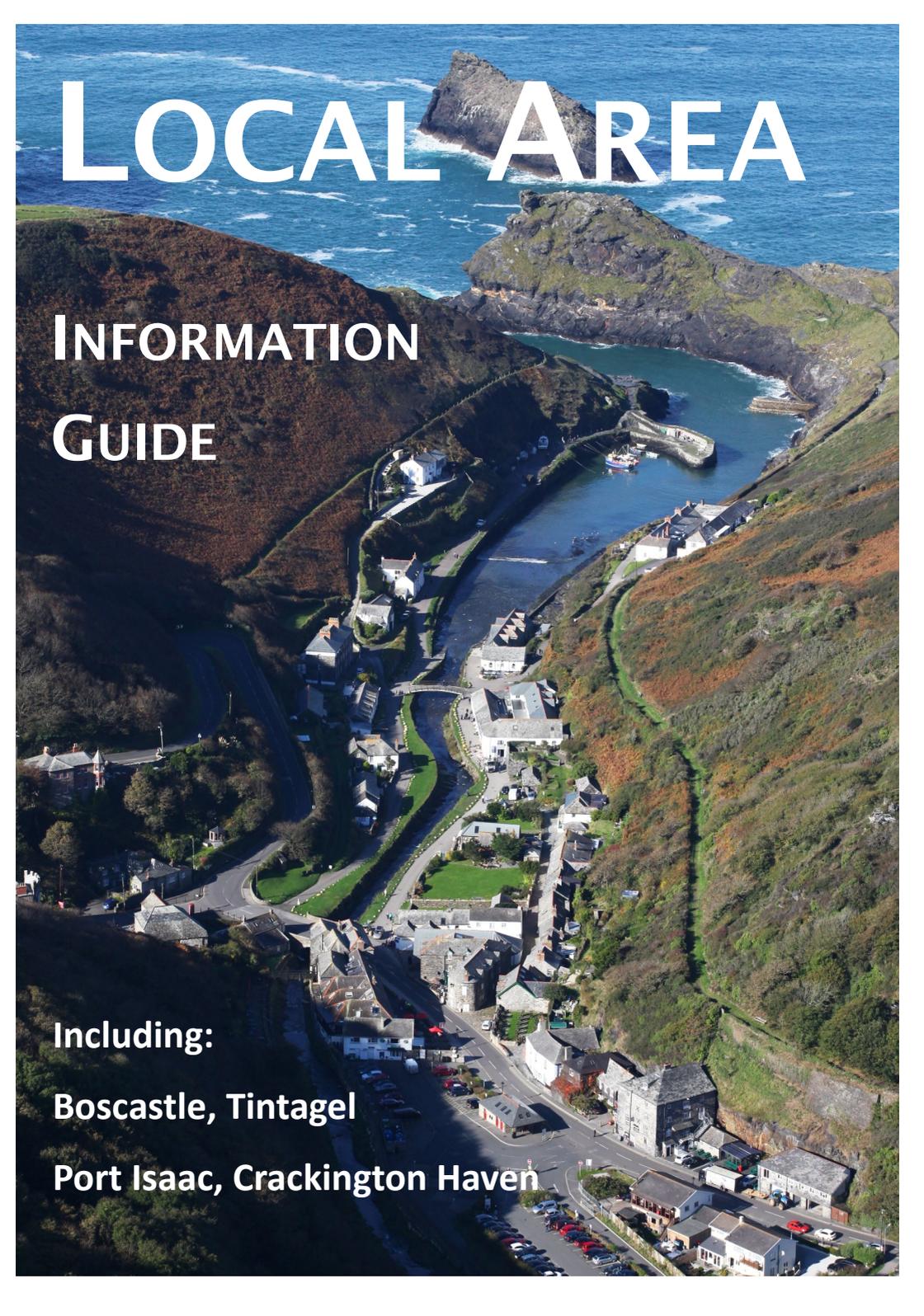


# LOCAL AREA



## INFORMATION GUIDE

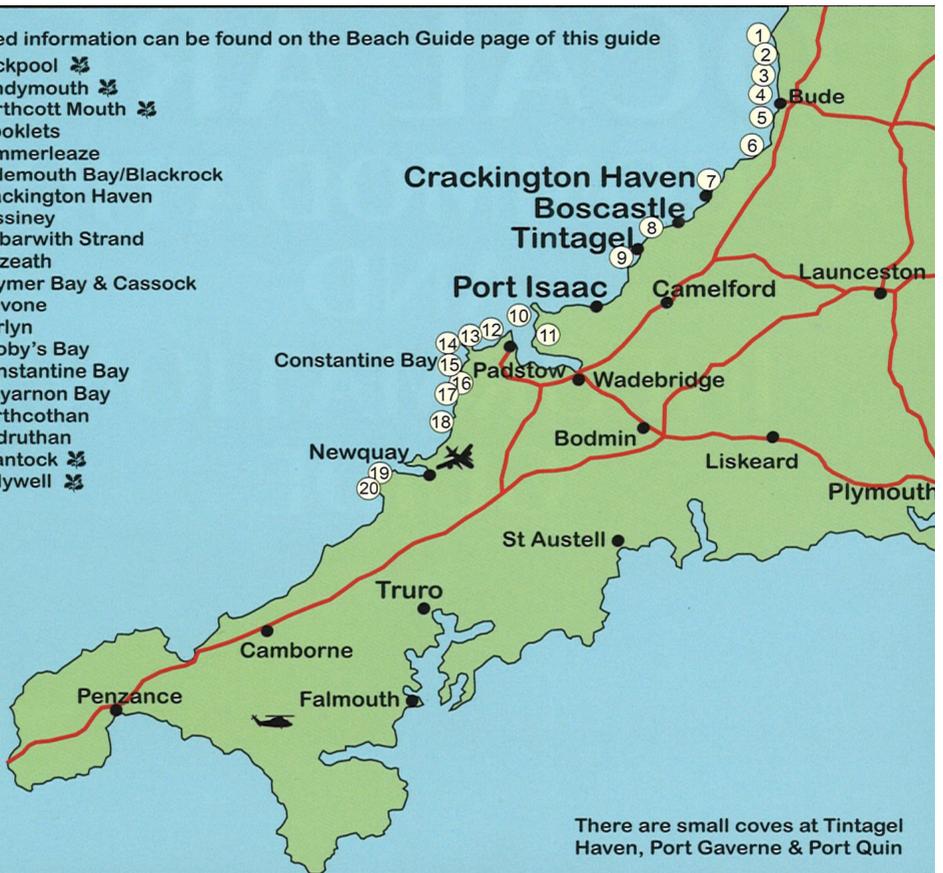
Including:

Boscastle, Tintagel

Port Isaac, Crackington Haven

Detailed information can be found on the Beach Guide page of this guide

- 1 Duckpool 🌿
- 2 Sandymouth 🌿
- 3 Northcott Mouth 🌿
- 4 Crooklets
- 5 Summerleaze
- 6 Widemouth Bay/Blackrock
- 7 Crackington Haven
- 8 Bossiney
- 9 Trebarwith Strand
- 10 Polzeath
- 11 Daymer Bay & Cassock
- 12 Trevone
- 13 Harlyn
- 14 Booby's Bay
- 15 Constantine Bay
- 16 Treyarnon Bay
- 17 Porthcothan
- 18 Bedruthan
- 19 Crantock 🌿
- 20 Holywell 🌿



There are small coves at Tintagel Haven, Port Gaverne & Port Quin



# Awards & Quality in Tourism

## Gradings:

- ★★ Well-presented & well-run
- ★★★ Good level of quality & comfort
- ★★★★ Excellent standard throughout
- ★★★★★ Excellent standard with a degree of luxury



Our local assessment system has been set up as an alternative to VisitEngland or the AA. This is a more affordable scheme for small accommodation providers, but still provides inspections to guarantee quality.



**Silver Award:** Hotels and Guest Accommodation with a high level of quality, comfort & cleanliness in bed & bathrooms with very good levels of customer care & food provisions.



**Gold Award:** Self Catering, Hotels and Guest Accommodation with an exceptional levels of quality, comfort & cleanliness in bed & bathrooms, and outstanding levels of customer care & catering.



**AA Highly Commended:** This award indicates an establishment providing highly recommended accommodation.

**Awards**  
Logos are issued to accommodation providers who offer essential facilities relative to their speciality.

CW WW FW PW

**Green Tourism**  
The more actions taken to achieve sustainable tourism, are reflected in the level of the award.

GOLD SILVER BRONZE

**Elderly & Less Mobile**

Suitable for a person with sufficient mobility to climb a flight of steps but need fixtures & fixings to aid balance.

Suitable for those who prefer level access.

Enjoy England Breakfast award

AA Breakfast Award

AA Dinner award

AA Rosette Award  
Excellent restaurants that stand out in their local area

	En-suite shower/bathroom
	Private Shower/bathroom
	Accepts Credit Cards
	Internet access
	Wireless internet access
	Evening Meals
	Pets by arrangement
	No Pets
	Central heating
	Parking
	Children Welcome
	Licensed
	Garden
	Open fire
	Linen Provided
	Cleaning service
	Swimming pool
	No smoking

**High gradings for Hotels are hard to achieve. There is no comparison between a 2 star Hotel and a 2 star B&B! Many Hotels have moved to the Guest Accommodation Sector where there are fewer expectations and more stars can be Awarded.**

**18% of all Visit Britain 5 Star properties in North Cornwall can be found in Boscastle, Tintagel and the surrounding area.**

# Getting Here

Better roads, direct rail services, daily flights, and a network of bus routes all mean that travelling to North Cornwall is easier than ever before. During the summer visitors are advised to come early, stay long and leave late. Setting off early means you get a few extra hours to enjoy the beauty of the area and beat the traffic. Go home late and you'll travel when the roads are quieter.

Better still, leave the car behind. Regular bus services run from the train stations at Bodmin Parkway and Exeter St David's; National Express coaches to Exeter, Bodmin, Wadebridge, Newquay and occasionally to Bude; and low-cost flights to Newquay all have good bus connections to our area via Bude or Camelford. There are various car hire companies along the way too. Sunday buses only run in the summer to Boscastle and Tintagel.

Once you're here, most of North Cornwall is easily accessible by bus during the summer. First Kernow bus company have regular services running along the coast from Bude to Wadebridge, calling at Crackington Haven, Boscastle, Tintagel and Port Isaac.

The A30 is dual carriageway from the M5 to Bodmin, with fast roads connecting to Bude, Camelford, Wadebridge and Padstow. Alternatively, opt for the A39 Atlantic Highway.

**thetrainline.com**  
your first stop for train tickets



[www.traveline.info](http://www.traveline.info)

**0871 200 22 33**

Calls cost 10p per minute plus network extras

**First**  
**KERNOW**

[firstkernow.co.uk](http://firstkernow.co.uk)



# ***Finding Accommodation***

This guide lists many of the quality graded holiday accommodation establishments in our area and gives all the information you need to plan your perfect holiday. Simply contact the establishment direct to confirm prices, availability and facilities. Browsing their website may answer many of your questions.

## ***Holidays for the Less Able***



Some of our holiday accommodation establishments have been awarded specific grading's by Visit Britain to reward them for adapting their properties to make them more suitable for the less able.

Many properties in our area are very old, and subject to listed building restrictions. Because of this, it is not always possible to make structural changes to the accommodation to make them suitable for disability aids such as wheelchairs.

## ***Holidays with Pets***

Many properties are happy to accommodate pets and Visit Britain issue a specific award for pet friendly accommodation. Always confirm with the accommodation provider that they are happy to accommodate your whole party!



### **Local footpaths suitable for push chairs & wheel chairs**

The path by the river Valency past the car park.



The Green cut. (see the free map)



Tintagel glebe cliff path, park by the church and go towards the castle or towards Trebarwith and back via the field.

### **Ask in the Visitor Centres for The Cornwall Visitor Guide for Dog Owners**

The guide lists:

Dog friendly Beaches open all year  
Beaches with seasonal dog bans  
Beaches with all year dog bans  
and much more!

