

FREE



welcome to  
**Tintagel**

*a beautiful coastal area steeped in history and legend*



# contents

## Tintagel

Welcome	p4
Legend of King Arthur	p5
History	p6 - 7
Tintagel Castle	p8 - 9
Short Walks	p10, 24
The Old Post Office	p12
St Materiana Church	p13
Tintagel	p14 - 15
Youth Hostel	p16
Treknow	p17
Trebarwith Strand	p18
Tintagel Parish Map	p20 - 21
Bossiney	p22
Rocky Valley	p23
St. Nectan's Glen	p25

## Boscastle

**p26 - 27**

## Crackington Haven

**p28**

## Widemouth Bay

**p29**

## Davidstow

**p30**

## Delabole

**p31**

## Local Events

**p32 - 33**

## Camel Trail

**p34**

## Safe Motoring

**p36 - 37**

## Useful Contacts

**p38**

## Sponsors

**p39**





# CAMELOT CASTLE



## ROOMS FROM £35 PER PERSON

BEST VIEW OF TINTAGEL CASTLE  PET FRIENDLY  OPEN TO NON-RESIDENTS

CAMELOT CASTLE HOTEL, TINTAGEL, CORNWALL, PL34 0DQ

Drive through Tintagel as far as you can go

TELEPHONE: 01840 770202 EMAIL: ENQUIRIES@CAMELOTCASTLE.COM WEB: WWW.CAMELOTCASTLE.COM

THE  
GOLDEN AGE  
BAR



IRINA'S  
RESTAURANT

THE  
EXPLORERS  
TEA ROOM & COFFEE HOUSE

# welcome to Tintagel

Tintagel offers a uniquely wonderful holiday experience. The breathtaking beauty of its natural coastline, rugged cliffs, coastal paths and sandy bays makes it a top destination in Cornwall.

The opportunity to holiday in Tintagel and the surrounding area with the wealth of things to do and see make it much more than just a day visit destination.

In compiling this guide we hope to give you a small taste of the History, Myths and Legends, walks and wonderful scenery to be found in the area, along with information about places to stay, places to eat, things to do and many attractions to visit.

## **The recent story of the Visitor Centre**

When Cornwall Council decided to stop funding the Visitor Centre, the Parish Council negotiated and purchased it as an asset for the whole community. The centre is now being run as a sustainable business by a band of volunteers comprising parish councillors and local residents. This magazine is a new initiative to help promote tourism in this fabulous area of outstanding natural beauty.

We hope you find this guide to be interesting and useful during your stay in Tintagel. You are always welcome to pop into our Visitor Centre to see our range of Cornish products and to tell us what you think of our current magazine.

For more information please visit us at

[www.tintagelparishcouncil.gov.uk](http://www.tintagelparishcouncil.gov.uk)



# Legend of King Arthur

An Outline of Arthur's life is given by Geoffrey of Monmouth in "The History of the Kings of Britain". How much of this life was fact or fiction is uncertain. He tells Arthur was the son of Uther Pendragon. His account makes Tintagel the



Fortress of King Gorlois, husband of Ygerna. She was the object of Uther Pendragon's desires. Merlin transformed Uther so he looked like Gorlois. This enabled him to trick Ygerna into making love to him, thus Arthur was conceived at Tintagel. The child was given to Ector to be raised in secret. After Uther's death there was no King ruling all England. Merlin placed a Sword in the Stone saying that whoever drew it out would be King. Arthur did so and Merlin had him crowned King. He married Guinevere whose father gave him the Round Table as a dowry. This was followed by a wonderful age of Rule and Chivalry. However, his knight Lancelot became infatuated with Guinevere.

The Quest for the Holy Grail began and Lancelot's intrigue with the Queen came to light. Lancelot fled and Guinevere was sentenced to death. Lancelot rescued her and took her to France. Arthur went to war against Lancelot leaving Mordred in charge. Mordred rebelled so Arthur returned to Britain. This led to Arthur's last Battle where he killed Mordred, but was gravely wounded himself. He was carried off by barge to the Vale of Avalon.



 **Primrose Cottage**   
**Café**  
(Licensed)

**Next door to Tintagel Visitor Centre**

**BREAKFASTS, LUNCHES, CREAM TEAS**  
**FRIENDLY SERVICE**  
**DOGS WELCOME**

Bossiney Road,  
Tintagel,  
Cornwall  
**Call: 01840 779233**

**50p OFF**  
every  
**CREAM TEA**  
with this advert

# from the past



The origin of the name Tintagel probably comes from "Dindagell" a Cornish word meaning "fort on the constriction" referring to the fort or castle on the headland. Tintagel was the name of the whole parish, the village being known as Trevena until the Victorian period. "Tre" is a Cornish word meaning settlement or farmstead.



This picture shows what is now King Arthur's Great Halls, but then a private house, known as Trevena House, owned by Sir Arthur and Lady Hayter who once entertained W.E. Gladstone, the great Prime Minister. It was built by Douglas Cook and included 19 bedrooms, but no bathroom!



Farming has been the mainstay of the population's working life through the ages. But intermittently other activities flourished, albeit briefly. Slate was a valuable commodity, providing building stone and roofing for local buildings as well as being exported far and wide.

From the harbour fishing boats plied their trade on the dangerous waters of the north Cornish coast. Vessels would beach at Tintagel Cove, loading and unloading goods for sale and export to ports along the Bristol Channel. It is known that smuggling was rife along this notorious coast, and many wrecks furnished local households with opportune goods washed up in the aftermath.

**ATIQUE & Urchins Bears**  
**Steiff**  
CHARLIE BEARS  
The Old Bath House Tintagel  
01840 779009 [www.urchinsbears.com](http://www.urchinsbears.com)

An advertisement for Atique & Urchins Bears. It features two teddy bears, one light-colored and one dark-colored, sitting on either side of a circular logo that says "CHARLIE BEARS". Above the bears is the text "ATIQUE & Urchins Bears" and "Steiff". Below the bears is the text "The Old Bath House Tintagel", "01840 779009", and "www.urchinsbears.com".

# to the present

To attract modern visitors the village needed to smarten itself up and throw off the "tatty" moniker once attributed to it in sections of the travel press. This was achieved by a regeneration project during 2003 and 2004 costing over £4 million.

Now, as you stroll down the newly laid granite pavements and look at the clear blue sky overhead, your view is no longer interrupted by what was once a cat's cradle of overhead wires. You can while away some time sitting on oak seats in peaceful Trevena Square, once a busy bus station, now an attractive village centre with modern toilet facilities and its newly installed granite cross.



## The Cornishman Inn

Great Food, Great Ale, Great Accommodation.

*situated right in the centre of the village, your hosts Jeremy & Rochelle will offer you a very warm welcome.*

### The Restaurant

A fresh and comprehensive menu including homemade specials, made from locally sourced produce.



