

Beach Wildlife Guide

With plenty of wildlife in the sea, rock pools and on the shore we are sure you will have fun exploring.










Tick what you have seen



Trevoze Blow Hole

The rugged Cornish coastline is spectacular enough but the dramatic cliffs having been sculpted by the beating waves of the Atlantic Ocean. However, blow holes are a particularly impressive natural feature. They are formed by a collapsed sea cave, where the roof falls to the depths of the water below, leaving a large crater in the cliff. Whilst fascinating, please take care and do not venture too near.



Harlyn Bay

This beautiful bay is a favourite with holidaymakers. It is a wide sandy beach so there is always plenty of space to find a quiet spot or enjoy some beach games. A stream running down the side of the beach also provides hours of fun for the children. With ample parking, seasonal lifeguards, nearby toilets and a shop and Inn right next to the beach, Harlyn is a popular destination. Dogs welcome too.



Martha's Orchard

CONSTANTINE BAY

www.marthasorchard.co.uk

Circular Headland Walk From Mother Ivey's Bay (Approx 4.25 miles)

A - Turn right out of Mother Ivey's Bay Holiday Park to point A - the junction where the road meets the track. Continue to walk along the road until you reach point B. You will pass the car park pay points for all Trevoze Head car parks.

B - Take footpath on right hand side signposted to Lifeboat Station and Mother Ivey's Bay. When you reach the coast path, turn left on to the path towards point C. The Lifeboat Station should be in your sight. The path will head inland a little behind the houses. Cross over private driveway and continue to point C.

C - Cross the road and carry along the coastal path around the headland to point D.

D - There is a fork in the path near the lighthouse. Take the path on the right. This path will lead you down to a small road. Turn left, walk about 50m up the road then take the footpath on the right. Continue on the path and take steps down into the disused quarry. Walk through the quarry and out the other side until you reach point E.

E - The coast path you are on is crossed by a footpath from Trevoze Head car park. Continue along the coast path passing the blow hole (Please take care and keep your distance from the edge). Walk past Booby's Bay until you reach point F at the edge of Constantine Bay.

F - Take wooden steps down on to Constantine Bay beach and walk across the beach to point G.

G - As you leave the beach turn left and walk through the car park (there is a toilet here). Walk up the road to Constantine village, passing hotel on your right to point H.

H - You are at the crossroads in Constantine village next to the shop. Turn left and walk along the road. At Trevoze Golf club turn left and follow road around and through the golf club to point I. Take footpath on left hand side of road. Follow path through golf club. At the end of the footpath turn left, walk about 20m and you will arrive back at point A.

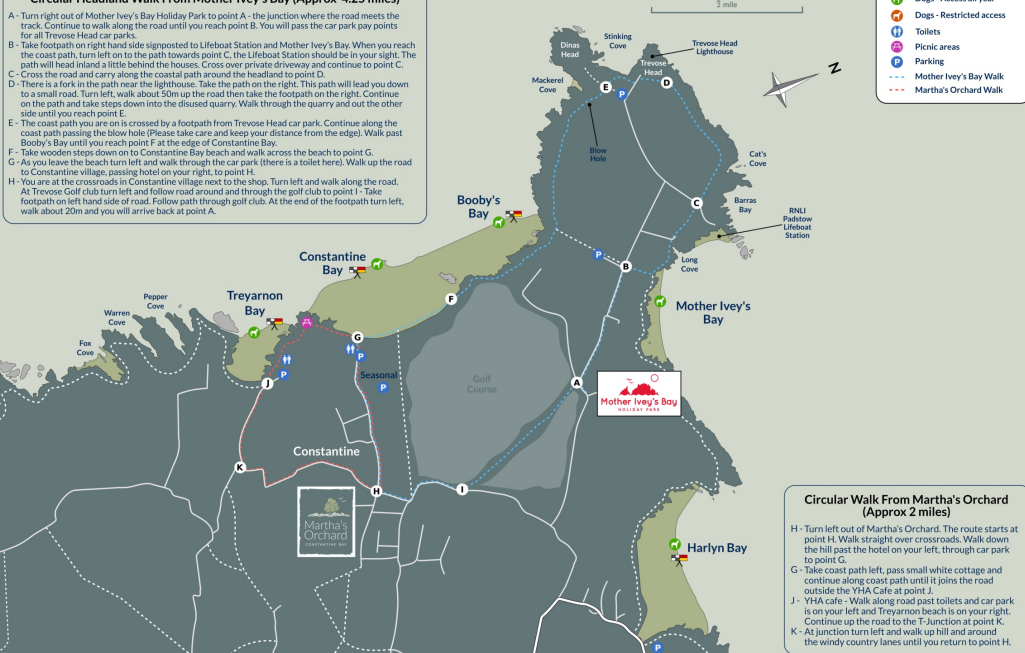
Circular Walk From Martha's Orchard (Approx 2 miles)

H - Turn left out of Martha's Orchard. The route starts at point H. Walk straight over crossroads. Walk down the hill past the hotel on your left, through car park to point G.

G - Take coast path left, pass small white cottage and continue along coast path until it joins the road outside the YHA Cafe at point J.

J - YHA cafe - Walk along road past toilets and car park is on your left and Trevoze beach is on your right. Continue up the road to the T-junction at point K.

K - At junction turn left and walk up hill and around the windy country lanes until you return to point H.



