Isles of Scilly
Relax on this remote archipelago (p250)

St Ives
Delve into Cornwall’s artistic heritage (p220)

Newquay
Catch a wave in Cornwall’s surf central (p206)

Eden Project
Experience the world’s biodiversity here (p182)

North Coast
Find your own secret patch of sand (p193)

Lizard
Get lost among glorious cliffs, coves and villages (p245)

St Michael’s Mount
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Devon's prettiest village? Quite possibly (p147)

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Climb the Gothic towers of the cathedral (p44)

**South West Coast Path**
Amble through breathtaking coastal scenery (p31)

**South Hams**
Explore country houses and fishing villages (p64)

**Exmoor National Park**
Watch red deer on a wildlife safari (p128)

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**ELEVATION**
- 500m
- 400m
- 300m
- 200m
- 100m
- 0
Oliver Berry
Coordinating Author, Bodmin & East Cornwall, South Cornwall, Newquay & the North Coast, West Cornwall & the Isles of Scilly
Oliver is a writer and photographer based in Cornwall. He has travelled the length and breadth of the British Isles for Lonely Planet, having worked on previous editions of the guides to Great Britain; Devon, Cornwall and Southwest England; and the Lake District. He also writes for national publications including Lonely Planet Traveller. For this book he tasted ale, hiked miles of trails and braved Cornwall’s winter waters – and loved every minute.

Belinda Dixon
Exeter & East Devon, Torquay & South Devon, Plymouth & Dartmoor, Exmoor & North Devon
Belinda made a gleeful bolt for the sunny southwest for her post-grad, having been drawn there by the palm trees on campus. Like the best West Country limpets she’s proved hard to shift since, and now writes and broadcasts in the region. Research highlights included the spectacular Teign Gorge hike; cycling the atmospheric Granite Way; and eating, driving and walking her way around Exmoor – magical. Belinda also wrote the Outdoor Activities, Travel with Children, Food & Drink, Arts, Directory A–Z and Transport chapters.

Read more about Oliver at: lonelyplanet.com/members/oliverberry
Read more about Belinda at: lonelyplanet.com/members/belindadixon
This end-to-end road-trip factors in the must-see sights of Devon and Cornwall. Begin in the city of **Exeter**, where you can get a grandstand view from the top of the cathedral’s towers. Then head west into the wilds of **Dartmoor**, a strange landscape of open heaths, twisted tors, and pretty villages such as Chagford and Widecombe-in-the-Moor. More wide-open scenery unfolds as you travel over windswept **Bodmin Moor** en route to **Padstow**, the little port that has reinvented itself as Cornwall’s culinary hotspot.

South of Padstow, in a disused claypit, loom the giant greenhouses of the **Eden Project**, which house trees and plants from across the globe. Heading southwest brings you via the Cornish capital of **Truro** to the historic harbour of **Falmouth**, a lively university town where you can explore the county’s sea-going heritage at the National Maritime Museum. Next comes arty **St Ives**, awash with art galleries and crafts shops, as well as the renowned Tate St Ives. Finish up with a stroll along the headland at **Land’s End**, last stop on mainland Britain.
West to the Isles

This journey begins in the far, far west and just keeps on going. Penzance is the start point, a historic harbour town which still has many Georgian buildings and a distinctly alternative, arty vibe. Nearby Newlyn is still home to Cornwall’s biggest fishing fleet, so it’s a great place to pick up fresh crabs and lobsters straight off the boats, and you can investigate its artistic connections at the century-old Newlyn Art Gallery. Just along the coast, Mousehole is an essential detour; it’s arguably the prettiest village in west Cornwall, with its slate-roofed cottages, winding alleyways and horseshoe-shaped harbour.

Next comes more coastal exploring via the coves of Lamorna and Porthcurno, where you can watch an unforgettable clifftop play at the famous Minack Theatre, carved directly into the granite cliffs. From here it’s a short hop to Land’s End and the gorgeous cove at Sennen, from where you can strike out along the coast path and seek out some seriously out-of-the-way beaches. If time allows, the nearby Penwith Moors are littered with ancient hillforts, strange stone circles and abandoned minestacks: perfect hiking country.

Then it’s over the sea to the Isles of Scilly. You can either catch the ferry from Penzance, or take a plane from the tiny Land’s End Airport. Either way, you’ll arrive at the main island of St Mary’s, the largest and liveliest of the 140-odd islands that make up the archipelago. From here, it’s a simple matter of catching one of the regular inter-island boats to the other islands, including Tresco, a privately-owned island that’s known for its subtropical gardens, established by medieval monks and bursting with exotic blooms. The islands of St Martin’s, Bryher and St Agnes are even quieter than Tresco, and home to only a handful of residents: these are the ones to visit if you like your beaches empty and your coastline quiet. But if you’re still not quite far enough from civilisation, you could charter a boat to visit one of the hundred or so Uninhabited Isles, where gannets and gulls will be your only company.
North Coast Explorer

Wild views and sea-smacked shores characterise this coastal road-trip, which starts on Exmoor and winds west onto Cornwall's stunning north coast. Kick things off in Dunster with a visit to the ruby-red castle, then head west through the village of Porlock to take the spectacular hairpin road over Porlock Hill. Follow the road along the moor's north coast to the twin seaside towns of Lynton and Lynmouth, and factor in time for a walk along the beautiful Valley of the Rocks.