### The Accommodation

10 ensuite bedrooms all with colour tv, tea & coffee making facilities & central heating. Sky Box in every room.



### The Inn

Offers a warm welcome, a spectacular flowered terrace & large gardens to enjoy in the summer time. Sky Sports in Public Bar



Tintagel - 01840 770238 [www.cornishmaninn.com](http://www.cornishmaninn.com)

# Tintagel Castle, Haven and Merlin

**Tintagel Castle** is one of the most visited historic sites in Cornwall so we have begun your visit with this amazing location which is owned by English Heritage.

Although it's history dates back to the Romans, it is believed to be the birthplace of King Arthur and so is surrounded with legend and mystery.

It is set high on the dramatic North Cornwall coast giving the most wonderful views and pottery has been found on the island which indicate it was a significant site trading with The Romans and the Mediterranean.

## **Castle Beach, Tintagel**

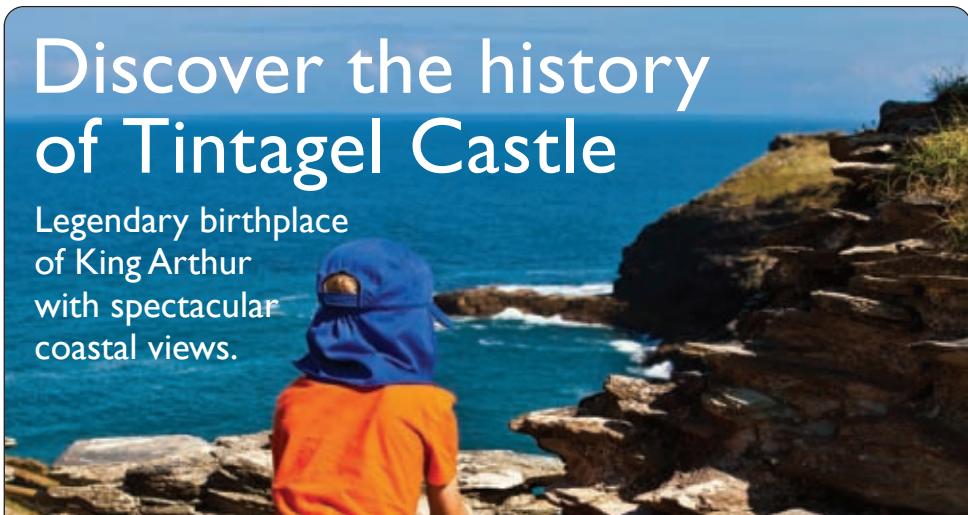
Which lies at the base of Tintagel Castle, is also known as Tintagel Haven and is a small sheltered tidal pebble beach which is a good place for a swim or snorkel. There are kelp beds with plenty of marine life and grey seals are often around. It is a dog friendly beach with no restrictions

**Merlin's Cave** is found at the base of the Castle Island on Castle Beach. At low tide you can enter the cave and see through to the other side. Merlin, who was King Arthur's teacher, is said to have lived in this cave.



## Discover the history of Tintagel Castle

Legendary birthplace of King Arthur with spectacular coastal views.



ENGLISH HERITAGE  
TINTAGEL CASTLE

*Step into England's story*

Planned conservation maintenance work from October 2014 to March 2015 may lead to some disruption on site – please check [www.english-heritage.org.uk/tintagel](http://www.english-heritage.org.uk/tintagel) for more information.



## TINTAGEL LAND ROVER SERVICE

Tintagel Castle is situated half a mile from the village down a steep and uneven track. Our land rovers run a continuous service daily from Easter - 31st October.



01840 770060

[www.tintagellandroverservice.co.uk](http://www.tintagellandroverservice.co.uk)

# 2 short circular walks

## walk 1 - From King Arthur's Arms Car Park

Leaving the Car Park turn right. Follow the main street to the turning circle at the Camelot Castle Hotel entrance. Take the track down to your right marked "Public Footpath". This leads to a "kissing gate". Go through and follow the path down towards the coast path. You can take a short detour up to your right onto Barras Nose, there are spectacular views north towards Bossiney, the cliffs above Boscastle and Bude in the distance. Continue on the coast path towards the Castle, where you can go on to the Island (entrance fee payable) or down the steps onto

the beach to see Merlin's Cave or just rest for a while before walking back up the wide track to the village and your starting point. Alternatively, as you start to walk up the wide track towards the village, for a slightly longer walk you can follow the zig-zag path on your right which leads to the upper level of the Castle ruins. Once you reach the top level you can either choose to pay the entrance fee or alternatively carry on up the path to your left which leads to St. Materiana Church. Stop for a while before following the lane back to the main street.

## walk 2 - From King Arthur's Arms Car Park

Leaving the car park turn left and cross the road to the Spar shop. Immediately after the Shop turn right into Trevena Square and walk through the Resident's car park to the bottom and cross over the wooden bridge. At the gate take the footpath signposted 'The Church'. Walk across the field and over the stile into the lane. Turn left and carry on up the hill to St. Materiana Church. Alternatively, turn right out of the car park and a few yards on your left you see the lane named "Vicarage Hill". Follow this lane and you will also reach the church.

If you walk through the Churchyard and out at the top entrance on your left you will be on the part of the coast path known as Glebe Cliff, owned by the National Trust. Turn right and walk along the gravel path towards Tintagel Castle. From this pathway you will enjoy the fantastic views either towards Port Isaac, the Castle Island or the Bude coastline. Continue down towards the Haven where you can explore the beach and Merlin's Cave. Walk back past the Tintagel Castle Visitor Centre and follow the wide path that takes you back up to the village main street and your starting point.

# KING ARTHUR'S ARMS INN

*Open all year, this family friendly pub & B&B is in the centre of Tintagel*

King Arthur's Arms convenient location makes it an ideal stopover on your tour of the breathtakingly beautiful North Cornish coast. Enjoy good food, good beer, real ales and good company. From breakfast to supper let us take the hassle and washing-up out of meal time.

Free Wi-Fi, Free to use ATM & Children friendly

Please telephone 01840 770831

Email [info@kingarthursarms.co.uk](mailto:info@kingarthursarms.co.uk)

[www.kingarthursarms.co.uk](http://www.kingarthursarms.co.uk)

## King Arthurs Car Park, Tintagel

Village Centre parking

Overnight campervan parking permitted



**The King Arthur's Arms Inn** a family run, family/child friendly inn and public house offering good food and 4 star bed and breakfast accommodation in the heart of Tintagel directly opposite the National Trust property The Old Post Office.

There are a variety of rooms to suit most needs, including wheelchair users M3 disabled bedrooms, ground floor bedrooms and family/friends 2 and 3 bedroom annexes. Dogs are welcome in the bar but not in the bedrooms. The Inn on the ground floor with no steps or stairs thus making it

easily accessible for wheelchair users, babies pushchairs and people needing walking aids. The Inn is generally open 9am-9pm daily throughout the summer for food, there may be restricted hours in the winter months. The menu includes all day breakfast and a good selection of homemade dishes with the meat used in our food locally sourced whenever possible from a local farmer/butcher and all milk and cream comes from Cornish farms. The 2 bars are well stocked with leading brands, Cornish Mead, mulled wines and a wide choice of Cornish real ales.

