

South Sands

S A L C O M B E



Explore & Experience



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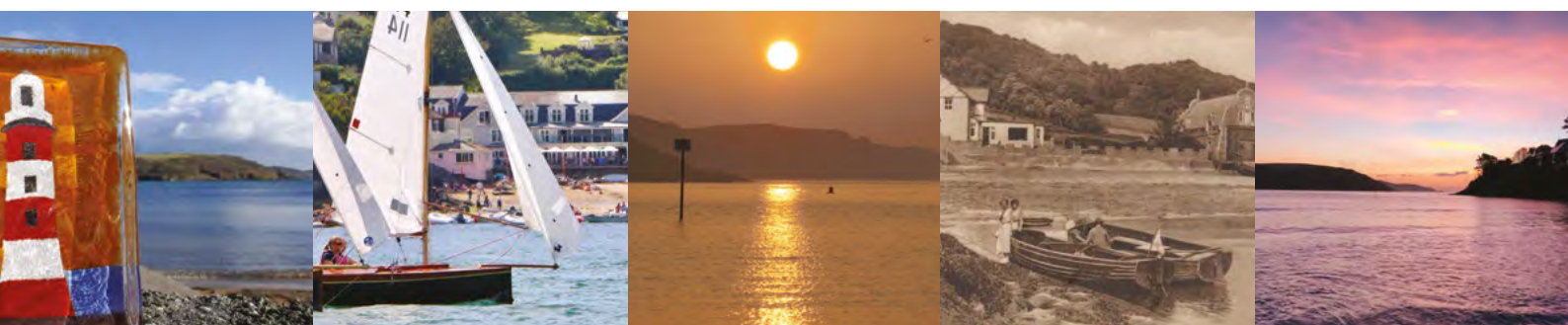
Welcome

Welcome to our new 'Explore & Experience' South Sands brochure. We are a small, very independent hotel and most of the activities that you will find in this brochure are things that we enjoy doing ourselves. It is an invitation to 'explore and experience' our unique environment.



From Executive Chef, Allister with his passion for 'wild swimming' to Reception Manager, Freya with her biking, running, 'stand up paddle boarding', riding and crossfit, we try to make the most of this stunning area. Even during the winter months, our team take a morning swim on the first of every month!

This brochure will give you a few ideas on how best to enjoy South Sands, our Reception Team can offer much more information.





Exploring Salcombe

Exploring Salcombe

Salcombe is both a busy summer sailing resort and a year round fishing community, fishing for South Devon's extraordinary brown crab. Several national clothing brands (Jack Wills, Crew Clothing...) started in Salcombe; when in town, visit their stores and a range of unique and independent shops, and galleries.



Wander the narrow streets and alleys, explore the historic maritime history of the town; visit the home of Salcombe Gin on Island Street, indulge in Salcombe Dairy Ice Cream or visit Cranch's traditional sweet shop. Coffee at Captain Morgan's on Normandy Way (from where some of the D-Day Normandy fleet departed) or a pub lunch in town. A gentle stroll to watch the yachts, racing yawls and activity in the harbour or catch the passenger ferry across to East Portlemouth for the finest views of Salcombe.



South Sands Ferry – To – Salcombe

South Sands' unique ferry and sea tractor runs from Easter to the end of October, a passenger ferry service (for people, dogs, babies, bikes...) from South Sands beach to Salcombe town centre (Whitstrand). The service runs both ways, picking up at alternative ends every 30 minutes.



The Sea Tractor, waits next to the slipway on the beach. It then takes passengers across the beach and into the water to enable them to board the ferry boat. Some say it doesn't make sense until you have tried it! The bright colourful sea tractor and ferry are such a feature of South Sands, it is the very best way to travel to/from Salcombe. Or walk into Salcombe (approx. 25/30 mins) and catch the ferry back (or take the ferry and walk back) - generations of visitors have enjoyed this beautiful and memorable boat ride with its views of Salcombe from the water.



Local Walks

The South West Coast Path, 630 miles long, is on your doorstep! The South Devon coastline goes from Plymouth to Dartmouth and passes through the villages of Noss Mayo, Bigbury, Thurlestone, Salcombe, Beesands, Torcross and Dartmouth.



Along the South Devon stretch of the South West Coast Path, you can discover more about the Pilgrim Fathers, castles, forts, derelict villages, smuggler coves and war memorials. You can walk, jog, run... stroll, power walk, hike! All with unforgettable views.

The Reception Team can supply you with an abundance of route choices with accompanying maps - ranging from pub walks, fun walks or even some longer fitness walks. Packed lunches can be ordered so you will not go hungry!



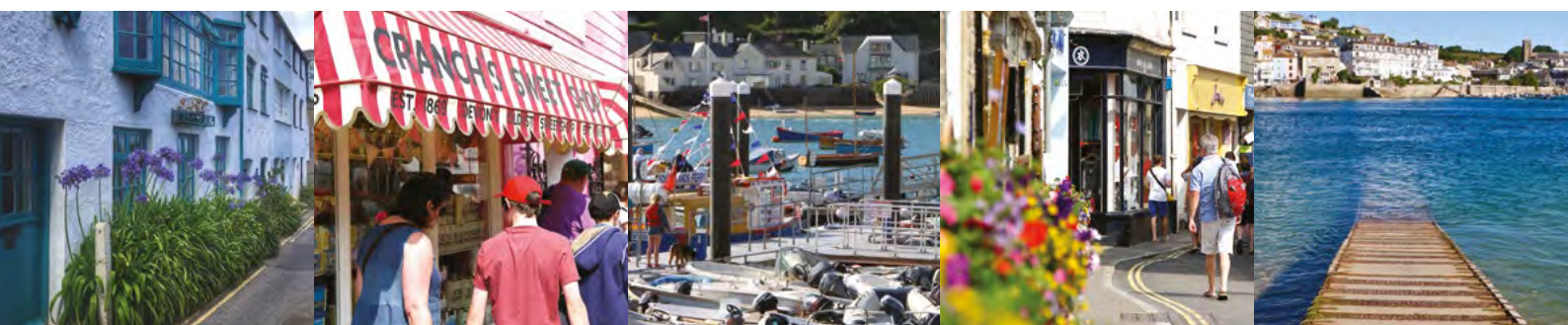
South Sands – Salcombe

A gentle walk into Salcombe (approx. 25/30 minutes), mostly level walking, but with just one short sharp hill, this is our most popular walk. Leaving South Sands, you pass North Sands (dog friendly all year), which is also a gentle surfing beach when conditions allow; then Fort Charles, destroyed after a siege during the English Civil war.



