



# Devon & Cornwall



Oliver Berry, Belinda Dixon

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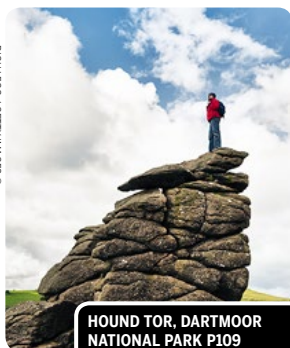
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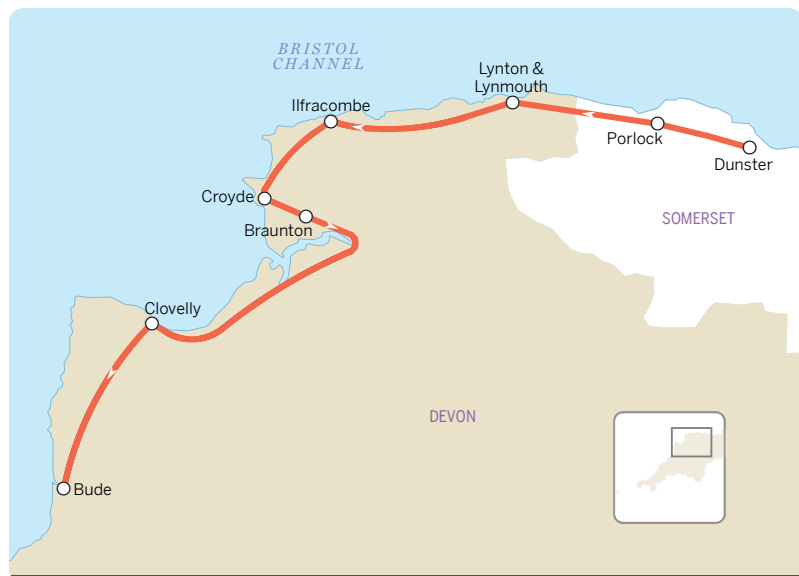
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# Itineraries



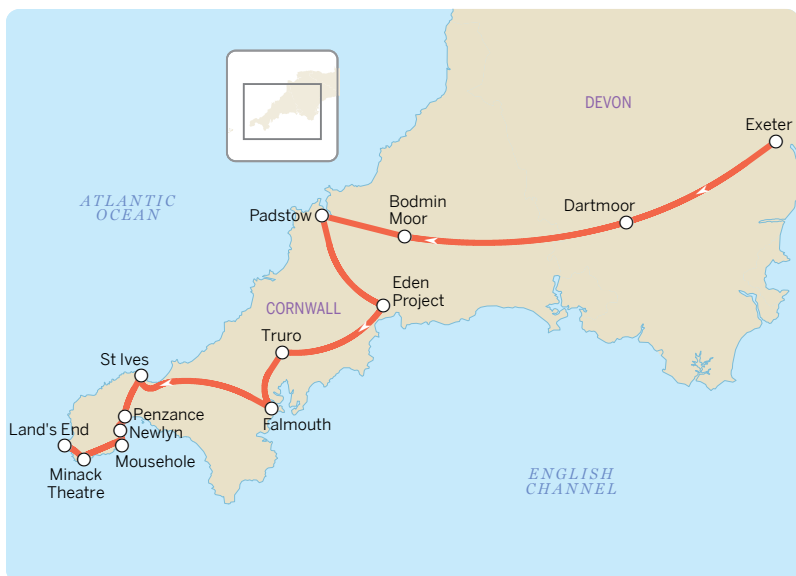
5  
DAYS

## 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 Damien Hirst, who owns a restaurant in town. Further west brings you to beachy **Croyde** and **Braunton**, 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.