- Gluten free meals menu.
- Children's crayons and paper available from the bar.
- Baby changing facilities – gentlemen with young children and babies are invited to use the children's facilities located in the ladies toilet.
- Free Wi-Fi access is available throughout the bar/lounge area, please ask a member of staff for the exclusive security key.



# Old Post Office



**The Old Post Office** owned by the National Trust since 1903 is centrally placed within the village. A small medieval hall house dating back to the late 1300's and was used as a Letter Receiving Office for the area in the 1870's. It has a lovely collection of samplers, the rear garden is charming.



## Tintagel Old Post Office

SET IN THE HEART OF TINTAGEL VILLAGE  
THIS 14<sup>TH</sup> CENTURY YEOMAN'S HOUSE BECKONS  
THE CURIOUS TO EXPLORE.

### 2014 Opening

8 Mar – 6 April 11am-4pm

7 April – 28 Sept 10:30am-5:30pm

29 Sept – 2 Nov 11am-4pm

Last admission 30 minutes before close.

Free to National Trust members,  
admission prices apply otherwise.

Tintagel Old Post Office, Fore Street, Tintagel, Cornwall, PL34 0DB  
01840 770024 [tintageloldpo@nationaltrust.org.uk](mailto:tintageloldpo@nationaltrust.org.uk)

## treleavens

ARTISAN HANDMADE CORNISH ICE CREAM

**Award Winning Luxury Cornish Ice Cream**

Fore Street, Tintagel

36 Delicious Flavours, also  
Cornish Fudge, Biscuits,

Pasties, Sausage Rolls, Sandwiches, Paninis etc

[www.glutenfreepastypie.co.uk](http://www.glutenfreepastypie.co.uk)



**THE LITTLE GLUTEN  
FREE PASTY-PIE**

Gluten/wheat  
Free Handmade  
Pies

A  
T  
I  
Q  
U  
E

VINTAGE  
&  
CONTEMPORARY  
GIFTS & COLLECTABLE ITEMS



Emma Bridgewater  
Pots like these



THE OLD BATH HOUSE FORE ST TINTAGEL, CORNWALL PL34 0DA

# St. Materiana Church

**St. Materiana Church** was built almost entirely as it appears today, in its cruciform shape of nave, chancel and transepts, between the years 1080 and 1150, in the time of the first Norman earls of Cornwall, Robert of Mortain and his son William. They held Tintagel with other lands of the earldom, and built their castle at Bossiney, some small remains of which may still be seen. They were followed by Earl Reginald, a son of Henry 1, who seems to have built the first castle on the island and probably finished the building of the Church.

It seems likely that the present Church was built on the site of an oratory served in Celtic days by the monks of Minster and later replaced by a Saxon-style building. This would mean that Christian worship has been continually offered on this spot for 1400 years. There is a good view of Castle Island from the Church.



## The Avalon

ATLANTIC ROAD, TINTAGEL

*JULIE & PETER CAPSTICK*

TEL. 01840 770116

Email [avalontintagel@googlemail.com](mailto:avalontintagel@googlemail.com)

[www.tintagelbedbreakfast.co.uk](http://www.tintagelbedbreakfast.co.uk)

Victorian 5 star Guest House with Gold and Breakfast Awards. Gothic, contemporary style.  
Private gardens and parking.

*Stunning views to Tintagel Island, the Church & sea*



All 7 rooms shower en-suite.  
Children over 3 welcome.  
Locally sourced produce.  
Special diets catered for.  
Free Wi-Fi for guests.



# Tintagel

Perhaps one of the greatest impacts on the Tintagel landscape over the last 500 years has been the extent of quarrying and mining in the area.

## Mines

During the 18th and 19th centuries small mines opened all along the North Cornwall coast. Here in Tintagel a mine was cut into the island in 1806 known as King Arthur's mine. It produced quantities of copper and lead until it closed in 1854.

## Slate Quarries

Cliff quarries are a particular feature of the region concentrated along a small area of coast five miles on either side of Tintagel. Slate was quarried from the 1300s until the early twentieth century. A good example of these workings can be seen at Lanterdan Quarry, south of Tintagel. Still working today, Trevillet Quarry founded by Welsh slate miners during the 19th century contains two valuable



beds of slate, a red veined variety suitable for walls and patios and a blue variety which produced the slates and floor of the Visitor Centre.

## Bosayne B&B

*Located in Tintagel  
legendary birthplace  
of King Arthur.*

*4-Star Gold award Green  
Tourism 8-bedrooms and  
holiday cottage. Private  
parking. Sorry no-pets.  
Free Wi-Fi*

*Sea and countryside views. Close to SW Coastal Path.*



**Julie & Keith Walker**  
Atlantic Road Tintagel  
**Tel: 01840 770514**  
enquiries@bosayne.co.uk  
**www.bosayne.co.uk**

## HEADLAND CARAVAN & CAMPING PARK

2-8 Berth Caravan Holidays  
Touring & Campers Welcome.  
Visit our website for more info & prices

A peaceful family run park, in  
King Arthur's mystical village of Tintagel.



Mr Francis, Tintagel, Cornwall  
**Tel: 01840 770239**  
Email: [headland.caravan@unicomemail.co.uk](mailto:headland.caravan@unicomemail.co.uk)  
**www.headlandcaravanpark.co.uk**

# PENDRIN

Atlantic Road, Tintagel

Mr. & Mrs. Watson Tel. 01840 770560

Email [info@pendrintintagel.co.uk](mailto:info@pendrintintagel.co.uk)

[www.pendrintintagel.co.uk](http://www.pendrintintagel.co.uk)

*9 bedrooms all en-suite or private facilities  
Children over 12 welcome. Private parking*

*Sorry, no pets.*

Lovely Victorian House overlooking the cliffs and Atlantic Ocean.

Beautiful sea and countryside views

Situated in the historical village of Tintagel.

Close to the Castle, coast path and many amenities.

**From £30 pppn. Open all year.**



## The Wootons TINTAGEL



*A small inn and public house situated  
within 600 metres of Tintagel Castle  
and the North Cornwall coast.*

Tel. 01840 770170

Email: [ianyoung@wootons.co.uk](mailto:ianyoung@wootons.co.uk)

[www.wootons.co.uk](http://www.wootons.co.uk)

The disused Prince of Wales quarry close to Trewarmett is a wonderful site, rich in wildlife and industrial history with great views of the sea and coast.

Here you can walk along a well defined path around the best preserved beam engine house in North Cornwall. Restored in 1971 by a local group it is now a Listed Building.





