**Things not to miss on a day trip to Newquay**

Newquay isn’t all about surfing and parties! It has some of the best beaches anywhere in the country and if you know where to look, great food, beautiful coastal walks and stunning scenery.

Newquay can get very busy so arriving by train is a good option if you want to maximise your day trip.

Trains start from Par station and the journey is roughly an hour, travelling through some lovely scenery on route, especially the section near the wonderfully named Luxulyan.

Once in Newquay the station is in the heart of the town, so it is just a short walk through the functional station into the bustling high street.

Of course, most people just head to the beach and if the weather is good then you would probably want to do the same.

Newquay’s beaches are quite rightly regarded as some of the best in the country and depending on who you are travelling with, you have a choice of several beaches to suit you.

The nearest to the station is Great Western Beach.

This beach has some nice little secluded coves and is dog friendly all year round.

There is a steep walk down to the beach and best visited at low tide when it joins with nearby Towan beach to create a large expanse of golden sand.

Towan beach is ideal for families as it has smaller waves, plenty of little rockpools and is right next to the Blue Reef Aquarium which is a fascinating attraction for all ages.

Just around the corner from Towan Beach is Newquay Harbour.

This working harbour is a great place to sit and watch the fishing boats coming in and landing their catch.

It also has a small beach if you want to relax for a while or if you fancy a bit more action you can hop aboard one of the pleasure boats that will take you out to sea for some wildlife watching.

The most famous of all of Newquay’s beaches must be Fistral though.

Home to many surfing competitions throughout the year including Boardmasters, this long sandy beach has everything you need for a full day at the coast with cafes, restaurants, toilets and changing facilities as well as surfboard hire if you want to take the plunge.

You will probably want a nice lunch before you head to the beach though and Fish House is a great choice, not just for seafood lovers.

Located in the Surf Centre complex on Fistral Beach this restaurant sits alongside surfwear shops and bars.

With a name like the Fish House, fish and seafood does dominate but there is also a vegan menu and you are sure to find something to suit your tastes.

The views out over the Atlantic and the iconic Headland Hotel are fabulous and the atmosphere inside warm and friendly.

After a lovely lunch you could simply relax on the beach or if you prefer some retail therapy there are a variety of boutiques at Fistral itself, or you could stroll back through Fore Street and soak up the atmosphere of this lively town before heading back to the station.