

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Favourite British Scenic Drives: St Just To St Ives**

**By Steven Cronin**

The barbed Atlantic winds screamed at me relentlessly, penetrating the bones and drowning the songs of seabirds. Cape Cornwall stood defiantly in the face of the mighty Atlantic Ocean, sculptured over time by driving currents, wind and rain.

Cape Cornwall lies in the far west of county Cornwall, deep in the south-westerly reaches of England. Standing sentry against the intensity of the Atlantic, Cape Cornwall guards the town of St Just from the worst of the elements.

St Just is the last major town in England before the shipping graveyard of Land's End and its treacherous stretch of rugged coastline. A delightful little town, St Just is just minutes from the ancient monument site of Carn Gluze on the Penwith Heritage Coast.

Travelling north from St Just along the B3306, you soon descend a steep gradient before passing through the sleepy little village of Botallack. A little further is the enchanting Pendeen, home to the old Geevor Tin Mines, offering a glimpse of days gone by and unenviable working practises.

Pendeen Watch stands at the head of the shore, embedding you amongst the jagged Cornish coastline at the mercy of the elements and Atlantic Ocean. The South West Coast Path provides opportunity to explore more of the seacoast.

The coastal road continued northeast through Morvah village and the excellent coastal observation post Gurnards Head, before the panorama broadened to incorporate a vast expanse of land slowly descend as it approached the sea.

Vibrant coloured plants and shrubs blanketed the ground as they raced across the decline towards the towering cliff tops, stopping suddenly at the edge to observe the high seas. A fusion of scents emanated from the vast array of flowers swaying in the ocean breeze.

The narrow road continued to twist and turn slowly through the pretty Cornish countryside. The monopoly of fields and shrubs rescinded upon arrival of Zennor. Calm and peaceful, this serene village

seemed the perfect antidote to the rigours of modern day city living.

A steep downhill gradient preceded the final approach to St Ives with its tight cobbled streets and busy harbour. The land began to rise again as the town neared. Tantalising glimpses of St Ives Bay and a glut of sailing vessels suddenly emerged between breaks in the houses.

The steep descent through cramped streets became a battle of wills with pedestrians; everybody fought for the same space. A fortunate place in the harbour car park left me gazing into the Atlantic. The wind had now relented; all was calm again.

Steven Cronin owns the City Breaks website featuring city break special offers from luxury hotels to budget accommodations. For more information please visit

<http://www.sargas.co.uk>

### **St Ives: A Town On Canvas**

**By Steven Cronin**

One of my favourite places in England sits in the far south–westerly reaches of the country, amongst the myths and legends of Cornish past. St Ives is a beautiful little harbour town, largely unspoilt by commercialisation. Resting at the northern tip of the A3074 (off the A30) in western Cornwall, St Ives is not easily accessible for the majority of the country but is well worth the effort.

A vast myriad of narrow paths and cobbled streets remind of days gone by and offer great contrast to modern day town planning. Most of St Ives is old–school, a throwback to bygone days of uncomplicated living. Artists seem to be on every corner, benefiting from the excellent natural light as the fresh Atlantic winds blow pollution from the air.

Car parking is at a premium in St Ives during the holiday seasons and therefore it's advisable to arrive as early as possible in the day. A good alternative is to park in Lelant and catch the train. It runs at half–hour regular intervals during high season and is reasonably priced. The short ten–minute journey takes the coastal route, part of which feels like you are directly over the water. The journey is worth taking for the view alone, a magnificent vista taking in the whole of St Ives Bay, from the town itself, stretching all the way to Godrevy Point. However, some of the younger travellers can get somewhat restless.

"SIT DOWN!" orders an irate mother whose children scurry about a crowded carriage. The smell of sunscreen exudes around a noisy carriage as day–trippers gather their buckets and spades ready for disembarking.

The station is at the top of the high street, approximately five to ten minutes walk downhill to the harbour front. The narrow streets can get extremely congested as pedestrians and vehicles fight for the same space. Shoppers are frequently forced to move aside for passing traffic.

## Favourite British Scenic Drives: St Just To St Ives

The tight, cobbled streets are home to some enticing shops, relatively free of the typical seaside souvenir rubbish. Art galleries are everywhere, many displaying local work of St Ives and the beautiful surrounding coastline. Tiny little shops display local craftsmen's intricate work; sometimes you can see them working on their next masterpiece.

As the road winds downhill to the shore, the harbour suddenly opens up in front of you. The smell of the salty sea breeze hits you in the face; cries of the seagulls echo about the quay. The local ice-cream tastes delicious, though beware the seagulls. My young son once had his rudely stolen from his grasp and devoured by a hungry bird!

Steven Cronin owns the Sargas Travel online magazine featuring travel reviews, news, inspiration, advice and special offers. For further reading please visit

<http://www.sargas.co.uk>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

Favourite British Scenic Drives: St Just To St Ives

