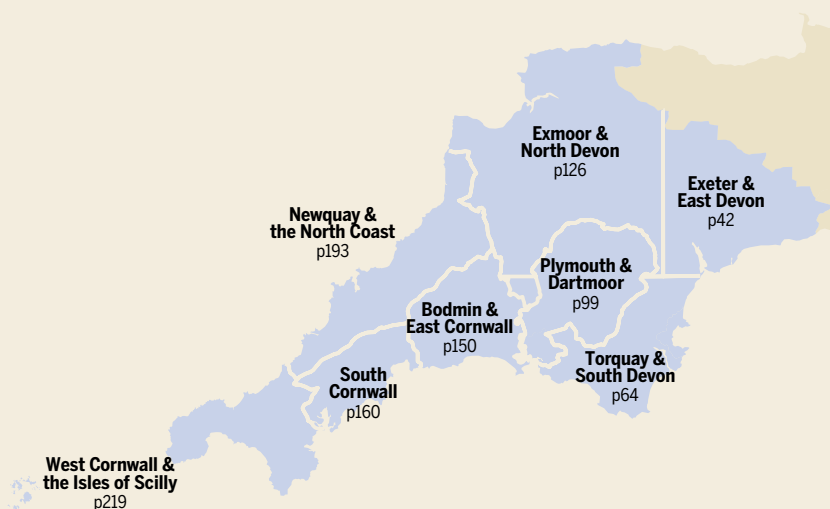




Devon & Cornwall



THIS EDITION WRITTEN AND RESEARCHED BY

Oliver Berry,
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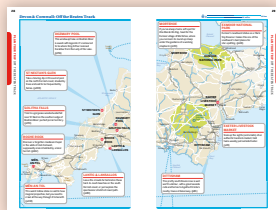
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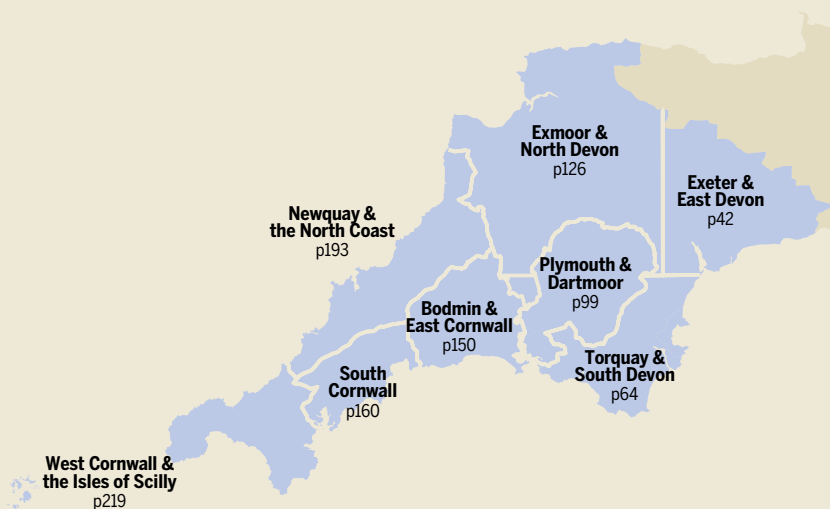
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On the Road



Devon & Cornwall

ROAD DISTANCES (miles)

Note: Distances are approximate

Newquay	80					
Penzance	108	31				
Plymouth	43	49	77			
St Ives	108	31	9	74		
Torquay	21	80	108	31	105	
Truro	86	12	27	55	24	86
Exeter						
Newquay						
Penzance						
Plymouth						
St Ives						
Torquay						

ATLANTIC
OCEAN

North Coast

Find your own secret patch of sand (p193)

Eden Project

Experience the world's biodiversity here (p182)

Newquay

Catch a wave in Cornwall's surf central (p206)

St Ives

Delve into Cornwall's artistic heritage (p220)

Isles of Scilly

Relax on this remote archipelago (p250)

Lost Gardens of Heligan

Discover one of Cornwall's great garden estates (p182)

St Michael's Mount

Cross the causeway to an island abbey (p244)

The Lizard

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



Clovelly

Devon's prettiest village?
Quite possibly (p147)

Exmoor National Park

Watch red deer on a wildlife
safari (p128)

South West Coast Path

Amble through breathtaking
coastal scenery (p31)

Exeter

Climb the Gothic towers
of the cathedral (p44)

South Hams

Explore country houses
and fishing villages (p64)





OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London, Oakland and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



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.