After stopping at the War Memorial for great views up and down the harbour, you are soon in the heart of Salcombe. In addition to exploring the town, you can catch the passenger ferry from 'Ferry Steps' (from Whitestrand in winter) across to East Portlemouth, or catch the South Sands Ferry from 'Whitestrand' (in the very heart of the town) back to South Sands.

Our Reception Team can provide information on things to do in Salcombe.



Overbecks

Perched high on the cliff above South Sands, with spectacular views of the coastline. Overbeck's is a hidden paradise of sub-tropical gardens containing rare and exotic plants from around the world. In Spring, enjoy *Magnolia campbelli* 'Overbecks'. In early summer, Japanese Wisteria through to enjoying *Dierama* (Angels Fishing Rods) in high summer.



In autumn, the Banana Garden is full of sub tropical foliage. Overbeck's is closed briefly during the winter months. Enjoy the garden, museum (including 'The polyphon'), Tea Room and shop. Open 11am to 5pm, February to October.

Our Reception Team have leaflets and information on Overbeck's.

www.nationaltrust.org.uk/overbecks



South Sands – Bolt Head

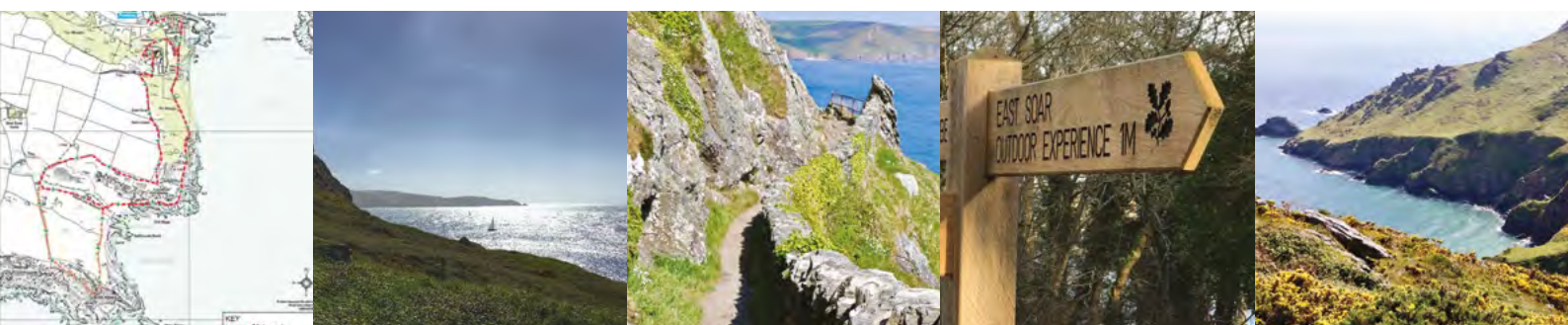
A short distance from the hotel, spectacular marine vistas unfold, both towards the harbour and out along the coast towards Prawle Point. This short stretch of coastline continues to wow visitors from all over the world; from the soft blues of summer to the wild landscapes of winter.



The walk to Bolt Head offers stunning views of coast and country. It is mainly easy walking with a couple of moderately difficult parts, including steep ascents/descents and uneven surfaces.

Starting and finishing at South Sands, the Reception Team can assist with information on the different circular routes taking in this spectacular headland. Some of the routes pass by a former wartime airfield, RAF Bolt Head.

Highlights: the stunning views from Sharp Tor towards the harbour (from above the harbour mouth).



South Sands – Hope Cove

Walking beyond Bolt Head (see previous page) many of our guests walk to the ever popular, picturesque former fishing village of Hope Cove. There is a great variety of landscapes on this walk, with dramatic cliffs, Soar Mill Cove, distant views across to Cornwall, coastal farmland and a prehistoric promontory fort on Bolt Tail, before dropping down into Hope Cove. This walk is about 10k /6 miles one way.

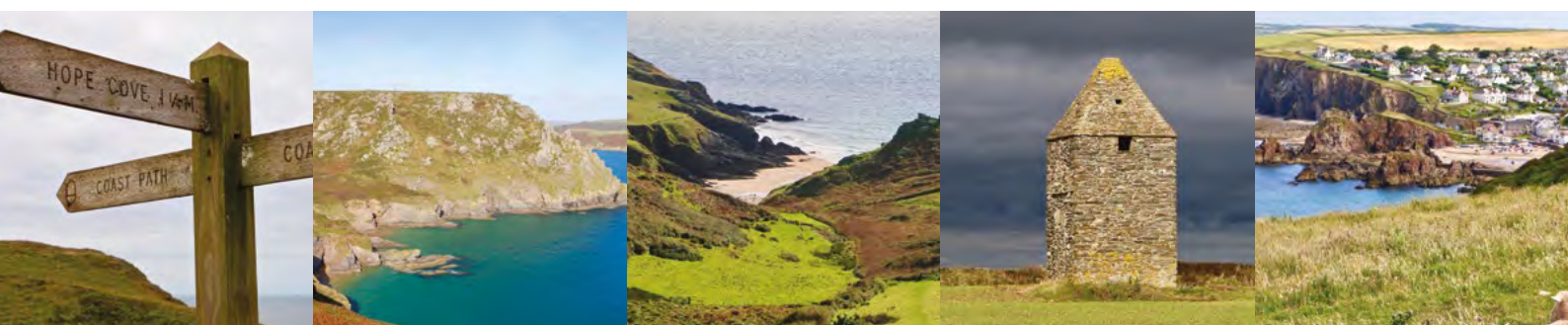


Hope Cove, with its family friendly beaches, post office/shop and pubs is popular with both visitors and residents. In Hope Cove visit; Hope Cove Gallery, St Clement's Church (a small clifftop chapel), enjoy an ice cream on the beach or lunch in 'The Cove'.

Walk back along the coast, take a short cut inland, or walk up to the village of Malborough (on the bus routes). A popular stop (approx half way) along the cliff path is Oceans Restaurant & Bar at Bolberry.

www.oceansrestaurant.co.uk

Past Hope Cove you have many more beach and walk options, including Thurlestone - Bantham.



