

ST IVES HAYLE GWITHIAN PORTREATH ST AGNES PERRANPORTH NEWQUAY MAWGAN PORTH PORTHCOTHAN PADSTOW



have an adventure by bus on one of these other spectacular rides

**OPENTOP** Land's End Coaster

Follow the coast all the way round Land's End on a circular ride through Penzance and St Ives.

**OPEN TOP** Dartmoor Explorer

A scenic ride over the wild moorland landscapes of Dartmoor from Plymouth or Exeter.

**OPENTOP** the Lizard

Explore the beautiful scenery, wonderful beaches and rugged coves of the Lizard peninsula.

**OPENTOP** Falmouth Coaster

The best way to see Falma and Pendennis Castle from a whole new perspective.

**OPENTOP** Discover Exeter

See the sights of this cathedral city from an open-top bus.

**OPENTOP** Exmoor Coaster

Up and down some of the steepest roads in the land through dramatic scenery where Exmoor meets the Bristol Channel.

information tickets

adventuresbybus.co.uk





#### Padstow Newquay St Ives

	Padstow old rail station				1120	1220	1320	1520	1620	1720
	Padstow opp Tesco				1124	1224	1324	1524	1624	1724
	Harlyn Bay opp beach car park				1131	1231	1331	1531	1631	1731
	St Merryn Fryer Tuck's Fish & Chips				1135	1235	1335	1535	1635	1735
	Porthcothan Bay				1144	1244	1344	1544	1644	1744
	Treburrick Old MacDonald's Farm				1147	1247	1347	1547	1647	1747
	Carnewas for Bedruthan Steps				1153	1253	1353	1553	1653	1753
	Trenance phone box				1155	1255	1355	1555	1655	1755
	Mawgan Porth Betty's Shop			1000	1200	1300	1400	1600	1700	1800
	<b>Travarrian</b> opp Travellers Rest			1003	1203	1303	1403	1603	1703	1803
	Tregurrian post box			1006	1206	1306	1406	1606	1706	1806
	Watergate Bay			1008	1208	1308	1408	1608	1708	1808
	Porth beach			1014	1214	1314	1414	1614	1714	1814
	Newquay bus station S1 arr			1030	1230	1330	1430	1630	1730	1830
	stay on bus - no need to change			•	•		•		•	•
	Newquay bus station S1 dep			1045	1245		1445		1745	1845
3	Newquay rail station			1050	1250		1450		1750	1850
	Newquay Zoo			1055	1255		1455		1755	1855
	Reherrah opp Braefel Inn			1108	1308		1508		1808	1908
	Goonhavern			1114	1314		1514		1814	1914
	Perran Sands Holiday Park			1119	1319		1519		1819	1919
	Perranporth Beach Road			1129	1329		1529		1829	1929
	Anchor Barrow Campsite			1133	1333		1533		1833	
	Trevellas			1136	1336		1536		1836	
	St Agnes opp Taphouse for Trevaunance Cove				1340		1540		1840	
	St Agnes opp Institute arr			1143	1343		1543		1843	
	stay on bus - no need to change			•	•		•		•	
	St Agnes opp Institute dep			1144	1344		1544		1844	
	Porthtowan opp Beach Road			1153	1353		1553		1853	
	Portreath beach car park			1207	1407		1607		1907	
	Hells Mouth café				1417		1617		1917	
	Gwithian Red River Café			1223	1423		1623		1923	
	Loggan Moor St Ives Bay Holiday Park			1228	1428		1628		1928	
	Hayle Towans Riviere Sands Holiday Park	0937	1037	1237	1437		1637		1937	
	Hayle Foundry Square	0947	1047	1247	1447		1647		1947	
	Carbis Bay Longstone Cross	0958	1058	1258	1458		1658		1958	
	St Ives Malakoff bus station	1005	1105	1305	1505		1705		2005	

