Carn Brea 215

Northam Burrows 147

Slapton Ley 89

Topsham 55

boat trips

Lone 188

boat travel 289-90

Dartmouth 85

Padstow 203

Plymouth 104

Salcombe 95

St Martin's 255

Bodmin 39, 151-3, 151

accommodation 150

St Marv's 252

Truro 170

climate 150

highlights 151

books 20, 258, 275

Bossiney Haven 200

Bramley, Frank 273-4

Boscastle 196-7

Branscombe 61

Braunton 141-4

breweries 271-2

bridge tolls 291

British Fireworks

Championships 23

travel seasons 150

Bodmin Moor 32, 153-9, 154

food 150

St Ives 223

Index

abbevs Buckland Abbey 114, 243 Cleeve Abbey 133 Hartland Abbey 148-9 St Benet's Abbey 152 St Michael's Mount 13, 244. 13 accommodation 282-4, see also individual locations activities 21-3, 30-5, see also individual activities air travel 288-9, 290 animals 278, see also wildlife, individual species Appledore 145-7 aguariums Blue Reef Aquarium 208 Ilfracombe Aquarium 139 National Marine Aguarium 103 archaeological sites 260 **Bodmin Moor 159** Dartmoor National Park 117 Penwith 230, 231 area codes 17, 287 art galleries, see galleries arts 20, 273-6, see also individual arts Ashburton 120 ATMs 286 Bantham 97-8, 143 Barnstaple 144-5 bathrooms 287 beaches 15, 18, 33, 284-5 Bantham 97 Bigbury-on-Sea 98 Bossiney Haven 200

Mullion 247 Newguay 207 205 Perrannorth 213 Perranuthnoe 244 Porthcurno 234 Porthminster 221 Praa Sands 244-5 Salcombe 93 Sennen Cove 233 St Ives 221 St Martin's 255 St Mary's 251 Torquay 66 Trevellas Porth 214 Westward Ho! 147 beer 271-2 Beer 61-3, 143 Bideford 145-7 Bigbury-on-Sea 98 birdwatching 278-9 Dawlish Warren 75 Fowey 185 Map Pages 000 Hayle 226 Photo Pages 000 Millook 196

Dartmouth 86 Falmouth 163 Fistral 207 Godrevv 226 Gwithian 226 Kynance Cove 248 Lansallos 189 Lantic 189 Padstow's Seven Bays Polkerris Beach 184 Readymoney Cove 183 Roseland Peninsula 176 Trebarwith Strand 200 Trevaunance Cove 214 Bedruthan Steps 206, 5 bicycle travel, see cycling Exminster Marshes Nature Reserve 46

Bude 195

Croyde 141

Chapel Porth 213-14

Brixham 73-5 Bryher 254 Bude 195-6 budget 17 bus travel 289, 290-1 business hours 17 butterflies 278 Camborne 216-18

Camelford 153-6 camping 20, 282-3 Cape Cornwall 233 car travel 289, 291-2, see

also driving tours

castles Berry Pomeroy 83 Castle Dore 183 Castle Drogo 121 Chûn Castle 230 Dartmouth Castle 84 **Dunster Castle 133** Launceston Castle 156 Lydford Castle 123 Maen Castle 230 Okehampton Castle 125 Pendennis Castle 163 Powderham Castle 52 Restormel 183 St Catherine's Castle 183 St Mawes Castle 177 St Michael's Mount 244 Tintagel Castle 198, 243 Totnes Castle 78 cathedrals, see churches & cathedrals caves & tunnels Beer Quarry Caves 61 Carnglaze Caverns 159 Chapel Porth 214 Kents Cavern 66 Kynance Cove 248 Merlin's Cave 198 cell phones 16, 287 Celtic rule 260-1 Chagford 121-3 Chapel Porth 213-14 Charlestown 180 cheese 270 children, travel with 36-7 Christie, Agatha 66, 67, 71. 83, 275 churches & cathedrals