Or visit the Beach page on our web site and download the guide

[www.visitboscastleandtintagel.com](http://www.visitboscastleandtintagel.com)

# BEACH GUIDE

## Seashore Code

PLEASE always take photos, not live specimens and leave animals where you found them.

ALWAYS carefully replace overturned rocks and seaweeds as you found them.

AVOID removing seaweed from the rocks, it can take many years to grow back.

MAKE sure a shell is empty if taking it home.

THINK before buying seashells - most had living animals in them when they were collected.

PLEASE take your litter home with you, or place in rubbish bins.

REPORT anything unusual washed up on the beach to lifeguards or coastguards.

LOOK out for your safety at all times; check the tide & keep away from the cliffs.

## DUCKPOOL



Nestling between the high headlands of Warren and Steeple point Duckpool is a haunting beach with fine sand and fingers of rocky reef at low tide.

**Surf:** A low tide beach break with lefts and a right hand wave which breaks off the rocks.

## SANDYMOUTH



A beautiful sandy well sheltered beach with both rock pool wildlife and a vast quantity of wild flowers on the surrounding cliffs.

**Surf:** A good beach break which can hold a big swell, it has various banks. Beware can have bad rips. Life Guard 18th May - 29th September.

## NORTHCOTT MOUTH



A prime sandy beach, at low tide various rocky outcrops allow the visitor to find a secluded spot. Great seashore wildlife and a short walk from Bude along the coast path.

**Surf:** A fast hollow beach break with lefts and rights at all stages of tide. Beware can have bad riptides. Life Guard 6th July - 29th September.

## BUDE - CROOKLETS



A small beach which tends to become quite congested in the peak of summer. Great coastal views and close to Bude town amenities. Life Guard 4th May - 29th September.

**Surf:** Produces some hollow sandbank waves, works at all stages of tide; can be busy.

## BUDE - SUMMERLEAZE



A safe family beach surrounded by grassy dunes and sheltered by the Bude breakwater.

**Surf:** A hollow, fast left hander can break behind the breakwater at low tide. At high tide the harbour shelters the swell from strong south west winds and can handle big swells.

## WIDEMOUTH BAY / BLACKROCK



A long sandy beach which is in contrast to the craggy cliffs either side. There are some excellent walks up to the cliffs with fantastic views up and down the coast.

**Surf:** A well known beach break which is good for all abilities and works at all stages of tide.

## CRACKINGTON HAVEN



A small sandy gently shelving beach in an enclosed bay surrounded by towering cliffs. There are plenty of rock pools to explore and fantastic views from the high cliffs to the south.

**Surf:** A good wave which does not break at highest tides. It holds a big swell and is sheltered from northerly winds.

## TREBARWITH STRAND



A dramatic sandy beach with the remains of the slate mining industry still evident. It nestles at the end of a steep valley with caves and rock formations to be explored. The beach is inaccessible at high tide.

Lifeguard cover 18th May to 29th Sept.

**Surf:** Has consistent but average waves. The beach is submerged at high tide. The southern end receives some protection from the northerly winds. Can have rips.

## POLZEATH



One of the most popular and picturesque beaches in the area. Facilities are excellent, with surf hire available and plenty of places for a bite to eat. For those not content to soak up the sun on the beach the coast path gives access to Pentire Head. Managed by the National Trust this headland is a favourite with bird and marine wildlife watchers.

**Surf:** Very popular in summer. Several peaks at low tide, narrowing down at high tide. Picks up a reasonable amount of swell.

# BEACH GUIDE

## DAYMER BAY & CASSOCK

Beautiful family friendly sheltered bay with excellent estuary walks. Great for paddling in shallow waters. Nearby Rock offers fantastic opportunities to learn to sail and water ski.  
**Surf:** A good spot for windsurfers.

## HARBOUR COVE

Lovely sheltered cove within easy walking distance of Padstow. The perfect place to lie back on golden sands and watch boats sail by.  
**Surf:** Too sheltered for any swell.

## TREVONE

A fairly sheltered narrow sandy beach backed by good village facilities. Nearby Newtrain Bay has excellent rock pools to explore. Nearby is an 80ft deep blow hole, a popular tourist attraction.  
**Surf:** A fun wave for all abilities, best from low to mid tide. Keep an eye out for the rocks to the left of the beach.

## HARLYN

A beautiful arc of golden sand, sheltered from prevailing winds. A great place for a swim, excellent walks on the coast path and plenty of parking make this a popular beach.  
**Surf:** Popular spot in winter when strong SW winds ruin west facing spots. Can have a fast hollow wave or close out.

## BOOBY'S BAY

This stretch of coast is exposed to the full force of the Atlantic. As such it can be extremely picturesque in a SW gale, with rough seas exploding over foam covered cliffs.  
**Surf:** A beach break and fickle reef break. Caution is the watch word here as rips can be strong, not a good spot for beginners.

## CONSTANTINE BAY

At low tide Constantine combines with Booby's bay to make a picturesque arc of golden sand backed by rolling sand dunes. Rare wildlife and accessible rock pools make this a haven for nature lovers. Life Guard cover from 29th March to 1st April. 4th May to 29th September.  
**Surf:** As with Booby's this area picks up any swell going. There are different peaks along the bay. There can be rips so if in doubt seek advice from the life guards.

## TREYARNON

A smaller more sheltered beach to the south of Constantine, within this area of outstanding natural beauty.  
**Surf:** Beach break waves with a low tide left hand reef break; for the more experienced surfer.

## PORTHCOTHAN

This long narrow beach, has dramatic cliffs and expansive sand at low tide. The National Trust managed cliff tops offer lovely views of offshore islands. Life guard cover 18th May to 29th Sept.  
**Surf:** Beach break with lefts and rights.

## CRANTOCK

A good surfing beach with a National Trust Licensed Surf School.

## HOLYWELL

A good surfing & swimming beach with a National Trust Licensed Surf School. With surf Hire.