East Soar – South Sands

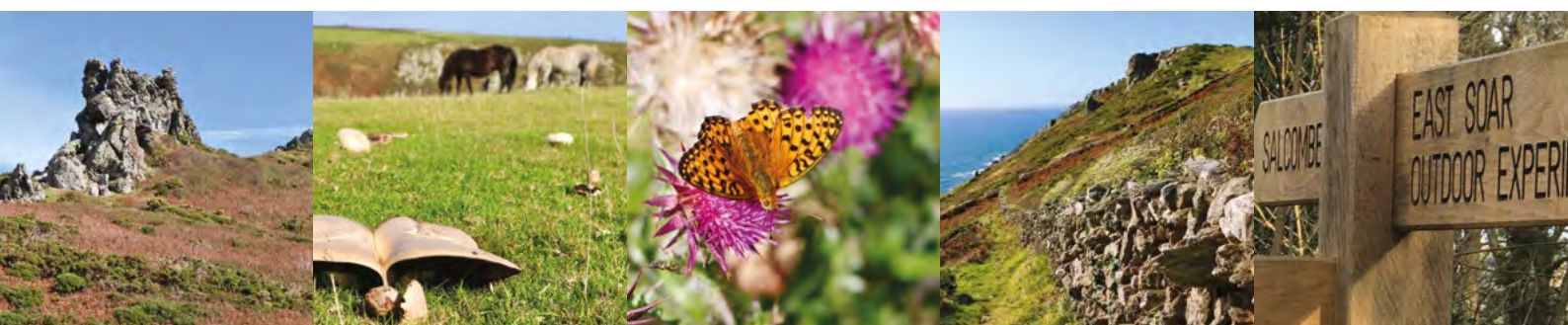
Either starting from South Sands or parking at the National Trust car park at East Soar (SX713375). There are a range of routes available, including walking down to Soar Mill Cove, walking back to South Sands via Overbecks (National Trust) or around the coast path, taking in Bolt Head and Starehole Bay.



The cliff top walks offer fine views of the dramatic cliff scenery. Birdwatching is popular at different seasons, with many migrant birds making landfall along this stretch of coastline. Enjoy the butterflies, flora, glimpses of marine life and the passage of sea birds along the coastline.

A popular stop (on some routes) is at NT Overbeck's for tea and to explore the gardens. In season, there is also a quirky 'walker's hut' at East Soar Activity Centre.

www.eastsoaroutdoorexperience.co.uk



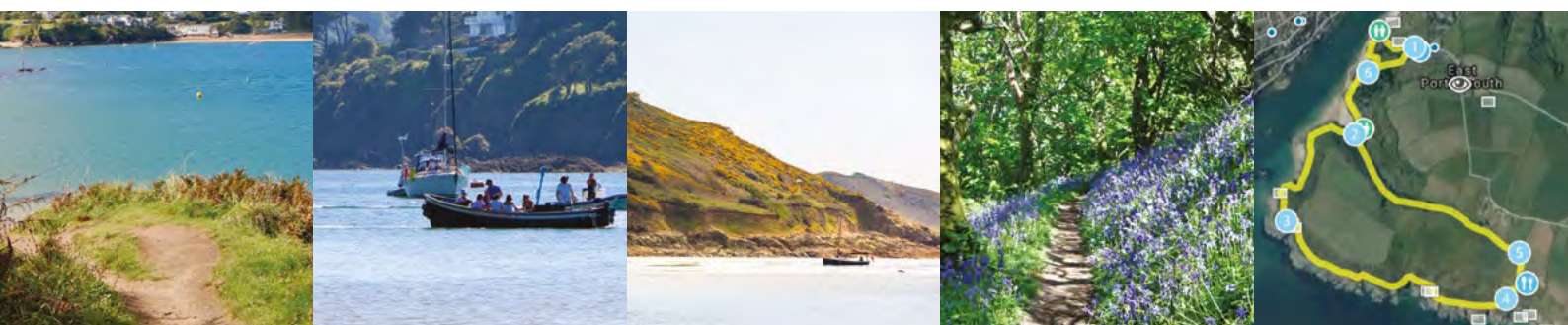
East Portlemouth – Gara Rock

A passenger ferry runs from Salcombe, across the harbour to East Portlemouth all year (but times vary according to season). From the ferry you have access to the beautiful beaches along the eastern side of the estuary; including Smalls Cove, Millbay and Sunny Cove. From Millbay, various routes take you around to Gara Rock - a conveniently placed refreshment stop and viewpoint.



The walk from Millbay to Gara Rock and back to Millbay is a favourite of many of our staff and guests alike. It makes a natural circular walk taking in some stunning views and a range of seascapes. In season refreshments are available at Gara Rock, before the return journey, either back along the coast path or inland, down to Millbay.

Our Reception Team will be able to explain the routes and offer maps - it's a favourite!



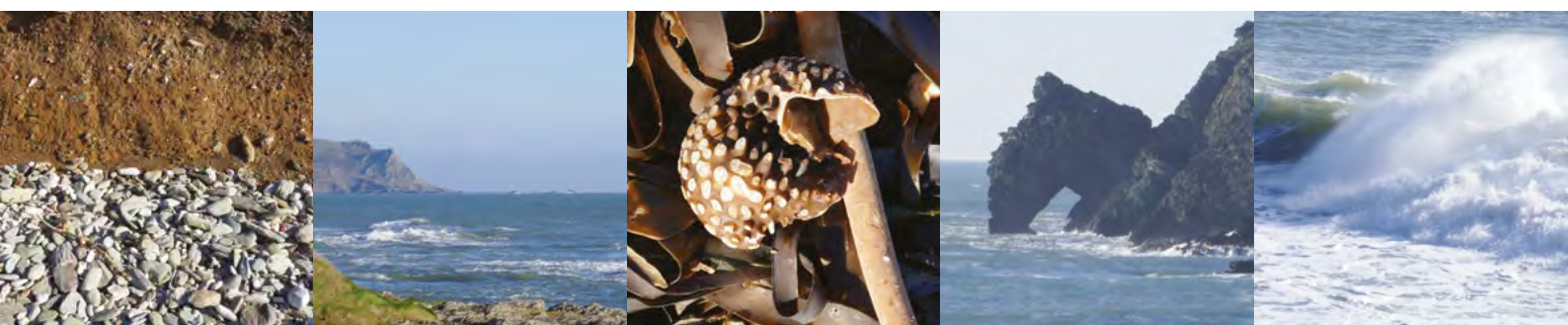
East Portlemouth – Torcross

For the more adventurous, the South West Coast Path continues beyond Gara Rock to Prawle Point (Devon's most southerly point), then on to Lannacombe Bay and the lighthouse at Start Point. In Start Bay, you pass the ruined fishing village of Hallsands, then the village of Beesands before arriving at Torcross.