Chapel of St Nicholas 223

Exeter Cathedral 10, 44-5,

St Finbarrus Church 184

Church of St Winwaloe

48, 10, 262

Roche Rock 182

Trengwainton 237

St George's Church 133	entertainment 88	environmental issues 280	fishing
St Pancras Church 119	festivals & events 86	erosion 280	Beer 61
Truro Cathedral 170	food 87-8	events 21-3	Brixham 74
cider 272	history 83	exchange rates 17	Clovelly 148
Civil War 263-4	sights 83-5	Exeter 38, 43-54, 43, 44	Dartmouth 85
Clay Trails 181	tourist information 88	accommodation 42, 48-9	Looe 188
climate 16, 21-3, see	travel to/from 88	activities 46-8	Plymouth 103
also individual regions	deer 278	climate 42	St Ives 223
Clovelly 12, 147-8, 12 , 142	Devon basics 16	drinking 50-1	Flora Day 21
Coast to Coast Cycle	Devonshire teas 11, 270,	entertainment 51	Flushing 169
Trail 169	11, 210	festivals & events 48	food 19, 259, 268-71, 285,
Coleton Fishacre 88	Devoran 169	food 42, 50	see also individual locations
Constantine 167	disabilities, travellers	highlights 43	
cooking courses 270	with 287	history 43-4	Forbes, Stanhope 273-4
Cornish pasties 12, 214, 269, 12, 211	Dittisham 86	nightlife 50-1	Fowey 183-92, 184
Cornwall & West Devon	diving 34, 255	shopping 51	foxes 278
Mining Landscape 216	Doc Martin 198	sights 44-6	
Cornwall basics 16	dolphins 279	tourist information 51	G
Crackington Haven 196	Drake, Sir Francis 104, 263	tours 48	Gabo, Naum 275
cream teas 11, 270, 11 , 210	drinks 271-2	travel seasons 42	galleries 273
credit cards 287	driving, see car travel	travel to/from 51	Barbara Hepworth
Croyde 141-4	driving tours	travel within 52	Museum 221
currency 16	Bodmin Moor 157, 157	Exeter Cathedral 10, 44-5,	Exchange, The 236
cycling 35, 290, see also	Dartmoor National Park	48, 10 , 262	Leach Pottery 223
trails & paths	115, 115	Exford 132	Newlyn Art Gallery 236
Camel Trail 203	East Devon coast 56, 56	Exmoor National Park 15,	Penlee House Gallery &
Clay Trails 181	Exmoor National Park 136, 136	32, 39, 128-38, 127 ,	Museum 235 Plymouth 101
Coast to Coast Cycle		15, 155	Spacex 46
Trail 169	North Coast 199, 199	accommodation 126, 129	Tate St Ives 221
Dartmoor National Park	Penwith 231, 231	activities 128-9	gardens
110-11	Roseland Peninsula 175, 175	climate 126	~
	: 1/J. 1/J	food 126	Abbey Garden 253, 179
Exeter 46	•	1 . 1 . 1 . 107	-
Exmoor National Park	South Devon 90, 90	highlights 127	Bonython 168
Exmoor National Park 128	South Devon 90, 90 du Maurier, Daphne 275	tourist information 129	Bonython 168 Broomhill Sculpture
Exmoor National Park 128 Great Flat Lode Trail 218	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2	tourist information 129 travel seasons 126	Bonython 168 Broomhill Sculpture Gardens 144
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192	South Devon 90, 90 du Maurier, Daphne 275	tourist information 129 travel seasons 126 travel within 129	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4	tourist information 129 travel seasons 126	Bonython 168 Broomhill Sculpture Gardens 144
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4	tourist information 129 travel seasons 126 travel within 129	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9,	tourist information 129 travel seasons 126 travel within 129	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9,	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3,
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100 ,	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100 , 112 , 10 , 155	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100 , 112, 10, 155 accommodation 99, 112	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63,	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100 , 112, 10, 155 accommodation 99, 112 activities 110-12	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100 , 112 , 10 , 155 accommodation 99, 112 activities 110-12 climate 99	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100 , 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100, 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113 highlights 100	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42 food 42	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166 sights 163-4	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168 Potager Garden 168