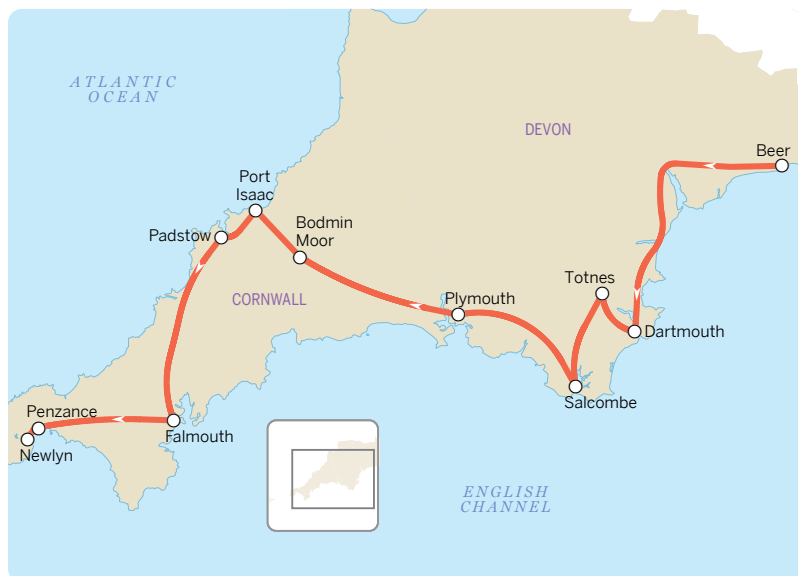


## Southwest Classics

This end-to-end road trip factors in the must-see sights of Devon and Cornwall. Begin in the historic city of **Exeter**, where you can get a grandstand view from the top of the cathedral's towers before heading west into the wilds of **Dartmoor**. This strange, stark landscape of open heaths and twisted tors is prime hiking territory, but there are plenty of pretty villages to explore, such as Chagford and Widcombe-in-the-Moor. More wide-open scenery unfolds as you travel over windswept **Bodmin Moor**, another dramatic landscape that's also home to Cornwall's highest hill, Brown Willy. From here, it's not too far to **Padstow**, a former fishing port that has reinvented itself as Cornwall's culinary hotspot.

Southeast of Padstow, in a disused clay pit, loom the giant greenhouses of the **Eden Project**, which house an amazing array of trees and plants collected from across the globe, and have become one of Cornwall's most iconic attractions. Heading southwest brings you to **Truro** – the county's capital and its only city, centred around an impressive 19th-century cathedral. Along the Fal River lies the historic harbour of **Falmouth**, a lively university town where you can explore the county's seagoing heritage at the National Maritime Museum. Next comes arty **St Ives**, awash with galleries and crafts shops, as well as the renowned (and recently revamped) Tate St Ives, which houses works by the town's artistic luminaries. Take some time to explore the nearby beaches – especially the grand sweep of Gwithian and Godrevy, sprawling for three glorious golden miles to the west.

Head further west into Penwith for a visit to the old town of **Penzance**, where you'll find some excellent art galleries and plenty of handsome period architecture. Nearby **Newlyn** is also worth a stop if you're a fan of fish and seafood, but it can't compare to **Mousehole** when it comes to scenery; this old pilchard port is wonderfully photogenic, with its combination of seaside cottages, winding lanes and granite harbour. If time allows, take in a play at the clifftop **Minack Theatre**, and finish with a stroll along the headland at **Land's End** – last stop on mainland Britain before the Isles of Scilly, 28 miles out to sea.

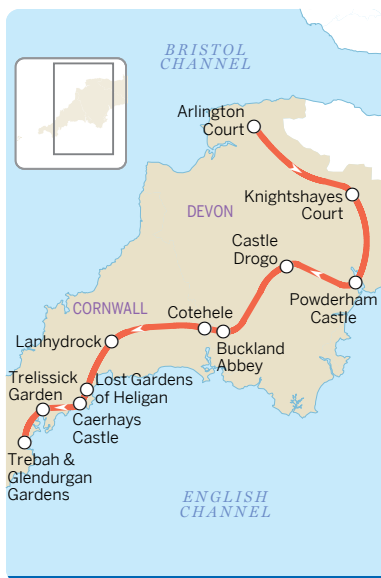

**10  
DAYS**

## Epicurean West Country

Devon and Cornwall have rightly earned a reputation for fantastic food and drink. Begin in **Beer**, with top-quality fish sourced straight off the boats in Lyme Bay, and officially certified as 100% sustainable. Saunter west to **Dartmouth** for a meal at Mitch Tonks' seafood bistro, Seahorse, and a pint at one of the town's atmospheric harbour pubs. Along the river near **Totnes**, make time for an organic lunch at Riverford Field Kitchen, a fantastic location if you care about food provenance. Nearby, you can indulge in some fine wine and cheese-tasting at Sharpham winery, and take a tour of the vines above the Dart River. Continue onwards to chi-chi **Salcombe**, a town renowned for epicurean indulgences: our tip is to go for oysters and crustaceans at the Crab Shed. On your way west, it's well worth popping into **Plymouth** to sample the city's famous gin, visit the fish market and dine by the harbour on the Barbican – there are some great bistro and street-food stalls to discover here, and it's also a prime spot for some fish and chips.