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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.

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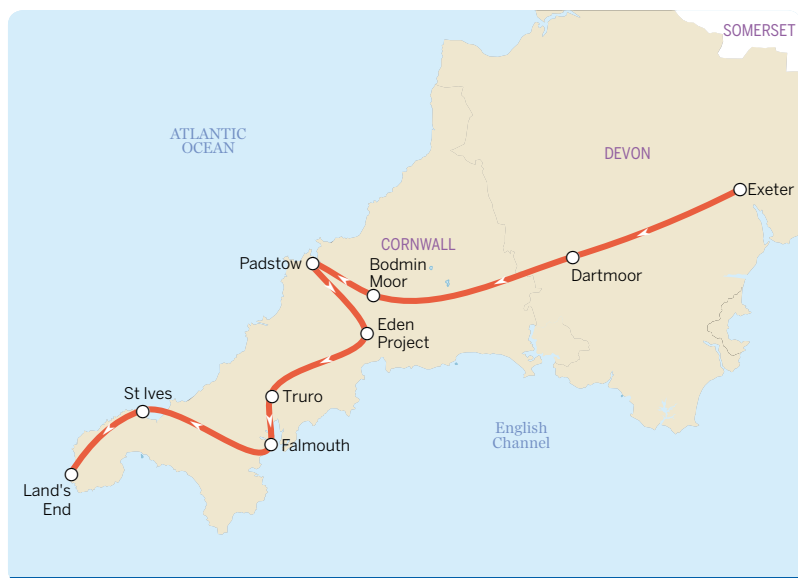
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Itineraries



West Country Classics

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.

5
DAYS

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 **Branton** 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.

10
DAYS

Great Estates

This tailored trip links some of the south-west's most impressive country houses and gardens. It begins with vintage carriages at **Arlington Court**, then heads south-east to visit the Victorian-filled halls of **Knightsshayes 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 **Caerhays 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: **Trelassick**, **Trebah** and **Glendurgan**.

5
DAYS

Two Peninsulas

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 **Trellissick**, 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**.

1
WEEK

Over the Tamar

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 Edgumbe** 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**.

Devon & Cornwall: Off the Beaten Track

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

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)