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100, 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113 highlights 100 tourist information 110	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42 food 42 highlights 43	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166 sights 163-4 tourist information 166 travel to/from 166 Fearnley-Whittingstall,	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168 Potager Garden 168 RHS Rosemoor 145
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100, 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113 highlights 100 tourist information 110 travel seasons 99	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42 food 42 highlights 43 travel seasons 42	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166 sights 163-4 tourist information 166 travel to/from 166 Fearnley-Whittingstall, Hugh 268	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168 Potager Garden 168 RHS Rosemoor 145 St Michael's Mount 244
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100, 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113 highlights 100 tourist information 110 travel seasons 99 travel to/from 113	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42 food 42 highlights 43 travel seasons 42 economy 258-9	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 F Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166 sights 163-4 tourist information 166 travel to/from 166 Fearnley-Whittingstall, Hugh 268 festivals 21-3, see also	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168 Potager Garden 168 RHS Rosemoor 145 St Michael's Mount 244 Torre Abbey Gardens 69
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100, 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113 highlights 100 tourist information 110 travel seasons 99 travel to/from 113 travel within 113	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42 food 42 highlights 43 travel seasons 42 economy 258-9 Eden Project 9, 182-3, 9	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166 sights 163-4 tourist information 166 travel to/from 166 Fearnley-Whittingstall, Hugh 268 festivals 21-3, see also individual locations	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168 Potager Garden 168 RHS Rosemoor 145 St Michael's Mount 244 Torre Abbey Gardens 69 Trebah 167
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100, 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113 highlights 100 tourist information 110 travel seasons 99 travel to/from 113 travel within 113 Dartmouth 83-8, 84	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42 food 42 highlights 43 travel seasons 42 economy 258-9 Eden Project 9, 182-3, 9 Eden Sessions 22	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166 sights 163-4 tourist information 166 travel to/from 166 Fearnley-Whittingstall, Hugh 268 festivals 21-3, see also individual locations arts 274	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168 Potager Garden 168 RHS Rosemoor 145 St Michael's Mount 244 Torre Abbey Gardens 69 Trebah 167 Tregothnan 173
Exmoor National Park 128 Great Flat Lode Trail 218 Tamar Trails 192 cycling tours Granite Way 124, 124 Tarka Trail 146, 146 D dangers 284-5 Dartmoor National Park 10, 31-2, 39, 110-25, 100, 112, 10, 155 accommodation 99, 112 activities 110-12 climate 99 food 99, 113 highlights 100 tourist information 110 travel seasons 99 travel to/from 113 travel within 113	South Devon 90, 90 du Maurier, Daphne 275 Dulverton 130-2 Dunster 132-4 E East Cornwall 39, 150-9, 151 accommodation 150 climate 150 food 150 highlights 151 travel seasons 150 East Devon 38, 42, 54-63, 43 accommodation 42 climate 42 food 42 highlights 43 travel seasons 42 economy 258-9 Eden Project 9, 182-3, 9	tourist information 129 travel seasons 126 travel within 129 Exmouth 57-9 Falmouth 161-6, 162 accommodation 164-6 activities 163-4 drinking 165-6 festivals & events 164 food 164-6 nightlife 165-6 shopping 166 sights 163-4 tourist information 166 travel to/from 166 Fearnley-Whittingstall, Hugh 268 festivals 21-3, see also individual locations	Bonython 168 Broomhill Sculpture Gardens 144 Carwinion 168 Cockington Country Park 67 Eden Project 9, 182-3, 9, 178 Elizabethan Garden 78 Garden House 114 Glendurgan 167 Godolphin 168 Greenway 83 Lost Gardens of Heligan 13, 182, 13, 179 Penjerrick 168 Potager Garden 168 RHS Rosemoor 145 St Michael's Mount 244 Torre Abbey Gardens 69 Trebah 167 Tregothnan 173 Trelissick Gardens

