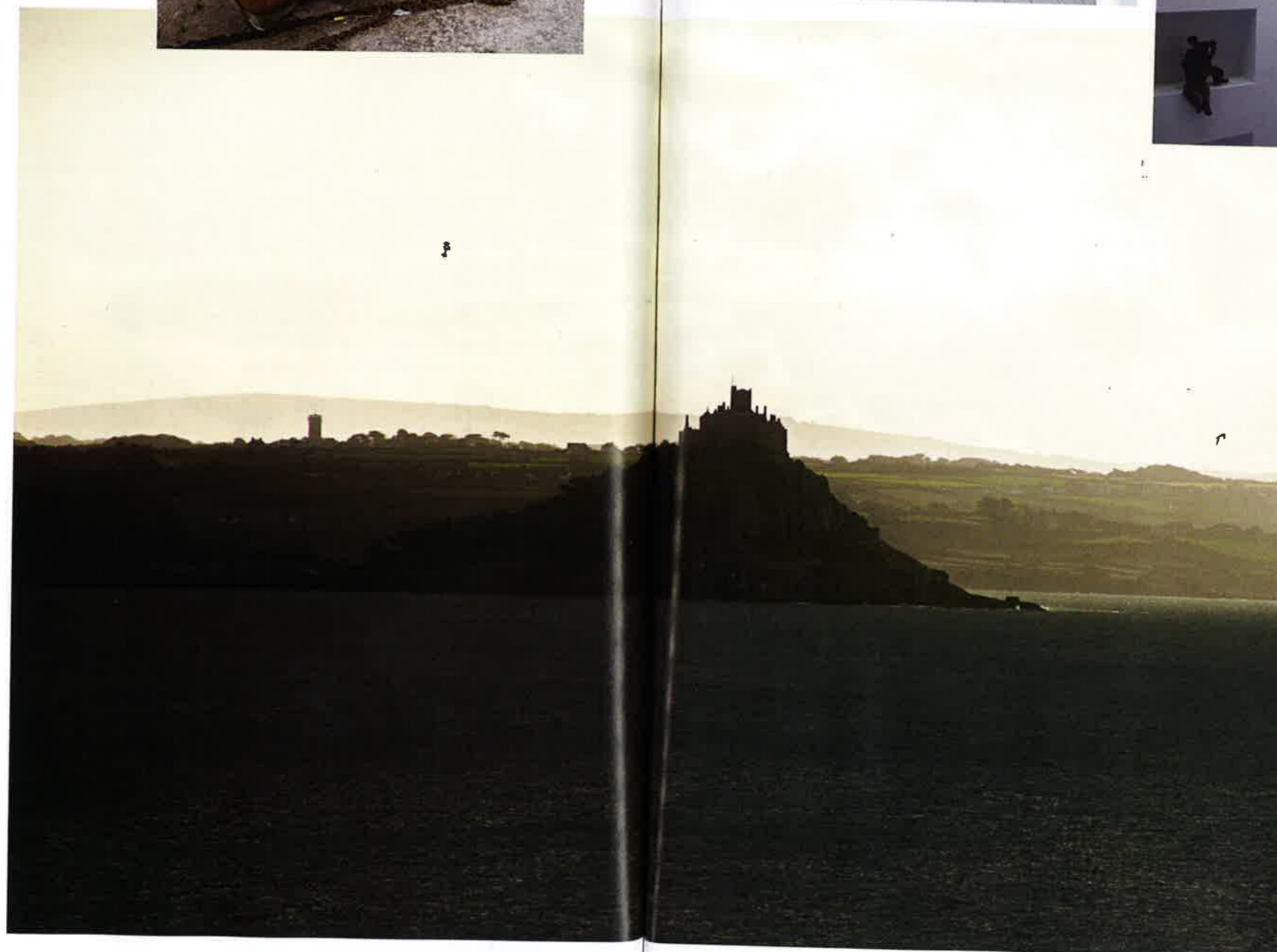
GO & STAY

We arrived 'out-of-season' at Chapel House in Penzance, though I'm pretty sure it's the best time to wind up in the far west of the country. With the crowds dispersed, a chill in the air and sunlight low in the sky, it can be magical – a great setting for a childfree weekend away.

At Chapel House it doesn't matter what the weather's doing, it's so beautiful. I would have been happy not to set a foot outside the whole weekend and just laze on the comfy sofas, flicking through books and gazing at paintings on the walls by local artists. With a soothing décor and carefully considered and eclectic furnishings and lighting, it's a world away from traditional B&Bs.

Our room on the top floor was one of three that make up the old servants' quarters, now renovated with a glass atrium roof that takes advantage of the views. It was simply furnished, with a huge, comfy bed, a walk-in shower, and best of all, a view stretching across the bay to St Michael's Mount in the distance.

Both mornings we were treated to a delicious breakfast by our host, Susan Stuart, who has restored



the building. Gathered at the large dining table we chatted to the other guests about our plans for the morning over eggs and coffee – a friendly start to the day.

EAT & DRINK

The area is a foodie hotspot, so we were spoilt for choice. On our first night, we ventured a short distance along the coast road to the picture-perfect fishing village of Mousehole. Supper – fish stew with fennel and aioli – at the Old Coastguard Inn was a relaxed and scrummy affair.

On our second night, we again ate well at the Cornish Barn Smokehouse, a restaurant in the Artist's Residence Hotel in Penzance. The menu focuses on fresh and foraged ingredients, with meat and fish cured, hung and smoked in their smokehouse. The smoked courgette and pesto on sourdough and the beer can chicken were both utterly delicious.

On our final day we had a lunch at Tremeneere Kitchen and Sculpture Garden, the perfect spot to round off the weekend. We ate homemade soup and cakes, gazing out over Penzance Bay before climbing back into the car and heading home. »



This series comes from online UK travel guide **This is Your Kingdom**, whose handpicked contributors explore favourite places, special finds and great goings on. You can read about one we love here each month and more at thisisyourkingdom.co.uk.




Georgian splendour, welcoming interiors... and outdoors, the best of Cornwall's rugged and wonderful coastline. Penzance makes for a magical escape weekend

SEE & DO

Heading out early we walked 20 minutes south along the promenade to Newlyn, passing Jubilee Pool, the largest Art Deco lido in the country. At Newlyn Art Gallery we found a 'wet auction' taking place with 60 local artists, sculptors and photographers creating a piece in one day.

We grabbed the car and drove a winding 15 minutes south to Sennen Cove. The light and sheer rawness of this beach is something to be seen. With a bag of fish and chips for lunch and our stunning sea view we couldn't have been happier. After lunch, we drove a few bays further round to Poldark country and the tin mines at Botallack. Perched on the cliff edge, The Crowns are built in a seemingly impossible position. Battling strong winds, we walked down the cliff path, through the mine ruins to the shoreline, watching kestrels soar.

Back in Penzance, we found art galleries, eateries and quirky shops. One of my favourites was No56, full of simple and beautiful homeware crafted from natural materials. We took some pieces home, along with our rested minds and lungs full of sea air.

Chapel House (chapelhousepz.co.uk); Newlyn Art Gallery (newlynartgallery.co.uk); The Old Coastguard (oldcoastguardhotel.co.uk); Cornish Barn Smokehouse (artistresidencecornwall.co.uk/food-and-drink); Tremeneheere Kitchen (tremeneheere.co.uk/kitchen); No56 (no-56.com). 

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