**Discover the delights of Falmouth in a day**

History, beaches, watersports and fine food mean a visit to Falmouth is a must.

Falmouth is steeped in maritime history, but this vibrant town is fast becoming the centre for arts and cultural events in Cornwall and is just a short journey by train from Cornwall’s capital, Truro.

There are lots of options for things to do but this will largely depend on the weather and your interests.

If it’s beach weather than Swanpool Beach is a great place for all the family.

It’s about 10-15 minute walk from Falmouth Town station but once there you can easily spend the whole day.

The crystal-clear waters are great for snorkelling, there’s an excellent water sports centre where you can try your hand at kayaking or windsurfing and with the onsite café there’s no need to leave if you get peckish.

If the beach isn’t for you then you can still enjoy what Falmouth has to offer and get out on the water.

From Falmouth Town station it’s a short walk into the heart of Falmouth with its streets full of independent shops, cafes and restaurants.

As you walk into town you will pass the National Maritime Museum.

Located on Discovery Quay this museum celebrates the rich maritime heritage of Cornwall and has some fabulous exhibitions and talks throughout the year.

Carrying on down the main street you will be spoilt for choice for places to have a coffee or a bite to eat.

Right in the heart of the town is the great little independent café Picnic where you can find all sorts of wonderful produce from Cornwall as well as takeaway sandwiches and pasties.

You can also pre-order a picnic lunch which also comes with top tips for the best place to eat it in and around Falmouth.

Once you have had your fill of the retail delights of Falmouth, head to the Prince of Wales Pier where you can catch a ferry over to delightful St Mawes.

This pretty riverside village has a picturesque harbour and small fishing fleet as well as plenty of walks and attractions to keep you entertained for a couple of hours.

St Mawes castle has stunning views and beautiful gardens to explore and is well worth a visit.

Its sister castle, Pendennis, is located a 10-minute walk from Falmouth Docks station and is equally fascinating.

Both castles were built at the time of Henry VIII and were part of a series of fortresses protecting against invasion from the Spanish.

The ferries run all day so once you have enjoyed St Mawes, hop back on the ferry to Falmouth and onto the train back up to Truro.