#### St Ives Newquay Padstow

St Ives Malakoff bus station			0925	1125		1325		1525	1725
Carbis Bay Longstone Cross			0931	1131		1331		1531	1731
Hayle viaduct			0943	1143		1343		1543	1743
Hayle Towans Riviere Sands Holiday Park			0953	1153		1353		1553	1753
Loggan Moor St Ives Bay Holiday Park			1000	1200		1400		1600	1800
Gwithian opp Red River Inn			1006	1206		1406		1606	1806
Hells Mouth opp café			1012	1212		1412		1612	1812
Portreath beach car park			1025	1225		1425		1625	1825
Porthtowan Beach Road			1036	1236		1436		1636	1836
St Agnes Institute arr			1044	1244		1444		1644	1844
stay on bus - no need to change			•	•		•		•	•
St Agnes Institute dep			1045	1245		1445		1645	1845
St Agnes Taphouse for Trevaunance Cove			1048	1248		1448		1648	1848
Trevellas			1052	1252		1452		1652	1852
Anchor Barrow Campsite			1055	1255		1455		1655	1855
Perranporth Beach Road		1000	1100	1300		1500		1700	1900
Perran Sands Holiday Park		1010	1110	1310		1510		1710	1910
Goonhavern		1015	1115	1315		1515		1715	1915
Reherrah Braefel Inn		1020	1120	1320		1520		1720	1920
Newquay Zoo		1033	1133	1333		1533		1733	1933
<b>Newquay</b> bus station S1 <i>arr</i>		1045	1145	1345		1545		1745	1945
stay on bus - no need to change		•	•	•		•		•	
Newquay bus station S1 dep	0955	1055	1155	1355	1455	1555	1655	1755	
Newquay Great Western Hotel	1000	1100	1200	1400	1500	1600	1700	1800	
Porth beach	1007	1107	1207	1407	1507	1607	1707	1807	
Watergate Bay	1012	1112	1212	1412	1512	1612	1712	1812	
Tregurrian post box	1015	1115	1215	1415	1515	1615	1715	1815	
Travarrian Travellers Rest	1018	1118	1218	1418	1518	1618	1718	1818	
Mawgan Porth opp Betty's Shop	1022	1122	1222	1422	1522	1622	1722	1822	
Trenance opp phone box	1025	1125	1225	1425	1525	1625			
Carnewas for Bedruthan Steps	1027	1127	1227	1427	1527	1627			
Treburrick Old MacDonald's Farm	1033	1133	1233	1433	1533	1633			
Porthcothan Bay		1136	1236	1436	1536	1636			
St Merryn opp Fryer Tuck's Fish & Chips	1045	1145	1245	1445	1545	1645			
Harlyn Bay beach car park	1050	1150	1250	1450	1550	1650			
Padstow opp Tesco	1057	1157	1257	1457	1557	1657			
Padstow old rail station	1105	1205	1305	1505	1605	1705			1
									160

1 day 2 days 3 days 7 days

first adventurer **£15 £20 £25 £30** extra adventurers £7.50 £10 £1250 £15 travelling with you



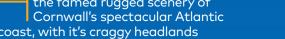


ere's a great way to enjoy the famed rugged scenery of Cornwall's spectacular Atlantic coast, with it's craggy headlands sheltering some of the finest beaches to be found anywhere in England.

Take this scenic open-top bus ride to discover panoramic views over land and out to sea that will simply take your breath away wherever you look.

Hop on and off where you like to discover pretty villages, craggy headlands and secret coves. There are designated bus stops along the way, but buses will try to stop wherever it's safe - just raise your arm in good time so the driver sees you.

There are also great walks to enjoy and by taking the bus you don't have to



linging to the cliff edge along from St Agnes Head and just up from Chapel Porth beach, are the remains of the Towanroath engine house, built in 1872 for keeping the water out of the underground shaft of the tin mine 600 feet below.

> The Wheal Coates site, in the care of the National Trust, is known for its three engine houses. It also featured in the TV drama Poldark. nationaltrust.org.uk/wheal-coates

iscover one of Cornwall's most spectacular beaches (see below), where miles of soft, golden sand stretch far into the distance while huge white-crested waves

roll in from the Atlantic. The extensive sand dunes are home to birds and butterflies and tiny sunbathing lizards.

The busy town has plenty of places serving up traditional

Cornish food, along with many cafés and bars catering for

Perranporth

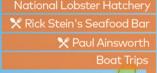
the beach crowd.