# Youth Hostel

**Tintagel Youth Hostel** A short walk along the coast path from Tintagel towards Trebarwith, you will find the Youth Hostel nestled into the cliff top. The Hostel was a former quarryman's cottage. From this coast line the sunsets are magnificent.



## King Arthur's Café

**We serve breakfast, lunch & afternoon teas.**

Find us at the top of the track that leads to the Castle – call in for a refreshing drink and a delicious snack after your visit.

**Open seven days a week  
from February to November.**



# CHYLOWEN

Tintagel self-catering holiday accommodation

*Beautiful coastal and countryside views  
Warm and comfortable retreat at any time of the year  
In the heart of North Cornwall with the legends of King Arthur and the Knights of the Round Table*

**Sleeps 5**

**Cleaned and maintained by owners who live nearby.**

Weekly tariff from £250 per week, short breaks available

**Contact: Sue & Kearon Moth**  
**Email [moth.sct@btinternet.com](mailto:moth.sct@btinternet.com)**  
**Tel. 01840 770022 Mobile 07856 613831**  
**[www.chylowen-tintagel.co.uk](http://www.chylowen-tintagel.co.uk)**

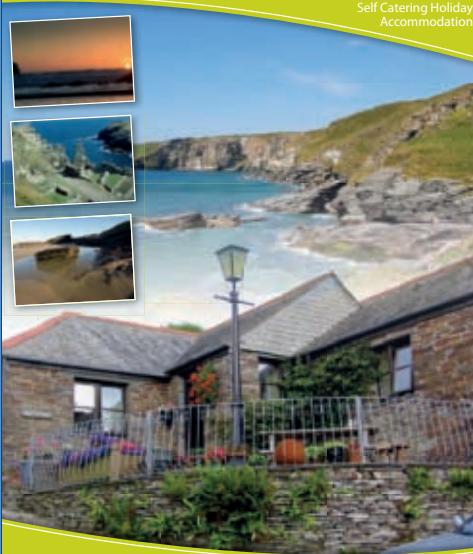
**Treknow** is a hamlet in the Parish of Tintagel established in the early part of the 16th century to house quarry workers. The remains of old quarry workings are clearly visible on the coastline.

A small copper mine also operated in the latter years of the 18th century.



## Shutta Park

Self Catering Holiday Accommodation



SELF CATERING ACCOMMODATION  
TRELAKE LANE, TREKNOW, TINTAGEL PL34 0EW

**Weekly tariff from £280 a week.**  
**(See our website for full details).**  
**Sleeps 4 plus cot**

Tel. 01840 770844

Email [clive.shuttapark@btinternet.com](mailto:clive.shuttapark@btinternet.com)  
[www.tintagel-accommodation.co.uk](http://www.tintagel-accommodation.co.uk)

## ATLANTIC VIEW HOTEL

TREKNOW,  
TINTAGEL



9 double, twin, triple & family bedrooms  
All rooms with sea or countryside views  
Indoor heated swimming pool  
Children welcome, sorry no pets.  
Free Wi-Fi

*Lovely Victorian Country House set 300 yards from the cliff top amid National Trust land in an area of Outstanding Natural beauty. In the heart of King Arthur country, we have a restaurant, licensed bar and swimming pool.*



Mr. & Mrs. John Lawson

Tel. 01840 770221

Email [atlantic-view@eclipse.co.uk](mailto:atlantic-view@eclipse.co.uk)  
[www.atlanticviewhoteltintagel.co.uk](http://www.atlanticviewhoteltintagel.co.uk)

# Trebarwith Strand

**Trebarwith Strand** - With its vast cliffs, dark caves and fine golden sand, this was once the centre of the local slate trade, from where quarried stone was exported.



In the 1800s, this natural cove grew in importance mainly due to extensive quarrying along the cliffs and inland at the Prince of Wales quarry. It was so much easier to extract slate on the coast. Not only was it good quality, but there were no problems with waste material. It was just thrown into the sea. Transport was made easy by simply shipping the slate out directly from the quarry site via Port William, a small harbour at the south end of the cove. Today the abandoned quarries leave a legacy of rich industrial heritage that is clearly visible from the coast path between Trebarwith Strand and Tintagel.

Today, Trebarwith's beautiful beach, known as the Strand, is very

popular with locals and holiday makers. Frequent strong winds off the Atlantic Ocean make for excellent surfing. The clean sand, warm pools and climbing rocks make it a great place for children. The beach is tidal and at low tide it extends for almost a mile. At high tide the water covers the beach completely for about two hours. It is safer to bathe after low tide, when the tide is coming in. During holiday seasons lifeguards are present to ensure the safety of bathers.



## CUMBRAE HOLIDAY AGENCY

Trebarwith Strand. Tintagel

Jayne Warton - Tel. 01840 214888  
jaynewarton@hotmail.com  
[www.cumbraeholidays.com](http://www.cumbraeholidays.com)

***A range of self-catering properties in Trebarwith and the surrounding area.***

Sleeping from  
2-12 persons.  
Pets welcome at  
selected properties.

Please quote ref: TVG  
when booking.



# THE PORT WILLIAM INN

Trebarwith Strand, Tintagel

Renowned for excellent pub food, welcoming bar & spectacular views of the sea & cliffs, The Port William has the perfect restaurant setting. The recently refurbished bedrooms also ensure a comfortable & memorable stay.



The Port William | Trebarwith Strand | Tintagel | PL34 0HB  
01840 770 230 | [portwilliam@staustellbrewery.co.uk](mailto:portwilliam@staustellbrewery.co.uk) | [www.theportwilliam.co.uk](http://www.theportwilliam.co.uk)

## Beach Safety

For most people, the seaside is not their usual environment. Make yourself aware of high and low tides and be aware of slippery rocks. In the water be aware of rip currents - they could drag you out of your depth. Try to choose a lifeguard patrolled beach.

Wind and sun can cause sunburn and ruin your holiday - make sure you apply a high factor sunscreen to all your family, wear a hat and keep covered up or seek shade, especially during the midday sun.



The Mill House, dates back to 1760 has 8 ensuite bedrooms, a traditional bar & a stylish restaurant in a woodland setting close to the beach.

Open every day for lunch & dinner, Pauper's supper on Wednesdays (excluding July & August-3 courses for £17.50) & steak night on Thursdays. Regular live music.

Perfect venue for dining out, private & corporate functions, weddings & civil partnerships.