Then it's on into Cornwall, with a detour over **Bodmin Moor** to visit the sublime St Tudy Inn, run by talented chef Emily Scott, and some wine-tasting at the renowned Camel Valley Vineyard. Continue on to **Port Isaac**, where seafood supremo Nathan Outlaw has made his base with a brace of restaurants – one for small plates, the other for seriously sophisticated dining (it's the only restaurant in Cornwall with two Michelin stars). From here, it's a short spin along the coast to **Padstow**, Cornwall's most famous foodie town, where you can dine at restaurants owned by celeb chefs Rick Stein and Paul Ainsworth, and taste beers at the up-and-coming Padstow Brewing Company. Finish with a bit more wine-tasting at Trevibban Mill, where you can also dine superbly at the vineyard's excellent bistro, Appleton's at the Vineyard.

Next, cut down to the south coast to **Falmouth** for some mussels and seafood at the Wheelhouse, before continuing all the way west to **Penzance** for a meal at Bruce Renzie's superb bistro, the Shore. Round the epicurean adventure off in **Newlyn** for the freshest crab, lobster and crustaceans you'll ever taste.



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 **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, **Lanhydrock** mixes 17th- and 19th-century styles: look out for the Great Hall and 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: the rolling hills and woodlands of **Trelissick**, the secret subtropical valley of **Trebah**, and the formal gardens of **Glendurgan** and its magnificent maze.



7 DAYS

## Family Fun

Many people have memories of happy family holidays to the West Country, but there's a lot more to it these days than just beaches and buckets and spades.

For this family-focused adventure, begin in **Exeter** with a spooky tour of the city's underground passages and a canoe down the river from Exeter Quay. Then factor in quality beach time in **Torquay** before visiting the predators and primates of **Paignton Zoo**, followed by a bit more beachtime at **Bantham** and **Bigbury-on-Sea**.

Over in Cornwall, brave the high-speed zip wires of **Adrenalin Quarry**, then head west to watch cute capucin monkeys at Wild Futures Monkey Sanctuary near **Looe**, cycle round the trails of **Cardinham Woods** and kayak along the river near **Fowey**. But whatever you do, there's one thing no one in the family will want to miss – and that's the amazing biomes of the **Eden Project**. Round things off with as much time as you can spare to explore the wonderful beaches of Cornwall's north coast. **Newquay** is an ideal location, as you can learn to surf and hand-plane at Watergate Bay, coasteer on Holywell Bay or get deliciously dizzy inside a zorb near Porth.

# Off the Beaten Track: Devon & Cornwall

ATLANTIC OCEAN

## 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. (p187)

## BOSSINEY HAVEN

Find some coastal solitude on this remote north-coast beach, sheltered under sheer granite cliffs. (p188)

## DOZMARY POOL

This windswept lake on Bodmin Moor is awash with legends: it's said by some to be where King Arthur received Excalibur from the Lady of the Lake. (p149)

## GOLITHA FALLS

Trek to a gorgeous wooded waterfall near St Neot on the southern edge of Bodmin Moor: perfect picnic territory. (p148)

## CLAY TRAILS

Cycle through an otherworldly landscape of turquoise mica pools and china clay remains. (p172)

## ZENNOR HILL

St Just-in-Penwith  
Land's End  
Penzance  
Mousehole  
Hayle  
St Ives

## ZENNOR HILL

Trek to the summit of this rock-strewn hill for an amazing 360-degree perspective of the wild Penwith Moors. (p218)

## HELFORD RIVER

## 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. (p174)

## HELFORD RIVER

Follow in the wake of the smugglers and rivermen of old as you pilot a kayak down this beautiful, peaceful waterway. (p164)

## HARTLAND POINT

Drink in the drama from this out-of-the-way headland that most visitors never take time to explore. (p139)