ST NECTAN'S GLEN

DOZMARY POOL

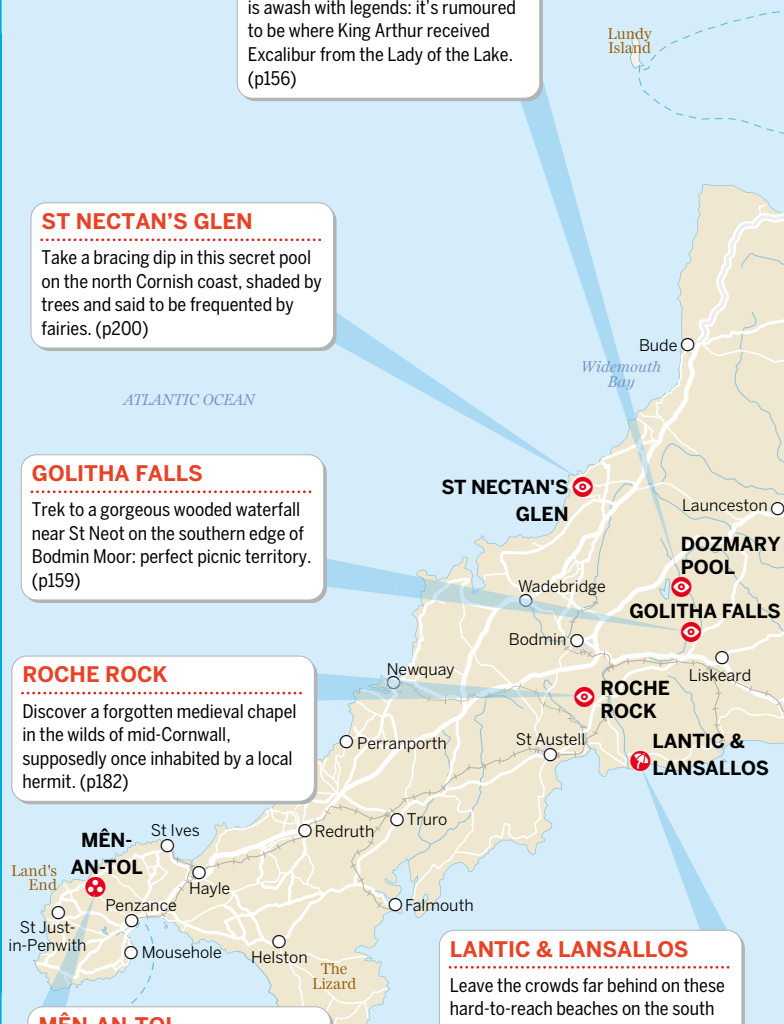
GOLITHA FALLS

ROCHE ROCK

LANTIC & LANSALLOS

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)





20 miles

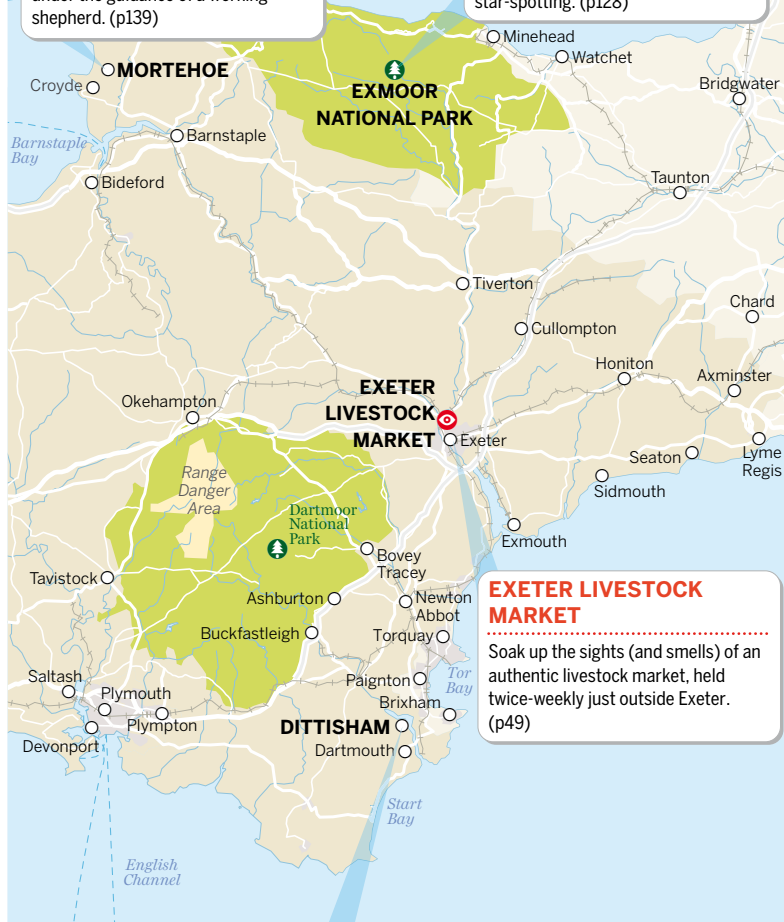
50 km

MORTEHOE

If you've always had a soft spot for *One Man & His Dog*, head for the Exmoor village of Morteohoe, 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)