The Mill House, Trebarwith, Tintagel,  
Cornwall PL34 0HD  
Tel: 01840 770200

[www.themillhouseinn.co.uk](http://www.themillhouseinn.co.uk)

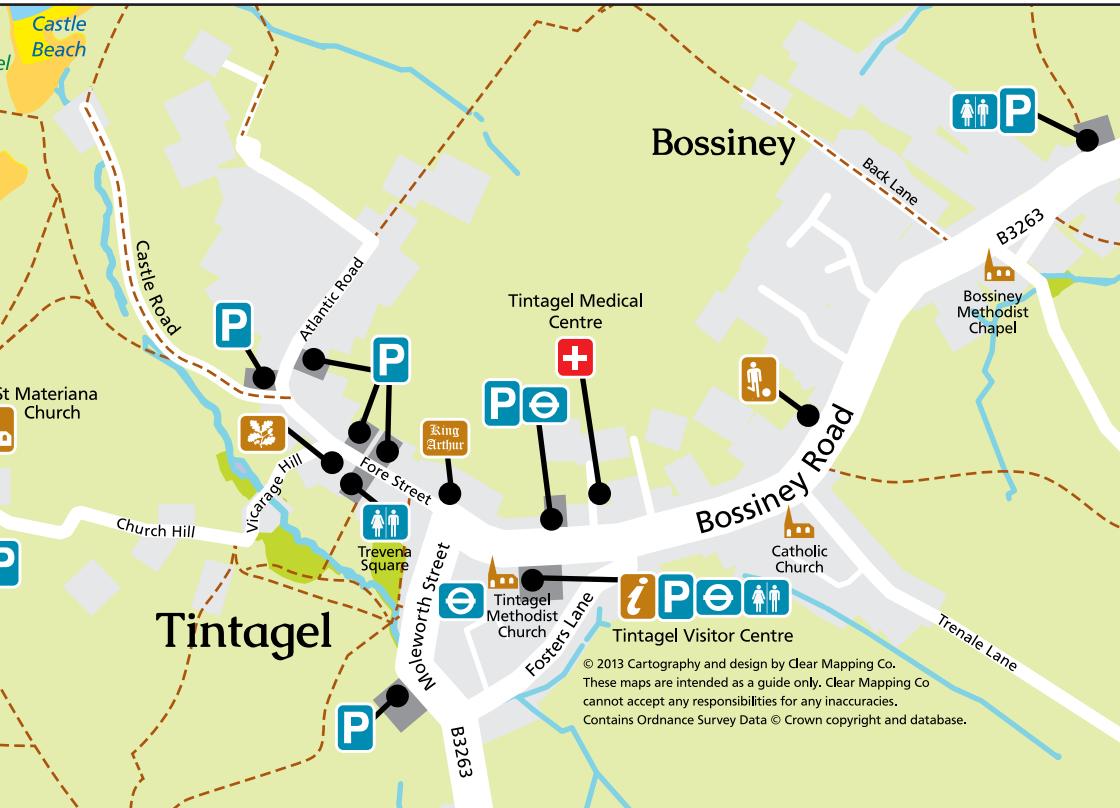
# Coast of Myth and Legend





# Key

-  Tintagel Visitor Centre
-  EH: Tintagel Castle
-  NT: The Old Post Office
-  King Arthur's Great Halls
-  St Materiana's Church
-  Tintagel Memorial Playing Fields (Children's Play Area)
-  Dog Walking Beach (All Year)
-  Medical Centre
-  Bus Stop
-  Car Parking
-  Accessible Toilets
-  Footpath



© 2013 Cartography and design by Clear Mapping Co.  
 These maps are intended as a guide only. Clear Mapping Co  
 cannot accept any responsibilities for any inaccuracies.  
 Contains Ordnance Survey Data © Crown copyright and database.

# Bossiney

**Bossiney** is a small hamlet on the outskirts of Tintagel on the road to Boscastle. It is situated in one of the most beautiful areas of the north Cornwall coast, much of it being maintained by the National Trust.

Bossiney was mentioned in the Domesday Book as 'Botcinnii', a manor held by the Count of Mortain. It was the parliamentary seat of Sir Francis Drake and in 1584 he gave his election speech from Bossiney Mound which is next to the Methodist Chapel and Jill Pool.

The Mound is all that remains of a Norman wooden fortress but myth

has it that 'The Round Table' of King Arthur and his knights is buried here and will rise up from the Mound on midsummer's night.

**Bossiney Cove** - this is a wonderful beach which is dog friendly with no restrictions. You will see the famous 'Elephant Rock' with its trunk in the sand. At low tide it joins up with Benoath Cove. It is a popular beach for families and surfers all the year round.

In times past the path to the beach was a donkey track where sand was collected for fertilizing the fields. Lye Rock and the Sisters are home to many seabirds.



## BOSSINEY HOUSE HOTEL

BOSSINEY ROAD . TINTAGEL . PL34 0AX

In the historic hamlet of Bossiney, a short walk from Tintagel and close to Bossiney Cove, Rocky Valley and the beautiful Southwest Coast Path. Hotel with 20 attractive ensuite bedrooms, many with sea views, some family rooms and suites, some with patios and all at reasonable rates.

Extensive gardens, fine restaurant and cozy bar open to non-residents for lunches and afternoon teas, with nightly specials, Thrifty Thursday and Sunday Carvery.

01840 770 240

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

# Rocky Valley

**Rocky Valley** - The Trevillet River rushes through this narrow gorge, originally known as Crockett's Tor Valley, before tumbling into the waters of Bossiney Haven. The soft bedrock, consisting of alternating

bands of coarse and fine-grained grey slates, dates back to the Upper Devonian Age (377-363 million years ago), and stretches nearly a mile inland to St. Nectan's Kieve.

The river's erosive power has produced a spectacular scene of crags, smooth rocks, gullies, cataracts and deep chasms.

The shelter offered by the valley is a welcome refuge for wildlife and the stream plays host to dippers and grey wagtails. It is said that the 60s hit song Sunshine of Your Love performed by Cream and Jimi Hendrix, was supposedly penned here!

Further up the valley, remarkably well preserved maze carvings are found on a rock face behind the ruins of an old roman mill. Similar carvings found in Crete date back 4000 years, but these were only first mentioned in 1948.



## LUXURY HOLIDAY HOMES FOR SALE



### Ocean Cove, Tintagel

Stunning Sea Views  
Indoor Swimming Pool  
Fantastic Letting Potential \*  
12 Month Holiday Licence

**Call Scott - 01840 770325**

**SAT NAV - PL34 0AZ**

\* Bossiney Bay only



# 2 walks

## walk 3

### A WALK FROM TINTAGEL VISITOR CENTRE TO ST. NECTAN'S GLEN

Turn right out of the Visitor Centre car park and follow Bossiney Road for a few hundred yards until you reach the Catholic Church. Turn right into Trenale Lane and follow the lane to the grass triangle at the top. Here, you should turn left and follow the lane. There are fabulous views of Tintagel and the coastline along this stretch of the lane. Carry on until you reach the crossroads. Go straight across towards the hamlet of Halgabron. Further down the lane there is a steep left hand bend. On the right hand

side of the bend you will see a "Public Footpath" sign. Go over the stile and follow the footpath down through the woods to St. Nectans Glen.