drinking 88

fish 270

environment 277-80

Garstin, Norman 274 gav travellers 285 gin 272 Glendurgan 167 Godrevv 226 Golant 187 Gorran Haven 181-2 Grand Western Canal 52, 109 Gunwalloe 246-7 Gweek 167 Gwithian 226

Hartland Peninsula 148-9 Hartland Point 149, 11 Hayle 226-7 health 286 Helford River 167 Helston 245-6 Hepworth, Barbara 221. 275 hiking, see walking historic houses 20 history 260-7 Hope Cove 96-7 horse riding 35 Bodmin Moor 153 Clay Trails 181 **Dartmoor National** Park 112 Exmoor National Park 128. 108

Ilfracombe 139-40 Impressionism 273 industrial age 264-5 internet access 286 internet resources 17, 258 Isles of Scilly 9, 40, 219, 250-6, 220, 251, 9 accommodation 219 climate 219 food 219 highlights 220 travel seasons 219 itineraries 24-9. 24. 25.

Jackson, Kurt 275 jellyfish 280 Jurassic Coast 58

26, 27, 28-9

Map Pages 000 Photo Pages 000 kavaking 34 Bigbury-on-Sea 98 Exeter 48 Fowev 185 Plymouth 104 Salcombe 94 St Mawes 177 Totnes 78 King Arthur 198, 261 Kingsbridge 91-2 Kynance Cove 248, 14, 81

L Lamorna Cove 235

Ladram Bay 58, 19 Land's End 227, 233-4, 228

Langley, Walter 273-4 language 16 Leach, Bernard 274 lesbian travellers 285

lighthouses Bishops Rock Lighthouse 254 Foreland Point 137

Godrevy Lighthouse 226 Hartland Point 149. 11 Lizard Lighthouse Heritage Centre 247 Longships Lighthouse

234

Lundy Island 140 Pendeen Watch 233 Smeaton's Tower 103 St Anthony's Head 177

Start Point Lighthouse 89 Liskeard 158-9

literature 20, 258, 275 Lizard Peninsula 14. 245-50, 14

Lizard Point 247-8 Logan Rock 234, 80 Looe 188-90

Lost Gardens of Heligan 13, 182, 13, 179 Lostwithiel 183

Lundy Island 140 Lvdford 123 Lvnmouth 137-8 Lynton 137-8

M

manors & stately homes Antony House 190 Arlington Court 144 **Buckland Abbey 114** Caerhays Castle 182

Coleton Fishacre 88 Cotehele 191 Greenway 83 Hartland Abbey 148 Lanhydrock 153 Mount Edgcumbe 190 Port Eliot 191 Prideaux Place 203 St Michael's Mount 244 Tregothnan 173 Trerice 208 maps 286 Marazion 241-4 Mayflower 102, 103, 263, 264 264

Methodism 264 Meyagisse 181-2

Middle Ages 262 Millbrook Inn 93 mining 259, 262-3, 264, 265, 277 mining sites 259

Camborne 216 Cornish Mines & Engines

Cornwall & West Devon Mining Landscape 216 King Edward Mine 218 Mining World Heritage Site 216

Redruth 216 Trevellas Porth 214 West Cornwall 229 mobile phones 16, 287 money 16, 17, 285, 286-7 monkeys 188

Moretonhampstead 120-1 Morris, Cedric 275 motorcycle travel 289, 291-2

Mousehole 241, 143 Mullion 247

museums 264 Bakelite Museum 133

Barbara Hepworth Museum 221 Bill Douglas Centre 45

City Museum & Art Gallery 103 Cookworthy Museum of

Rural Life 91 Dartmoor Prison

Heritage Centre 117 Helston Folk Museum 245

Isles of Scilly Museum 251 Lyn & Exmoor Museum

Maritime Museum 93

Museum of British Surfing 141 Museum of Witchcraft 196 National Maritime Museum 163 Penlee House Gallery & Museum 235 RAMM 46 Royal Cornwall Museum 170 Shipwreck Museum 149 Sidmouth museum 60 Tavistock Museum 114 Teignmouth & Shaldon Museum 75 Topsham Museum 55 Torquay Museum 66 Totnes Fashion & Textile Museum 78

Mylor 169

national parks & reserves 277-8

Bodmin Moor 32, 153-9, 154 **Braunton Burrows 141**

Dartmoor National Park 10. 31-2. 110-25. **100**. 112, 10, 155 Dawlish Warren 75

Exminster Marshes Nature Reserve 46, 48 Exmoor National Park 15. 32. 128-38. **127**. **15**.

108, 155 Looe Island 188 Northam Burrows 147

Slapton Lev 89 Newlyn 240-1 Newlyn School 273-4 Newguay 12, 40, 206-13.

194, 207, 12, 109 accommodation 193

climate 193 food 193 highlights 194 travel seasons 193 newspapers 286 Nicholson, Ben 275

North Coast 40, 195-206, 194

accommodation 193 climate 193

food 193 highlights 194 travel seasons 193 North Devon 39, 138-49, **127** accommodation 126 climate 126 food 126 highlights 127 travel seasons 126

0

Obby 'Oss 21, 201 Okehampton 125 opening hours 17 otters 156 outdoor activities 18-19, 30-5 Outlaw, Nathan 188, 190, 200, 201, 268

D

Padstow 201-5, **202**accommodation 203-4
activities 203
drinking 205
food 204-5
shopping 205
sights 203
travel to/from 205
painting 273-5
pasties 12, 214, 269,
12, 211

paths, see trails & paths Penryn 168 Penwith Peninsula 227-35, 228

Penzance 235-40, **236**Perranporth 213, **81**Perranuthnoe 244-5
planning 16-17
calendar of events 21-3
children, travel with 36-7
Cornwall's regions 38-40
Devon's regions 38-40
internet resources 17
itineraries 24-9, **24, 25**.