This stretch of coastline is the most dramatic, with a wide range of viewing points along the walk. This is a long but rewarding walk. The village of Torcross is on the bus route back to Kingsbridge and then Salcombe.

Our Reception Team will be able to explain the routes and offer maps and information.



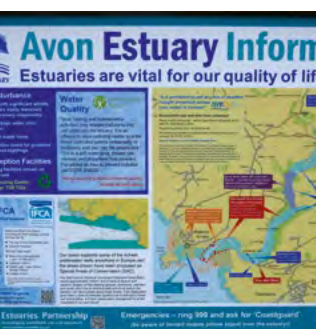
Bantham – Thurlestone

Driving to Bantham, one of the Westcountry's finest surfing beaches - there are circular walks available across the village of Thurlestone and back to Bantham. Although exposed to winter storms, this stretch of coastline is gentler and less rugged, with easier walking.



Bantham was a trading centre in pre-history, with Dartmoor tin traded for Mediterranean goods. In all its different seasons and moods, Bantham and the Avon Estuary have something to offer. From the wilds of winter kite surfing in storm driven waters to surfing, SUPing and summer sunset beach walks.

For more information, please speak to our Reception Team.





On The Water



On The Water

Salcombe is often referred to as a 'sailing resort', it is famous both as a must visit anchorage for yachts travelling up, down or across the channel and also as the home of a racing fleet of "Salcombe Yawls". Salcombe is still a busy fishing port, landing the finest brown crab, which is exported worldwide, so it still has the buzz of commercial fishing vessels in harbour.

From learning to sail to exhilarating RIB rides there is a range of activities for those wishing to make the most of Salcombe's beautiful harbour and the Kingsbridge Estuary beyond.

Salcombe Yacht Club welcomes visitors and holds races throughout the season. There are visitor moorings in the harbour and a range of commercial pontoons.

Please ask the Reception Team for more information.





Guests landing at the first South Sands Hotel

Classic Boats

Salcombe has a long tradition of building wooden vessels, from the Nineteenth Century 'fruit schooners' that raced to the Azores, bringing back fresh fruit for the London market; to the world famous 'Salcombe Yawls', which are still a vibrant racing fleet in Salcombe today. This harbour and estuary is both an important natural environment and a place for leisure, appreciation and enjoyment.

There are plenty of opportunities to learn more about our maritime history at the Salcombe Maritime Museum; watch the Salcombe Yawls race throughout the season; or experience for yourself a trip on the estuary in a classic Salcombe wooden vessel (more information at reception).

For those interested in purchasing a classic vessel; please speak to Chris Turns, at www.fineandclassic.co.uk





Team Profile—Stephen

Director at South Sands Hotel - boats have always been part of family life, both for fishing and leisure. The pictures at the bottom of the page are of my grandfather, father and myself, fishing and 'prawning' on this wonderful estuary. Over all the years that I have explored and enjoyed this estuary, I have never lost my wonder at its beauty (in all its moods).

Times have changed; from having family members working as crew on the famous Salcombe 'fruit schooners' in the nineteenth century, to now, and my joy in taking out 'Bamboo Viper' built by Nick Smith, who did his full apprenticeship in Salcombe at Edgar Cove's Boat Builders (they ceased building boats in the 1980's). Bamboo Viper is a 20ft launch, larch planking on oak frames, classic Salcombe lines.





Sailing

The Salcombe Yawl is a boat that developed from deep knowledge and experience of these waters. From a background as a working fishing vessel the highly competitive racing of these beautiful and powerful sailing vessels evolved.

From visiting luxury yachts, traditional Brixham sailing trawlers, racing Salcombe Yawls, dinghy sailing and racing to quiet cruising, Salcombe in summer is a buzz with sailing activity. Supported by sailmakers, marine engineers, chandlery and boat brokerage, Salcombe remains a centre of sailing excellence and expertise.

Please ask the Reception Team for more information.

www.salcombeyc.org.uk - Salcombe Yacht Club

www.salcombedinghysailing.co.uk - Salcombe Dinghy Sailing

www.syoa.co.uk/syoa_wp/ - Salcombe Yawl Owners Association

www.islandcruisingclub.com - Island Cruising Club





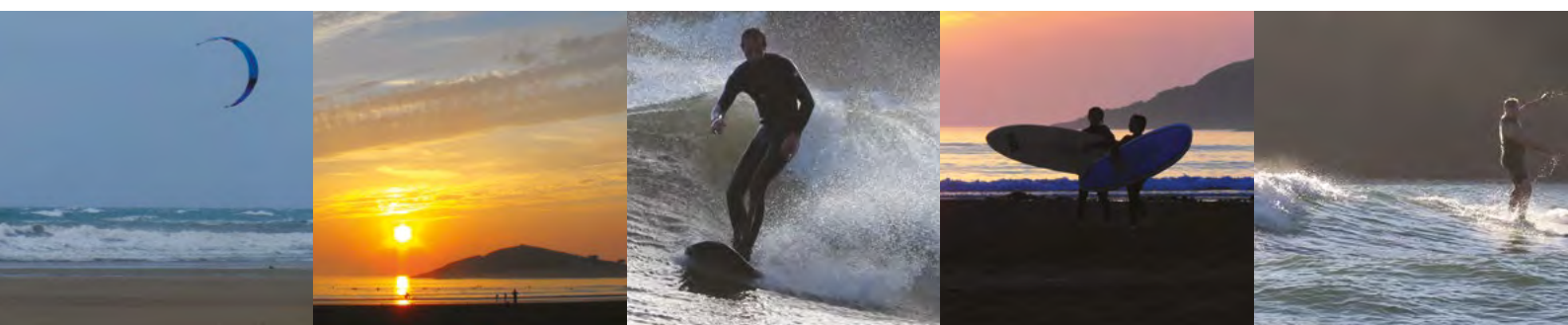
Surfing

During summer and winter storms (when the conditions are safe enough), highly experienced surfers can be seen across from the hotel, surfing on the rolling swells as they enter the harbour mouth, rolling over the tide (see main photo below).

A variety of surfing beaches and surfing conditions can be found within a few miles of South Sands, including the nationally famous surf beach at Bantham. From beginner's schools to challenges for experienced surfers there is much to explore.