## drive/walk 4

### A DRIVE AND WALK FROM TINTAGEL VISITOR CENTRE TO ST. NECTANS GLEN

Turn right out of the Visitor Centre car park and follow the road out of the village towards Boscastle. You will pass through the hamlet of Bossiney. Follow the road down the hill out of Bossiney and up the other side. At the brow of the hill, there is a car park on the left hand side providing free parking for St. Nectan's Glen. After parking your car, carefully cross over the road and take the track opposite which is clearly marked to St. Nectans Glen. You will pass St. Pirans well and St. Pirans Church on the left. Then bear right and follow the signs to the waterfall.



# St. Nectan's Glen

St. Nectan's Glen is a magical, tranquil and sacred site set in fifteen acres of stunning woodland. As you walk up to the Glen along the gently flowing river, you will be amazed at the stunning natural beauty surrounding you. The softly singing birds above you or the spring flowers and foliage with their fragrance at your feet, makes this a multi-sensory experience. Further along, you will see the rocks and ruins of old buildings whose energy reflects the memories that they have seen.

You can sit by the river listening to the water or explore the Meditation room also known as St. Nectan's cell, where 'it' is said Nectan lived with his parents and 23 brothers and

sisters back in the sixth century.

After a short walk down through a stunningly landscaped woodland, you will reach the jewel in the crown. A magnificent 60 foot Waterfall and kieve, believed to be the only one like it in the world. You will see how special St Nectan's Glen is. Looking further, you see a Site of Special Scientific Interest containing rare and endangered Ferns, Fungi and plants.

Visiting the Glen, the one thing that is certain is that you will never feel the same again. You will go away feeling cleansed, refreshed and uplifted having experienced something magical.

**A free leaflet about St. Nectan's Glen is available in the Tintagel Visitor Centre.**



## Nectan's Waterfall

Trethevy - Tintagel

**01840 779538**

[www.st-nectansglen.co.uk](http://www.st-nectansglen.co.uk)

## Cornwall's Hidden Gem

### OPENING TIMES

#### High Season

*1st April to 31st Oct.  
9.30am to 5.00pm*

#### Off Season

*1st Nov. to 31st March  
10.30am to 3.00pm*

# Boscastle



This is a very popular medieval village with an Elizabethan harbour. It is not only a busy fishing village but in the past it was a small port importing limestone and coal as well as exporting slate and other local produce.

The Rivers Jordan, Valency and Paradise flow through the village. The Valency valley is a magical



The Wellington Hotel Boscastle

Overlooking the harbour in the Cornish fishing village of Boscastle and surrounded by the beautiful North Cornwall coastline, the Wellington Hotel is one of Cornwall's oldest Coaching Inns and dates back to the 16th Century. Whether you stay at the 3 Star hotel or just come to eat and drink in the Long Bar or the Waterloo Restaurant, you will be sure to receive a very warm welcome.

**The Hotel:** 14 bedrooms starting at £45 for a single room and £75 for a standard double room. Superior rooms and family rooms are also available. All room rates include a full Cornish breakfast. Additional beds and dog beds can be provided in certain rooms.

**The Long Bar:** A traditional pub bar with a great selection of real ales, beers and ciders and serving superb food at lunch and in the evenings. Families are welcome with a children's menu available. Your dog can come too!

**The Waterloo Restaurant:** With 2 AA Rosettes, an elegant Georgian dining room, talented chefs and fresh local ingredients, enjoy an amazing meal in beautiful surroundings.

01840 250202

[info@wellingtonhotelboscastle.com](mailto:info@wellingtonhotelboscastle.com)  
[www.wellingtonhotelboscastle.com](http://www.wellingtonhotelboscastle.com)

walk to the dark and intriguing Minster Church. Jordan Vale is the steep hill rising from the Wellington Hotel to the top of the village. A walk up or down between the old stone cottages takes one back in time. Forrabury Church stands high up to the south of Boscastle and not too far off the coastal path.



**BosCars**  
PRIVATE HIRE

07790 983 911

JASON & MARK  
Airport Transfers, Train & Coach Connections,  
24hr Service

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

The photo below shows the white lookout. This was built as a summer house around 1827. In later years it was used by revenue men and then the coastguards. In recent years it has been re-established for this purpose and is managed by Coastwatch volunteers.

The views along the coast are spectacular from this point, looking north to Beeny and High Cliff, Cambeak, Bude Bay and Hartland with Lundy Island sometimes visible in the distance. To the south, you can see Trevalga and the stunning cliffs of Tintagel and its castle, with the church of St. Materiana behind.



**BOSCASTLE**  
FARM SHOP & CAFE



[www.boscastlefarmshop.co.uk](http://www.boscastlefarmshop.co.uk)

**NOW SERVING SUNDAY ROAST - BOOKING ALWAYS ADVISABLE**



Run by Robin, Jackie, Mark & Nicki and their team, Boscastle Farm Shop and Cafe is in a stunning location. Surrounded by National Trust Farmland and less than 50 yards to the coastal path. The whole concept of Boscastle Farm shop came about because of a passion for great quality local produce and a love of the fantastic place we live. There is no where better to show case our produce than in this stunning location. The views from the shop & cafe are breath taking. Enjoy the stunning sea view, whilst enjoying a delicious home made treat in our café.



Hillsborough Farm . Boscastle . PL35 0HH  
TEL. 01840 250827

Your local supplier of  
**AWARD WINNING RED RUBY BEEF**

# Crackington Haven



Whichever direction you approach Crackington Haven, the views are really spectacular. Only the road separates the sea from a couple of beach shops, a handful of houses, and a public house. With good car parking space this makes an ideal base for those who enjoy walking and having fun on the beach with the family.

To the north of Penkenna Point (430 ft) lies St Gennys with breathtaking views towards Bude, Morwenstow and Lundy Island. To the south the North Cornwall coast traverses to the highest cliff in England – High Cliff at well over 700 ft. St Juliot Church is only



about 2 miles inland. For those who like remote beaches there are few that rival Strangles and Rusey.

Away from the coast are tranquil woodland paths, running streams and sunny meadows with the occasional glimpse of deer.

## *The Haven Café & Beach Shop*

*Crackington Haven, Bude, Cornwall EX23 0JG  
Tel: 01840 230774*



*Hot local pasties,  
Fresh local crab sandwiches,  
Homemade cakes & treats  
Freshly ground coffee  
Plus lots more!!!*

*Including  
Beach Goods & Ice Cream*

## **Coombe Barton Inn**

*Good Food, B & B  
and hospitality overlooking the Beach  
at Crackington Haven, EX23 0JG*



**Tel: 01840 230345**  
**[www.thecoombebartoninn.co.uk](http://www.thecoombebartoninn.co.uk)**

# Widemouth Bay



This is a long open bay and beach on the Atlantic coast. It is ideal for families and is popular for a variety of seaside activities.

