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at the Eden Project's famous rink which will be open this year from November 2 until February 21 (www.edenproject.com); or at the St Moritz Hotel, Trebetherick from November 28 to January 17 (www.stmoritzhotel.co.uk). Take your first tentative steps as you grab the hand rails, or impress everyone with a double salchow.

15 HAVE A MEDIEVAL BANQUET

For foaming tankards of ale, serving wenches and a raucous taste of the olden days when pointy headdresses were all the rage get along to King Arthur's Meadery at Budock Water near Falmouth. Experience original 'finger lickin' food' from a time when men were men and... well you know the rest. **Tel. 01326 377010**

16 WALK IN THE PARK

If there is a dusting of snow, a sharp frost or it's a brilliant sunlit winter's day then take a stroll through the park at Lanhydrock House near Bodmin and soak up the grand Victorian atmosphere at one of the finest stately homes in Cornwall. Christmas card scenes guaranteed. www.nationaltrust.org.uk/main/w-lanhydrock

17 LEARN A CORNISH CAROL

The Sans Day Carol, probably the most famous piece of music to come out of Cornwall after 'Trelawney', originated in St Day and was passed down by villagers orally until transcribed in the 19th century. Music and lyrics at www.hymnsandcarolsofchristmas.com

18 GO SEASONAL AT THE SEASIDE

Stalls groaning with Cornish food, cookery demos, lights in the harbour, fireworks and mulled wine can only mean Padstow is pushing the boat out in style at

the village's Christmas Festival from 4-6 December with local cafes and restaurants joining in the festivities with some great meal deals. www.padstowlive.com

19 BE CHILDISH

There's nothing like a dame at Christmas or indeed a woman dressed as a man. However, all this gender confusion is easily explained on stage at the Hall for Cornwall where the pantomime Jack and The Beanstalk will have you booing and hissing for all the right reasons. Friday December 11 - Sunday January 3, matinees/evenings. www.hallforcornwall.co.uk

20 ROAST A CORNISH BIRD

For a really tasty Turkey or a gorgeous goose reared in Cornwall, pay a visit to Trevelley Farm near Newquay. And if you're one of those people who can't stand Christmas food shopping, they can deliver a massive festive hamper stuffed with Cornish goodies to your door. www.trevelleyfarm.com

21 WATCH A GAME

Support the lads of the Cornish Pirates as they battle it out on the rugby pitch with local rivals Plymouth on the December 27. Make your way to their stadium in Camborne for kick off at 2pm suitably adorned in the club's colours of red and black. **Tel. 01736 331961** www.cornish-pirates.com

22 SOLVE THE PRESENT PROBLEM

Simply go Cornish and give everyone something in black, white or tartan bearing the legend, "Cornishmen Do it Dreckly" or something similar. Socks, smocks and all manner of patriotic items can be had at The Cornish Store in **Arwenack Street Falmouth** www.thecornishstore.com →