## Useful Web Addresses

- Tide times.....[www.easytide.ukho.gov.uk](http://www.easytide.ukho.gov.uk)
- Weather.....[www.metoffice.gov.uk](http://www.metoffice.gov.uk)
- Surf check.....[www.magicseaweed.com](http://www.magicseaweed.com)
- Marine Conservation Society.... [www.mcs.uk.org](http://www.mcs.uk.org)
- Cornwall Wildlife Trust... [www.cornwallwildlifetrust.org.uk](http://www.cornwallwildlifetrust.org.uk)
- Encams Blue Flag Beach.....[www.blueflag.org.uk](http://www.blueflag.org.uk)

## Key to Symbols

-  ..... Good Marine Wildlife
-  ..... Red Flag - Lifeguard
-  ..... Toilets
-  ..... Car Parks
-  ..... Refreshments
-  ..... Facilities for the Disabled
-  ..... Summer Dog Ban
-  ..... Dogs On Leads
-  ..... National Trust



# Crackington Haven

Located in an Area of Outstanding Natural Beauty the Haven lies on the north coast just a few miles from Boscastle. Once a small harbour importing coal and limestone from Wales. There is evidence to prove the existence of a lime kiln on the top of the beach circa 1700-1900, when it was demolished and the stone used to build a bridge on the coast road.

There were plans in the 1800's to build a breakwater across Tremoutha and connect "Port Victoria" with Launceston by rail. At certain times, depending on the tides and shifting sands, iron rings for mooring can be seen in the rocks in the middle of the bay.

Spend time relaxing and at high tide explore the beach, which reveals sand and rock pools as the tide ebbs away. The famous zig-zag folds and faults in the rock formations above the beach were formed millions of years ago from black shale, sandstone and quartz.

In this modern world the Haven is a favourite venue for surfing, family beach parties and refreshments are available from the Cabin café and the Haven Café, meals and bar snacks are available at the local pub. There are toilet facilities and a beach shop. Beyond the Haven there are further treasures and views to discover in the peaceful and inspiring setting of St. Gennys with its historic church. To the south of the haven on the coast is Trevigue, a National Trust owned working livestock farm and Bed and Breakfast.



## COASTAL WALKING GUIDE

Boscastle to Tintagel Haven 4.6 miles  
2.5 to 3 hours moderate

Boscastle to Crackington Haven 6.8 miles  
4.5 to 5 hours strenuous

Crackington Haven to Bude 9miles  
6 hours strenuous

Tintagel to Port Isaac 8miles  
6 hours strenuous

Port Isaac to Rock 12miles  
7 hours strenuous

# *In Boscastle ...*



**The Historic Harbour of Boscastle** nestles in a scenic rocky inlet on the dramatic North Cornwall coast. The devastation wrought by the terrible flood of 2004 has all but disappeared and there are few reminders except the occasional wall plaque showing the depth of water on August 16th. An exhibition in the Visitor Centre shows pictures of the flood.



**The Old Forge:** Now an artist's studio and gallery, the last blacksmith to work in the forge was Bill Gent in the 1940s.

It became a tea room in the 1950's and The national Trust shop from the 1960's until the 2004 flood. Post flood the National Trust moved to it's new location and the forge entered its present

**The Lime Kiln:** View this well preserved double sided lime kiln next to the visitor centre. A leaflet on the history and purpose of lime kilns is available to buy in the centre itself.



**The Pilchard Palace:** Now housing the National Trust's shop, café and visitor centre, this building was a pilchard palace in the 19th century. Here the fish were salted, pressed and packed for export. The slots for the pressing beams can still be seen in the walls.

**The Museum of Witchcraft:** The museum first opened its doors in 1961. It has become an iconic attraction and one of the most popular museums in Cornwall. It is open from Easter to Halloween.



# *In Boscastle ....*



**The Blowhole:** Also known as ‘the Devil’s Bellows’ the blowhole can be seen in action on the north side of the harbour between 1 and 1½ hours either side of low tide. Predicting whether the blowhole blows is difficult: winds, tides and other conditions need to be just right!

**The Coastwatch Lookout:** A short walk up the cliff path. It is manned by volunteers, who welcome anyone who wishes to view this historic building. Originally a folly built in the 1820’s by Thomas Avery a local merchant and lord of the manor. Possibly so his disabled daughter could enjoy picnic under shelter. It is situated on an Iron Age cliff castle fortification.

**Forrabury Church** is dedicated to St Symphorian, from Burgundy. Most of it was rebuilt in 1867. You will see an ancient Celtic cross outside the churchyard.



The coastal grassland is a nationally rare habitat, sawwort and carline thistles are among the rare plants in the short grass. Continue past the ‘**Stitches**’ a medieval, or possibly earlier strip field system, carefully managed by the National Trust to help improve the plant bio-diversity. A wide range of orchids and now scarce weasel’s-snout (lesser snapdragon) can also be seen.

**Valency Valley:** follow the picturesque River Valency through a meadow and wooded valley. Cross the little bridge and up the steep, wooded hillside to historic Minster Church (right), or continue onwards to St Juliot’s Church with more Hardy connections and walk by the Old Rectory where the writer met Emma, his first wife.





MUSEUM OF WITCHCRAFT AND MAGIC

The Harbour, Boscastle, Cornwall PL35 0HD  
Tel: 01840 250111  
www.museumofwitchcraft.com

# THINGS

Quality  
Gifts  
and  
Jewellery

Open All Year  
The Harbour, Boscastle  
Tel. 07812 781897  
www.things-boscastle.co.uk



*Sue Hair Stylist*

*Unisex Hairdressing*

ghd styling irons

*Jordan Vale, Old Road, Boscastle.*

*Tel: 01840 250463*

## Boscastle

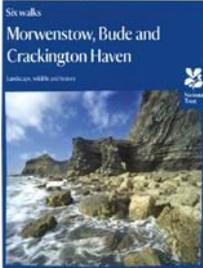
Walking week 2019  
Saturday 30th March  
to Friday 5th April

Join us for a range of walks and activities with local guides in the beautiful, unspoilt coastal village of Boscastle and its surrounding area