Lifeguards patrol the beach in the peak summer months when dogs are not permitted on the north beach. A variety of marine wildlife can be found in the rock pools.

There are cafes on and around the beach as well as a pub and shops on the hill above the bay. There is ample parking. It is also a popular walking area with wonderful coastal views.

Just around the cliff top from the main beach is Outdoor Adventure. Established in 1981 with the vision of becoming one of the top providers of adrenaline

activities in the UK, their surf school based at Widemouth Bay beach, provides lessons for complete beginners through to intermediates.

Their coasteering locations are second to none (one at our own Bossiney Cove). Their experienced instructors will take you on an amazing journey and make it as challenging as you like.



# Davidstow and Bodmin Moor

During the Second World War, RAF Davidstow Airfield was built. In 1941 the land was acquired and construction started early in 1942 providing a three runway airfield with extensive dispersal areas using 700 acres of moor and farm land.



At 970ft above sea level it was the highest airbase in the country, home to coastal command squadrons involved in air sea rescue, U-boat hunting and shipping patrols. It closed in December 1945.

Afterwards it was used as a motor racing circuit. In the 1950s three



**DAVIDSTOW  
AIRFIELD AND  
CORNWALL  
AT WAR  
MUSEUM**



**Three Services Museum  
on WWII Airfield,**

Davidstow, PL32 9YF

Mobile: 07799 194 918

Adult £4. Conc £3 Fam £10 (2A & 3child)  
Open 10am - 5pm / last admission 4.15pm  
Easter till Nov Closed Sun, Mon & Tues.  
Open every day in July, Aug, Sept plus  
School & Bank Holidays

*Airfield tours, please call for availability.*

[www.cornwallatwarmuseum.co.uk](http://www.cornwallatwarmuseum.co.uk)

Formula 1 races were held there.

Today, the main control tower is clearly visible with views to Crowdy Reservoir, Roughtor and Brown Willy.

Located next to Dairy Crest Creamery (the home of Davidstow and Cathedral City cheeses), the RAF Memorial Museum and the Davidstow Airfield & Cornwall at War Museums are well worth a visit. Their websites give detailed information and lists of forthcoming events.





Delabole slate is probably the finest slate available and is known throughout the world. The quarry is one of the largest man made holes in Europe and can be visited free of charge.

Slate has been quarried here since the early twelfth century. In Elizabethan times five small private quarries were combined to form the old Delabole Slate Company. Over 1000 men were employed and produced an average of 120 tonnes of slate each day. It was transported by horse and wagon to Port Gaverne and then taken by boat around the country and in later years by train.

Today the Delabole Slate Company Ltd. is a private Cornish company and employs around 40 people.

With modern diamond wire saws, 5 skilled quarrymen can still quarry an average of 120 tonnes of slate each day, eliminating the need for blasting.

## DELAMERE BUNGALOWS

West Downs, Delabole

*Self-catering property, lovely setting with panoramic views over the Allen Valley.*

*Sleeping up to 4 people ( or 5/6).*

*Weekly prices from £200 to £430.*

*Some discounts and part week bookings available.*

*Sorry no pets.*

Tel: Janet 01895 234144  
info@delamerebungalows.co.uk  
www.delamerebungalows.co.uk



# Local Events Calendar 2014

28th March – 5th April

26th April

1st May

8th May

5th – 7th June

4th – 6th July

11th – 13th July

19th July

24th July

26th – 27th July

29th July – 8th August

2nd August

13th August

16th August

26th – 29th August

4th – 5th October

Boscastle Walking Week (booking essential)

Trevithick Day, Camborne

Padstow 'Obby 'Oss Festival

Helston Flora Day & Furry Dance

Royal Cornwall Show, Wadebridge

Padstow Vintage Rally

Rock Oyster Festival, Wadebridge

Delabole Carnival

Launceston Agricultural Show

RAF Davidstow Moor Armed Forces Weekend

St Endellion Music Summer Festival

Tintagel Carnival

Camelford Show

Bude Carnival

Bude Jazz Festival

Boscastle Festival

**Further information can be obtained from Tintagel Visitor Centre.**

*All dates correct at time of printing, please check before visiting.*





# Camel Trail



This ever popular 15 miles of traffic free family cycling is a wonderful option for a day out no matter what the weather. The contrast in rides is spectacular - downstream along the Estuary to Padstow is still the most popular but the riverside ride up to the Moors is very special and is the more sheltered route.

When you combine the natural beauty of the Camel Trail with a ride that is very comfortable for someone "not been on a bike for years" this facility, with Bridge Bike Hire providing bikes for all the family in Wadebridge, is a must do for any visitor.

For up to date info on the trail see the blog [http://www.destination\\_cornwall.co.uk/](http://www.destination_cornwall.co.uk/) click "ride with Nige".

## Bridge Bike Hire



**31 Years On!**  
The Original  
Camel Trail  
Bike Hire



**01208 813050**

**[www.bridgebikerehire.co.uk](http://www.bridgebikerehire.co.uk)**

**RAIN OR  
SHINE!**

# Trethorne Leisure Park

**FUN FOR  
YOUNG AND  
OLD!**

## A FANTASTIC DAY OUT!



**LARGE INDOOR  
AND OUTDOOR  
PLAY AREAS!  
HANDS ON FUN WITH  
OUR ANIMALS!**



**8 LANES OF  
TEN PIN BOWLING  
15 CAR DODGEMS  
RINK**



**GAMES ARCADE**

**RESTAURANT,  
BARS & GIFT SHOP**



**DELICIOUS CARVERY  
EVERY SUNDAY  
LUNCHTIME**



**(Booking Advised)**

**COMING**



**WEDDINGS &  
SPECIAL OCCASIONS  
CATERED FOR**



**SUMMER 2014**



01566 86324 [www.trethorneleisure.com](http://www.trethorneleisure.com)



Kennards House, Launceston, Cornwall, PL15 8QE

# Safe motoring

Please remember, going on holiday is probably the longest journey you will do in a year.

Join a motoring organisation. If you break down on route recovery to your home can be hugely expensive.

Have your car serviced by a reputable garage. Good Garage Scheme members are subject to a strict monitoring code and can be trusted to do a good job.

Always check your oil, coolant and screen wash levels, tyre pressures and lights before your journey.

Check the condition of your tyres. On motorways when driving at high speeds your tyres work hard. Many breakdowns and some accidents are caused by tyre problems. Check your tyres for wear and damage. Pressures will need to be increased when loaded or towing.

If you are towing make sure the tyres on your trailer or caravan are fully checked as above.

If you have a problem with your car coming down on holiday, have it checked as soon as possible. Problems rarely disappear on their own.

Make sure if you have a roof rack that both it and the load are secure. We can have very high winds in Cornwall.

When using cycle racks, make sure that both the rack and the cycles do not obscure the lights or number plate.

Keep your petrol tank well filled. Getting stuck down quiet narrow lanes in the middle of the countryside is not much fun.