**Wheal Coates** 

## Trevose Head

he headland is rich in birdlife and wild flowers. Enjoy a wonderful walk past Trevose Head Lighthouse and take in the spectacular views across the Cornish coast, towards The Bull and Quies rocks, and out into the Atlantic.

Start at Harlyn and finish at Constantine Bay or vice versa.



Padstow

Butterhole Beach

St Merryn

Trevose Head Ivey's Bay

Treyarnon Bay Treyarnon

Porthcothan

Trevose Head Heritage Coast

Beacon Cove

Mawgan Porth

Newquay Airport Watergate

Newquay

Reierrah

Treloggan

Goonhavern

Crantock

Cubert

Holywell

Mithian

Perranporth

IVIOUN

Porthtowan

Portreath

Tolvaddon

Kehelland

**Bedruthan Steps** 

Portheothan

dunes which opens out at low tide, connecting with small coves to the north and south. At high tide the beach is sheltered from swell and winds due to the cliffs. There are shops and toilets close by.

egend says the impressive rocks dotted across the beach were stepping stones for the giant, Bedruthan. The beach at this National Trust site is only accessible at low tide down steep narrow steps cut into the cliff, so do take great care if you venture down.

smugglers, but now the windswept headlands are a haven for sea birds. There's a small National Trust café serving light snacks and refreshments.

Hayle Towans

> his fantastic 3-mile stretch of broad sandy beach

and dunes sweeps north-east from the Hayle estuary to Gwithian, popular with surfers, sand yachts and kite buggies. Towans is Cornish for dunes.



### Gwithian

he beach beyond the broad sand dunes is a favourite with surfers. Common seals are a regular sight and the area is a breeding ground for guillemots, razorbills and cormorants. At low tide, rock pools and caves are uncovered, great for kids.

Perched above the dunes, Sunset Surf Café serves delicious home-cooked meals packed with locally-sourced ingredients. Further along, the Jam Pot Café and Shop, a former 19th-century coastguard lookout with sweeping views across St Ives Bay, serves freshly prepared snacks..

## Portreath

/ ith a wide sandy expanse of beach between two towering cliffs, this quiet haven is popular with families and with bodyboarders who love to ride the waves along the mole (the long harbour wall).

There are walks along the South West Coast Path, plus cafés, pubs, a bakery and shops.

# Bay

wo miles of golden sand at low tide and enormous waves off the Atlantic have made this bay famous for surfing and kite-surfing.

Watergate

The beach is a European Designated beach with the highest standard for UK bathing water.

# Mawgan Porth

olden sands, rockpools and caves, backed by tempting cafés and shops makes this small resort ideal for a relaxing day on the beach.

bus ride from St Ives down the coast to Land's End and on to

St Ives

Penzance.

St Ives Bay

Carbis Bay

St Ives Ba

National Tr

Connor Downs

**Padstow** 

njoy the harbour life, where fishing and pleasure craft rock side-by-side on their moorings, children fish for crabs, and quayside inns, cafés, shops and galleries overlook the calm water. It's so easy to waste a day here!

It's also a foodie destination, so try some of Rick Stein's fish and chips, dine in his restaurant or visit Paul Ainsworth at No6 for some truly delicious food

Treat yourself to a fishing trip out in the bay, or visit the National Lobster Hatchery to discover the fascinating world of lobsters and their environment.

Soak up a little history at Prideaux Place, an enchanting Elizabethan manor house on the edge of the town with views towards Bodmin Moor.



# St Agnes teeped in mining history, St Agnes has galleries

beach at Chapel Porth.

Porthtowan

ordered by soft golden sand and backed by large dunes and dramatic cliffs, Porthtowan is an award-winning Blue Flag beach with a

great café. At low tide you can walk to

the neighbouring and equally stunning

and workshops selling hand-made gifts, cafés, restaurants and pubs and, just over half a mile away, beautiful sandy beaches full of rock pools and caves. A range of events take place here throughout the summer

and the magnificent walks along the cliffs to St Agnes Head and up to St Agnes Beacon make St Agnes a must-see.