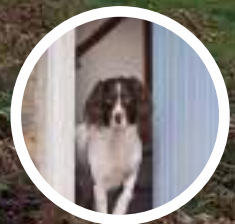


South Devon AUTUMN Guide

.....
*A taste of South
Devon's larder*
.....

*All-weather
activities*



5 Sumptuous spas



Whether you are planning a walking holiday with your dog, a short break to celebrate that special occasion, or a romantic getaway for two, there is so much to enjoy in this Area of Outstanding Natural Beauty throughout the autumn. This South Devon Autumn Guide is a handy resource to help you plan your holiday in the region, whatever your requirements.

With interesting articles about local spas, rainy day activities, National Trust properties, dog-friendly beaches and fantastic walks, you will soon learn the region is a hive of activity during these quieter months.

For those looking to head to the South West Coast Path, and admire the flora and fauna transform from lush greens to a myriad of golds and reds, the guide features some fantastic walk suggestions. If you're a foodie, visit one of the regions fantastic eateries and feast on sumptuous seasonal produce, like nourishing soups and hearty roasts. Or, why not bunker down in a cosy pub for a warming autumn beverage beside a roaring open fire?

So what are you waiting for? With awe-inspiring scenery, superb events and wonderful spas, your South Devon autumn break is not to be missed.

Read on to find out exactly why autumn in South Devon is so special!

The team at Coast & Country Cottages



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COSY COTTAGES

Coast & Country Cottages has a fabulous collection of holiday homes with open fires and wood-burning stoves. Spend cosy autumnal evenings snuggled up with loved ones in front of a roaring fire, after days spent exploring South Devon, whilst your dog lays at your feet as the fire crackles away... bliss!



Properties with open fires or log burners

Experience the comfort of these toasty havens



Sea Peep

Just a few minutes' walk from Thurlestone village and the beautiful local beaches, this luxury property is ideal for exploring the South Devon coastline. Cosy up in the sitting room with a large feature fireplace (logs supplied).

Thurlestone

Sleeps 8

From £913

VisitEngland 5 ★ Gold

coastandcountry.co.uk/cottage-details/6whim



Berry Cottage

Positioned on the quay in pretty Dittisham, this cosy waterside cottage is the perfect base for an autumn break. Relax by the log burning fire and watch boats bob along the River Dart, or enjoy the popular pubs and eateries that are set just a stone's throw away.

Dittisham

Sleeps 4

From £556

VisitEngland 4 ★

coastandcountry.co.uk/cottage-details/berry



Broad Downs Barn

Set amongst stunning countryside, this luxury barn conversion is perfectly situated for exploring the South West Coast Path. With a cosy sitting room, spacious kitchen and dining area, this six-bedroom property is great for an extended family holiday.

Nr Salcombe

Sleeps 12

From £1,262

VisitEngland 5 ★ GoLd

coastandcountry.co.uk/cottage-details/broad



56 Crowthers Hill

Offering panoramic views across Dartmouth and towards the River Dart, relax in the spacious living room with an open fireplace, or make the most of the wrap-around balcony. Boasting five bedrooms, this spacious home is perfect for a large group break.

Dartmouth

Sleeps 10

From £1,515

VisitEngland 4 ★ Gold

coastandcountry.co.uk/cottage-details/56crow

FAMILY-FRIENDLY BREAKS

Whether you are looking for a quiet spot to snuggle with a good book, a separate area for the children to watch DVDs, or a playroom to keep the children (and grown-ups!) entertained for hours, Coast & Country Cottages has a fabulous collection of holiday homes with snugs and playrooms. Perfect for long, cosy autumnal nights, or relaxing afternoons after blowing away the cobwebs on the South West Coast Path. Here are just some of our properties available with snugs.



Properties with a snug or playroom

The best bases for all the family!



Treetops

Treetops is an extensive, baby-friendly property, situated in the woodland above North Sands in an ideal spot for access to sandy beaches as well as the passenger ferry into Salcombe. Kids can enjoy a snug with beanbags, games and toys, TV and DVD player.

Salcombe
Sleeps 10
From £1,297
VisitEngland 5 ★ Gold
coastandcountry.co.uk/cottage-details/treetop/



Higher Hill Barn

This recently converted barn is a fantastic base for an extended family, with tranquil countryside views and a sociable open-plan living area. When the kids want to do their own thing, they can head to the cosy and comfortable snug, which features a smart TV.

Sherford
Sleeps 10
From £891
VisitEngland 5 ★ Gold
coastandcountry.co.uk/cottage-details/hilbar/



Drake House

Overlooking the sandy beaches at Hope Cove, Drake House offers luxury living for a family seaside break. The perfect autumnal retreat for all to enjoy, a cosy snug offers a sofa, two chairs and footstool, widescreen television, DVD player, table and lamp.

Hope Cove
Sleeps 10
From £1,700
VisitEngland 5 ★ Gold
coastandcountry.co.uk/cottage-details/drake



Keepers Lodge

In addition to its private hot tub, Keepers Lodge offers a sociable living room with a digital TV and surround-sound system. Creating an ideal space for those who'd occasionally like some 'me time', one of the four bedrooms also has a secondary living area.

Hillfield Village, near Dartmouth
Sleeps 10
From £927
VisitEngland 4 ★ Gold
coastandcountry.co.uk/cottage-details/keep/

RELAXING ESCAPES

An autumn break in South Devon offers the ideal opportunity to relax and be pampered after a busy summer. With holiday homes that feature a private hot tub, or include spa membership, why not treat yourself to an autumn escape in this Area of Outstanding Natural Beauty, and take advantage of the wonderful facilities available during the quieter months.



