

# Activities

## COUNCIL LEISURE CENTRES & SWIMMING POOLS

- Bude Haven Leisure Centre**  
Squash, varied programme of sports hall activities, also including "Dimensions" state of the art fitness studio, Astro-turf all-weather pitch. Multi Gym. Evening use only. Tel: (01288) 353714
- Camelford Pool & Sports Centre**  
Open daily - phone to confirm times of public sessions. Swimming pool, also "Reflexions" One of North Cornwall's largest hi-tech fitness studios and many activities for all ages. Tel: (01840) 213188
- Dragon Leisure Centre, Bodmin**  
Open daily - phone to confirm times of public sessions. Swimming pool with flume, learner pool, indoor tennis, cardiovascular gym, free weights, squash, health suite - sauna, jacuzzi, steam room, "Shapes" fitness suite, outdoor pitches. Tel: (01208) 75715
- Phoenix Leisure Centre, Launceston**  
Open daily - phone to confirm times of public sessions. Swimming pool and learner pool. Squash, "Shapes" fitness suite, weights, tennis and many activities for all ages. Tel: (01566) 772551

- The Splash Leisure Pool, Bude**  
Open daily. Tropical leisure pool, wave machine and flume, cafe & licensed bar. Also the Calypso Health Suite. Tel: (01288) 356191
- Wadebridge Pool & Sports Centre**  
Open daily - phone to confirm times of public sessions. Swimming pool and learner pool. Also "Shapes" fitness suite, squash, trampolining, children's activities. Daily or weekly, all ages welcome. Tel: (01208) 814980

## CANOE TUITION

- Outdoor Adventure**  
Atlantic Court, Widemouth Bay. Day Courses & Residential. BCU & AALA approved. Tel: (01288) 361312
- Shoreline - Sea & Surf Kayaking**  
BCU Approved Centre, BCU awards and novice sessions. Bude. Tel: (01288) 354039 or 0780 52288 689 shoreline@bude.co.uk www.bude.co.uk/shoreline
- Camel Canoe & Kayaks**  
Sales, Hire & Tuition. Wadebridge. Tel: (01208) 895151 info@ccak.co.uk www.cak.co.uk
- Cornish Coast Adventures**  
Port. Quinn Tel: (01208) 880280 Guided sit-on sea kayak and coasteering. www.cornishcoastadventures.com

## RIDING STABLES

- Lakefield Equestrian Centre**  
Camelford. Tel: (01840) 213279
- Efford Down Riding Stables**  
Bude. Tel: (01288) 354244 robert@efforddown.co.uk www.efforddown.co.uk
- Gooseham Barton Riding Stables**  
Nr Bude. Tel: (01288) 331204 email debbiemtn@aol.com www.gooseham-barton.com
- Tresallyn Riding Stables**  
Nr. Padstow Tel: (01841) 520454

## CYCLE HIRE

- Bridge Bike Hire**  
Wadebridge. Tel: (01208) 813050
- Padstow Cycle Hire**  
South Quay, Padstow. Tel: (01841) 533533 info@padstowcyclehire.com www.padstowcyclehire.com
- Trail Bike Hire**  
South Quay, Padstow. Tel: (01841) 532594
- Camel Trail Cycle Hire**  
Wadebridge. Tel: (01208) 814104
- Bike Smart Cycle Hire**  
Wadebridge. Tel: (01208) 814545 www.bikesmart.ee

## ORGANISED WALKING TRIPS

- Shoreline Expeditions & Day Walks**  
Exploring the rugged areas of the South West, Dartmoor, Bodmin Moor, the Coastal path and Coastal shoreline. Tel: (01288) 354039 shoreline@bude.co.uk www.bude.co.uk/shoreline
- Trevigie Wildlife Conservation**  
North Cornwall Eco Tours - Tailor made to suit you. Tel: (01840) 230492 www.wild-trevigie.co.uk

## SEA FISHING TRIPS

- Shane Farley, 'Celtic Warrior'**  
Daily from Padstow. Tel: (Evening only) (01726) 851033 or call at Sport & Leisure, 5 North Quay, Padstow. Tel: (01841) 532639
- Orcades II**  
PW364 Charter Angling Trips 2hr Sightseeing Trips & 1hr Boat Trip Port Isaac. Tel: (01208) 880716
- K Cave, 'Peganina'**  
Fishing trips and sightseeing on Boscastle Peganina. Tel: (01840) 250527

## BOAT TRIPS

- Orcades II**  
PW364 Charter Angling Trips 2hr Sightseeing Trips & 1hr Boat Trip Port Isaac. Tel: (01208) 880716
- K Cave, 'Peganina'**  
Fishing trips and sightseeing on Boscastle Peganina. Tel: (01840) 250 527
- B Chapman 'MV Jubilee Queen'**  
Operates from Padstow. 200 Passengers. Tel: 07836798457