## Three local walking guides

Discover the wild life & history of the area

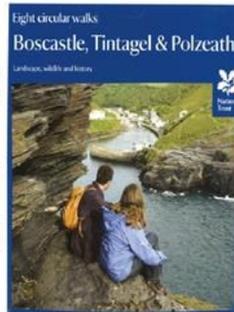
### Morwenstow, Bude and Crackington Haven



Six walks £2.50

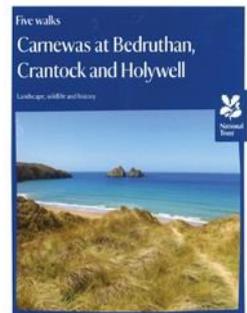


### Boscastle, Tintagel and Polzeath



Eight circular walks £3.00

### Carnewas at Bedruthan, Crantock and Holywell



Five walks  
£2.50



# Accommodation

# Self Catering



## Orchard Lodge

Gunpool Lane  
Boscastle  
PL35 0AT  
01840 250418  
orchardlodgeboscastle@outlook.com  
www.orchardlodgeboscastle.co.uk

From £879 pupw  
Open All Year

House sleeps 10  
Orchard Lodge self-catering holiday home is a large detached house with 5 en-suite bedrooms, in the conservation area of Boscastle. It is close to the stunning coastline and the SW coast path and only 10 minutes stroll from the harbour.



## Tao Cottage

Mrs Hopes  
Old Road, Boscastle  
PL35 0AJ  
01932 910023  
07773710838  
kayhopes@yahoo.co.uk

From £460 pupw  
Open All Year

Cottage sleeps 6  
This 4 bedroom cosy cottage has a steep terraced garden and beautiful views of the Jordan valley. It has a sunny patio with a barbeque and is a short walk to the harbour or coast path.



## Venndown Farmhouse

Mrs Parsons,  
Minster,  
Boscastle, PL35 0EG  
01840 250599  
Email: info@venndownfarmhouse.co.uk  
www.venndownfarmhouse.co.uk

From £350 pupw  
Open All Year

2 apartments sleep 1-6

Venndown is an 17th century Farmhouse set in 12 acres of grounds and has two adjacent self catering holiday apartments. Indoor heated pool & hot tub Easter to October.



## Valency Studio

Valency Studio  
Valency, Penally Hill  
Boscastle, PL35 0HF  
01840 250397  
www.valencyboscastle.co.uk  
tillinghast@btinternet.com

From £375 pupw  
Open All Year

Studio sleeps 2

Our well equipped, large studio is nestled into the Valency Valley, just minutes from the famous Boscastle harbour with its stunning coast path. Facilities such as bus service, shops, cafes, pubs and restaurant are easily accessible.



## Boscastle Holidays

Jennifer Congdon  
Tremorle  
Boscastle  
PL35 0BU  
01840 250233  
www.boscastleholidays.co.uk

From £200 pupw  
Open All Year

3 cottages & 1 bungalow sleep 2-8

Individual non-smoking comfortable cottages with gardens, views, central heating and private parking, one cottage for 4 in Boscastle others are near the village and coast path. Tranquil relaxing rural location close to Boscastle



## St Alban

Mr & Mrs Wakelin  
Westerings Holidays Self Catering  
The Coach House  
Boscastle, PL35 0DJ  
01840 250314  
www.westeringsholidays.co.uk

From £420 pupw  
Open All Year

Bungalow sleeps 4

St Alban is a semi-detached bungalow, situated in a quiet cul-de-sac with access into Westerings from a gate in the rear garden. The Bungalow has a kingsize double bedroom and a twin. Close to the coast path and Boscastle Harbour



## Delamere

West Downs  
Delabole  
Contact:  
Mrs Snowden  
01895 234144  
www.delamerebungalows.com

From £230 pupw  
Open  
March to NOV

Small group of bungalows near Delabole, each with a double and twin room, some with sofa bed in the lounge. Open plan lounge/kitchen. All Bungalows have panoramic views.



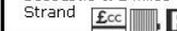
## Lilac Cottage

Trenale, Tintagel, PL34 0HP  
Contact: Mr & Mrs Burnell  
88 Woodcoote Road,  
Caversham  
Reading, RG4 7EX  
0118 947 2412  
www.tintagelcottage.co.uk  
david.burnell@tiscali.co.uk

From £275 pupw  
Open All Year

Cottage sleeps 4

A traditional, beamed Cornish cottage in Trenale, above Tintagel, with views of Port Isaac Bay. Three miles from Boscastle & 2 miles from the surfing beach at Trebarwith Strand



## The Headland

Mr Francis  
Tintagel, Cornwall  
PL34 0DE  
01840 770239  
www.headlandcaravanpark.co.uk  
headland.caravan@btconnect.com



Motohome & 2 Adults from £14  
Backpack Tent & 1 Adult from £7

Open Easter - October

Toilet block with flush toilets, hot showers, hair dryers & razor points. Launderette with commercial machines, dryers, ironing facilities and free hot water for dish washing and hand washing clothes. A small shop onsite with camping Gaz and Calor Gas. There is a children's play area.



## Boscastle National Trust Holiday Apartments

Boscastle Harbour  
PL35 0HD  
0844 8002070  
www.nationaltrustcottages.org.uk

Open All Year

3 flats sleeping 2 to 3

Luxurious accommodation situated close to Boscastle Harbour. An Ideal location for exploring the beautiful North Cornwall coast.





## Cornish Cottage Holidays

01326 331399  
enquiry@cornishcottageholidays.co.uk

<https://www.cornishcottageholidays.co.uk>

With over 900 self-catering cottages in Cornwall that are all personally inspected by us, we are here to help you find your perfect holiday in Cornwall. We have nearly 50 years' experience in the holiday letting industry and know all there is to know about Cornwall.



## Sykes Holiday Cottages

01244 356695  
info@sykescottages.co.uk

<https://www.sykescottages.co.uk/cornwall-holiday-cottages.html>

Sykes Holiday Cottages have a large collection of self-catering cottages in Cornwall and the rest of the UK and Ireland. Choose from over 1,600 cottages that have all been personally inspected by a Sykes travel expert. With such a large range, we have something to suit everyone.



