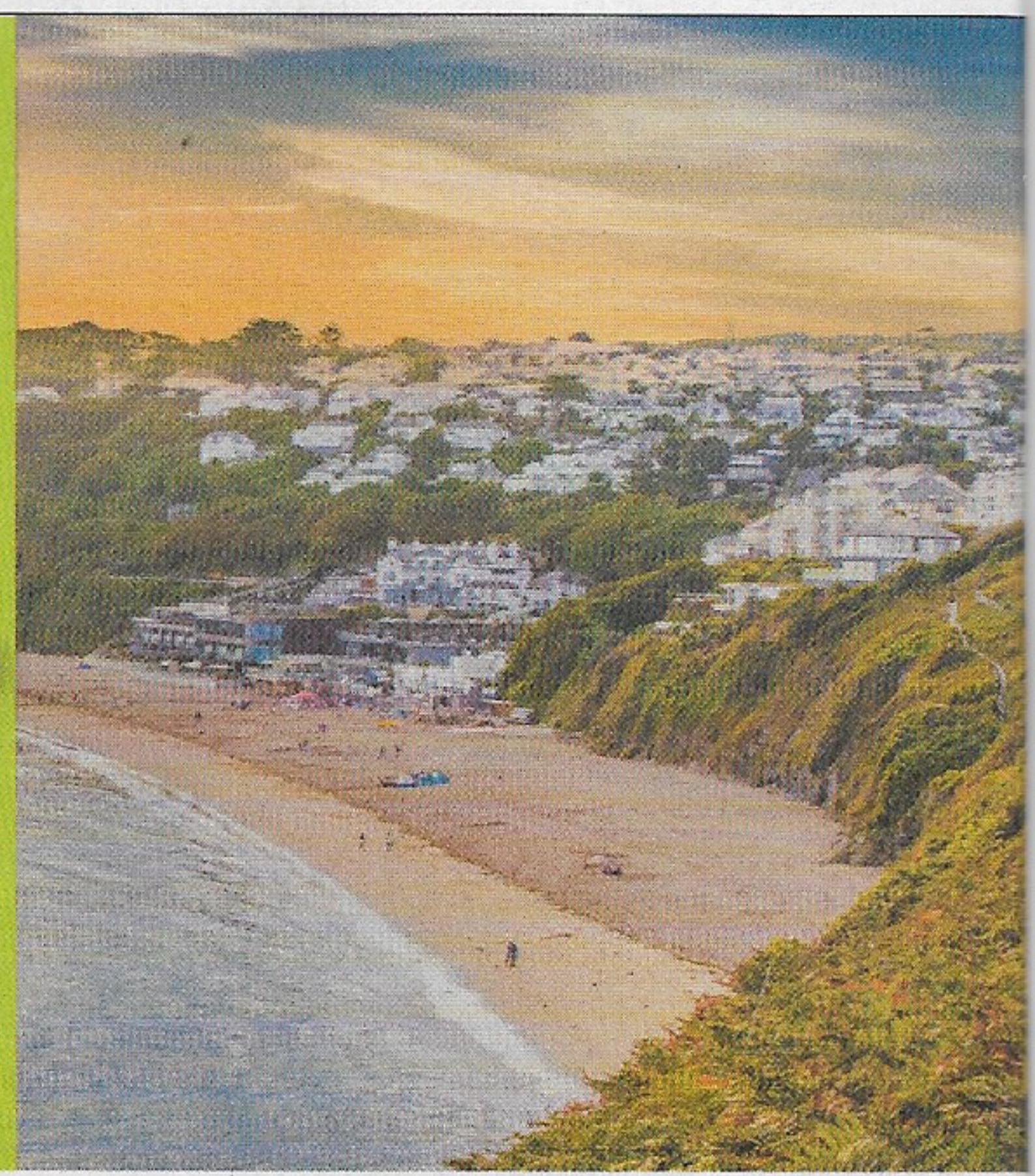


THE INDEPENDENT TOM MULVIHILL

Why autumn is the best time to visit Cornwall

Cornwall in the autumn is the place to be

Oubliez l'été, la mi-saison est la période à privilégier si vous voulez profiter des Cornouailles, destination de vacances la plus prisée d'Angleterre, sans être confronté à la foule et aux prix élevés. Au programme : balades sur la plage, randonnées en montagne, spectacle de théâtre en plein air.



After three months of traffic jams, grossly inflated prices and a crowded coastline, the summer season is over for another year and life in Cornwall can return to normal again. As holidaying families load up their roof boxes and head back up the A30 in time for the new school term, this is the time for locals to seize the opportunity to enjoy their county to the fullest.

