

Relaxing Scilly

Scilly is about quality time, a place where you can properly relax, recharge and fully unwind.



Unwind over a meal ...

Kick back ... at the High Tide Seafood Restaurant on St. Agnes – features locally caught seafood and organic local produce (open Mon to Sat, 6:30am onward)

Unwind at ... Blues Restaurant – open Mon to Sat for morning coffees and lunch inside or outside in a sunny courtyard. Evening meals from 6 – 8:45.

Relax at ... Fraggie Rock Bar on Bryher - day & evening menus, great views, friendly local staff, good beer (kitchen closed Mon)

Enjoy ... Delicious home-made cakes & lunches using the best local ingredients at the Polreath Tea Room

Taste ... a variety of tasty meals, desserts & good coffee try the Kavorna Bistro & Café in Hugh Town

Try ... The Scillonian Club (on the Strand, St. Mary's) is open for food and drinks, and often features sporting events on the big screen TV

Relish ... yourself to Morning coffee, lunch (12-2) and Cornish Cream Teas on the terrace with stunning sea views at Tregarthen's Hotel!

Treat Yourself ... Supper boats depart Treseco & Bryher on Weds at 6pm and St. Mary's on Thurs at 6pm for St. Martin's. Take the boat over for a wonderful meal at The Round Island Bar & Bistro. The Sevenstones Pub on St. Martin's, serves sensational local food with panoramic views

Savour ... The Bakery on St. Martin's offers a range of delights from wonderful quiches to breads to home-made lemonade.

Take a break ... at Juliet's Garden Restaurant – open daily for food with a view – 9am – 5pm, and most evenings. Ring on 01720 422228

Unwind over a glass of wine ...

Tuesday, Wednesday Thursday – **St. Martin's Vineyard** offers tours and tastings! 423418

Enjoy our local produce ...

Why not make a fantastic romantic meal in your self-catering accommodation, which you can savour through the evening. **The Island Produce Shop** sells truly local food produce - Ales of Scilly Beer, Island reared meat, free range eggs, Island Fudge, and more ... (at Porthmellon, just around the corner from the local Fish Van!)



Enjoy our beautiful beaches:

The beaches of Scilly offer great beachcombing and sun-bleached white sand, perfect for secluded sunbathing with stunning vistas.

Rushy Porth: Treseco

Rushy Porth is framed by the amazing 16th blockhouse and Lizard Point. The shoreline shelves into dunes supporting tufty marram grass.

Appletree Bay: Treseco

Appletree Bay is one of the prettiest beaches on Scilly. The sea sparkles like a blue mosaic across the Treseco flats between Bryher and Samson, the sand is clean and sifts through toes like sugar.

Rushy Bay: Bryher

Rushy Bay isn't just a lovely beach but also the point for very low water dinghy landings on Bryher.

Lawrence's Brow: St. Martins

This beach is a family haven. There are rock pools at low tide towards Old Quay, gently shelving sand that gives way to tepid shallows over St. Martin's flats and soft dunes to protect that all important picnic in the case of wind.

Par Beach: St. Martin's

This white sand crescent will instantly impress and is the first beach you see when you land at Higher Town, it is a great family beach with safe swimming, views, walks and long grasses to hide out and have a picnic.

Cove Veian: St. Agnes

Cove Veian is a secret gem at the end of a tiny green path. The tiny cove is perfect for snorkeling, as the cove is hemmed by rocky outcrops teeming with marine life.

Pelistry: St. Mary's

Ask anyone who lives on St. Mary's why they love Pelistry and the same reasons pop up. Pelistry bay is almost always deserted, the Eastern Isles gather in the distance, and an excellent cafe is only five-minutes walk away.