## Helpful Holidays

016474 33593  
help@helpfulholidays.co.uk  
<https://www.helpfulholidays.co.uk>

Helpful Holidays have over 190 self-catering cottages in Cornwall. Choose from a large range, including sea view apartments, historical houses that are bursting with character or quaint townhouse close to local attractions. We inspect every single home and ensure they have the right facilities to give you an enjoyable stay.



## Penpethy Holiday Cottages

From £240 pppw

Open All Year

Lower Penpethy Farm  
Tintagel, PL34 0HH  
01840 213203

[www.penpethyholidaycottages.com](http://www.penpethyholidaycottages.com)  
penpethyholidaycottages@gmail.com

4 Cottages sleeping 4

Cottages converted from traditional Cornish barns, set in a large spacious courtyard, 6½ acres, plus pond and seating areas. Well positioned for exploring coast and moors.



# Accommodation

# Hotels, B&B and guest House



## The Old Coach House

Mrs Jackie Horwell  
Tintagel Road  
Boscastle  
PL35 0AS  
01840 250398  
[www.old-coach.co.uk](http://www.old-coach.co.uk)

From £40 pppn  
All Year except Xmas  
and New Year

5 Twin, Double, Triple  
& Family bedrooms

A 350 year old Coach House, modernised to provide quality en-suite rooms with all usual refinements. Close to the coast path and Boscastle Harbour. Children welcome.



## Venndown Farmhouse

From £35 pppn  
Open All Year

Mrs Parsons,  
Minster,  
Boscastle, PL35 0EG  
01840 250599

Email: [jacky1507@icloud.com](mailto:jacky1507@icloud.com)  
[www.venndownfarmhouse.co.uk](http://www.venndownfarmhouse.co.uk)

1 double & 1 superking/twin

Venndown is an 17th century Farmhouse set in 12 acres of grounds and has an indoor heated pool Easter to October.



Awaiting Grading



## Lower Meadows

Mr & Mrs Stedman  
Penally Hill  
Boscastle  
PL35 0HF  
01840 250570 / 046242511  
[www.lowermeadows.co.uk](http://www.lowermeadows.co.uk)

From £43 pppn  
Open All Year

1 kingsize double/twin, 1 twin, 3 double rooms

Our coastal Bed & Breakfast venue is situated in a picturesque Cornish harbour side village offering quality well appointed, non-smoking accommodation with private car park.



## Otterham House

From £50 pppn  
Open All Year

Otterham  
Camelford  
PL32 9TA  
01840 261112

[info@otterhamhouse.co.uk](mailto:info@otterhamhouse.co.uk)  
[www.otterhamhouse.co.uk](http://www.otterhamhouse.co.uk)

Double king sized  
en-suite bedroom

Once the rectory, Otterham House offers a comfortable room with king sized bed and en-suite bathroom. The room has views over the gardens, pond and surrounding countryside.



## The Riverside

The Bridge, Boscastle  
PL35 0HE: 01840 250216

From £35.00 pppn  
Open All Year

13 single, double, twin & family bedrooms

Nestled in a secluded Cornish valley, our thirteen bedroom establishment caters for walkers, cyclists, day trippers or holiday breaks. The Riverside has all the facilities you should require. Located in the heart of Boscastle, a few minutes off the Southwest coast path, we have 13 en-suite bedrooms, many with river or harbour views, equipped with 26" televisions, Wi-Fi access and the necessary equipment to make hot drinks in every room.



## KING ARTHUR'S ARMS, TINTAGEL

Award winning B&B in the heart of Tintagel opposite the NT Old Post Office with 12 B&B rooms including double, family, wheelchair accessible rooms and a 3 bedroom suite sleeping up to 6. Prices from £30pppn.  
OPEN ALL YEAR  
[www.kingarthursarms.co.uk](http://www.kingarthursarms.co.uk)  
01840 770628

Home cooked meals served 7 days a week, generally from 9am to 9pm

Breakfasts \* Morning coffee \* Snacks

Lunches \* Cream teas \* Evening meals

Real Ales \* Wines \* Fizz \* Cocktails \* Teas \* Coffees \* Hot Chocolates

Wheelchair accessible \* Children friendly \* Dogs welcome in Bars  
Free Wi-Fi \* ATM \* Pool Table \* Dart Board \* Charity Quiz Nights

# Around Boscastle & Tintagel

You'll find Trevalga followed by Trethevy on the road from Boscastle to Tintagel. It is also one of the most scenic parts of the coast path. Look out for Ladies Window, a rock feature just north of Trevalga and Rocky Valley a fascinating inlet below Trethevy. Occasionally puffins have been spotted in this area during the breeding season in June and July.



## Trevalga

The last Lord of the Manor left this tiny hamlet in Trust, so that its character would be preserved. As a result the estate has seen little development leaving a 'time capsule' of relatively unchanged buildings which include cottages, a chapel, a manor, a working farm which grows the "Boscastle potato" and the 13th Century Church of St Petroc, which has some interesting features.

The Trevalga Summer Fete is on 14th July if not too wet. It is a truly traditional event with games and 'tables creaking with cakes and goodies'

## Trethevy

An early Christian site with a number of historic buildings. There is a squared granite pillar (in use as a gate-post until 1919) with an inscription. "C DOMI N GALLO ET VOLUS" Gallus and Volusian ruled briefly from 251-3 A.D; the stone in a private garden suggests Roman interest in the area.

You can find the 15th Century St Piran's Chapel and a Holy Well also dedicated to St Piran. The well is now covered by a slate beehive topped by an iron cross.

The area originally had four corn mills, some now in ruins, others converted into private residences. Interesting artefacts to be found in the area are: Trethevy Quoit, a large flat stone, which myth states to be a large boulder hurled by King Arthur during a game of Quoits (not to be confused with the tomb on Bodmin though it may still be the capstone of a megalithic tomb). Near the ruins of Trethevy Wool Mill in Rocky Valley are two labyrinthine maze carvings that may date back to the Bronze Age with some early magical significance or they could have been carved by the miller in recent times.

Many visitors head up St Nectan's Glen to a waterfall which, over time, has formed an interesting Kieve (or basin).