1. traffic jam congestion of cars on the road / **grossly** extremely / **crowded** with too many people / **coastline** area of land along the sea / **over** finished / **holidaying** on holiday/vacation / **to load up** to pack / **roof box** storage box which can be attached to the top of a car / **to head back** to go back (in the direction of) / **term** semester / **county** region of the UK / **to the fullest** to a maximum.



Ces institutions qui nous protègent :

- | | |
|--------------|---|
| RNLI | Royal National Lifeboat Institution (§ 5) (sauvetage en mer) |
| RSPB | Royal Society for the Protection of Birds (oiseaux) Ligue de protection des oiseaux |
| RSPCA | Royal Society for the Prevention of Cruelty to Animals (animaux) SPA Sté Protectrice des animaux |
| RSPCC | Royal Society for the Prevention of Cruelty to Children (enfants) |

2. The early weeks of September also see the beginnings of a second, smaller wave of tourists heading down to the tip of the South West. Those without children, by and large, who have discovered something that the people living down here already knew: that autumn is really the best time to experience Cornwall.

4. Then there are the beaches. A few weeks ago, perennially overcrowded favourites like Porthcurno and Kynance Cove would have barely a few square feet of sand showing for all the blankets, beach tents and sun loungers crammed in together. Now they seem blissfully deserted, and it's not too hard to find a quiet corner all to yourself.

5. There's a good chance that the weather will be fine too. Maybe we have climate change to thank, but the summer warmth seems to last a little longer every year, and it's not unusual to have beachgoing weather well into October. The sea, meanwhile, will be at its warmest after months of (mostly) high temperatures. That said, the RNLI lifeguards have stopped patrols on a number of Cornish beaches due to the end of the summer season, so it's important to exercise a bit more caution if you're entering the water.

6. It's also worth pointing out that, while the sea may be warm, it might not necessarily be calm. Autumn tends to bring a livelier sea to Cornwall's northern coast: not the best conditions for swimmers perhaps, but abso-

2. early first / wave here, movement (of people) / **to head down** to go in the direction of / **tip** end, extremity / **by and large** generally / **to experience** here, to enjoy.

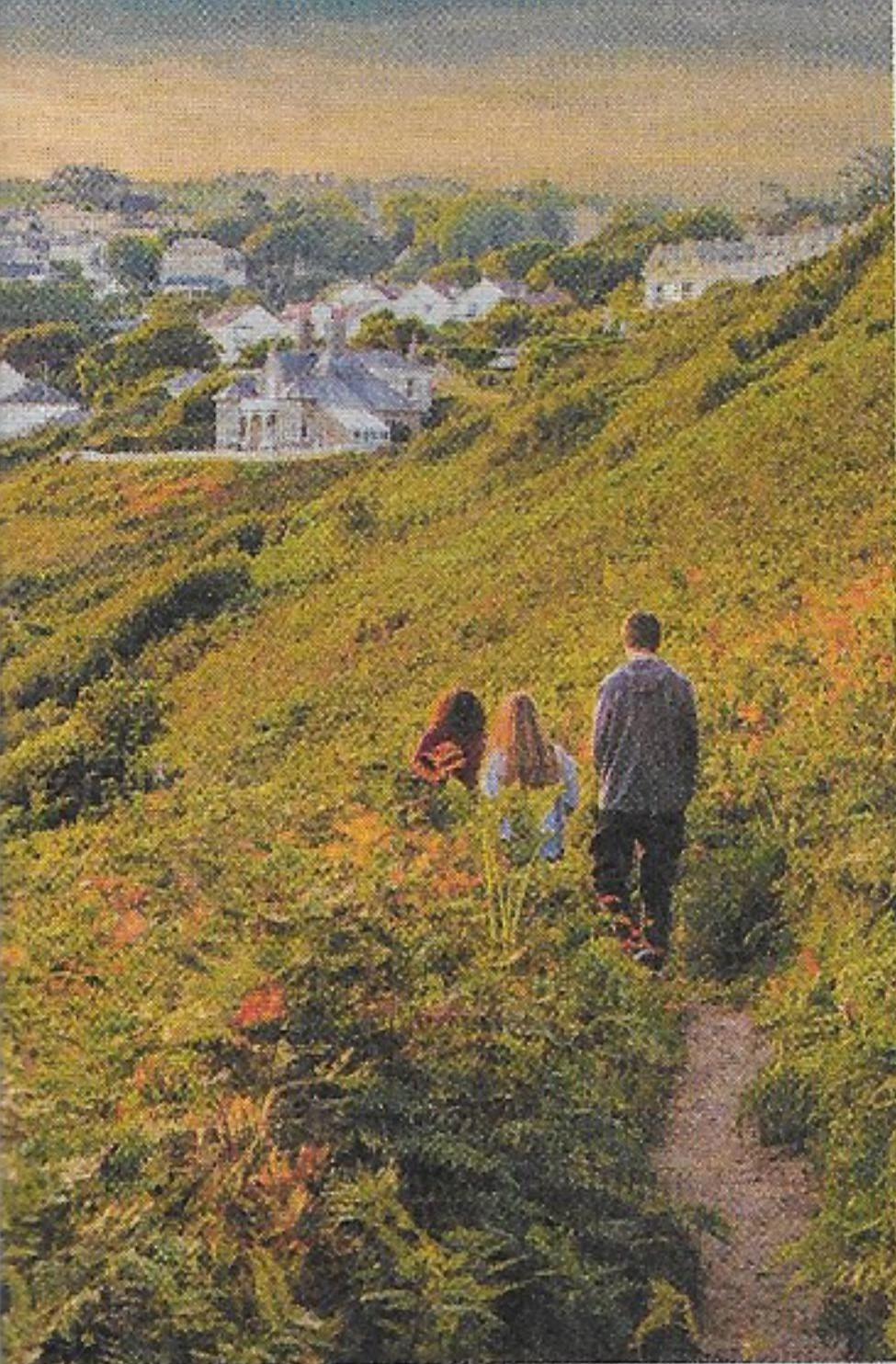
3. first and foremost most importantly / **teeming** overflowing with many people / **honeypot** very attractive (**honey** sweet substance produced by bees from the nectar of flowers) / **yet** for the moment / **to shutter up** to close / **while** although, even if / **lively** full of activity and life / **bustle** energetic activity / **high** main shopping street in a town / **bedlam** chaos / **B&B = Bed and Breakfast** small family-run hotel, guest house / **to compete** to be in competition with one another / **to slash** to cut, to drastically reduce / **rate** price / **steep** sudden, significant / **dip** drop, reduction / **accommodation** place to stay when on holiday.

