



Things to do...
for all the family.



west soar house
LUXURY HOLIDAY HOME



Walks

Being on the SW coast path and in one of the UK's most celebrated areas of outstanding natural beauty (AONB) we really do have a selection of walks to accommodate everyone so please feel free to ask us about our recommendations.

With some fantastic walks from our doorstep and there is no better way to enjoy the stunning scenery than with a traditional British picnic.

Picnics can be ordered from our neighbours at **Soar Mill Cove Hotel**, with freshly made choices for the whole family to enjoy, while enjoying the beauty of the South Hams.

And if you are looking for some of our favourite beaches to explore, you will find them at the back of this guide.



Picnics

STAREHOLE BAY PICNIC

Your choice of ham, tomato or cheese sandwich - all with or without salad, fresh fruit or homemade tray bake. A flask of tea or coffee and plastic bottle of still or sparkling water.

- **15 per person**

HOPE COVE KIDS PICNIC

Your choice of marmite, peanut butter or jam sandwich, Burts crisps, a chocolate bar and glass bottle of still or sparkling water.

- **£10 per person**

SOAR MILL COVE PICNIC

Your choice of handpicked Salcombe crab or prawn and salad sandwich with zesty mayonnaise. Strawberries with clotted cream or cheese & biscuits. Tea or coffee & a glass bottle of still or sparkling water.

- **£22 per person**

On the water

SALCOMBE SEA 'N' SHORE

Sea-N-Shore has an unrivalled passion to provide the best water- based leisure training in and around Salcombe and the South Coast of Devon. Offering Power-Boat Training Courses and Water Sports centre. Professional RYA Training courses in Salcombe and Dartmouth South Devon. Water-ski and Wakeboarding sessions, Rib charters and Boat Hire, Sea Safari and Wildlife Tours, Boat trips, Seal Watching Trips, Coasteering, Sailing Experience Days, Coastal Boat trips, Power boating, Sailing courses, Sailing Yacht charters, Rib Rides along the coast.

All ribs are skippered by advanced RYA and British waterski instructors so you can have a go at driving!

www.sea-n-shore.com
01548 842 276

SALCOMBE DINGHY SAILING

Salcombe Dinghy Sailing operates from Whitestrand in the centre of Salcombe with boats on moorings nearby. You can hire boats if you have suitable experience or hire high quality professionals for sailing tuition.

Ross and Zoe have over 38 years of sailing experience and know the waters around Salcombe like the back of their hands! So you can be confident that whichever you choose you will experience a high level of personal service and excellent quality boats..

www.salcombedinghysailing.co.uk
01548 843818



BANTHAM SURFING ACADEMY

Bantham Surfing Academy's highly experienced and qualified instructors provide professional tuition and coaching from beginners through to elite levels in a safe and friendly environment. Bantham Surfing Academy also offer supervised surfing sessions and kids clubs.

For the last 10 years, they have developed a range of services targeting all types of surfers: high levels and beginners, women, children, tourists, parents or just beach lovers! Loving the area and giving you the best tuition to make sure you love the waters too...

www.banthamsurfingacademy.co.uk
01548 853803

DISCOVERY SURF SCHOOL

Learn to surf at Bigbury-on-Sea, with Discovery Surf School. South Devon's go to surf school since 2002.

Another great surf and SUP school and a really fun way to enjoy the South West. Discovery Surf School was rewarded by 'Coastal Magazine' as being one of the best surf schools in the country.

www.discoverysurf
07813 639622

SALCOMBE WATER SPORTS

Formerly Salcombe Paddleboarding - a family business founded in 2016 by Marcus Nolan, a fully qualified paddleboard instructor and former lifeguard.

Their aim is to provide the most unforgettable days out on the water in the Salcombe estuary.

www.salcombewatersports.com

01548 844142

WATERBORN SUP

If you want to experience the joy of SUP, Waterborn has got you covered. Whether you're a complete beginner or an old hand, you're in safe company. Our instructors are BSUPA, Water Skills Academy or British Canoeing qualified and expert in the sport. They are also the only 'Red Paddle Co. Centre of Excellence' in the UK. Plus, an added feel-good factor is that they're all truly nice folk too!