Properties with a hot tub or spa membership

Unwind in your stunning holiday home



Villa 1, Estura

In a sought-after location, overlooking the stunning Salcombe estuary, this luxury villa offers open-plan living accommodation and a spacious balcony. Guests can enjoy the use of the luxury spa facilities at the nearby Harbour Hotel, plus 15% off treatments.

Salcombe

Sleeps 8

From £1516

VisitEngland 5 ★ Gold

coastandcountry.co.uk/cottage-details/villa1



Vantage Point

Offering a relaxing escape, even when the weather isn't at its best, Vantage Point boasts a private hot tub and sauna on its wrap-around balcony. A splendid living room offers ample seating for a large group, with views of the surrounding countryside.

Hillfield Village, near Dartmouth

Sleeps 8

From £1,011

VisitEngland 5 ★ Gold

coastandcountry.co.uk/cottage-details/vanpoi



32 Dart Marina

Boasting stunning river views, this first floor waterside apartment is ideal for a relaxing escape at any time of year. Just a few steps from the apartment, recharge at the Dart Marina Health Spa, with 10% off spa treatments for guests.

Dartmouth

Sleeps 4

From £860

VisitEngland 5 ★ GoLd

coastandcountry.co.uk/cottage-details/32dart



Court Lodge

Relax in the private hot tub overlooking the tennis court at the peaceful Hillfield Village development, surrounded by rolling countryside. Guests can also enjoy members rates on spa treatments at the nearby Dartmouth Hotel, Golf and Spa.

Hillfield Village, near Dartmouth

Sleeps 10

From £1,092

VisitEngland 5 ★ Gold

coastandcountry.co.uk/cottage-details/court1

Delightful Devon pub walks, via the South West Coast Path

Beautiful trails with fantastic pubs to discover on route



Devon pub walks combine two of the best things about staying in our region – picturesque hiking trails and traditional village inns, all of which serve great food in a warm and welcoming setting. This autumn, why not head to the coast path and spend leisurely days walking from village to village, admiring the scenery as the leaves change from green to gold. With so many fantastic foodie pitstops along the way, not to mention breathtaking views, you won't be disappointed. Whether you're looking for a short stroll and a quick waterside pint or a day-long hike punctuated by a hearty Sunday roast, you'll find all this and more in our Area of Outstanding Natural Beauty.



The Village Inn, Thurlestone

Situated in the heart of the picturesque coastal village of Thurlestone, The Village Inn is a delightful traditional pub, serving fabulous food. Whether you opt for beer battered south coast cod and chips or moules marinière, you are sure to leave feeling refueled and ready to tackle the coast path. Walkers can head in one direction towards the surfer's paradise of Bantham, with views over Bigbury Bay, or in the other direction towards Thurlestone Sands, Hope Cove, and beyond that, Salcombe!

The Ferry Boat Inn, Dittisham

The Ferry Boat Inn (or FBI) is a cosy one-bar pub on the waterfront in beautiful Dittisham, where you can enjoy stunning views of a peaceful stretch of the River Dart and choose from a menu strongly based on fresh, locally sourced ingredients. With hearty options like game casserole and homemade pies, this is a fabulous stop for an autumn warmer. Why not enjoy a long walk along the Dart Valley Trail – begin at Dartmouth, catch the ferry to Kingswear and follow the path all the way to Greenway, before crossing the water back to Dittisham. Stop at the Ferry Boat Inn before continuing through the wooded Raleigh Estate, heading back to historic Dartmouth. It's a 10-12 mile challenge even for experienced hikers, but well worth it for the views alone. You can shorten the walk by catching the ferry from Dittisham back to Dartmouth, for those with tired legs!

The Cricket Inn, Beesands

One of the most popular food-oriented pubs in South Devon, the Cricket Inn is situated right on the seafront in the fishing village of Beesands. It's especially popular for Sunday lunches and seafood dinners, and it also boasts an impressive claim to

fame: The Cricket Inn is where Mick Jagger and Keith Richards performed together in public for the first time.

With fish pie on the menu, as well as delicious burgers and steaks, there are plenty of options for lunch or supper. Why not walk from Torcross along the South West Coast Path to Beesands, or try the circular walk that takes in both Beesands and Hallsands?

The Hope & Anchor, Hope Cove

Hope Cove is a picturesque and atmospheric former haunt for smugglers, with two beautiful beaches. The Hope & Anchor is a spacious pub with a wide-ranging menu combining pub classics with original dishes. There's a large outside terrace, ideal for making the most of sunny autumnal days and the beach views. A stone's throw away, you'll also find the Cove, a lively café-bar.

Hope Cove is perfectly placed for a range of walks, which include a long circular hike from Salcombe (going one way along the South West Coast Path and back inland through Malborough). Another, easier option is to take a smaller circular route from Hope Cove, Bolt Tail and Bolberry. The views from this stunning stretch of the South Devon coastline will take your breath away, not to mention help you work up an appetite.

At Coast & Country Cottages, we believe that nothing beats a hearty hot meal. Visit coastandcountry.co.uk/blog/roast-heaven-in-south-devon to read our blog 'Roast Heaven in South Devon: six of the best' for some of our favourite places to indulge in a hearty roast!

Must-visit destinations for a delicious hot chocolate

South Devon is home to vast array of fantastic cafés, tea rooms and restaurants serving warming beverages and delectable treats – including the ultimate autumn warmer... hot chocolate!

