

INSIDER'S GUIDE



The Local's Guide to Padstow

Created by the founders of Skylark House Padstow
www.skylarkhousepadstow.com | @skylarkhouse_padstow

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Welcome!



We hope this guest guidebook will answer any questions you may have and more!

Padstow holds a very special place in our hearts and we hope that you'll enjoy your time here as much as we do.

Happy holidays!



Getting to Padstow



BY CAR

Follow your SatNav to the postcode. You can turn onto Netherton Road either via Glynn Road or Trelawney Road. There's also a service road out the back adjoining the back garden. You can stop in the road with your hazards on to unload.

BY TRAIN

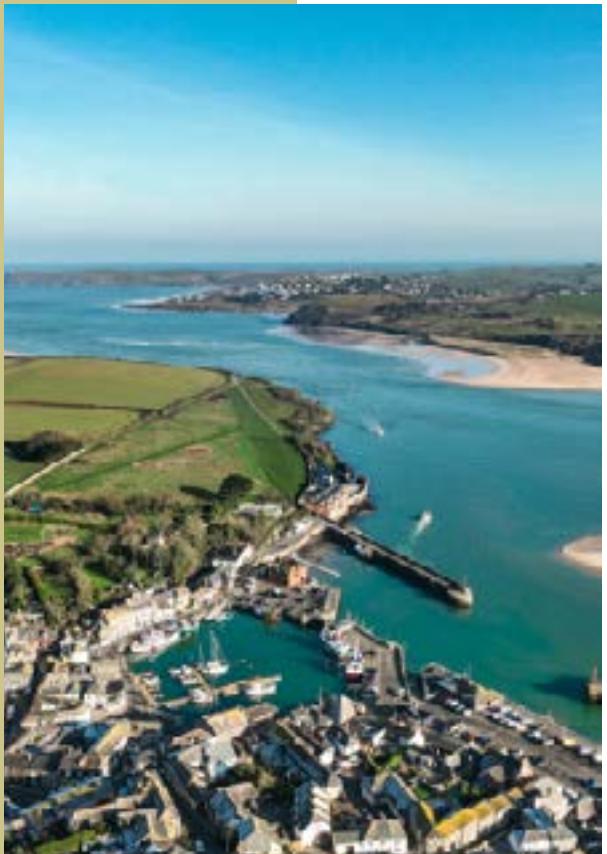
The nearest mainline station direct from London Paddington via Exeter is Bodmin Parkway. The drive takes approximately 35 minutes to the house. This costs approximately £50 for a taxi one-way. Advanced booking is advised.

BY TAXI

We recommend:
Luke (+44 73998 02821)
Jay (+44 7971 969372)
Annie (+44 7460 686705)

BY AIR

Newquay airport is less than a 20 minute drive away. A taxi to or from the airport costs approximately £30 each way. Flights are direct to parts of the UK, including London for as little as £15 one way, as well as parts of Europe.



About Skylark House

Hello!

We are Hannah and Marc. We're originally from London, where we work as an editor and design consultant. Having spent many happy holidays in Cornwall as children, we escaped the city life down to beautiful Padstow to live the dream of an outdoor life by the sea. Since then, we have fallen even more in love with Cornwall's beautiful coastline, delicious cuisine and relaxed way of life. From surfing the winter waves to early morning bike rides down the coast in the summer, there's so much to explore in this special place.

We are happy to be able to share our favourite spots, local knowledge and tips and we're very keen to hear what you've enjoyed most about the local area!

Hannah and Marc x



Where to eat



In Padstow...

Paul Ainsworth's No.6

£££

Michelin-starred, hands-down the best quality food and service in Padstow. Bookings essential.

The Harbour Inn

£ (dog friendly)

Our favourite local pub. There's often live music and a good atmosphere — and an open fire in the winter!

Prawn on the Lawn

££

Small plates of local fish and delicacies.

The Chough Bakery

£

The best cornish pasties in Padstow. (We have done a lot of taste-testing!)

The London Inn

£ (dog friendly)

Cosy local pub with a lovely rooftop beer garden.

Rick Stein's Fish and Chips

£ (seasonal)

Eat in at the relaxed restaurant until approx. 20:00 or get takeaway until 20:30. Gluten-free available.

The Seafood Restaurant

££

Rick Stein's esteemed seafood restaurant on the harbour.

St Petroc's Bistro

££

Rick Stein's bistro-style restaurant and hotel. You can get a 3-course lunch for a pretty reasonable price.

The Golden Lion

£

A historic pub in the heart of Padstow, known for its cosy nooks, real ales, and traditional sunday roast.