You will easily find them at Join us at the end of the Quay Carpark, Promenade, Kingsbridge, TQ7 1HN

www.waterborn.uk.com

07908 193632



Out and about

WOODLANDS

Woodlands Family Theme Park Devon provides a whole day of variety for all ages. Incredible indoor play centres outdoor adventures, Zoo-Farm, and Falconry Centre. One inclusive price for a fun filled Family Day Out!

www.woodlandspark.com

01803 712598

NATIONAL MARINE AQUARIUM

Visit the UK's largest aquarium attraction and be amazed by our fascinating underwater world. The National Marine Aquarium is a registered charity committed to promoting a sympathetic understanding of the sea through programmes of education, conservation and research.

www.national-aquarium.co.uk

01752 600301

PAIGNTON ZOO

With three thousand animals, five different habitats and acres of activities you're in for a great day out. But what will you tackle first? Do you cross the hair raising Crocodile swamp, home to the worlds largest croc species, or visit our closest cousins at Monkey heights!

www.paigntonzoo.org.uk

0844 4742222

PENNYWELL FARM

Go and experience the Pennywell farm magic at their multi award winning activity farm - the biggest in the South West. Animals, activities, shows, displays and rides. Every half hour marks the start of something new. Meet new animals, ride the Red Rocket and tractors. A great day out!

www.pennywellfarm.co.uk

01364 642023

OVERBECKS

Tucked away on the cliffs above Salcombe is this hidden paradise: a subtropical garden, bursting with colour, filled with exotic and rare plants and surprises around every corner, which surrounds the seaside home of Edwardian collector and inventor Otto Overbeck.

The views from the garden over the estuary and coast are truly breathtaking.

Please Note: The Garden is open from March 17th 2024, the house is not open to the public.

www.nationaltrust.org.uk/visit/devon/overbecks-garden
01548 842893

SALTRAM HOUSE

Saltram overlooks the River Plym and is set in a rolling landscape park that provides precious green space on the outskirts of Plymouth. Strolling along the riverside or through the woodland, you can almost forget that the city lies so close.

The garden is mostly 19th century, with a working 18th-century orangery and follies, tropical planting and specimen trees providing year-round interest. And plenty of room to roam around the walks with your four-legged friends.

www.nationaltrust.org.uk/visit/devon/saltram
01752 333500

For grown ups

SANDRIDGE BARTON: THE HOME OF SHARPHAM WINES

Sharpham Wine has moved downriver to a Stoke Gabriel vineyard that has been producing grapes for our award-winning wines for years.

The new state-of-the-art winery and visitor centre, designed with sustainability in mind, offers much for the visitor with tours and tasting experiences. A real pleasure for wine lovers! .

www.sandridgebarton.com
info@sandridgebarton.com

CALANCOMBE ESTATE

Calancombe Estate, is an award winning Devon Vineyard, Winery and Distillery.

This very local Devon vineyard offers tours of the winery, wine flights and wine tasting as well as delicious lunches, dinner on Fridays, small Tapas style plates; an extensive ranges of British cheeses and our renowned Celebration Teas, all perfect to accompany their fabulous wines and cyders.

www.calancombe-estate.com
01548 830905

PLYMOUTH GIN DISTILLERY

Experience the unique character of Plymouth Gin Distillery and sample our acclaimed gin. The tour options include a classic Plymouth Gin Distillery Tour, an enhanced Gin Connoisseur's Tour with dedicated tasting of a number of gins (and not just our own) and a much appreciated opportunity to actually distil your own gin with the guest taking responsibility for selecting their botanical recipe and creating the final gin during The Master Distiller's Tour.

www.plymouthdistillery.com
01752 665 292

SALCOMBE GIN SCHOOL

Gin School, is the ultimate gin experience for the curious gin lover. At this outstanding distilling laboratory for adults, you can take charge of a beautiful copper mini-still to develop and distil your very own 70cl bottle of gin.

www.salcombegin.com/gin-school/
01548 288180

SELF GUIDED KAYAK ADVENTURES

Offering kayak Rental from the Boathouse alongside Bo's Beach Cafe they pride themselves on a safe, informative and adventurous experience for all guests.