Whether you have just stepped off a boat after a bracing cruise around the South Devon coastline, or are walking the South West Coast Path and need a pitstop, here are our top five places to enjoy a steaming mug of cocoa in this beautiful region.



Stokeley Farm Shop

Situated in a fabulous spot near Slapton Ley and the stunning Start Bay coastline, visitors to Stokeley Farm Shop can expect delicious locally sourced food and drinks. From soups and hearty meals like spaghetti bolognaise, to mouth-watering cakes and, of course, hot chocolate, you won't be disappointed!

Why not head out for a walk around Slapton Ley National Nature Reserve before returning for a 'Special Hot Chocolate' at the farm shop café, topped with cream and marshmallows – delicious.

Saveurs, Dartmouth

Saveurs is a boulangerie, chocolaterie, and patisserie in the heart of Dartmouth. Traditionally French, this bakery and restaurant produces excellent freshly made bread, chocolate, pastries and cakes. Enjoy an autumn shopping spree, visiting the art galleries and independent boutiques lining the town's cobbled streets, before sampling one of Saveurs' special homemade hot chocolates, made using Valrhona chocolate, caramel and vanilla pods!

South Devon Chilli Farm

Fancy something a little different? The South Devon Chilli Farm, near Loddiswell, offers fabulous food, not to mention hot chocolates with a twist. Made using their chilli chocolate, try their slightly 'warmer' alternative – hot chocolate with a chilli kick. For those who prefer to keep things traditional, why not opt for a normal hot chocolate, or 'go luxury' and add cream, marshmallows and Belgian chocolate drops!

After you have devoured your tasty treats, visit the show tunnel and view the wonderful array of chillies growing.

Island Street Bar and Grill

Located on the edge of the stunning Salcombe estuary, the Island Street Bar and Grill is a fabulous eatery to retreat to, after a leisurely stroll along Salcombe's quayside or a fun hour crabbing with the children. Try their deluxe hot chocolate option - with whipped cream & marshmallows, this is a cup of joy, sure to warm your cockles.

The Hope and Anchor

This traditional pub is just metres from the beach, in quaint Hope Cove. With miles of South West Coast Path 'on the doorstep', this is the perfect place for a pitstop. Walk from Bantham to Hope Cove, stopping at The Hope and Anchor for lunch and a deluxe hot chocolate (a classic hot chocolate with mini marshmallows and flaked chocolate) beside the fire.

Autumn recipe: spiced blackberry hot chocolate

Juicy blackberry and rich chocolate is an all-time favoured flavour combination, for its tangy, mouth-watering blend of aromas. On cooler autumnal days, make the most of the kitchen in your holiday home, making delicious freshly-picked blackberry hot chocolates – the perfect cosy drink to enjoy snuggled up on the sofa.



SERVES 4

YOU WILL NEED

For the hot chocolate...

200g fresh blackberries
3 tbsp icing sugar
1 tbsp water
½ tspb vanilla extract
720ml full-fat milk
120g 70% chocolate
1 tbsp water
¼ tsp cinnamon powder

For the topping...

Whipped cream
Marshmallows
Cinnamon stick
Freshly-picked blackberries

TO MAKE

1. Take your freshly picked blackberries, tablespoon of water and icing sugar, and heat on a medium-high heat for 5 minutes until the berries soften.
2. Get rid of seeds, for a smooth texture, by pushing the cooked ingredients and juices through a sieve.
3. Boil the milk.
4. Whilst your milk is heating, chop your chocolate into chunks and blend with vanilla extract.
5. Pour hot milk over chocolate and allow to melt into the chocolate for a few moments.
6. Keep 1 tbsp of your cooked and sieved blackberry juices to one side. Pour the rest of the blackberry juices into the blended chocolate and vanilla extract, add cinnamon and blend together until frothy.
7. Taste and add if necessary, add desired sweetening.
8. Pour hot chocolate into mug and add your left-over blackberry juice, sweet and spicy toppings.... Cosy up on the sofa and enjoy!

Visit coastandcountry.co.uk/blog/the-best-blackberry-picking-spots-in-south-devon for perfect blackberry picking spots in South Devon

Autumn recipe: Devonshire sloe gin

Around South Devon, you will find wild blackthorn trees full of sloes, and some of the best spots that we've found this year are at Bolberry, Soar Mill Cove and Hope Cove. You will need to pick enough to half-fill the bottle you're using, or pick as many as you can find, and if you have more then why not make another bottle or two! Our tip to making the perfect sloe gin is to wait until the first signs of frost show, or to freeze your berries, as these ripen the sloes best. We highly recommend whilst you pick your sloes, to also pick blackberries to freeze at home, so that you can put a few of these as an extra treat in your glass when you finally get to enjoy your tipple!



