



**SEA VIEW? TRY THIS:** What you see out of the windows at the Primrose Valley Hotel



**CORNISH STYLE:** Primrose Valley's white-washed walls

dome-shaped conservatories that, in the four years since they opened, have become one of Britain's most popular tourist attractions.

Just a tip — if you go, do the temperate biome first, 'cos if you're not a plant lover, it's a little dull.

Then, strip down to your shorts and vest top and go stroll through the rainforests and waterfalls of the tropics biome — but be wary of

feeling faint in the 60% humidity.

The indoor heat seemed to have nudged the British summertime into action, for when we emerged the sun had been camped outside, looking at his watch, for at least a couple of hours.

We headed for Padstow, an idyllic fishing village with cliff-top walks that's home to top TV chef Rick Stein.

We'd booked a table at Rick's Cafe, but there are plenty of other options for eating out in Padstow: Rick's Seafood Restaurant, Rick's Bistro, Rick's Deli, Rick's Patisserie and Rick's Fish 'n' Chips, for example.

My friend thought she may have caught a glimpse of the man himself. But I remain convinced it was just some portly middle-aged bloke.

Still, the food was as good as it looks on the telly (salt 'n' pepper prawns for me, squid ringlets for my mate and chocolate pud for us both).

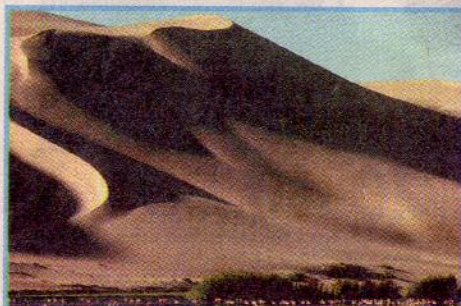
We meandered back along the coast, passing sunny beaches stocked with surf dudes and made a mental note to visit St Michael's Mount — the 12th-Century Benedictine priory — in the morning.

Sadly, the howling winds and rain had returned to drive us back into the welcoming warmth of a local coffee shop, where we sat and scoffed yet another cream tea.

The weather might be unpredictable but at least, in Cornwall, you can always rely on the food to come good.

A double/twin room at the Primrose Valley Hotel costs £66 to £105, while family rooms range from £80 to £157.50. Scuba diving and Cornish garden packages are available during the summer months.

For more information, call 01736 794939.



## DESERT BEAUTY: Namibia

Travel in Sevendays with Saturday's *EveningPost*