1 to 8 hour rental periods are available with secure lockers on site, kayak adventure map, dry bags, wetsuits, cool box, buoyancy aids all included. Changing facilities are available should you need them. Take to the water here...

www.bosbeachcafe.co.uk/sea-kayak-salcombe
07812 146353

SALCOMBE SHOOTING SCHOOL

Whether you are a 'new-comer' to the sport, a regular shot or just needing to fine tune your skills, Salcombe Shooting School will look after your needs.

All beginner lessons will cover safe gun handling, etiquette and the basic skills needed to successfully hit different targets. For the more experienced Gun, we offer expert advice to address a specific problem.

www.salcombeshootingschool.co.uk
01548 560926



A few of our fave beaches...

SOAR MILL COVE

Obviously... a few minutes walk and you will be dipping your toes in the sea and making castles in the sand!

THURLESTONE/SOUTH MILTON SANDS

Thurlestone Beach is made up of two main beaches - the smaller one is next to the Golf Club while the larger beach is slightly further along the coast towards South Milton, with great views of the iconic rock.

Both beaches are sheltered and the waters are shallow enough for the kids to splash about in. Ultimately, Thurlestone is the perfect beach if you want to enjoy a little slice of South Devon without the noise and bustle of the usual summer crowds.

MILL BAY

A little to the south of East Portlemouth beach is Mill Bay, a privately owned sheltered sandy beach popular with families because of the very safe and clean bathing conditions

NORTH SANDS

Salcombe North Sands beach is an easy level walk from Salcombe town along Cliff Road (about 15minutes). A large sandy beach perfect for families, with great swimming due to the safe bay, and rockpools nearby for exploring.

SLAPTON SANDS & TORCROSS

On top of being an extremely picturesque and popular beach, Slapton Sands plays an important part in the survival of some of the UK's rarest flora and fauna.

If you're looking for a cracking beach holiday with the opportunity to do a little bit of exploring on the side, Slapton Sands should be on your list of 'must visit' destinations.

GREAT MATTISCOMBE SAND

A bit further afield from Salcombe and Kingsbridge and a healthy walk from the Start point Car park, but the reward is well worth the walk. Quiet, lovely mixture of rocks to climb on and sandy secret coves to lounge in.

Head out towards Torcross and follow the signs for Start Point. And you can always pay a visit to the lighthouse too...

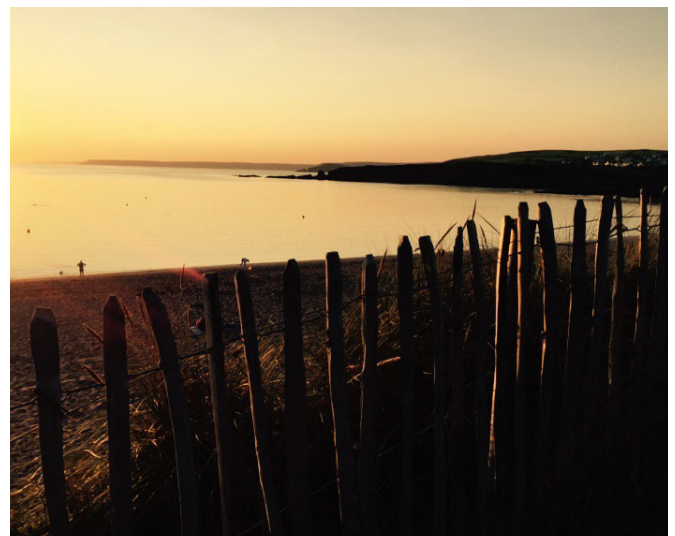
HOPE COVE BEACH

Not too far to go from west Soar - you can even walk all the way to this sheltered, sandy cove which is popular with families. The beach is backed by rocky cliffs and the village of Hope with The Cove bar and grill for nibbles.