MAKES 900ml

YOU WILL NEED

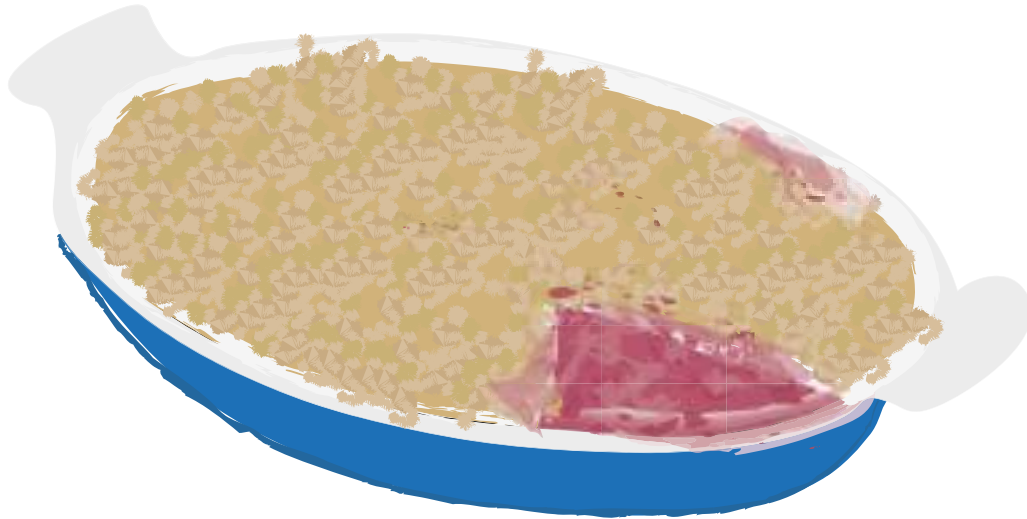
500g ripe sloes
250g granulated caster sugar
1 litre of gin (*we recommend Salcombe Gin*)
2 litre sealed container/bottle

TO MAKE

1. Take your frozen sloes out of the freezer, or gather your frosted sloes together, and prick them so that the skin peels.
2. Put your sloes in the bottle that you have chosen. Create a paper funnel and pour in the granulated sugar, before pouring the gin on top. Add the gin and seal the bottle tight.
3. Give your bottled gin a good shake for a minute.
4. Place your bottle in a window for a minimum of two months, where sunlight will be in direct contact.

Autumn recipe: blackberry and apple crumble

One of our favourite British puddings, that sweetly reminds us that autumn is here, is delicious fruity crumble packed with tantalising flavours. As the hedgerows bring an abundance of free-for-all blackberries, and apples that taste their best throughout the autumn months, bake a delicious warming crumble with these wonderful ingredients.



SERVES 4

YOU WILL NEED

For the crumble...

120g plain flour
60g caster sugar
60g unsalted butter at room temperature
¼ tsp ground cinnamon
85g shelled pistachios (optional)

For the fruit compote...

300g cooking apples
30g unsalted butter
30g demerara sugar
115g blackberries
¼ ground cinnamon
Devonshire clotted cream or vanilla ice cream to serve (optional)

TO MAKE

1. To begin, preheat the oven to 200 °C (gas mark 6).
2. For the crumble, simply rub butter, sifted flour, a dash of cinnamon and sugar together, using your fingertips, until it resembles a light breadcrumb texture. Alternatively, use a food processor to create your breadcrumbs, but be careful to not overwork it as the crumble can become too heavy. If you are wishing to add pistachios for an extra crunchy, nutty topping, then stir them lightly into your crumble now. Sprinkle your cinnamon crumble topping evenly onto a baking sheet. Place in the oven till lightly coloured (approximately 15 minutes).
3. Slice, core and peel the apples into thick slices.
4. Place the butter and demerara sugar in a saucepan on a medium heat until the mixture caramelises (approximately 3-5 minutes). Then, add the thickly sliced apples into the saucepan for three minutes, before adding blackberries and cinnamon for a further 3-5 minutes. Take the saucepan off the heat, and let it rest for a few minutes. Place your warm fruit into an ovenproof dish and pour the crumble evenly on top. Heat in the oven for 8-10 minutes, until the crumble is golden and crisp. Leave your delicious crumble to rest for 10 minutes, before serving with lashings of Devonshire clotted cream or vanilla ice cream.

Pampering in South Devon: 5 truly sumptuous spas

Perfect pampering in South Devon



Autumn provides the ideal opportunity for some pampering, either by yourself or with a loved one. Rejuvenate after the busy summer months and take time to enjoy some truly indulgent 'me time' whilst on holiday. As you enter the door to one of South Devon's many spas, the tranquil atmosphere soothes the soul, mind and body, warming you from the cooler weather outdoors.

Dart Marina (Dartmouth)

Dart Marina, a stunning riverside complex just a five-minute walk from the centre of Dartmouth, is the perfect place to head for a day of beauty treatments, therapies, leisure and relaxation. There's a warm pool and fitness suite for some healthy exercise, plus a Jacuzzi, spa bath and steam room to relax your body and mind. There's also a restaurant, which is particularly famed for its delicious afternoon tea. Choose from a wide range of beauty and health treatments, from eyelash tinting to a deep tissue muscle massage. Booking in advance is highly recommended, and you can choose a spa package or pick individual treatments to suit your requirements.

We spoke to the experts at Dart Marina Spa to find out what the perfect autumn beauty saviour is, who say that "by October all our Christmas gift sets from Elemis and Pevonia would have arrived. These are the perfect sets to help you to take some time for yourself and to protect your skin from the outside in. They will also make fantastic gifts. The sets all have amazing savings and there is something for everyone."

"protect your skin from the outside in"

Dartmouth Hotel, Golf & Spa

The Dartmouth Hotel Golf Club and Spa is an easy five-mile drive from Dartmouth. The spa includes an indoor swimming pool, sauna, steam room and Jacuzzi as well as a well-equipped gym with a resident sports therapist. The spa treatments range from simple manicure files and polishes to a Rasul Mud experience (a traditional Egyptian bathing ritual open to individuals and couples).

