

Restaurants and Pubs

Waterfront Restaurant, Polzeath	01208 869655
Cracking Crab, Polzeath	01208 862333
TJ's Cafe, Polzeath	01208 862364
Surfside, Polzeath Beach	01208 862931
The Point at Polzeath Restaurant	01208 864602
St Moritz Hotel Restaurant	01208 862242
The Dining Room, Rock	01208 862622
St Enodoc Hotel Restaurant	01208 863394
The Mariners, Rock	01208 862312
The Blue Tomato, Rock	01208 862312
No 1 Rock Road	01208 863008
The Cornish Arms, Pendoggett	01208 880263
Nathan Outlaw Restaurant, Port Isaac	01208 880896
Outlaw's Fish Kitchen, Port Isaac	01208 881183
The Old School Hotel and Restaurant, Port Isaac	01208 880721
Port Gaverne Hotel and Restaurant	01208 880244
Malsters Arms, Chapel Amble	01208 812473
St Kew Inn	01208 841259
The Jamie Oliver Restaurant, Watergate Bay	01637 861000
Paul Ainsworth at Number 6, Padstow	01841 532093
Rojano's Italian Restaurant, Padstow	01841 532796
The Seafood Restaurant, Riverside, Padstow	01841 532700
St Petroc's Bistro, New Street	01841 532700
Rick Stein's Cafe and Gift Shop, Middle Street	01841 537700
Stein's Fish and Chips, South Quay	12.00 – 2.30 pm 5pm – 9pm
Stein's Deli, South Quay	9.0 am – 5.0 pm

Local Shops

Post Office	Polzeath	01208 863430
Grocer/Deli	Spar, Polzeath	01208 862913
	Trebetherick Stores (ready meals)	01208 863349
	Lewis's Deli & Coffee Shop, Rock	01208 863531
	Rock Bakery/Malcolm Barnecutt <i>(Ready meals, salad bar, coffee shop)</i>	01208 862236
Tesco	West Hill, Wadebridge, (A39 towards Padstow)	0845 6779694
Butcher	Watts, Rock	01208 862239
Bakery	Rock Bakery (Barnecutts)	01208 862236
	Barnecutts, Wadebridge	01208 812372
Honey	Portreath Bee Centre	01208 862192
Fish	Dennis Knight, Fish Cellars, Port Isaac	01208 880498
	Rock (opposite Lewis' Deli)	01208 862422
	Crab at Port Isaac	01208 880449
	Fish Market, Padstow	01841 532763
Household	Glanville's, Wadebridge	01208 812860
Laundry	Polzeath Linen Services Unit 9b, Pityme Industrial Estate	01208 869700
Electrical	Rock TV and Electrical	01208 863788
	Woolacotts, Wadebridge	01208 816155

Surfing, Sailing, Waterskiing, Windsurfing, Fishing, Golf, Cycle Hire and Places of Interest

Sailing and Waterskiing

Rock Sailing and Waterski Club, The Quay, Rock	01208 862709
Camel Ski School, The Pontoon, Rock	01208 862727
Shrimper Hire, Alan Green	01208 841246 or 07811 875341

Surfing Lessons

Wavehunters Surf School and Surf Hire	01208 880617	07069 660014
Polzeath Beach		

Swimming and Spa

St Moritz Hotel Leisure Club, Gym, Pool & Cowshed Spa	01208 862242
The Point at Polzeath Healthclub and Pool	01208 864603

Mackerel Fishing

Port Isaac	Mr Brown (evenings)	01208 880940
	Mr Knight (day)	01208 880498
Rock	01208 863556	01208 862727
	Mr Smith	01208 863975

Golf

St Enodoc Golf Club	01208 863216
(Pro's Shop)	01208 862402
Trevose Golf and Country Club	01841 520208
St Kew Golf Club	01208 841500
The Point at Polzeath Golf	01208 864603
Lanhydrock Golf Club	01208 862570

Cycle Hire

There is a cycle track along the old railway line from Padstow to Wadebridge and then on to Bodmin.

The Bridge Bike Hire, Wadebridge	01208 813050
Padstow Cycle Hire	01841 533533

Camel Valley Vineyard, Nanstallon, Bodmin 01208 77959

Pennarrow House and Gardens 01208 841369

Lanhydrock House and Gardens (National Trust) 01208 265950

Eden Project 01726 811911

Trains, Taxis, Water Taxis, Babysitters

Trains

Bodmin Parkway
National Train Enquiries 0845 7484950

Taxis

Mark's Taxis	07976 968011	01208 815264
Slate Cabs		07929 220567
Midas Taxis		01208 812345
Polzeath Taxi Service		0845 3384070
North Cornwall Taxis		07771 882374
Pityme Taxis	07792 633150	01208 862212
Wadebridge		01208 812725
Padstow		07977 355439

Rock Water Taxi 0778 105297
Between Rock and Padstow 8pm – late 01208 862815
evening 01208 862217 or 01208 863487

Black Tor Ferry

Between Rock and Padstow 0800 – 1950 (summer) 01841 532239

Babysitters

Childwise (Lauren) child & babysitting CRB checked 07709 630749
Jenny Alford 0783 7680840 01208 862660