

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 TIC 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, massage & beauty salon, 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, coasteering and sea kayaking, equipment hire. AALA Licensed Centre and Surf Life Saving GB Accredited.

www.harlynsurfschool.co.uk

01841 533 076

Extreme Academy (at Watergate Bay)

Surfing, Paddle surfing, Kitesurfing, Body Boarding, Traction Kite, Wave ski and Hand Plaining. Equipment rental. Qualified instructors and life guards

www.extremeacademy.co.uk

01637 860 840

Camel Ski and Powerboating School (at Rock)

Water Skiing, Wake Boarding, Wake Surfing, Paddle boarding, Kayaking, Kite Surfing and Inflatable Boat Rides. British Water-ski Affiliate & BWS Qualified Instructors.

www.camelskischool.com

01208 862 727

Camel Sailing (at Rock)

Laser Picos, RS Fevas, Wayfarers, Hobie Cat's, 420's and Laser 2000's and Powerboating – Tuition and Boat Hire. RYA Affiliated & AALA Licensed 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 Polzeath)

Kayak and Canoe rentals, Inflatables, Paddling equipment, Guided trips, AALA Licensed Centre

www.ccak.co.uk

07791 534 884

Harbour Master at Padstow and Rock

Boats can be moored in Padstow Harbour or launched from slipway 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

07583 020896

BOAT TRIPS

Padstow Sea Life Safaris (from Padstow Harbour)

Sea life boat trips, seals cave experience, coastal boat trips, skippered boat trips, scenic river trips, walk tours.

www.padstowsealifesafis.co.uk

07754 822 404

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

Tina's Riding Stables (at St. Merryn)

All welcome from experienced riders to complete beginners. Treks, beach rides, group lessons or one to one instruction.

www.tinasridingstables.co.uk

07805 638 982

CYCLE TRAILS

Camel Trail - 16½ miles

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. Cycle Hire

www.padstowcyclehire.com

01841 533 533

OTHER ACTIVITIES

Wadebridge Leisure Centre

Swimming pools, Fitness Suite, Tennis (Outdoor) Court, Squash and Badminton Courts, Circuit Training, Gymnastics, 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 when printed, there may be changes made during the time leading up to your holiday.*