Book individual treatments or an indulgent spa day package, such as the Dartmouth Wellbeing Couples' experience or the Lazy Sunday Spa Afternoon. Finish the day with a meal or drink at the bar and bistro.



Salcombe HarSPA

The spa at Salcombe Harbour Hotel, located on Salcombe's beautiful waterfront, has everything you'd expect from a luxurious spa facility and more, including an indoor swimming pool, hydrotherapy pool, sauna, steam room and fitness suite.

The range of therapies and treatments is extensive, including ritual top-to-toe treatments, Lomi Lomi (traditional Hawaiian) and hot stone massages, advanced facials and much more. You can choose from day-long, half-day and shorter sessions including a twilight spa evening – the perfect way to round off your day.

Salcombe Harbour Hotel is also home to the Jetty Restaurant, an award-winning eatery with an emphasis on fresh local produce.

Thurlestone Voyage

Located near the beautiful stretch of coastline at Thurlestone Sands, the Voyage Spa uses high-quality Decléor and Ytsara treatments and products to provide visitors with a lavish pampering experience.

The spa includes an indoor pool, jet spa hydrotherapy pool, a dry heat Laconium, fitness studio, steam room and separate sauna.

coastandcountry.co.uk



Book a full day, which could be the Voyage Spa Day, a package that grants access to all the spa facilities, or something more luxurious such as the Voyage Spa Ocean Experience, which includes a Voyage Spa Ocean Escape treatment (1hr 25mins) and a two-course lunch. Individual treatments are also available.

The Haven Spa

The Haven Spa, located in the pretty and conveniently-located market town of Kingsbridge, is a boutique establishment with five treatment rooms and a relaxation lounge. There's a team of beauty and complementary therapists who offer an extensive selection of options.

Book an individual treatment, from a classic pedicure to a traditional Swedish massage, or indulge in a full spa package. This could be, for example, a Heavenly Haven package, which includes a salt scrub, Swedish full body massage and pro-radiance Facial, or perhaps a Mini Me Time, which includes an Elemis Taster Facial, deep tissue back massage, and a file and polish for your fingers and toes.

Outdoor activities to enjoy this autumn in South Devon

Embrace the great outdoors this autumn!

With warmer than average temperatures, uncrowded beaches, and striking autumnal colours, the designated Area of Outstanding Natural Beauty of South Devon is magical in autumn. For the active and adventurous, embrace the elements, get out there and take part in the many outdoor activities to enjoy this autumn in South Devon, both on water and on land!



On water...

Spending time on the water is always great fun, regardless of the time of year. With a decent wetsuit, a warm bobble hat and a buoyancy aid (if appropriate), you will be well insulated and ready to face the elements! Best of all, when staying with Coast & Country Cottages, you can get 10% off any full length wetsuit from locally based Triocean Surf!

Kayaking

South Devon is fantastic for kayaking, especially for families with younger children eager to explore the coastline by water. Not only do the grown ups get a good physical workout, but little ones love sitting back with eagle eyes, looking for fish, seals and even the elusive mermaid! There are many places you can hire kayaks from, or even participate in a kayak tour with, including Sea Kayak Salcombe (South Sands), Surfing Sam (South Milton Sands), Sea Kayak Devon (Dartmouth) and Discovery Surf School (Bigbury-on-Sea).

Stand up paddleboarding

South Devon enjoys a thriving 'SUP' scene, and is home to many beautiful beaches, coves and estuaries, providing the perfect playground for paddle boarders. If the weather conditions are favourable (not too windy!), most people pick up paddle boarding fairly quickly. There are various places you can hire boards from, including Waterborn (Kingsbridge), Sea Kayak Salcombe

(South Sands), Surfing Sam (South Milton Sands), and Discovery Surf School (Bigbury-on-Sea).

Surfing

If you really want to get in amongst the waves, then book a surf lesson with Discovery Surf. Based in the stunning location of Bigbury-on-Sea and Challaborough Bay, they offer tuition for all ages and abilities.

Discovery Surf School is run by husband and wife duo, Annika and Martin Connely, who says that "South Devon has some of the best beaches for surfing and paddleboarding and there are many ways to make the most of your time on the water. We recommend checking the conditions before you head out, a calm day could be perfect for paddle boarding or if it's rough or windy, surfing might be a better option. If you're not sure you can always get some advice from us here at Discovery. Always head out with a friend or let someone know where you are so you stay safe, and again if in doubt ask for some advice. There is so much equipment out there and if you're learning to surf make sure you're on a big, stable foam board, which makes it much easier for getting to your feet and catching waves."

"South Devon has some of the best beaches for surfing and paddleboarding"



On land...

Walking

South Devon is a walker's paradise and boasts a myriad of walking routes that criss cross the region. Home to an abundance of wildlife, historical landmarks and secret coves, it's the perfect spot to enjoy numerous beautiful autumn walks. The team at Coast & Country Cottages are avid walkers, and we've worked hard to compile a comprehensive walking guide that details routes suitable for flip-flops, wellies, seasoned hikers and toddlers alike.

Download our South Devon Walking Guide for fourteen step-by-step guided walks, to experience some of the area's most beautiful backdrops, for all ages and abilities, visit coastandcountry.co.uk/downloads

Develop outdoor skills

If you're keen to learn or further develop an outdoor skill then the region has plenty to offer. Dartington-based Dynamic Adventures offer guided outdoor activities for children and adults, including archery, zipline, high ropes, rock climbing, abseiling, orienteering and mountain biking. In addition, Salcombe Shooting School offer tuition and practice sessions, suitable for all levels.