Bothy's

£££

A cosy yet refined spot tucked above town. Think log cabin meets wine bar — serving natural wines, craft beers, and sharing boards by candlelight. Perfect after

A short drive away...

The Doghouse Pizza & Bar

£ (eat in or takeaway, dog friendly)

Family run local hang-out in St Merryn with rustic wood fired pizzas and a lively atmosphere.

The Pig (Harlyn)

££

A delicious local menu in a grand setting. The Lobster Shed is dog friendly, but the main restaurant is not.

Duchy Grub, St Merryn

££

Small sharing plates with a seasonal menu that changes regularly.

St Kew Inn (Trequite, near Polzeath)

££ (dog friendly)

An excellent pub garden in a small Hamlet with willow trees on the river's edge. Try the delicious beer created at their own brewery and the Sunday roast.

The Cornish Arms

££ (dog friendly)

Another or Rick Stein's! Cosy pub in St Merryn, good food and a pool table. Highly recommend the curry and Sunday roast.

Fryer Tuck's Fish and Chips

£ (takeaway)

Traditional fish and chips, often fried fresh.



Where to drink

Padstow Tasting Rooms

££ (dog friendly)

Unique beers and ales in a chic atmosphere. Lobster Tail is a favourite of ours!

Bin Two

££

Choose a glass of Rosé or orange wine in the afternoon sun, and take a bottle home with you too.

Ruby's Bar

££

A snug bar with high-quality cocktails and underground feel.

17 Duke Street

£££

James Bond would pick the Vespa martini! Go for the local gin.

PW4

££ (dog friendly)

A sleek little hideaway just off the harbour, serving craft cocktails, curated wines, and small sharing plates.



VINEYARDS

Trevibban Mill is 5 minute drive away. Knightor and Camel Valley are within driving distance — expect award-winning sparkling wines, pretty views, and often a café or summer food truck.

SEALIFE SAFARI

Head out on the water for a close-up with Cornwall's marine life. Padstow Sealife Safaris offer boat trips to spot dolphins, seals, and seabirds — a thrilling way to see the coast from a new perspective. Book ahead in peak season.

Things to do



THE CAMEL TRAIL

Bikes can be rented from the start of the Camel Trail in town. Cycle to Wadebridge and beyond along the estuary!

FERRY TO ROCK

Catch the ferry over to Rock from Padstow harbour for water sports and Paul Ainsworth's Pub The Mariners. Great for afternoon sun. [Ferry times here](#).

HAWKER'S COVE

Take the coastal path directly from the house to Rest-a-While tea room. Seasonal, and only in good weather! Beautiful views. A lovely walk.

TREVOSE GOLF COURSE

Championship golf course with a sun-drenched terrace over Constantine bay. Includes driving range, 9-hole short course and two 18-hole courses.

MINACK THEATRE

Open-air theatre, constructed above the sea with beautiful views. Takes 1hr 20 to drive.

Rainy Day Activities

RICK STEIN'S COOKERY SCHOOL

Walk just a few minutes from the house for a wide range of courses from half-day practical seafood sessions to week-long intensives. Booking online or on the phone in advance is essential. Half-day courses are quite reasonable at £95 pp.

Wellness

SOUL SAUNA, TREVONE

Clifftop sauna, book online at www.padstowsauna.co.uk

AT-HOME MASSAGE

Nick (@nickttherapies) will travel to you for a massage in the comfort of Skylark House. Text 0745 084 6976.

WATERGATE BAY SPA

Dine and spa deal: visit the beachfront spa and enjoy a three-course meal for £55 per person.

THE SCARLET SPA

Luxury adults-only eco spa on the clifftops of Mawgan Porth. A unique spa experience!