Lundy Island

## HARTLAND POINT

## BOSSINEY HAVEN

## ST NECTAN'S GLEN

## DOZMARY POOL

## GOLITHA FALLS

## CLAY TRAILS

## LANTIC & LANSALLOS

Newquay

Perranporth

Truro

Falmouth

The Lizard

Redruth

Helston

Mousehole

Penzance

Hayle

St Ives

St Just-in-Penwith

Land's End

Bude

Widemouth Bay

Launceston

Wadebridge

Bodmin

St Austell

Liskeard





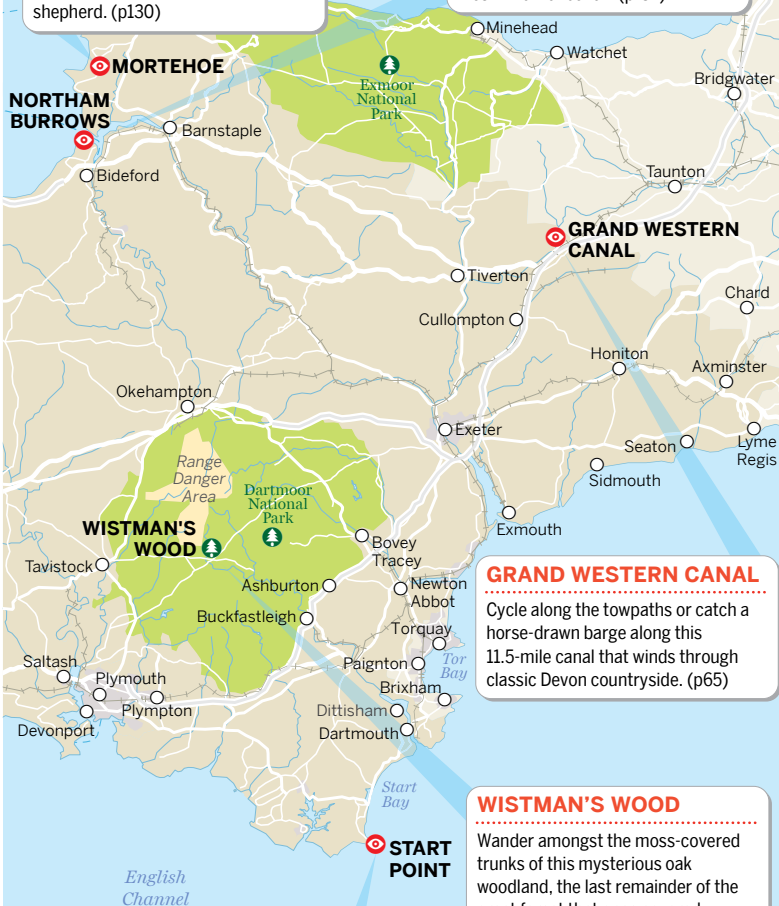
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### MORTEHOE

If you've always had a soft spot for One Man & His Dog, head for the Exmoor village of Morteheo, where you can learn to round up sheep under the guidance of a working shepherd. (p130)

### NORTHAM BURROWS

Spot butterflies and birdlife in this wildlife reserve of sand dunes and salt-marshes hidden behind Westward Ho! beach. (p137)



### GRAND WESTERN CANAL

Cycle along the towpaths or catch a horse-drawn barge along this 11.5-mile canal that winds through classic Devon countryside. (p65)

### WISTMAN'S WOOD

Wander amongst the moss-covered trunks of this mysterious oak woodland, the last remainder of the great forest that once covered Dartmoor. (p116)

### START POINT

Admire the wraparound view from this dramatic 19th-century lighthouse on the south Devon coast. (p88)

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping
- Hut/Shelter

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- S-Bahn/Subway station
- Taxi
- T-bane/Tunnelbana station
- Train station/Railway
- Tram
- Tube station
- U-Bahn/Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



## 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 Franklin, London, Melbourne, Oakland, Dublin, Beijing 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

**Cornwall** Oliver is a writer and photographer from Cornwall. He has worked for Lonely Planet for more than a decade, covering destinations from Cornwall to the Cook Islands, and has worked on more than 30 guidebooks. He is also a regular contributor to many newspapers and magazines, including *Lonely Planet Traveller*. His writing has won several awards, including The Guardian Young Travel Writer of the Year and the TNT Magazine People's Choice Award.

Oliver also wrote the Plan Your Trip and Understand chapters. His latest work is published at [www.oliverberry.com](http://www.oliverberry.com).



### Belinda Dixon

**Devon** Only happy when her feet are suitably sandy, Belinda has been (gleefully) travelling, researching and writing for Lonely Planet since 2006. It's seen her marvelling at Stonehenge at sunrise, scrambling up Italian mountain paths, horse riding across Donegal's golden sands, kayaking down south Devon rivers, gazing at Verona's frescoes, and fossil hunting on Dorset's Jurassic Coast.

Belinda is also an adventure writer – which has seen her trek the Himalayas, scale Scottish mountains in a snow storm, climb Dartmoor crags, surf and swim in England's winter seas, become addicted to SUP and sleep out under the stars. See her blog posts at <https://belindadixon.com>.

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