Forest & Beach

Being outside is the perfect environment for children and nothing beats the much loved sandy toes, salty hair and muddy knees at the end of an adventure filled day. Providing curriculum-linked outdoor learning and environmental education, Forest & Beach provide the ultimate opportunity for a unique adventure whilst in South Devon. Offering a popular holiday club, children have the freedom to explore the natural environment in a fun, creative and practical way. To join in the fun, enrol on one of their beach / coastal adventure days.

Autumn events in South Devon

Jam packed with an exciting assortment of events and festivals, the region is a hive of activity throughout the autumn period...



You won't be short of events to enjoy on your autumn getaway... expect sumptuous food festivals, organised outdoor pursuits and an array of themed days for Halloween. Suiting all tastes and ages, we've compiled a list of our favourite autumn events to inspire your break...

South West Outdoor Festival

5th - 7th October

A weekend bursting with outdoor adventure and entertainment, The National Trust is hosting this year's 'South West Outdoor Festival' at East Soar Outdoor Experience, located just outside Salcombe. The two day festival includes exhilarating activities such as trail running, mountain biking, swimming, slacklining, and coasteering alongside a variety of talks, workshops and yoga classes.

Dartmouth Food Festival

19th - 21st October

During the first weekend of the October half term holiday, the historic town of Dartmouth will host the 16th annual Dartmouth Food Festival. This is a top-10 UK food event which is particularly renowned for celebrating the best in South Devon produce. This food loving festival gives visitors the chance to learn from the best chefs through demonstrations and hands-on workshops.

Overbeck's halowe'en spooky Fun

26th- 27th October

Take the kids to Overbeck's in Salcombe, and you will be welcomed by an open invitation for 'all budding witches and wizards' to join in the spooky fun. With craft activities, storytelling and a ghostly garden trail to enjoy it's an event not to be missed.

South Devon Railway

20th - 26th October

Throughout the half term week, the South Devon Railway, which runs along a stunning stretch of countryside between Totnes and Buckfastleigh, are running 'Kids for a Quid week'. All children will be able to travel between Buckfastleigh and Totnes for just £1, on the proviso that they are accompanied by an adult.



Dartmouth creepy castle

22nd - 26th October

Running between the Monday and Friday of the half term week, families can 'scare themselves silly' at Dartmouth Castle, with frightening tricks waiting around every corner and kids' craft activities in the spooky tower. They even have a daily fancy dress competition, so be sure to dress to scare!

October half term at Pennywell Farm

20th - 28th October

Throughout the half term week, Pennywell Farm welcomes a busy schedule of Halloween focused activities. Enjoy pumpkin carving, cuddly pigs, rainbow railway, tractor, go kart and pony rides. They also have several special guests including Matt Pang the gentleman juggler, Poco Drum, Mr Phil and even Magic Martin!

Riverford Pumpkin Day

27th October

Towards the end of October, Riverford are once again hosting their ever popular annual pumpkin day. Expect a jam packed day of pumpkin carving, worm digging, bean seed potting, live music, face painting, arts and crafts and tasty organic food, alongside a great dose of fresh Devon air. Tickets can be purchased on the Riverford website.

Download our free Children's activity book that is bursting with opportunities for creativity. If you happen to catch a rainy day or want to keep the children happy during your evening meal, the activity book is perfect for you. Download yours here:

coastandcountry.co.uk/downloads/



Experience South Devon's National Trust gems this autumn



The South Devon Area of Outstanding Natural Beauty is home to three National Trust properties, all of which offer a fascinating day out, complete with historical interest, stunning views and fresh country air. They are all well worth a visit this autumn, particularly as all three have beautiful gardens, with radiant summer blossoms that subtly change to glowing red and gold foliage with the shifting seasons.

Here's a little information about where to find these National Trust gems, what to expect and what we love about them.

Coleton Fishacre, near Kingswear

Step back in time to the 1920s and explore the Art Deco former home of Rupert and Dorothy D'Oyly Carte. Built in 1926, this country retreat is a wonderful place to visit thanks to its stunning valley views and splendid interiors. The fun interactive elements mean you can try on clothing and hats from the 1920s and listen to jazz music from the era, immersing yourself in the glamorous lifestyles of the original residents.

There are beautiful gardens to explore, with seasonal walks organised by the National Trust staff to help you appreciate the colourful flora. There's also inside and outside seating at the Coleton Café – perfect for enjoying light refreshments.

Open daily until 28th October, after which open only at weekends.

Greenway House and Gardens, near Kingswear

Visit the former home of Devon's most famous daughter, Dame Agatha Christie, for a wonderfully evocative day on the banks of the River Dart. Learn more about the 'Queen of Crime' from the lovingly maintained 1940s interior, not just about Dame Agatha's writing but also her other passions, such as her archaeological expeditions to the Middle East.

Greenway gardens are well worth exploring in their own right, not least because the views from the estate are some of the most breathtaking in the region. Opportunities to take fantastic photos abound, whether you're looking across to Dittisham from Greenway Quay or gazing out over the Dart Valley towards Dartmouth from the top of the hill.



To find out more about the National Trust properties in South Devon, visit coastandcountry.co.uk/family-days-out/blog/national-trust-properties-in-south-devon

Why not visit on 10th, 17th or 24th October, and listen to a special talk from one of the volunteers about the history of Greenway pre-Agatha Christie. Or pop along on 18th October and join the countryside rangers for a guided walk through the garden to see the autumn woodland colours. Throughout October half term there is also a Harvest Trail at Greenway, especially for children.