BANTHAM

The surfers' favourite haunt so it does get busy in the summer months. And you can see Bigbury Bay and Burgh Island from the beach - a couple of interesting locations that are well worth a visit.

A proper bucket and spade location...



Our pick of places to eat locally...

SOAR MILL COVE HOTEL

Our very hospitable neighbours, serving lunches, afternoon teas and bistro style evening dining.

Always a very warm welcome waiting and with Chef Ian MacDonald's focus on local and seasonal produce, you can enjoy some of the finest choices in the South Hams on our doorstep!

www.soarmillcove.co.uk
01548 561566



THE CRABSHHELL INN, KINGSBRIDGE

Kingsbridge's only waterside restaurant and bar and the perfect place to spend time, from sun up to sun down throughout the year - with a genuine and charming welcome guaranteed and a relaxed contemporary ambience. Loved by locals and visitors to the area alike.

A truly family friendly destination and the perfect spot to watch all the bustle of the boats on the water.

01548 852345
www.thecrabshellinn.co.uk

THE WINKING PRAWN, SALCOMBE

So close to the beach you can have lunch in your swimsuit, the Winking Prawn sits just over the road from North Sands. Welcoming visitors for more than 20 years, their shabby-chic beach restaurant buzzes with activity as people congregate for lunch, BBQ and all the bits in between.

Open daily - check online for seasonal opening times.

www.winkingprawn.co.uk
01548 842326

THE BEACH HOUSE, SOUTH MILTON SANDS

This shabby-chic, sea-blue and cream wood-panelled house is an easy place to while away the time over a latte, an ice-cream, a glass of wine or even a bowl of chips, set just above the lovely, family-friendly beach of South Milton Sands.

Open every from 9.30am - late (food stops at 9.30pm). Always to book ahead as they get busy!

www.beachhousedevon.com
01548 561144



THE SLOOP INN, BANTHAM

Steeped in tradition and history, this 14th century inn offers you a rare opportunity to relax, away from it all, in the beautiful and unspoilt Area of Outstanding Natural Beauty. Passionate about supporting the local community and farmers - all of their fresh ingredients are locally sourced.

Serving food Monday to Saturday 12 to 2pm and 6.30pm to 9pm.

www.thesloop.co.uk

01548 560489

MAHA BHARAT

No visit to the South Hams is complete without sampling the menu so why not discover yourself why it has been awarded Best Indian Restaurant in Devon and Cornwall for the last 3 years...

Open 7 days a week, 5.30pm to 11.30pm and lunchtimes from midday to 2pm Monday to Saturday. They also offer a takeaway / collection service with delivery within a 7 mile radius of Kingsbridge.

www.mahabharatonline.co.uk

01548 857072

PIZZA PLANET, KINGSBRIDGE

Since 2005, Pizza Planet have been offering fresh dough pizzas for delivery & collection.

All pizzas are made to order so you can have your pizza exactly how you like it! With Gluten Free options available too.

Open 6 days a week from 5pm until late, closed Mondays.

www.pizza-planet.co.uk

01548 856655



START BAY INN, TORCROSS

A beautiful 14th century thatched pub on the picturesque Slapton Sands. Fish and chips are a speciality with a size to suit all...

Lunch 11.30am to 2.15pm (2.30pm Sundays), dinner 6pm to 9.30pm. Food served all day during school holidays.

Dogs allowed on beach side patio and families very welcome!

www.startbayinn.co.uk

01548 580553

THE COVE, HOPE COVE

BIG emphasis on daily specials... Local day boat catch, local farmers and the best seasonal veg giving the team of chefs opportunity to create amazing dishes.

Signatures include Fish 'n' Chips, Devon Red Moules, Sizzling Fajitas, their renowned fresh Seafood Platter and the best Burgers around, so they claim!

www.thecovedevon.co.uk

01548 561376



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