## WINDSURFING TUITION & EQUIPMENT HIRE

- Outdoor Adventure**  
Widemouth Bay. Day courses & residential. RYA & AALA approved. Tel: (01288) 361312

## SURFING TUITION & EQUIPMENT HIRE

- Ann's Cottage Surf Shop**  
Polzeath Tel: (01208) 863317
- The Surf Academy**  
Bude. GUL Accredited Surf School - The best in equipment and tuition. Tel: (01288) 354039 shoreline@bude.co.uk www.bude.co.uk/shoreline
- Outdoor Adventure Surf School**  
Widemouth Bay. Day courses & residential. BSA & AALA approved. Tel: (01288) 361312

## CLIMBING, ABSAILING & EQUIPMENT HIRE

- Shoreline School of Rock Climbing**  
Tel: (01288) 354039 or 0780 52288 689 shoreline@bude.co.uk www.bude.co.uk/shoreline
- Outdoor Adventure**  
Widemouth Bay. Day and residential courses. AALA approved centre. Tel: (01288) 361312
- Atlantic Pursuits**  
Bude. Surf & Sea Kayak. Tel: 01288 321765

## OUTDOOR PURSUITS

- Ivyleaf Mountain Board Centre**  
Stratton, Bude. Tuition & rentals. ATB affiliated instructors. Tel: 07773069716 info@ivyleafmountainboarding.co.uk www.ivyleafmountainboarding.co.uk
- Shorline Outdoor Pursuits**  
Bude. Tel: (01288) 354039 or 0780 52288 689 shoreline@bude.co.uk www.bude.co.uk/shoreline
- Cornish Coast Adventures**  
Port Quinn. Guided sit-on sea kayak and coasteering. Tel: (01208) 880280 www.cornishcoastadventures.com

## OUTDOOR PURSUITS (cont.)

- Tintagel Playing Fields**  
3 All weather Tennis courts. Hire: Tel: 01840 779084. Childrens Play Area with new equipment. Cricket Field with all weather wicket & bar. Skate Board Park under construction.

## GOLF CLUBS

- Ivyleaf Golf Course & Driving Range**  
Stratton, Bude. Tel: (01288) 321592 www.ivyleafgolf.com

## PRIVATELY RUN LEISURE CENTRES

- Hengar Manor Leisure Centre**  
St Tudy. 25m Indoor pool, cafe and bar. All welcome. Tel: (01208) 850382 www.hengarmanor.co.uk
- Carruan Farm Centre**  
Polzeath. Farm visitor centre / farm shop. Family restaurant. Free entry to play area, ride-on tractor and animals. Tractor and trailer farm tours, family entertainment with hog roast and proper farmhouse suppers on site. Tel: (01208) 869584 www.carruan.co.uk

Please mention  
**COAST LINES**  
when answering any adverts

## Ride the Camel Trail with Camel Trail Cycle Hire

Open 8.00am - late 7 days a week

- Mountain Bikes,
  - Adult Hybrid Bikes,
  - Tagalongs, Trailers,
  - Tandems, Child Bikes,
  - Child Seats
- ALWAYS COMPETITIVE PRICES  
BOOKING ADVISABLE  
Eddystone Road, Wadebridge  
01208 814104  
Email: cameltrailhire@tiscali.co.uk

**BRIDGE BIKE HIRE**  
The Camel Trail, Wadebridge, Cornwall, PL27 7AL

- Open all year round
- Over 400 bikes available including a range of special needs cycles
- Late night opening during School holidays

www.bridgebikere.com 01208 813050

**Hengar Manor**  
country park

**Reflections Leisure Club**  
Open Daily  
Non-residents welcome

- Indoor Heated pool (25m)
- Sauna and steam room,
- Beauty Treatment rooms
- 9 hole pitch and putt
- Superb lounge bar serving extensive bar menu
- Entertainment Lounge
- Morellos restaurant, situated in the 17th century manor house with large decking area overlooking the beautiful gardens.

For a holiday brochure please ask at reception or call 01208 850 382  
Hengar Manor, St Tudy, Bodmin PL30 3PL located on the B3266

www.hengarmanor.co.uk



**OPEN 4th APRIL to 7th NOVEMBER**  
**7 DAYS JULY, AUG & SEPT**  
**+ SCHOOL & BANK HOLIDAYS**  
**CLOSED MON/TUES OTHER TIMES**

**DAVIDSTOW AIRFIELD AND CORNWALL AT WAR MUSEUM**

**OPENING TIMES**  
**10-00AM - 5-00PM**

**SITUATED NEAR DAIRY CREST CHEESE FACTORY**

**TEL: 07799 1949 18**

**Web: www.cornwallatwarmuseum.co.uk**