26, 27, 28-9

travel seasons 21-3 Plymouth 39, 100-10,

100, 102

accommodation 99, 104-5 activities 104 climate 99 drinking 106-7 entertainment 107 food 99, 105-6 highlights 100 history 101 sights 101-4

tourist information 107

travel seasons 99 travel to/from 107, 110 pollution 280 Polperro 187-8 Polzeath 200-1, 15 ponies 278 population 259 Porlock 134-5 Port Eliot 191 Port Fliot Festival 22 Port Isaac 198-200 Porthcurno 234 Porthleven 246 Porthtowan 216 Portreath 216 Portscatho 174-6 Postbridge 118-19 Praa Sands 244-5 prehistoric sites, see archaeological sites Princetown 117-18

Q quoits

Bodmin Moor 159 Penwith 230, **242**

R

radio 286 Rame Peninsula 190-1 Redruth 216-18 religion 259 reserves, see national parks & reserves Restronguet Creek 169 River Helford 249-50 road trips, see driving tours Roche Rock 182 Rock 200-1 rock climbing 35 Roman rule 261 Roseland, the 174-80 Royal Cornwall Museum 170

S safety 284-5 sailing 34
Salcombe 93-6, 94 sculpture 273-5 seagulls 278-9 seals 167, 279
Sennen 233 sharks 279
Sidmouth 59-61

smuggling 266

snakes 286

South Cornwall 39. 160-92. 161 accommodation 160 climate 160 food 160 highlights 161 travel seasons 160 South Devon 38, 64. 77-98. 65 accommodation 64 climate 64 food 64 highlights 65 travel seasons 64 South Hams 14, 14 South West Coast Path 11. 31. 11 Southeast Cornwall 180-92 St Agnes (Cornwall) 213-16 St Agnes (Isles of Scilly) 256 St Austell 180 St Ives 11, 220-6, 222. 11 271 accommodation 223-4

11, 271 accommodation 223-4 drinking 225 festivals & events 223 food 224-5 nightlife 225 shopping 225

snopping 225 sights 221-3 tourist information 225 travel to/from 225-6 St Ives School 274-5 St Juliot 197-8 St Keverne 248-9 St Martin's 254-5

St Mawes 176-7 St Michael's Mount 13, 244, 13

St Mary's 251-3

Start Bay 89-91 stately homes, see manors & stately homes Stein, Rick 268 St-Just-in-Penwith 233 St-Just-in-Roseland 180 stone circles 230

surfing 33

Bantham 97

Bigbury-on-Sea 98

Bude 195

sunburn 286

Croyde 141

Gwithian 226 Ilfracombe 139 Newquay 12, 208, 12, 109

Newquay 12, 208, 12, 109 Polzeath 201 Sennen Cove 233 Westward Ho! 147

Tamar Valley 191-2 Tate St Ives 221 Tayistock 113-16 taxis 292 teas 11, 270, 11, 210 Tehidy Woods 216 Teignmouth 75-6 telephone services 16. 17.287 theatre 276 Thurlestone 97 ticks 286 time 16 Tintagel Castle 198, 243 toilets 287 Topsham 55-7 Torquay 38, 65-76, 65, 68-9 accommodation 64, 70-2 activities 70 climate 64 drinking 73 festivals & events 70 food 64, 72-3 highlights 65 history 66 nightlife 73

festivals & events 70 food 64, 72-3 highlights 65 history 66 nightlife 73 sights 66-9 tourist information 73 travel seasons 64 travel to/from 73 travel within 73 Totnes 77-82 tourist information 287, see also individual locations

tours, see cycling tours, driving tours, walking tours trails & paths

rails & paths Camel Trail 203 Clay Trails 181 Coast to Coast Cycle

Trail 169 Granite Way 124, **124** Great Flat Lode Trail 218 South West Coast Path

11, 31, **11** Tamar Trails 192 Tarka Trail 146. **146**

train travel 289, 292-3 transport 288-93

travel seasons 16 travel to/from Cornwall 288-90

travel to/from Devon 288-90 travel within Cornwall 290-3 travel within Devon 290-3
Trebah 167
Trebarwith Strand 200
Treen 234-5, 80
Tregony 174-6
Tregothnan 173
Trelissick Gardens 169-70, 179
Trelowarren 246
Tresco 253-4, 9
Tristan and Isolde 183
Truro 170-4, 171
tunnels, see caves &

V

vegetarian travellers 271 Veryan 174-6 visas 16

W Wadebridge 206

tunnels

TV 276, 286

Turner, JMW 273

walking 31-2, 285, see also trails & paths Bodmin Moor 32 Dartmoor National Park 31-2.111 Exeter 46 Exmoor National Park 32 128-9 festivals 32 Lynmouth 137 Lynton 137 Princetown 117 safety 32 Teignmouth 76 walking tours Beer to Branscombe 62, 62 Dartmoor National Park 122. 122 Exeter 47. 47 Exmoor National Park

131, 131

Fowey, Polruan &

Land's End 232.