Renowned to be a sacred site with a hermitage and small sanctuary at the entrance, at the base you can stand under the waterfall, ideal in hot weather! A new café and restaurant will open in July, an ideal place for refreshment after the walk up the valley. (there are some steep steps) A new walkway has been constructed so that two waterfalls can now be seen from above.



To the South near Tintagel is the ancient Rotten Borough of Bossiney, it was the Parliamentary seat of Sir Francis Drake in 1584. The remains of an old Norman motte and bailey castle are still clearly visible. This castle was only used for a short time as in 1145 Earl Reginald began work on a new castle on the island, a natural stronghold probably an iron age cliff castle. Towards Tintagel village are the playing fields with a childrens play area, skate park, floodlit tennis courts, football pitches and a cricket ground with an all weather wicket.



Rocky Valley old mill



Rock Valley Maze



Nectan's waterfall

# *In Tintagel ....*



## **Tintagel Old Post Office**

**Set in the heart of Tintagel village this 14th century hall house beckons the curious to explore.**

### **2019 Opening**

9 - 31 March, 11am - 4pm

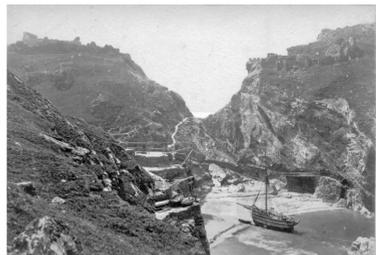
01 April - 29 September, 10:30am - 5:30pm

30 September - 03 November, 11am - 4pm

Last admission 30 minutes before close

Free to National Trust Members, admission prices otherwise apply.  
Tintagel Old Post Office, Fore Street, Tintagel, Cornwall, PL34 0DB

**01840 770024    [tintageloldpo@nationaltrust.org.uk](mailto:tintageloldpo@nationaltrust.org.uk)**



Tintagel Haven

# In Tintagel ....



Tintagel is best known for its connection with King Arthur, its many shops, inns and houses reflect this with Arthurian connotations in their names. The dramatic setting of the legend is unsurpassed with the castle ruins spanning from the mainland to the Island and the panoramic rugged coastline of North Cornwall.



Tintagel carnival is in August every year (Sat 6th August 2016, 7pm.) Situated on the wild exposed Glebe Cliff to the south of Tintagel village is the Parish Church, it has much to interest the visitor; including a font originally from the castle chapel, now in the side chapel by the altar, a Roman inscribed stone once built into the lychgate, a medieval rood screen and bench ends from St. Teath church (now displayed behind the altar).



A short walk along the cliff to the North brings you to Tintagel Castle and Merlin's Cave. The Castle Island has many myths and legends associated with it. There is evidence of more than 150 post-Roman dwellings; however many of the ruins now visible are medieval and date from the 13th century. South from the church is the beautiful walk to Trebarwith strand. Many slate quarries can be seen along this section of the coast, look out for the circular slate donkey whims, used for lowering slate into the boats.



Head back into the village to visit the National Trust Old Post Office and King Arthur's Great Halls. The modern day village was, until the Victorian period, known as Trevena. The name Tintagel was later applied to the village as a whole, and is made up of many small hamlets.



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## An tavas Kernewek



## The Cornish Language

Kernow bys vyken

Cornwall for ever

Myttyn da

Good morning

Fatel an genes

How are you?

Avynta eva coref po  
dowr tom Albanek

Do you wish to drink  
beer or whisky?

An howl ow splanna  
hedhyu.

The sun is shining  
today

Dew genes ha mur ras dheugh-why  
Good bye and thank you

***Many Cornish place names begin with Tre, Pol or Pen. In Cornish Tre means home, farmstead or village. Pol denotes a pool and Pen head, end or summit.***

***According to Cornish Folk lore the Devil did not cross the Tamar for fear of being used as a filling in a pasty.***

# Trebarwith strand



Trebarwith strand is a tidal beach with Lifeguard cover during the summer and a large Council car park. There are surf shops, a Café and a surf school open during the summer. The Port William overlooks the sea and is open all year. During low Spring tides it is possible to walk along the strand to Hole beach. The hole was part of a coastal slate quarry worked up to the 2nd world war.

In 1852 it often happened that two ships were waiting while one was being loaded with slate. The circular turning area in the car park of the Port William was where the slate was loaded using a donkey whim and poppet head. At Lill Cove you can see a quartz seam where you can find fools gold (iron Pyrites). Above this seam an old adit survives where they were prospecting for Copper. The newly cleared track above was thought to have been built to take away the ore. The Mill House Inn an old corn mill, is a short walk just up the valley. The Mill became holiday accommodation after World War 2.

The coastal walk to Port Isaac from Trebarwith is strenuous taking about 4 to 5 hours.

# ***In Port Isaac.....***

The name Port Isaac is derived from Port Izzyck, and is said to mean 'corn port'. It has always been a prosperous fishing port, the main catch being pilchards.

There were many shops; butchers, bakers, greengrocers, cobbler's etc. and even a cinema. Boat building was a thriving industry with two boat yards. During the twentieth century the pilchard shoals declined and Port Isaac's way of life began to change.

Its isolation became the attraction to an upwardly mobile society' and 70% of the old village has been bought by second home owners. It has also attracted the film and TV industry particularly the ITV series Doc Martin. It is now a major tourist stop in north Cornwall.

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Locally caught fish is available from the top of Port Isaac from "Fresh from the sea" or near the slipway.

## **Cornish Phrases**

**"Dreckly"** – The task in question will be completed, however it is unlikely to be done promptly

**"'Aright, my 'ansum?"** – How are you? (Can be used to greet strangers or friends alike)

**"Proper job!"** – Absolutely fantastic.

**"'E's gone up north"** – He's crossed the Tamar.

**"Wats splann?"** – So what are we going to do today then?

**"Giss on!"** – Are you pulling my leg?

**"Cain telly"** – I'm afraid I can't share such details.

The Cornish Flag is the flag of St Piran



The white cross on a black background is thought to represent tin

# Archaeology.....

Near St Breward at Candara on Bodmin moor you will find the footpath to King Arthur's Hall, an enigmatic site that has never been excavated. This earthwork has been subject of argument and speculation for centuries, it's true date or purpose remains a mystery, was it an animal pound or a ceremonial meeting place? 56 stones from 0.3m to 1.8m tall form an incomplete rectangle 48m x 21m. Map reference SX130 777.