Please ask the Reception Team for more information.

www.banthamsurfingacademy.co.uk - Bantham Surfing Academy





R.I.B.s

The waters around Salcombe can be explored on a R.I.B. Sea 'n' Shore offer a high speed 007 style RIB ride around to Hallsands in Start Bay, taking in a wreck at Prawle Point, Start Point Lighthouse and the ruined fishing village of Hallsands.

COURSES - RIB Powerboat courses are available. Your holiday is the perfect time to do a full 2 day powerboat course in our spectacular environment.

Coasteering - explore the coast by RIB, jump off, swim to shore and explore cliffs and caves. Experience the thrill of jumping into deep wild blue waters from isolated coves and headlands along our spectacular coastline.

Please ask the Reception Team for more information.

www.sea-n-shore.com - Salcombe Sea N Shore





Kayaking

The coastline of South Devon, an Area of Outstanding Natural Beauty, with a wide variety of landscapes from sheltered coves to rugged headlands offers wonderful places to explore. From experienced kayakers bringing their own equipment ready to explore, to those looking to try out something new - this is a great opportunity to explore our environment.

Sea Kayak Salcombe offer popular adventure kayak tours with fun guides, rental of equipment and also courses. Sea Kayak Salcombe is based in the old lifeboat station next to the hotel.

Please ask the Reception Team for more information.

www.southsandssailing.co.uk - Sea Kayak Salcombe
www.singingpaddles.co.uk - Singing Paddles (Canoeing)





S.U.P

Explore Salcombe's beautiful marine environment on a stand up paddle board. From experienced boarders to those wishing to try something new, Salcombe Harbour and Kingsbridge Estuary offers a variety of creeks and bays to explore, in a safe environment.

Sea Kayak Salcombe (next door to South Sands) offers an extensive fleet of paddle boards available from an hour to all day and courses and clinics for stand up paddle boarding.

Please ask the Reception Team for more information.

www.southsandssailing.co.uk - Sea Kayak Salcombe





Health

Health

Silence is not a luxury. It is crucial to our physical and mental health. We need it to think, to sleep, to recover from life's frenzy... The sounds and rhythms of the water, the winds, the sunshine - reconnect with the sea, with wildlife, and with the changing of the seasons.



This can be a time to focus on happiness, health, fitness and diet.

Why not spend time outdoors, a gentle stroll barefoot on the beach to meditation on the clifftop. From post-illness recovery to family times; sharing, laughing and spending quality time with loved ones.

Our Reception Team can advise on local experts and practitioners;

www.harbourhouse.org.uk

www.coombefarm-devon.co.uk/the-hen-house



Yoga, Beach Yoga & SUP Yoga

Yoga is an ancient practice of breath awareness and body movement which helps realign and integrate mind and body, bringing a sense of inner joy and balance as well as physical refreshment and invigoration.

Breathe the true 'ocean breath' - breathing and moving as part of this unique environment.

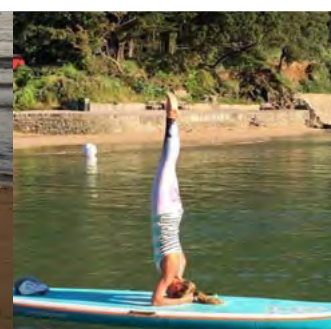
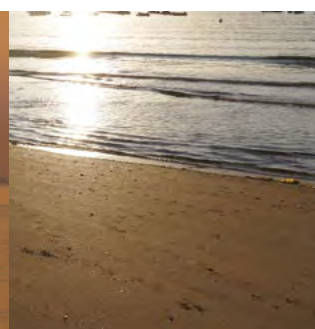
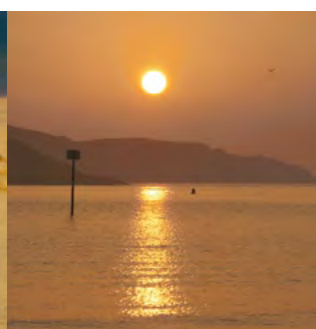
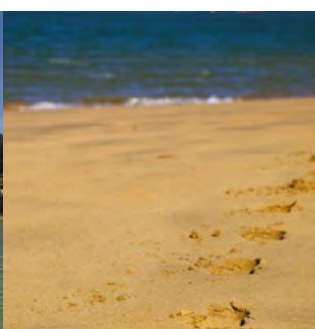


Yoga is non-competitive; we all work at our own level and allow improvement to come when our bodies and minds are ready for it.

For Beach Yoga (1-1 sessions), Emma Lovick
at www.southsandssailing.co.uk

Here are a few of the local centres and classes available:

www.harbourhouse.org.uk
www.coombefarm-devon.co.uk/the-hen-house/
www.simplysoulful.co.uk

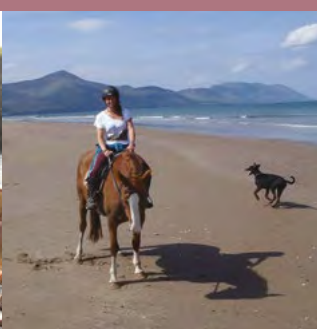




Team Profile – Freya

Reception Manager at South Sands. If I'm not entertaining myself riding, cycling, running, SUPing, surfing or crossfitting then I will be on my journey of gradually walking the entire South West Coastpath (all 630 miles of it!). My previous experience organising coastal trail running events all over the UK, highlighted the beauty we have out there, so I just wanted more.

I am always walking with my dog Baxter and dragging a friend or two each time. When not on the coast path or in the water, my biggest love is horses. I just love exploring the lanes and bridlepaths, seeing where I end up, making the journey together, staring into the distance at ever changing breathtaking views.



Wild Swimming

Our marine landscape offers such a variety of waters, from hidden coves along the rugged coast, beaches, creeks in our estuaries, plunge pools, hidden gullies and the River Dart and River Avon. Swim all year - from bracing winter swimming (our management team at South Sands, swim on the first of each month all year) to late summer warmth. Wetsuit or no wetsuit, that is your choice.