TIDE CLIMBING CENTRE

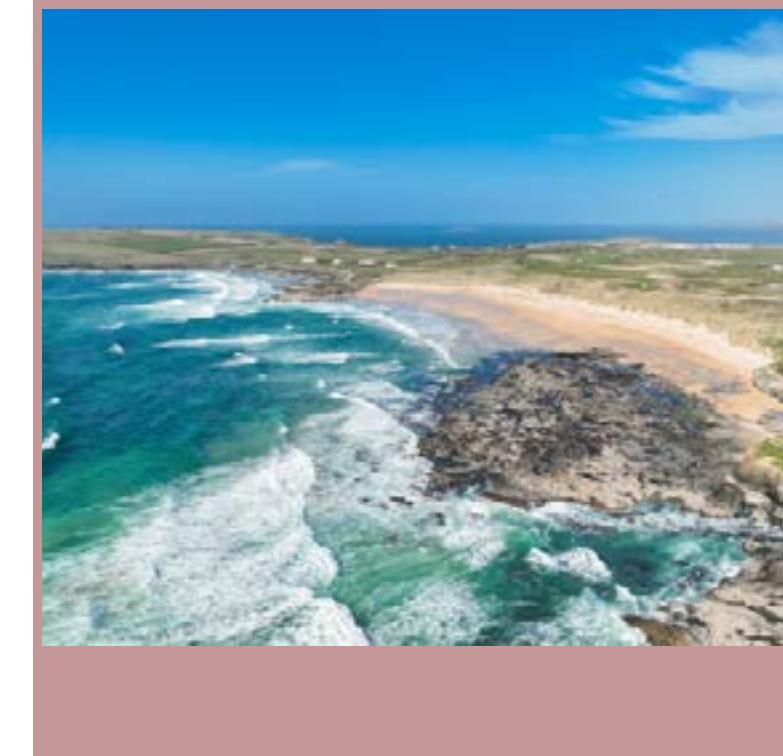
Just a few minutes drive out of town, the climbing centre offers sessions from beginners to advanced for children and adults alike.

NORTH COAST FITNESS

Our local gym which is a 10/15-min walk away. You can get a day or week-long pass on the website or by calling Ross. Make room for more delicious food!

CROSSFIT ONEN

Padstow's go-to for a high-energy workout. Whether you're dropping in for a holiday sweat or sticking to your training, expect a welcoming crew, sea air, and serious fitness vibes. Book ahead – classes fill up fast.



HARLYN

Dog friendly year-round and one of the best surfing spots. BBQs are allowed. Download the 'JustPark' mobile app in advance to pay for parking by card. The signal at the beach and in the car park is patchy.

MOTHER IVEY'S

Protected bay perfect for swimming, with views of the lifeboat station and seal spotting. Park near Enid's Ice Cream and walk 10 mins to the beach.

TREVONE

Beautiful cove-like bay with a natural pool at low tide. Great for swimming and body boarding. You can pay for parking on your card or cash at the machine, BBQs and fires are allowed on the beach.

CONSTANTINE

Wide stretches of sand and advanced surfing! Park for £5 for the whole day in a nearby field and it's free during the winter. Walk across to Booby's Bay when the tide is out and find natural pools.

TREYARNON

Popular with families, the sandy beach has lots of natural rock pools when the tide is out that you can swim in. Also a popular surfing spot.

MAWGAN PORTH

A bit more of a drive, but a picturesque beach with great amenities (a pub, coffee shops, ice cream).

WETSUIT & SURFBOARD HIRE

We recommend The Pit Surf Shop – they drop off wetsuits and boards to your door free of charge! The rates are really reasonable. They can also recommend where and when you'll catch the best waves! Text 07791617538 to reserve.

Local Walks

Scan the QR codes to access the maps:



The Saint's Way

Out and back walk - turn around by the Old Mill House
Distance: 6.5km
Duration: 01:45
Elevation: 215m



Short Coastal Loop

Circular walk via Hawker's Cove
Distance: 4.57km
Duration: 01:20
Elevation: 109m



Padstow to Trevone

Circular walk around the coast
Distance: 11.4km
Duration: 03:20
Elevation: 259m



Other Things to Note i

Groceries

Tesco is just a short walk / drive away on the edge of the town. You can also get groceries delivered to the house from Sainsbury's or Tesco online.

There's a small SPAR convenience store in Padstow Old Town for essentials, but stock is limited.

We have supplied some essentials for you, such as oil, salt, pepper, flour and toilet paper.

Post Office

Inside the SPAR convenience store in Padstow.

Cash Point / ATM

Barclays in Padstow or Tesco supermarket.

Padstow Farm Shop

A wonderful butcher, cheese counter and shop full of local treats. Perfect for gifts to bring home with you and indulgent food to cook during your stay. Just a 5 minute drive away. We recommend Padstow porkers!

Fresh Fish

PW3 Fish Supplies offers fresh fish from "48 hours to plate" at Padstow Farm Shop or Trevisker Garden Centre just up the road. For the latest catch, follow them on Instagram: @pw3fishsupplies.

We also really like Off the Hook Fishmongers in Wadebridge (about 20 minutes' drive away).

Dog Sitter

Corrina offers a local dog sitting service for your furry friend. Call or text 0779 282 1840.

Want to experience it for yourself?



@SKYLARKHOUSE_PADSTOW

Enquire about your stay now

skylarkhousepadstow@gmail.com