Open daily until 28th October, after which open only at weekends.

Overbeck's House and Garden, Salcombe

In a commanding position above South Sands, Overbeck's House is a treasure trove of interesting art and quirky artefacts, with a

colourful garden renowned for its rare plant species from the tropics and around the world. Built in 1913, this unique property is the former home of scientist and inventor, Otto Overbeck, and was bequeathed to the National Trust following his death in 1937.

Explore the art and natural history collections, walk the garden trails, enjoy the magnificent views and then stop for a break in the tea room, and savour a delicious Devonshire cream tea.

Bring the children to visit for their Halloween Spooky Fun. Taking place on 26th and 27th October, children can enjoy craft activities, storytelling and a ghostly garden trail! Open daily until 28th October.

DID YOU KNOW: National Trust members enjoy free access to each of these properties, as well as complimentary parking at South Milton Sands and Mill Bay beach at East Portlemouth.

6 of the best dog-friendly beaches to enjoy in the autumn months

Here are our favourite beaches for your pooch to get sandy paws and a salty nose



South Devon is the perfect playground for your four legged friend, and is home to an impressive variety of dog-friendly beaches. The season enjoys empty beaches, uncrowded coast paths, warm waters and best of all, a lift in the summer dog restriction from 30th September.

East Portlemouth

Across the water from Salcombe, the scenic sandy beaches of East Portlemouth, are particularly inviting. The sea is shallow, and the sheltered waters mean that after being naturally heated by the summer sun, you and your four-legged friend can enjoy a swim in the warm sea.

North Sands

Approximately a mile from Salcombe, North Sands is dog-friendly 365 days a year, situated adjacent to The Winking Prawn beach café, which welcomes well-behaved dogs. Why not sit and indulge in a delicious meal, with your pooch

by your side, after an afternoon of fetch?

Soar Mill Cove

The secluded sandy beach at Soar Mill Cove looks like something out of an Enid Blyton book, tucked away in the valley just outside of Salcombe, only accessible by foot via The South West Coast Path. This picturesque cove is definitely worth the walk in the autumn months, as there are lots of blackberry bushes on route, loaded with antioxidants, fibre and vitamins, which are great for both you and your canine as a little treat, so why not take a small container with you to fill it up with juicy goodness!



Thurlestone and South Milton Sands

Thurlestone and South Milton Sands join together to make a long, sandy stretch of beach that's dog-friendly all year round. Dogs love this beach, as the wide-open sand is just the ticket for a run around. There are usually a vast array of canines visiting Thurlestone and South Milton Sands, so your four-legged friend can enjoy meeting other waggly tails! We highly recommend walking into Thurlestone village for a scrummy roast dinner to warm you up after a blustery, refreshing autumn beach walk.

Slapton Sands

Slapton Sands is a three-mile shingle stretch of beach, incorporating both Strete Gate and Torcross Beach. It's a completely level walk with plenty of parking and some great dog-friendly eateries. Dog-friendly year-round, Slapton Sands is the perfect beach for a leisurely stroll.

Beesands and Hallsands

Just south of Torcross are the traditional fishing villages of Beesands and Hallsands. Head to Beesands to feast in the dog-friendly, award winning pub, The Cricket Inn, before starting the circular walking route from Beesands beach to Hallsands, where four-legged friends can't help but run straight in the sea!

Sugary Cove

Sugary cove is located on the South Devon Heritage Coast, at the mouth of the River Dart, near Dartmouth Castle. This peaceful, remote shingle beach is dog-friendly all year round, and is tucked away in wooded cliffs, accessible by a steep, winding downhill path. The beauty of this hidden cove is not just its stunning views of the River Dart, but the rarity of a spot so tranquil – perfect for an early morning stroll with your pooch to stretch out your legs!

Activities to enjoy in your holiday home

From iconic autumn leaves to fallen conkers, autumn brings an abundance of natural craft supplies to get creative with...



When autumn arrives, an abundance of delightful warm colours blanket South Devon, and the natural craft supplies that fall from the trees and hedge release the inner artist in all of us! When you wake up to the patter of rain falling outside your cosy holiday home, take advantage of the opportunity to let your imagination flow, by making fun autumnal inspired crafts with the family.

Here are a few of our favourite ways to get creative this autumn, whatever the weather.

Leaf Wreath

What you'll need:

Paper plate

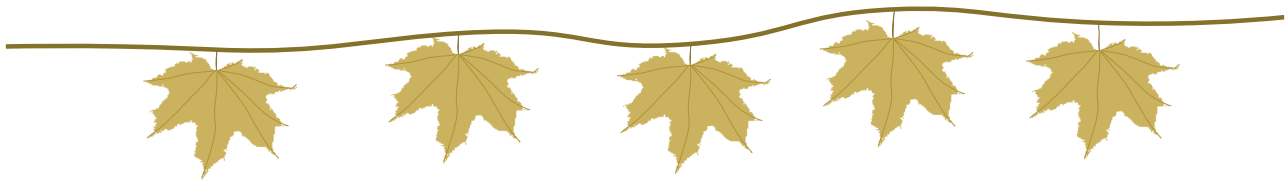
Leaves

Scissors

Glue

This fantastic affordable craft is perfect for the lead up to autumn time! Pick a fallen leaves and take them back to your holiday property. Cut out the circular centre of the paper plate so that you are left with a thick edge. Glue the leaves that you have hand-picked around the edge of the paper plate – the more leaves, the fuller the wreath! Place on the door, or in the entrance to the property, to create a homely autumnal atmosphere!