Treyarnon Bay

This golden sandy beach sheltered by surrounding cliffs and backed by sand dunes is another popular destination. There is a large car park situated above the beach which has plenty of parking. It is all here - toilets, refreshments and seasonal lifeguards. Dogs can join in the beach fun too.



Booby's Bay

A hidden gem, this quiet cove can be reached from Constantine Bay at low tide. It's a lifeguarded beach and a wonderful spot for rockpooling enthusiasts. Your four legged friends are welcome all year too. Enjoy the peace and tranquility but please stay safe by checking the tides.




Constantine Bay

Just a few minutes walk from Martha's Orchard, this spectacular stretch of coastline boasts a long sandy beach. It's one of the best surfing beaches in North Cornwall and a great spot for families. With seasonal lifeguards, toilets and refreshments, Dogs are welcome too. A field offers extra car parking in summer as the beach car park is small. En route to the beach there is a fantastic shop with a wide range of daily provisions and gifts.


Martha's Orchard

Hidden away in a secluded location on the breathtaking coast of North Cornwall and just minutes from the beautiful golden sandy beach of Constantine Bay, Martha's Orchard is the perfect setting for a fabulous Cornish retreat.



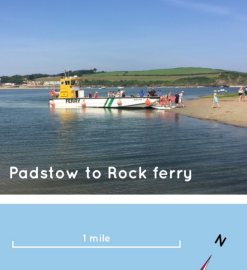
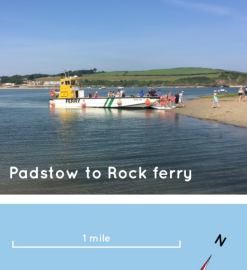

Trevoze Beach

This gently shelving, sandy Blue Flag beach with little coves is perfect for a family day out. Lifeguarded in high season with seasonal dog restrictions. The South West Coast Path offers magnificent coastal views. There is a large blow hole on the cliff and, whilst a fascinating natural feature, requires you to take care.




Padstow to Rock Ferry

The Black Tor Ferry provides a scenic ride across the Camel Estuary between Padstow and Rock. The pedestrian ferry runs every 20 minutes taking around 5-10 minutes. It's a quick and pleasurable way to reach the dog friendly beaches on the other side of the Estuary.


Mother Ivey's Bay

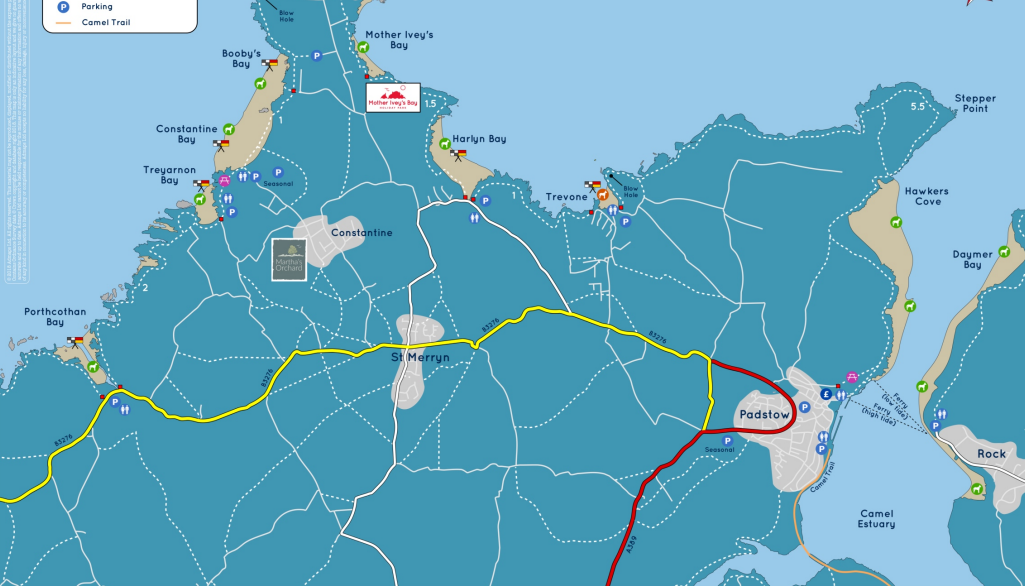
HOLIDAY PARK

Explore, Discover, Remember

www.motheriveysbay.com

Padstow

This bustling harbour town has so much to offer for all the family. With a wonderful array of shops, places to dine, family attractions and boat trips, there is something for everyone. Take a walk on the beautiful sandy beach which leads to Hawkers Cove or take a ferry across to Rock, on the other side of The Camel Estuary.




Hawkers Cove



The Legend of Mother Ivey

An original Cornish folktale telling the story of Martha Ivey and the legend behind the name of our bewitching beach. Written by Margaret Langmaid and illustrated by Veronika Niewiadomska. All proceeds are being donated to Wadebridge Foodbank and Trevoze Head National Trust Appeal. Copies are available to purchase in Reception and the Park Shop.




Trevoze Head Lighthouse



Mother Ivey's Bay

Golden sand and clear blue water await you at Mother Ivey's. Right on your doorstep, secluded, sheltered and boasting spectacular headland views - it is not hard to see why our private beach is a firm favourite with our guests. There are also some fantastic rock pools for the wildlife explorers in your family.



Porthcothan Bay

This idyllic bay is popular with families and surfers. Lifeguarded during high season and dogs are welcome all year round. This sandy beach is backed by dunes and is easily accessible from a nearby car park. This bay has also been used as a filming location in the recently adapted Poldark television series.