Continue west to take in some old-fashioned seaside atmosphere in Ilfracombe, a classic candy-floss resort known for its Victorian villas and busy beaches, as well as an unexpectedly arty side thanks to Damian Hirst, who owns a restaurant in town. Further west brings you to beachy Braunton and Croyde, where you can learn the surfing basics or just stroll through the dunes. Next comes Clovelly, a lost-in-time village lined with cob cottages and cobbled streets, before you cross the Cornish border to Bude, another seaside town that’s surrounded by sandy beaches, including family-friendly Summerleaze and cliff-backed Crackington Haven.

Great Estates

This tailored trip links some of the southwest’s most impressive country houses and gardens. It begins with vintage carriages at Arlington Court, then heads south-east to visit the Victoriana-filled halls of Knightshayes Court and the battlements of Powderham Castle, both easy day-trips from Exeter. To the west lies Castle Drogo, an architectural fantasy built during the early 20th century, while Buckland Abbey boasts an older heritage: it was Francis Drake’s former home.

Over the Cornish border, Cotehele is a mostly Tudor manor with a wonderful old quay. On the edge of Bodmin Moor, Grade I-listed Lanhydrock mixes 17th and 19th century styles: look out for the Great Hall and the magnificent Victorian kitchens. To the south are the Lost Gardens of Heligan, forgotten for the best part of a century until they were rediscovered by Tim Smit, creator of the Eden Project. Nearby Caerhayes Castle is famous for its rhododendrons, but is only open for a few months in spring; for year-round displays, head for the trio of extravagant gardens around Falmouth: Trelissick, Trebah and Glendurgan.
This itinerary takes in two of Cornwall’s most picturesque peninsulas, the Lizard and the Roseland. Start in Penzance and head round Mount’s Bay to Marazion, where you catch a boat or walk along the causeway to the island abbey of St Michael’s Mount. Alternatively, continue on to the harbour of Porthleven, where you’ll find several excellent restaurants.

Then it’s onto the Lizard, a wild, empty peninsula known for its wildlife and treacherous coastline. Stop to see the iconic view of Kynance Cove before exploring the headland at Lizard Point and the thatched village of Cadgwith. Try homemade ice cream at Roskilly’s Farm near St Keverne, then head along the Helford River to Gweek and its seal-rescue sanctuary.

From here, it’s on to the rolling grounds of Trelissick, and a trip aboard the King Harry Ferry to the Roseland Peninsula. Essential stops here include chic St Mawes and its Tudor castle, the nearby lighthouse at St Anthony’s Head and the photogenic villages of Portscatho and Veryan.

This itinerary spans the Tamar Estuary, the age-old boundary between Devon and Cornwall. Fowey makes a fine start, with its pastel-coloured houses, riverside pubs, and Daphne du Maurier connections. Head east via the olde-worlde harbour of Polperro to Looe, a breezy seaside town divided by the River Looe. Beaches abound nearby, including the massive sweep of Whitsand Bay.

Then it’s on to the Rame Peninsula and the country estates of Mount Edgcumbe and Antony House before catching the Torpoint Ferry across the Tamar to Plymouth. Devon’s biggest city might not be pretty, but it’s packed with history – especially around the historic Barbican. The city also has a growing foodie scene, with several celebrity chefs setting up shop around town.

From Plymouth, it’s a leisurely spin into the South Hams for a paddle at Bantham and Hope Cove, a saunter around Salcombe and a day of dining in Dartmouth. Finish with vintages at Sharpham Vineyard and lunch at the Riverford Field Kitchen before reaching journey’s end in quirky Totnes.
Discover a forgotten medieval chapel in the wilds of mid-Cornwall, supposedly once inhabited by a local hermit. (p182)

**DOZMARY POOL**
This windswept lake on Bodmin Moor is awash with legends: it’s rumoured to be where King Arthur received Excalibur from the Lady of the Lake. (p156)

**ST NECTAN’S GLEN**
Take a bracing dip in this secret pool on the north Cornish coast, shaded by trees and said to be frequented by fairies. (p200)

**GOLITHA FALLS**
Trek to a gorgeous wooded waterfall near St Neot on the southern edge of Bodmin Moor: perfect picnic territory. (p159)

**ROCHE ROCK**
Discover a forgotten medieval chapel in the wilds of mid-Cornwall, supposedly once inhabited by a local hermit. (p182)

**MÊN-AN-TOL**
This weird hollow stone is said to have magical properties, but you need to crawl all the way through it to benefit. (p230)

**LANTIC & LANSALLOS**
Leave the crowds far behind on these hard-to-reach beaches on the south Cornish coast, or just explore the spectacular stretch of coast path. (p189)
MORTEHOE
If you’ve always had a soft spot for One Man & His Dog, head for the Exmoor village of Mortehoe, where you can learn to round up sheep under the guidance of a working shepherd. (p139)

EXMOOR NATIONAL PARK
Exmoor’s newfound status as a ‘Dark Sky Reserve’ makes this one of the southwest’s best places for star-spotting. (p128)

DITTISHAM
This pretty south Devon cove is well worth a detour, with a great seaside cafe and ferries to Agatha Christie’s nearby house at Greenway. (p86)

EXETER LIVESTOCK MARKET
Soak up the sights (and smells) of an authentic livestock market, held twice-weekly just outside Exeter. (p49)