4. perennially perpetually / **barely** hardly, almost not at all / **square foot (pl. feet)** = 1 ft^2 (= 0.09 m²) / **blanket** cover / **sun lounger** outdoor chair used for lying in the sun / **to cram** to pack many things into a small space / **blissfully** happily, here, beautifully / **corner** part, area.

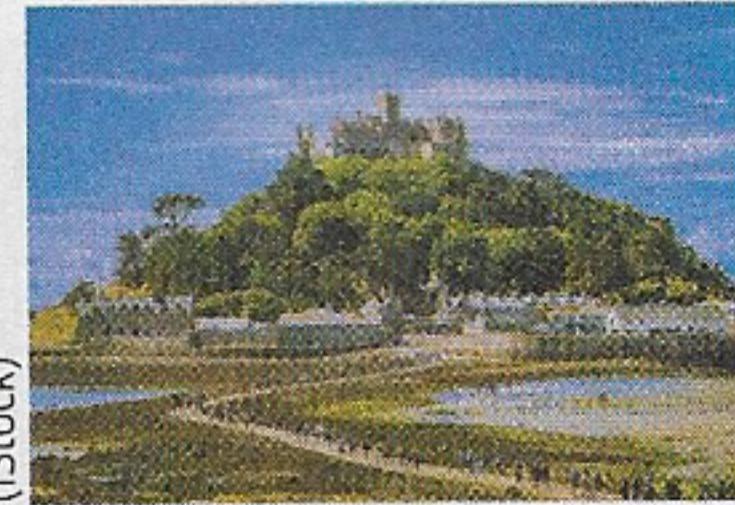
5. warmth high temperatures / **to last** to continue / **unusual** uncommon / **beachgoing** favourable for going to the beach / **meanwhile** however, at the same time / **RNLI = Royal National Lifeboat Institution** / **to exercise caution** to be cautious/careful.