Leaf rubbing

What you'll need:

Leaves

Paper

Crayons

Quick, easy, colourful and a superb addition to any holiday home! Get a warm coat on and go for a lovely autumn walk around the stunning South Devon countryside, and pick some of the best fallen leaves that you can find. When you get back to your property, get your crayons and paper out and prepare to get creative. Place a leaf under a piece of paper (if your leaves are damp then dry them off first) and colour in your piece of paper that is overlaying the leaf. As you rub colour on the paper, you should see the outlines of the leaf appearing – watch your beautiful art piece come to life!

Autumn leaf garland

What you'll need:

Leaves

Scissors

PVA glue

Ribbon

Paint, pens, glitter (optional)

An autumn leaf garland will add that extra bit of magic to your holiday home. To make this delightful craft, pick a handful or two of fallen leaves. Decorate the leaves that you have picked, however you see fit – we love to decorate our leaf garlands with golden glitter! To do this, apply glue to your leaf and dust it with a sprinkling of glitter. Let the glue dry and once dry, shake off any excess glitter. Ask a guardian to poke a hole in the leaves that you have decorated, near the stem, and thread ribbon through each and tie a hole at each end. Hang your leaf garland up and watch the golden leaves shimmer in the reflection of the beaming sun rays, glimpsing through the window of your

cosy cottage.

Apple Printing

What you'll need:

Apples

Paper

Knife

Paint

From crumble to entertaining crafts, this tasty fruit is one to take advantage of through the autumn months. Get an adult to cut an apple in half, or to cut out your desired shape... as long as you're not too tempted to eat it! Paint the flat surface of the apple and press it onto paper and voila... keep painting until your heart's content!

Conker caterpillars

What you'll need:

Conkers

Pipe cleaners

Googly eyes, or paper and pens

Metal skewer

Strong glue

"Conkers, I'm collecting conkers"...when walking around South Devon this autumn, you'll be sure to spot some conkers. Make a fun little competition between yourselves to see how many conkers you can gather, to make some fantastic friendly conker caterpillar crafts on rainy days! To make your conker caterpillar, start by picking approximately 10 conkers, with 1 preferably bigger conker for the head. Get an adult to pierce through the conkers to make a hole in each one with a metal skewer. Thread through the conkers with a pipe cleaner, and make a fold at the end of the pipe cleaner so that they don't fall off, once threaded through. You can glue this to secure it further. Glue on googly eyes, or make your own paper eyes to bring your caterpillar to life!

Come rain or shine, autumn is a fun time!

Fun days out, whatever the weather...



Whilst South Devon boasts one of the warmest climates on mainland Britain and is often bathed in sunshine, occasionally British weather can be a little unpredictable. If you do encounter the odd rainy day during your holiday, don't worry! There's a fantastic choice of fun activities to enjoy in South Devon this autumn, come rain or shine...

All weather family attractions

South Devon has a varied range of attractions to enjoy, ranging from wildlife centres and petting farms to zoos and the UK's largest aquarium. Why not pop along to Pennywell Farm, where you can feed the sheep and cuddle the miniature pigs. With indoor and outdoor play areas, this is a fabulous option for younger children. With appearances from various performers throughout the autumn, there is no shortage of entertainment – come along and enjoy Dan the Hat's circus skills, or Poco Drom's musical interludes.

Pennywell Farm is open 10am-5pm daily until 28th October 2018.

For those with older children, Woodlands Family Theme Park has a fantastic range of all-weather play areas, meaning even if the weather is unkind, kids (and adults!) won't be disappointed. With a seven storey indoor play centre, zoo farm and 'Master Blaster', there is so much to enjoy.

Woodlands Theme Park is open daily until 28th October 2018, and then open weekends only.

For those looking to entertain the children just for a few hours, why not head to Kidz and Co Soft Play Café on Island Street, Salcombe, which is very popular with young families. Sit back and relax with a coffee and wholesome cake whilst the little ones play.

Spa day

If a day of indulgent pampering sounds more appealing than a day of action, then book yourself into one of South Devon's luxurious spas. The Salcombe Harbour Hotel 'HarSpa', The Voyage Spa at Thurlestone Hotel, The Dartmouth Spa and the Dart Marina Spa all offer a fantastic choice of treatments and facilities, guaranteeing you some much need 'R & R'.

Cinema

The cinema is always a popular rainy day activity, so why not catch a matinee showing of a children's film, or an evening show for the adults. Regardless of what you watch and when, be sure to take a bag of local goodies to enjoy, such as sumptuous Roly's fudge! For further information on cinema listings and times, check out Kings Cinema in Kingsbridge, The Flavel



Cinema in Dartmouth or The Barn Cinema at Dartington, all of which offer very comfortable viewing. This autumn, new releases for children include *Smallfoot*, *Luis & the Aliens* and *Sgt. Stubby An Unlikely Hero!*

Arts and Crafts

South Devon is a hub of creativity, and is positively brimming with arty opportunities, suiting all ages and abilities. Paint your own

ceramics at The Art Cafe in Kingsbridge, or at China Blue in Totnes. For something even more relaxed, visit Paper Bird Island, on Salcombe's Island Street, an art space where kids and adults can paint, decoupage and glitter a range of animal and box shapes.

South Devon has many more activities and attractions for all the family to enjoy, whatever the weather. For further suggestions, take a look at our family days out blog pages.

Enjoyed our guide?

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