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Your guide to  
the area and some  
of the finest places to  
eat stay play & shop



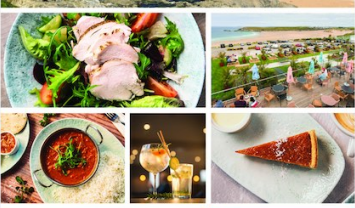
Free Map & Guide  
Newquay, Fistral  
& Crantock  
Coast from Holywell to Mawgan Porth  
2022

**BOWGIE INN** CRANTOCK NEWQUAY

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**Beach Safety Flags**

- Red & yellow flags mark the areas of water that are patrolled by lifeguards. This is the safest area to swim.
- Black and white chequered flags are marked out for use by surfers (such as surfboards & kites). It is not safe to swim in this area.
- The red flag flying alone signifies danger. Never go in the water when the red flag is flying.

**CAUTION:** Beaches shown are indicative only as sea levels constantly change. These should always consult tide tables and local warnings.

Scan here for information about Cornwall's Beaches

Parking  
Public toilets  
Dog friendly  
Lifeguard locations  
Tide times

**The Smugglers' Den Inn**

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Porth, Newquay, Cornwall, TR7 3NH

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