

ACTIVITIES



Padstow and its surrounding area provide visitors with a wide range of activities; there's always something to do whatever the weather.

Running along the length of the north coast of Cornwall is the South West Coastal Path with its wonderful views and walks - parts of the path are steep and hard work but there are some easy stretches as well. And away from the coast, there are walks in and around the town and surrounding countryside; you will find maps and guide books on the book shelves at Ellerys.

Interspersed between the high cliffs of the spectacular north coast are rocky coves and miles of sandy beaches; in fact there are so many that you're spoilt for choice. The website www.Padstowlive.com tells you about those beaches within easy distance of Padstow with details about parking, facilities and whether they are dog "friendly".

Details of a few of the more organised activities (some seasonal) are shown below; further information can be obtained from the websites or by telephoning the numbers shown. In some cases advance booking is essential and temporary membership may be required.

Information about other activities or places of interest can be found on the Padstow website or by telephoning the Tourist Information Centre on **01841 533 449**

GOLF

Trevose Golf and Country Club (at Constantine Bay)

Championship 18 hole course, and two 9 hole courses, 3 tennis courts and heated outdoor swimming pool, club house & restaurant. Handicap certificate required for visitors, temporary membership fee.

www.trevose-gc.co.uk

01841 520 208

St. Enodoc Golf Club (at Rock)

Church and Holywell Courses - both 18 holes, practice range, putting greens, clubhouse with bar and restaurant. Handicap certificates required for Church Course, no restrictions on the Holywell Course.

www.st-enodoc.co.uk

01208 863 216

WATER SPORTS

Harlyn Surf School (at Harlyn Bay)

Surfing and paddleboard instruction, coastering and sea kayaking, equipment hire. AALA Licenced Centre, ASI Accredited, Surf Life Saving GB Accredited and Level 4 BSA approved surf school.

www.harlynsurfschool.co.uk

01841 533 076

Extreme Academy (at Watergate Bay)

Surfing, Paddlesurfing, Kitesurf, Traction Kite and Waveski. Equipment rental. Qualified instructors and life guards

www.watergatebay.co.uk/extremeacademy.htm

01637 860 543

Camel Ski School (at Rock)

Water Skiing, Wake Boarding, Paddleboarding, Kite Surfing and Banana Boat Rides. British Waterski Affiliated & BWS Qualified Instructors

www.camelskischool.com

01208 862 727

Camel Sailing (at Rock)

Hobie 15's, Wayfarers, Laser II's and 2000's, Toppers (youth programme), Powerboating – Tuition and Boat Hire. RYA Affiliated & AALA Licenced Centre

www.camelsailing.co.uk

01208 862 881

Harlyn Dive School (at Harlyn Bay)

Beginners to Advanced, Boat & Shore Diving, Snorkelling, Boat Charter arranged, equipment supplied, PADI & BSAC courses available.

www.harlyndiveschool.co.uk

07890 671 225

Camel Canoes and Kayaks (at Wadebridge)

Sit in/on top Kayak and Canoe rentals, Inflatables, Paddling equipment, Lessons (BCU), Guided trips, AALA Licenced Centre

www.ccak.co.uk

01208 895 151

Harbour Master at Padstow and Rock

Boats can be moored in Padstow Harbour or launched from the slipway. There's also seasonal & holiday moorings plus parking for dinghies at Rock.

www.padstow-harbour.co.uk

01841 532 239

FISHING

Emma Kate (Lee Wicks) (from Padstow Harbour)

Deep Sea, Mackerel, Wreck and Reef Fishing Trips. Equipment supplied.

www.ukcharterboats.co.uk

01841 533 319 or 07970 595244

Celtic Warrior (Shane Farley) (from Padstow Harbour)

Deep Sea, Mackerel, Wreck and Reef Fishing Trips. Equipment supplied.

www.celticwarrior.me.uk

01841 532 639 or 07970 684339

BOAT TRIPS

The Jubilee Queen (from Padstow Harbour)

Cruises out to islands at the mouth of the estuary and on a summer's evening, when the tide is high, river trips to Wadebridge.

www.padstowboattrips.com

Brian - 07836 798 457

Speedboats (from Padstow Harbour)

15min. trips to the mouth of the estuary (sometimes accompanied by dolphins).

www.padstowboattrips.com

Alan - 07811 11 33 80

HORSE RIDING

Tresallyn Riding Stables (near St. Merryn)

Caters for visitors of all abilities, size and age. Horse rides and pony trekking. Individual or group riding lessons – flatwork, dressage or horse jumping.

www.tresallyn-riding-padstow.co.uk

01841 520 454

CYCLE TRAILS

Camel Trail

Safe off-road walking and cycling route which follows the old Railway line from Padstow to Wadebridge, it then continues beside the River Camel to Poleys Bridge in the foothills of Bodmin Moor – 16½ miles.

www.trailbikere.com

01841 532 594

Coast to Coast Trail

Links Portreath on the Atlantic coast to Devoran by Restronguet Creek. Much of the trail follows two of the original mineral tramways - Portreath Tram Road and the Redruth and Chacewater railway - 12 miles.

www.cornwallcyclehire.com

01872 870 341

OTHER ACTIVITIES

Wadebridge Leisure Centre

Swimming pools, Fitness Suite, Tennis (Outdoor) Court, Squash and Badminton Courts, Roller Disco, Kid's Activities (4 - 7) incl. soft play, bouncy castle

www.cornwall.gov.uk

01208 814 980

Ten Pin Bowling (at Porth, Newquay)

4 lane computerised bowling alley, fun for all the family

01637 874 483

St. Eval Kart Racing Circuit (at St.Eval)

Karts to suit all ages, 4 circuits – Tuition and free safety equipment.

www.cornwallkarting.com

01637 860 160

***N.B.** Although we have participated in a number of the activities listed above, the inclusion of the activity and its organisation does not indicate a personal recommendation. Whilst every effort is made to ensure that the above information is accurate at the date shown, changes may have been made of which we are not aware or during the time leading up to your visit to Padstow.*