6. to be worth to be important / **to point out** to draw attention to (the fact that), to highlight / **to tend** to have a tendency to /

Cornwall has the longest coastline of any English county, which measures at about 433 miles long. (iStock)



Mont Saint-Michel's twin



St. Michael's Mount in Cornwall is often referred to as the "twin" of Mont Saint-Michel in France due to its similar origin and appearance. Both islands are named after Saint Michael and are tidal, accessible by causeways at low tide and surrounded by water at high tide. Each island boasts a medieval abbey or castle, with St. Michael's Mount having a castle and Mont Saint-Michel a monastery. Finally, they both have a rich history of religious and strategic importance.

to refer to as appeler / **to be named after** être baptisé en l'honneur de / **tidal** influencé par les marées / **causeway** chaussée (surélevée), levée / **low/high tide** marée basse/haute / **to be surrounded by** être entouré de / **to boast** ici, abriter / **abbey** abbaye / **castle** château.

lutely perfect for surfers. This is generally the best time of year to grab your board, paddle out and catch some waves, with strong, consistent swells at popular spots like Sennen Cove and Newquay's Fistral Beach. What's more, Cornwall's ubiquitous surf schools generally stay open for most of the year, making the sea much more accessible to those who are new to the sport, and perhaps a little wary of the larger, more powerful waves.

Walking in the fresh air

7. For those after a more sedate experience, this is arguably the best time of year to walk the South West Coast Path. It's a challenging route at the best of times, with lots of steep climbs and descents over often rocky ground, and it becomes doubly hard when the summer sun is glaring down on you. As the air cools, particularly in October and November, the going becomes that much easier (provided there isn't a storm whipping in from the Atlantic). It's also a lot more dramatic as you look out to sea, with mighty waves crashing into the base of the cliffs you're standing on. There are a few particularly good spots

for this: Trevose Head near Padstow, Botallack Mine near Sennen, and the whole western side of the Lizard.

8. Alternatively, it's a splendid time of year to turn away from the coast and explore some of Cornwall's hinterland. The wooded foot-hills around Bodmin Moor are especially pretty as the leaves turn red and gold: a good way to see them is by following the Camel Trail, which starts at Padstow and wends its

whole entire.

8. **hinterland** here, countryside / **wooded** covered with many trees / **moor** uncultivated area of land with low vegetation / **to wend one's way** to move slowly in a certain direction /

way for 18 miles to Wenfordbridge. It's well worth heading up onto the moor itself to ascend the craggy heights of Rough Tor and Brown Willy (Cornwall's highest and most amusingly named hill). The weather here is unpredictable though, and frequently wet, so go prepared.

9. If all that sounds a little heavy going, the Cornish cultural calendar is bursting with things to do between now and the end of the year. The open-air Minack Theatre, carved into the cliff above Porthcurno, has a full roster of performances and screenings lasting until the end of October. The Eden Project also has a full programme leading right up to Christmas, including art exhibitions, music concerts, and the always-popular ice rink.

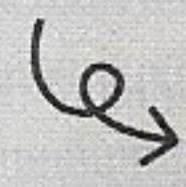
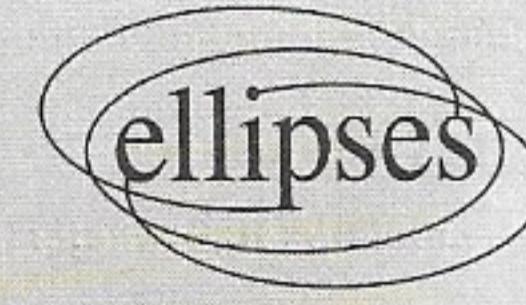
10. So if you really want to get the UK's most over-subscribed holiday county all to yourself, forget summer, embrace the shoulder season, and join the locals in finally getting to enjoy this idyllic slice of South West England. ●

craggy rocky / **tor** rocky peak, hill / **unpredictable** difficult to predict / **wet** rainy.

9. **heavy going** difficult to do / **to be bursting with** here, to be full of / **open-air** outdoor / **to carve into** to cut out of / **roster** list / **screening** showing of a film / **to lead up to** to continue up until / **ice rink** frozen area of ice used for ice skating.

10. **over-subscribed** overbooked / **shoulder season** period of time between the peak season and off-season (**shoulder** part of the body between the neck and the top of the arm) / **slice** piece.

Des livres d'anglais pour tous les niveaux



www.editions-ellipses.fr

to grab to take / **board** surfboard / **to paddle** to push through the water (here, using one's hands) / **swell** movement of the sea rising and falling, wave / **spot** place / **ubiquitous** omnipresent, found everywhere / **wary** cautious, hesitant / **powerful** strong.

7. **sedate** calm / **arguably** most probably / **challenging** difficult / **steep** sheer, abrupt / **doubly** X2 more / **to glare down** to shine very strongly / **to cool** to become colder / **provided** on condition that / **storm** tempest / **to whip in** to move very fast towards the coast / **mighty** strong, very big / **to crash** to hit with force / **cliff** high steep rock face at the edge of the sea /