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**Polzeath since 1977**  
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PASTELS, PRINTS, FABRICS AND FRAMING

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

2022

Coast from Rock to Port Isaac

Free Map & Guide

**Port Isaac & Rock**

Polzeath & Rock

SCALE: 0m 250m 500m

SCALE: 0m 125m 250m

**Polzeath Kitchen**  
Healthy options on the beach  
SALAD BAR • DELI SUBS • COFFEE • SUSHI  
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**MAD WATER SPORTS SUP & Surf Centre**  
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Social Media for opening times & events @cornishgastropod

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SCALE: 0m 250m 500m

**Beach Safety Flags**

- Red and 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 & kays). 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. Users 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

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Waterfront

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Cornish ice cream  
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Home produced beef, lamb and free range eggs. Fresh fruit and veg.  
Children's play area. Ride on tractors and diggers, plus pet corner.

P.Y.O. Seasonal strawberries, soft fruit & veg

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Cornish Holidays

**CORNISH ROCK TORS**  
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**Bowood Park**  
6 miles - SatNav: PL32 9RF

**cornish tips**  
wildcamping & holidays

**Gastropod**  
Cornish Top Holiday

- Toilets
  - Accessible toilet
  - Baby change facilities
  - Dog waste bin
  - Parking
  - Bench or seat
  - Picnic area
  - Minor injuries first aid
  - Public rescue equipment (always read instructions)
  - Park & play facilities
  - Recycling point
  - Public telephone
  - Emergency telephone
  - Pollark Piling Location
  - Dogs - Access all year\*
  - Dogs - Access restricted
  - ATM cash points
  - Black mark
  - Coast Path. Distance shown in kilometres between marks
  - Footpath
  - Pedestrian Street
  - Highways on duty (seasonal only)
  - Railway & Station
  - Tourist Information Centre
- \* Dogs - Please check local guidelines as time of visit as regulations may change

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