**Take your time! Cornwall is rural and has many narrow lanes with blind bends. Always anticipate the possibility that just around that narrow corner there may be a wide farm vehicle that cannot stop quickly. There may also be a family enjoying a walk or cyclists on the road. Enjoy a leisurely drive and stay safe.**



# motor services



**ATLANTIC MOTOR SERVICES**  
Tintagel Road, Camelford, PL32 9RR  
Tel. 01840 212650

We offer excellent service and repair facilities for all makes of cars, owner proprietor, with over 49 years experience. We are Members of the Good Garage Scheme and a VOSA approved MOT testing station.

We pride ourselves in being able to carry out the following, all forms of car repairs, diagnostic and electronic repairs, air conditioning work, tyres and batteries.

We have four up to date courtesy cars for which we make no charge [age and licence conditions apply]. We also offer a recovery service from and to any part of the U.K.

**We are a garage situated on the B3266 some 3.5 miles from Tintagel and 400 yards from the A39 at Camelford.**

**IF YOU HAVE A PROBLEM WITH YOUR CAR, CALL US FIRST – CALLS ARE ANSWERED 24/7 OR EMAIL [alan@atlantic.orangehome.co.uk](mailto:alan@atlantic.orangehome.co.uk)**

# ATLANTIC MOTOR SERVICES

**CAMELFORD,  
CORNWALL PL32 9RR**

**MOT Testing**  
**Full Repair Facilities**  
**Car Recovery & Sales**  
**GOOD GARAGE SCHEME**  
**member**

We are a garage situated on the B3266 some 3.5 miles from Tintagel and 400 yards from the A39 at Camelford.  
**IF YOU HAVE A PROBLEM WITH YOUR CAR, CALL US FIRST – CALLS ARE ANSWERED 24/7 OR**

**[alan@atlantic.orangehome.co.uk](mailto:alan@atlantic.orangehome.co.uk)**  
**call: 01840 212 650**

**the Good Garage Scheme**

# Useful Contact Information

## Tintagel Visitor Centre

Boscastle Visitor Centre  
Bude Visitor Centre  
Devon & Cornwall Police

**01840 779084**

01840 250010  
01288 354240  
101

## Doctors' Surgeries

Tintagel, Bossiney Road  
Boscastle Surgery  
Camelford Medical Centre  
Delabole Surgery

01840 770214  
01840 250209  
01840 213894  
01840 213229

Minor Injury Unit – Bodmin Hospital  
NHS Direct  
First Responders

01208 251577  
0845 4647 or 111  
999

## Bus Service

Western Greyhound (Buses)

01637 871871

## Vets

Penbode – Camelford  
Holts - Camelford  
Nutes - Wadebridge  
RSPCA - Emergency Number

01840 213277  
01840 212229  
01208 813258  
03001234999

## Dentist

April Lodge, Bude (NHS)

01288 355355

## Petrol Stations

Boscastle (nearest)  
Delabole (Luggs)  
Camelot Garage, Camelford

01840 250108  
01840 213284  
01840 213217

## Mobile Bank Tintagel

Nat West - Visitor Centre Car Park -

Friday 11.45 a.m. - 12.30 p.m.

## Local Church Services

St Paul the Apostle Catholic Church

Sunday Mass - 5.30 pm  
Holy Days of obligation 12 noon and  
weekdays normally 10.00am  
Sunday Communion Service - 10 am  
Sunday Service - 10.30 am  
Sunday Service - 11 am  
Weekly communion service,  
Wednesday 10.00 a.m.

St Materiana Church Glebe Cliff  
Tintagel Methodist Church  
Bossiney Methodist Chapel  
St. Piran Church, Trethevy

Tintagel Youth Hostel  
Boscastle Youth Hostel

01840 770334 or 0845 371 9145  
0845 371 9006 or 01840 250928

# Thank you

**Tintagel Parish Council and Tintagel Visitor Centre would like to sincerely thank the advertisers listed below who have given their support to enable this Guide to be published:-**

King Arthurs Arms Inn  
Atlantic View Hotel  
Chylowen Self-catering accommodation  
Pendrin Bed and Breakfast  
Camelot Castle Hotel  
Treleavens Ice Cream and the Gluten Free Pasty Pie  
English Heritage and Tintagel Castle  
The Avalon Bed and Breakfast  
The Cornishman Inn  
King Arthurs Café  
The Atique & Urchins Bear Shop  
St. Neftans Glen  
Cumbrae Holiday Agency  
The Wellington Hotel, Boscastle  
Shutta Self-catering accommodation  
Bossiney House Hotel  
Ocean Cove  
Atlantic Motors, Camelford  
Bridge Bike Hire, Wadebridge  
Trehorne Leisure Park, Launceston  
Outdoor Adventure, Widemouth Bay  
National Trust and the Old Post Office  
Bosayne Guest House  
The Bluff Centre, Treknaw  
Melrosa, Trewarmett  
RAF Memorial Museum, Davidstow  
Tony Seldon Taxis  
The Mill House Inn, Trebarwith  
Haven Café and Beach Shop, Crackington Haven  
Davidstow Airfield and Cornwall at War Museum  
Coombe Barton Inn, Crackington Haven  
The Cottage Tea Shop  
Elements, Widemouth Bay  
The Crazy Mermaid, Trebarwith Strand  
Boscastle Farm Shop  
Bed and Breakfast Nationwide  
Boscars  
Delamere, Delabole  
Headland Caravan and Camping Site  
Hilltop Farm Shop, Camelford  
Pendallick Hotel, Treknaw  
Port William Inn, Trebarwith Strand  
Primrose Cottage Café  
Tintagel Landrover Service  
Tregatherall Lodge  
Vegan Cornwall  
The Wootons Inn, Tintagel



[www.tintagelparishcouncil.gov.uk](http://www.tintagelparishcouncil.gov.uk)

This Guide was produced and published by  
Tintagel Visitor Centre

Bossiney Road, Tintagel, Cornwall. PL34 0AJ

Tel. 01840 779084 Email : [tintagelpc@btinternet.com](mailto:tintagelpc@btinternet.com)

© Tintagel Parish Council 2014

Tintagel Parish Council accepts no responsibility for the accuracy of advertiser's entries.

Photos marked © copyright David Flower

Printed by: [www.phoenixprintbodmin.com](http://www.phoenixprintbodmin.com) - environmentally minded printers.

# Trebarwith Strand

WALK, SHOP, STAY

## Crazy Mermaid



Visit Trebarwith Strand  
3 miles from Tintagel

WALK - The beach  
SHOP - The Crazy Mermaid  
STAY - The Mermaid Loft

☎ 01840 770052



[www.TheMermaidLoft.co.uk](http://www.TheMermaidLoft.co.uk)



[www.CrazyMermaid.co.uk](http://www.CrazyMermaid.co.uk)