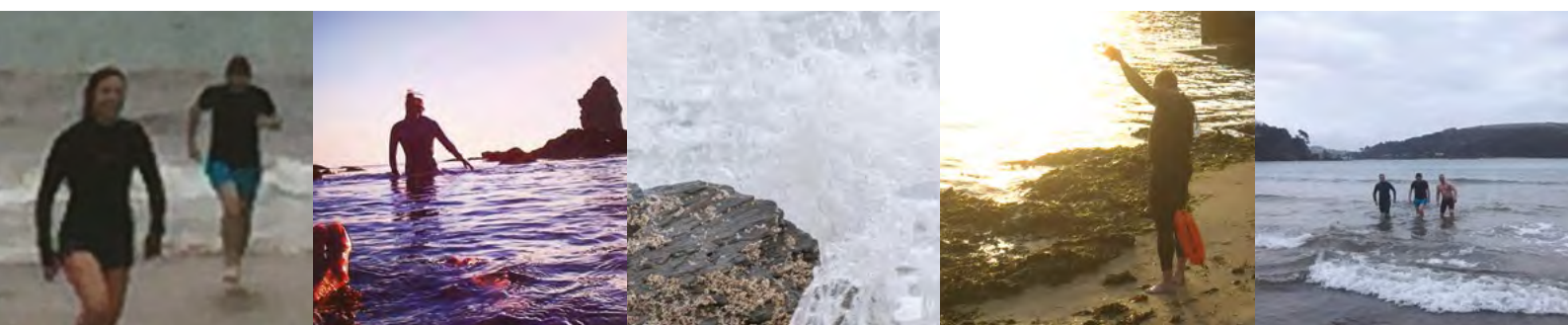


Tides, local conditions and weather patterns affect our waters. Experienced ‘wild swimmers’ seeking to make the most of these waters will need advice from relevant experts or publications.

Local wild swimming events include; the “Bantham Swoosh Swim” on Avon Estuary in July and the Wild Dart Swim in September.

www.outdoorswimmingsociety.co.uk

www.wildswimming.co.uk



Trail Running

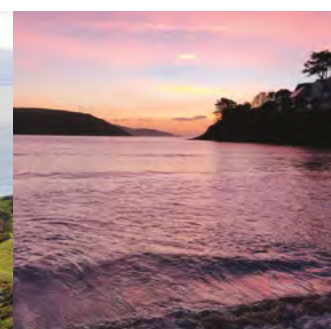
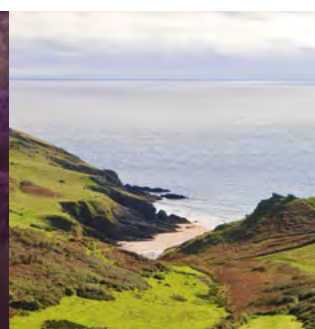
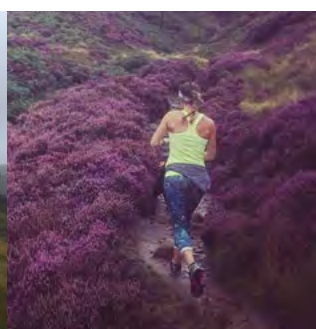
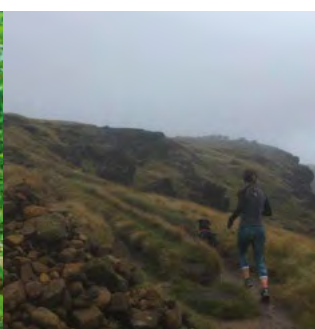
The South West Coast Path, 630 miles long, is on your doorstep! The South Devon coastline goes from Plymouth to Dartmouth and passes through the villages of Noss Mayo, Bigbury, Thurlestone, Salcombe, Beesands, Torcross and Dartmouth. The routes here are a trail runner's dream.



If you don't fancy doing it alone, Jason McKinley knows the South West Coast Path better than anyone. No distance is too far, nor too short. So if you want a guide, or just the company, he's your man. Jason hosts regular runs in the immediate area, always within walking distance. Grab your trainers and get on the trails.

Jason McKinley: 07738528700

Reception can update you on Jason's weekly run locations.



Cycling

Devon has more roads (mainly country lanes with Devon hedges) than any other English county. Although there are over 150 miles of National Cycle Network in Devon, these are in other parts of the county. Our roads are often narrow, but full of character and they twist through glorious valleys and over short sharp hills.

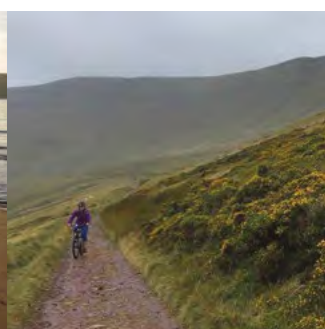


There are many quiet lanes to explore or cycle routes to follow. The team at Reception have maps and can advise on local routes and places to visit. For those looking for a mountain bike experience, then Dartmoor is every biker's playground - well worth the trip (a little bit further away).

www.devon.gov.uk/cycling

Local experts for all equipment are Hot Pursuit in Totnes:

www.hotpursuit-cycles.co.uk



Horse Riding

South Devon is the place to be explored on horseback. It is unsurpassed for the beauty and quality of its landscape. The area offers a variety of landscapes; from beaches, shores and estuaries to Devon lanes and bridleways, a mixed landscape of rolling fields, woods and hedgerows. Close by are the memorable wide open spaces of the uplands of Dartmoor.