St Agnes 217, 217

232

Bodinnick 186, 186

water sports 33-4 weather 16, 21-3, see also individual regions websites 17 West Cornwall 40, 220-45. 220 accommodation 219 climate 219 food 219 highlights 220 travel seasons 219 Westward Ho! 147 white-water rafting 33-4 Widecombe-in-the-Moor 119-20 wildlife 278-80 wildlife parks & reserves **Braunton Burrows 141** Dawlish Warren 75 Donkey Sanctuary 60 **Exminster Marshes** Nature Reserve 46, 48 Exmoor Owl & Hawk Centre 134

Torquay 71, 71

Wallis, Alfred 275

West Cornwall 232, 232

Looe Island 188 Northam Burrows 147 Wild Futures Monkey Sanctuary 188 wildlife watching 35 wine 272 wineries Camel Valley Vineyard 152 Pebblebed Vineyard 55 Polgoon Vineyard 238 Sharpham Wine & Cheese 77, 211 St Martin's Vineyard 255 YearIstone Vineyard 52 Wood, Christopher 275 Woolf, Virginia 226 WWI 267 **WWII 267**

Z Zennor 228-30, **155**

oos Living Coasts 66 Newquay Zoo 208 Paignton Zoo 66

Behind the Scenes

SEND US YOUR FEEDBACK

Things change – prices go up, schedules change, good places go bad and bad places go bankrupt. So if you find things better or worse, recently opened or long since closed, or you just want to tell us what you loved or loathed about this book, please get in touch and help make the next edition even more accurate and useful. We love to hear from travellers – your comments keep us on our toes and our well-travelled team reads every word. Although we can't reply individually to postal submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit **lonelyplanet.com/contact** to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit lonelyplanet.com/privacy.

OUR READERS

Many thanks to the travellers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:

Fabio Baldi, Franz Blaesi, Robyn Coates, Harry Hofman, Laura Sheil

AUTHOR THANKS Oliver Berry

A big thank you to all the people who helped during research: Paul Ainsworth, Jayne Back, Hana Backland, Peter Bawden, Rupert Ellis, Justin Foulkes, Thom Hunt, Liz King, Lifebuoy Café, Anna Melton, Laura McKay, Emma Mustill, Origin Coffee and all the others I met along the way. Special thanks to Susie, Mo and Gracie; to Cliff Wilkinson for the gig; to Angela Tinson and Anthony Phelan for inhouse support; and to Belinda Dixon for digging out all those Devonian delights.

Belinda Dixon

Huge thanks go to: OTB for wise counsel; Cliff for the gig (again); LP's behind the scenes teams. Everyone encountered on Devon-wide travels for tips, facts and countless kindnesses. And JL for sharing the road trips (especially cycling, kayaking, and speed-hiking) and (still) making me smile.

ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', Hydrology and Earth System Sciences. 11. 1633–44.

Cover photograph: Walking path to the Wheal Coates Tin Mine, St Agnes, Cornwall, Pietro Canali/4corners.

THIS BOOK

This 3rd edition of Lonely Planet's Devon & Cornwall guidebook was researched and written by Oliver Berry and Belinda Dixon, who also wrote the previous two editions. The guidebook was commissioned in Lonely Planet's London office, and produced by the following: **Commissioning Editor** Clifton Wilkinson

Coordinating Editors Susie Ashworth, Alison Ridgway

Senior Cartographers Jennifer Johnston, Anthony Phelan

Coordinating Layout Designer Frank Deim

Managing Editors Martine Power, Angela Tinson

Senior Editor Karvn Noble

Managing Layout Designer Chris Girdler

Assisting Editors Kate Daly, Kate Kiely, Jenna Myers

Assisting Cartographers Julie Dodkin, Mick Garrett, Rachel Imeson

Cover Research Naomi Parker Internal Image Research Aude Vauconsant

Thanks to Ryan Evans, Larissa Frost, Jane Hart, Genesys India, Jouve India, Trent Paton, Kerrianne Southway, Gerard Walker