If you continue along the ancient pathway to the East of the hall you will come to King Arthur's Downs stone circles. Map ref: SX135 775

At SX 137773 is Lease stone circle, 10 of the original 22 stones are still standing.

King Arthur's Hall is often confused with King Arthur's Great Halls located in the centre of Tintagel, the pre Raphaelite stained glass windows are worth seeing.

The Stannon stone circle is also near St. Breward. (ref: SX 125799)

Roughtor also on Bodmin moor has the remains of many Bronze age round houses. (SX 142810)

The site is easily accessible from Camelford and has a free car park. The Tor itself was an ancient tor enclosure and recently a ceremonial walkway to the left of the path has been identified. Other features date from Neolithic times. On top of the Tor are the remains of a chapel built in the 1500's and a memorial to the Wessex regiment.



On the bank of the river Camel at Slaughter Bridge lies "King Arthur's Stone" a memorial to a British leader.

The inscription has been dated to 540AD and reads: LATINI IC IACIT FILIVS MACARI. (Latinus lies here son of Macarus) The inscription is also in Ogam script and reads Latini.

It is possible to view the battlefield, inscribed stone and garden by visiting the Arthurian Centre. (see details below) A ten minute drive from Boscastle. National Trust and English Heritage members get a 20% discount.

## Nine Mens Morris

This ancient game was found during the excavations at Tintagel church yard. The slate boards were found buried in the children's graves. Similar to draughts, this game has been traced back to ancient times but is still played today. (There is even an iPad app for it!)

Recently one was found during the excavations at the Arthurian Centre at Slaughterbridge



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Look for the Avalon Arthurian Cornwall app for information and a guide to the Arthurian sites of Cornwall.



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# The Local Area .....

## Delabole & St Teath

Delabole village is situated approximately 1 mile inland, and is home to the famous Delabole Slate Quarry. Boasting the biggest hole in Europe, England's oldest working Slate Quarry has been excavating slate for over 1000 years. There is also a commercial wind farm. Easily accessed from the Allen valley, St Teath is a pretty village with a clock tower and cottages built from local Delabole slate. In the heart of the village you will find the Clock Tower and the Church and Churchyards with a magnificent Celtic Cross. There is a general store and a village Inn.



## Camelford

Camelford is an attractive and ancient town which straddles the A39, the Atlantic Highway trunk road, between Bude and Wadebridge and which is situated on the River Camel. It has some 2000 inhabitants and lies on the edge of Bodmin Moor. It is about six miles inland from the spectacular North Cornwall coastline and has a swimming pool and leisure centre. Not to mention shops pubs and a fish and chip shop.

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## Davidstow

A slightly inland, rather spread out parish, on the edge of Bodmin Moor near Crowdy Reservoir and Roughtor (worth a climb for the views on a clear day) St David's Church with its 13th Century origin has often been saved and restored over the years, despite its small congregations. The victim of a famous local murder in 1844, Charlotte Dymond, is buried here; her memorial can be seen near Roughtor car park. In the Winter an impressive sight is the flight pattern of starlings which flock to roost on the moor.

Of particular interest is the twice restored Holy Well located in the hollow of a boggy field near the Church Hall. Water from this well is used by the Davidstow Creamery which has been making its highly regarded cheese for more than 50 years. Davidstow Moor was a war time RAF base. It was later used as a Formula One racing circuit in the early fifties. The airfield is now mainly used by micro-lights and light aircraft and features not one but two military museums.

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# Bodmin moor

## St Breward

The village of St Breward boasts the highest church in Cornwall at about 700ft. Within the parish lie two of Cornwall's best known landmarks, Roughtor and Brown Willy. The area has many ancient hut circles, standing stones and the mysterious King Arthur's Hall.

Moorland Granite has been used for centuries to build local houses, churches and stone from the De Lank Quarry was used for important and famous landmarks, for example the Eddystone Lighthouse 1882, Beachy Head Lighthouse 1900 and Tower Bridge 1890.

The parish also contains some of Bodmin Moors most spectacular scenery and is the starting point of the renowned Camel Trail.

**Bodmin Moor** has a wealth of ancient sites, Stone circles, ancient animal pounds, ancient wells and tor enclosures to name but a few. The remains of many tin workings can still be seen as can many ancient field systems. Hut circles at Roughtor date from the Bronze age and are easily accessible, not so easy to access are the round houses at Garrow or those near Temple. Stowe's pound a Neolithic enclosure, where granite tors are linked by the remains of ancient stone walls, is close to the Cheesewring and Minions near the Southeast edge of the moor.

The Hurlers stone circles are also close by, choose good weather to visit these sites as they are very exposed.

At St. Neot is a beautiful old church with ancient stained glass windows, well worth a visit, nearby you can find Golitha Falls, King Doniert's stone and Trethevy Quoit. (No connection with Tintagel, Trethevy Quoit)



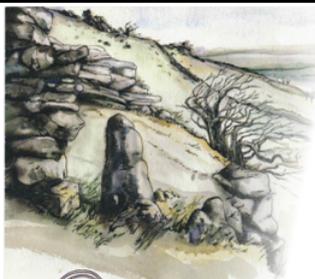
Trethevy Quoit  
in 1969



Stowe's Pound



King Doniert's  
stone



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Tel: (01840) 213229

**Port Isaac** Surgery

Tel: (01208) 880222

**Tintagel** Medical Centre

Tel: (01840) 770214

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Bude Tel: (01840) 353766

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Bude Tel: (01288) 354796

## RSPCA

Tel: 0300 1234 999

## Nat west Mobile Bank

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10.30am - 11.00am

**Tintagel** - Cornwall Council car park

11.45am - 12.30pm

**Boscastle** - Cornwall Council car park

13.45pm - 14.15pm

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