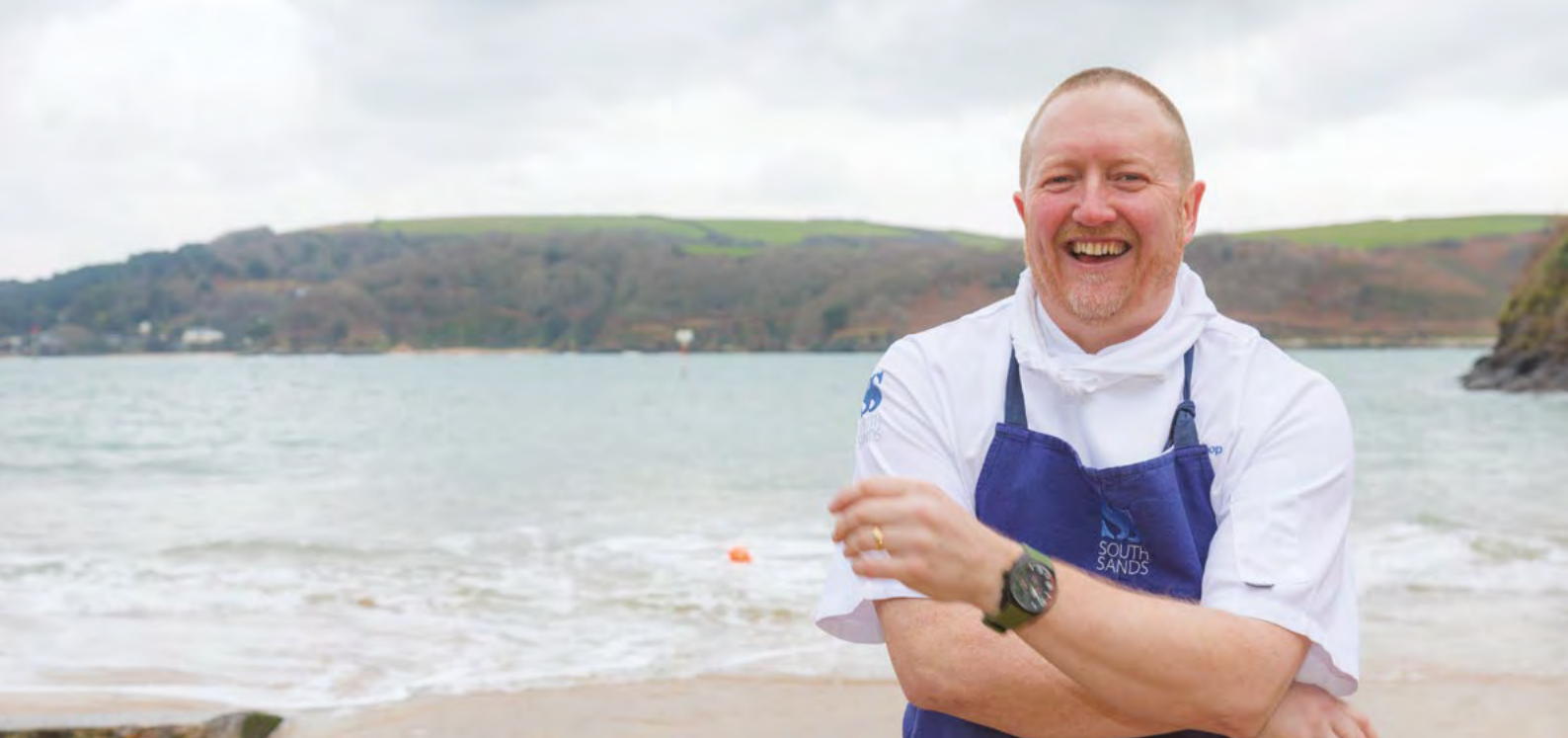
There are three native ponies in Devon, the Dartmoor, Exmoor and Lundy and two National Parks (Dartmoor and Exmoor) with strong equestrian cultures. Devon has been ranked as the 'horsiest' county in the land by Horse and Hound magazine.

For more information about local equestrian centres, please speak to our Reception Team. Freya, our Reception Manager is a keen rider and can assist with advice and local knowledge.





Creativity



Team profile – Allister

Executive chef - the underlying truth is that good food is more about comfort and care than about luxury ingredients and expensive long wine lists. The best cooking and the one I strive to practice is about everyday resourcefulness, creativity and inspiration.

By cooking what I like, using the best quality ingredients and trying to keep the food simple, I find I can end up with something tasty, satisfying and simple to understand.

Allister spends time foraging for fresh seasonal ingredients and swims regularly throughout the year here at South Sands, plus the Bantham Swoosh and the Wild Dart Swim.



Foraging

South Devon has a beautiful and diverse range of wild plants, from the hedgerow & woodland, to open meadows and coastal areas. The plants inhabiting these spaces have some incredible stories to tell, and a Wild & Curious Foraging walk or adventure will introduce you to the art of foraging safely, and how this ancient practice can nourish our bodies and minds.



Spending time in the great outdoors is proven to improve our health and wellbeing. We encourage a re-connection with the beauty of our natural world through working mindfully and sustainably with wild food.

Wild & Curious Foraging activities are led by wild edible plant specialist Myrtle Cooper, who has been teaching foraging since 2014. Myrtle is passionate about connecting people with wild plants and the great outdoor larder, and facilitating a sensory and immersive approach to learning about wild edible plants.

Wild and Curious Foraging - www.wildandcurious.org.uk



Wildlife

South Devon offers a very special beauty and quality of its landscape. From beaches, shores and estuaries, the ancient farmed landscape with deep 'Devon lanes' to the upland environment of Dartmoor. Devon has 33,000 miles of hedgerows and 210 Sites of Special Scientific Interest. These rich and largely unspoilt habitats provide a home to a fascinating diversity of plants and animals.



Anna Turn, journalist and "Plastic Clever" campaign being interviewed by BBC local news at South Sands

South Sands are supporting Anna Turn's "Plastic Clever Salcombe" campaign - a mother and daughter helping local residents, holidaymakers, schools and businesses in this coastal area of Devon to think more responsibly about single-use plastic in order to reduce marine litter along this beautiful stretch of coastline and protect marine wildlife such as dolphins, whales, basking sharks, fish and even seahorses. (www.beplasticclever.co.uk)

Salcombe Harbour and Kingsbridge Estuary lies within the protected landscape of the South Devon Area of Outstanding Natural Beauty (AONB). It is a nationally important marine Site of Special Scientific Interest as well as a Local Nature Reserve.

www.SouthDevonAONB.org.uk
www.devonwildlifetrust.org

www.devon.gov.uk/biodiversity
www.dartmoor-npa.gov.uk/laf-wealthofwildlife



Arts & Artists

Artists are inspired by the landscape, people and history of the South Hams. Our maritime environment continues to fascinate both local artists and visitors and often stimulates those who used to be creative or those who would like to take up something for the first time. We have many artists working and exhibiting locally, whilst others draw inspiration whilst they are visiting.



Harbour House, a well supported local community arts centre in Kingsbridge offers both courses and regular exhibitions;

www.harbourhouse.org.uk

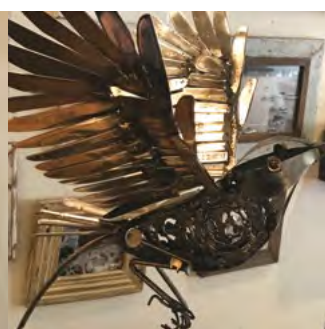
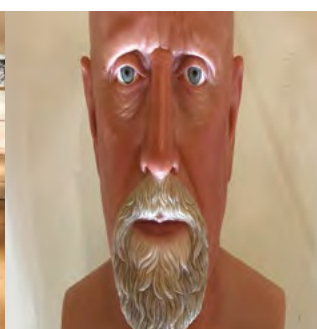
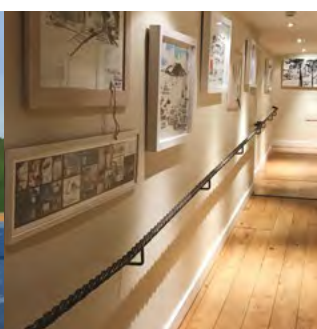
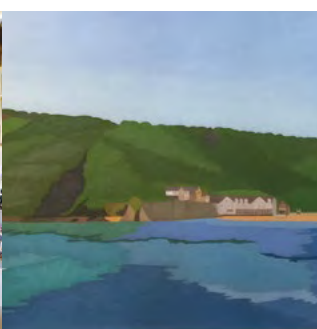
There are a range of local clubs and commercial galleries;

