

# PLEASURES OF PADSTOW

Few areas capture the special magic of Cornwall better than that around Padstow, its natural charm and beauty being little changed by the passing of time. Amid all this beauty there is so much to do. A coastal footpath which provides some of the best walking in Britain. Excellent bird watching and abundant wildlife. Cycle hire - you can ride all the way to the edge of Bodmin moor along the traffic free Camel Trail. Golfing. Fishing. All kinds of water sports in the safety of the estuary. Among the less energetic pleasures, why not... Explore the town. Visit Prideaux Place. Play crazy golf. Listen to a band while eating fish and chips on the harbour. Barbecue on a beach. Watch a film at the charming cinema. Go crabbing on the Quay. Have a cooking lesson at Rick Stein's Cookery School. The list goes on and on...



Further afield the rest of Cornwall beckons. How about a trip to The Scilly Isles, The Tate and Barbara Hepworths Gallery at St Ives. The Lost Gardens of Heligan. Trebah Gardens. St Michael's Mount. Cruise the River Fal. Walk on Bodmin Moor. Take a steam train journey on the Bodmin and Wenford Railway. Watch the surfers at Fistral Beach, Newquay or visit Cornwall's newest and most exciting attraction – The Eden Project, near St Austell.

In fact there is so much to do that we feel sure you will want to come back to Padstow again and again.

## Beaches around Padstow

- St Georges Well** Delightful small sandy cove backed by woodland area, ideal for picnics. Approx. 20 min walk from Sunday Cottage. On the way the full view of the estuary and the open sea will astound you. Not to be missed.
- Tregirls Cove & Hawklers Cove** Large Bay of white sand that must be one of the loveliest estuary bays in the country. The sandy foreshore is ideal for picnics and the bay is overlooked by fields with little sign of civilisation.
- Trevone Bay** A large gently shelving beach of flat firm sand. To the west is Newtrain Bay with many rock pools at low tide, one of which is about 6ft deep and popular with swimmers.

- Harlyn Bay** Large delightful perfect crescent of sand surrounded by dunes, fields and low cliffs. Protected from the full power of the ocean surf on the western side.
- Mother Ivey's Bay** The unlikely location of the Padstow Lifeboat Station. Another beautiful sandy swimming beach reached via the coastal footpath.
- Constantine Bay** A long beautiful beach. It's a pity that the surf in the centre is so dangerous for swimming. Lots of rock pools at low tide and delightful picnic spots among the dunes.

- Boobys Bay** Just north of Constantine Bay, a quieter beach with wonderful rock pools at low tide.
- Treyarnon Bay** Lovely clean beach, expanse of fine sand at low tide with plenty of nooks and a large natural swimming pool is revealed at low tide.
- Porthcothan Bay** A narrow sandy beach backed by dunes, with few rocks.
- Daymer Bay** Reached by Ferry. Estuary beach with views of Padstow. Great place to sunbathe and watch passing boats.