www.salcombeartclub.org.uk

www.gallery5salcombe.co.uk

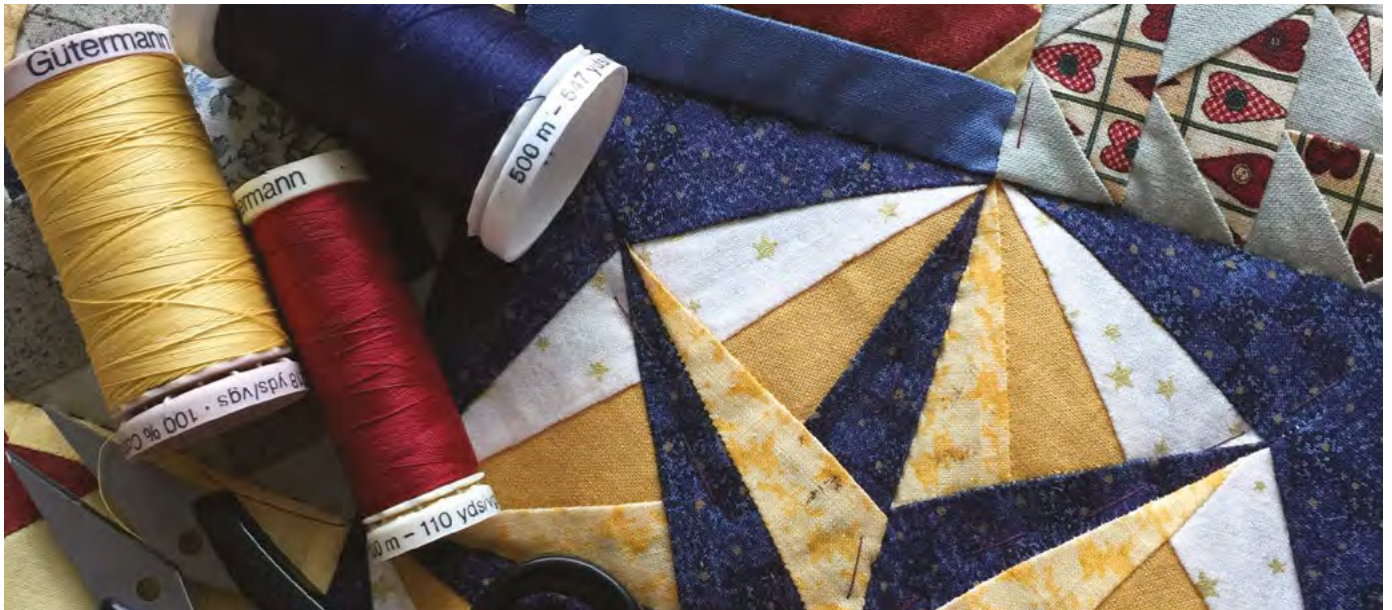
www.maynegallery.co.uk

www.thebrownstongallery.co.uk



Crafts & Hobbies

In our pressured digital age, many people are re-discovering 'hands on' crafts as a way to relax and unwind. Skills and crafts that had gone into decline are now much in demand, with experts available to assist in learning or re-learning traditional techniques.



This could be an opportunity, in a very different environment to take part in a skills workshop.

The Reception Team, will be able to assist with local experts and workshops.

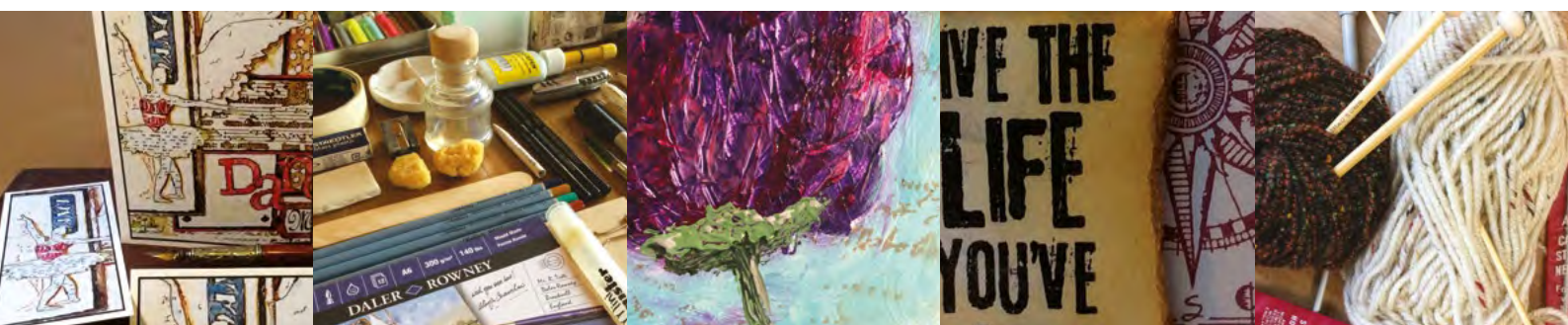
The Wool Merchant, Dartington: www.woolmerchant.co.uk

Modbury fabric and wools: www.hulucrafts.co.uk

Ani Catt: Crazy Catt Quilt Shop, Kingsbridge

Jewellery workshops: Royal William Yard, Plymouth

Wood turning: www.dartmoorcreativewoodturning.co.uk



Places To Visit

Within a short drive from Salcombe there are range of interesting 'days out'; from historic castles, houses and gardens to small towns full of independent shops. Below are just a few of our suggestions, but our Reception Team can offer many more...



Greenway (Agatha Christie's holiday home) Galmpton:
www.nationatrust.org.uk/greenway

Sharpham Vineyard, Totnes: www.sharpham.com

Coleton Fishacre, Kingswear:
www.nationatrust.org.uk/coleton-fishacre

Dartington: www.dartington.org

Ashburton (town): www.ashburton.org

Totnes (town): www.visittotnes.org

Dartmouth (town): www.discoverdartmouth.com





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