



South Hams food trail

Discover the unique flavour of the South Hams by taking the food trail. The region is loved for its amazing landscape of wooded river valleys, sandy coves, the rugged beauty of Dartmoor and rolling farm land.

It is also renowned for its quality food and drink of course, from some of England's best wines and seafood to ice cream and fruit juices. With a choice of award-winning hotels, restaurants, beach cafés and pubs all serving local and fresh produce, there is nowhere better to sample Devon's delights.

Many businesses in the South Hams are committed to caring for the area's natural environment, so support them by travelling by foot, bike or public transport when taking the trail. You can get help with info on public transport by contacting Traveline on 0870 6082808 or visiting www.traveline.org.uk

Find out more about South Hams and Devon's Food and Drink visit www.discoverdevon.com/foodanddrink or call the Discover Devon Holiday Line on 0870 6085531.

No. 1 Burgh Island Hotel

This private island, moored off the South Devon Coast by a tidal causeway is a true Art Deco paradise; loved by Agatha Christie, Noel Coward et al and still an exclusive hideaway. In the '50s the hotel was known as the 'Best Hotel West of the Ritz' and today it has been restored to its 1930s heyday. In addition to original furniture and authentic music, there are no TVs, minibars or even guaranteed mobile phone reception. The food has won consistent praise since Chef, Conor Heneghan, took over the kitchen in 2002. The style is best described as 'clean European' and uses local produce for dishes with balanced texture and flavour.

Burgh Island Hotel, Burgh Island, Bigbury-on-Sea.

Tel. 01548 810514. www.burghisland.com

No. 2 Manna from Devon

Tucked away in the peaceful village of Kingswear, Holly and David Jones have created a relaxing environment where you can improve your culinary expertise. Having worked in food production in South Devon for the last five years they've all the right contacts for sourcing the best seasonal ingredients. Accommodation is available at the Victorian Fir Mount House, set in a stunning location with very comfortable rooms. Delicious breakfasts include homemade juices, breads and muesli with eggs from the garden, local bacon and sausages, and even fresh field mushrooms in season.

Manna from Devon, Fir Mount House, Higher Contour Road, Kingswear. Tel. 01803 752943. www.mannafromdevon.com

No. 3 Buckland Tout Saints

Situated in the heart of the South Hams, Buckland Tout-Saints Hotel is a hidden gem - a beautiful 16th century manor house and award-winning restaurant set in 4½ acres of gardens and woodland.

Following extensive refurbishment, the hotel has traditional yet classically stylish decor. Six of the newly refurbished bedrooms are





1. Burgh Island Hotel
2. Manna from Devon
3. Buckland Tout Saints
4. Britannia Shellfish
5. The Tower Inn
6. Effings
7. Sharpham Vineyard
8. Tradesman's Arms
9. Steam Packet Inn
10. Devon Meat Company
11. Wills
12. Riverford Field Kitchen
13. Kitley House Hotel
14. Royal Castle Hotel
15. Royal Seven Stars Hotel

contemporary in design, with flat-screen TVs and modern amenities, and all have stunning south-facing views down the valley. A further four bedrooms have been added, bringing the total number to 16. The restaurant, bar and lounge areas have all been restored to their original grandeur, and dining can be enjoyed in either the Queen Anne Restaurant, or the more intimate Blue Room. The Kestrel Suite accommodates up to 125 guests for private dining or corporate events.

Buckland Tout Saints Hotel, Goveton, Kingsbridge.
Tel. 01548 853055. www.tout-saints.co.uk

No. 4 Britannia Shellfish

The family-run Britannia Shellfish is situated on the beach at Beesands. Its own caught crab, lobster and scallops are held in large seawater tanks for optimum quality and freshness. Here you can 'pick your own' shellfish or have it cooked for you. Britannia Shellfish also sells the freshest local wet fish, including line-caught bass, mackerel, skate and lemon sole. Dressed 'Start Bay' crab is a speciality and if you time it right you could be lucky enough to see it landed directly in front of the premises. Plans are afoot to open a café on the seafront, which will specialise in its own seafood and other locally sourced products.

Britannia Shellfish, The Viviers, Beesands, Kingsbridge.
Tel. 0845 0550711. www.britanniashellfish.co.uk

No. 5 The Tower Inn

The Tower Inn, tucked away in the centre of the historic village of Slapton, is a haven for lovers of good food, fine wines and real ales. The Inn was originally part of the Collegiate of St Mary, founded in 1373 by Sir Guy de Brian. Lunch is served either in the bars, or in the walled garden, featured amongst *The Independent's* top ten Southern Pub Gardens in 2005. Dinner is enjoyed by candlelight and the menus use fresh, locally produced ingredients such as smoked fish from Dartmouth, prime Devon beef, local fresh fish and Salcombe Dairy ice-cream. The bar stocks a wide range of real

ales and fine wines, including the local Sharpham Vineyard. There are three double rooms, all with en-suite facilities.

The Tower Inn, Slapton, Kingsbridge. Tel. 01548 580216.
www.thetowerinn.com

No. 6 Effings

"Every town should have a place like this," said *The Guardian's* Matthew Fort. Effings is a restaurant and delicatessen combined. As well as its top class restaurant meals, it also makes its own patés, terrines, cooked meats, sweet and savoury tarts and salads. Counters are full of international cheeses, charcuterie and antipasti, and shelves are jam-packed with local chocolates, liqueurs, fruit juices, honeys, condiments and more. Somewhere special for anyone who is looking for more than just something to eat. The team at Effings share a passionate commitment to excellent food and make it fun to discover, create and consume.

Effings, 50 Fore Street, Totnes. Tel. 01803 863435.
www.effings.co.uk

No. 7 Sharpham Vineyard

The Sharpham Partnership undertakes a diverse range of activities on the family estate. Situated on the banks of the River Dart near Totnes, the vineyards, creamery and organic dairy farm have been producing wines and unpasteurised cheeses for over twenty years to international acclaim. By producing its own Jersey cows' milk on the farm and growing a range of carefully selected cool climate grape varieties, it is in control of production from start to finish. The results are individual, hand made wines and cheeses which have a special flavour relating to the unique position in the South Hams. Enjoy a couple of hours here - sample the products, walk through the vines and spend some time in the on-site café.

Sharpham Vineyard, Sharpham Estate, Ashprington.
Tel. 01803 732203. www.sharpham.com

No. 8 Tradesman's Arms

The Tradesman's Arms is a fine, 14th century, part-thatched pub, with beams, log-burning fire and a cosy atmosphere, tucked away in the village of Stokenham.

First and foremost a pub, the Tradesman's Arms serves local real ales and ciders, a wide range of malt, bourbon, rye and Tennessee whiskies and has a good wine list. It also serves excellent food, and is listed in many of the pub guides and the Michelin Guide; it has also won the Les Routiers 'Locally Produced Food Supporters' Award 2004. Open seven days a week at lunchtimes and in the evenings. You'll always get a warm welcome, whether you wish to eat or merely sit at the bar and chat to the landlord, Nick.

Tradesman's Arms, Stokenham, Kingsbridge.

Tel. 01548 580313. www.thetrademansarms.com

No. 9 Steam Packet Inn

The famous Steam Packet Inn is a free house situated on the banks of the river Dart, just five minutes walk from the centre of historic Totnes. With four moorings alongside the patio you can navigate the river from Dartmouth for lunch or dinner, but check the tides! The Steam Packet Inn is named after the sea vessels that used to carry mail throughout the world. The Inn represents an important piece of local history - The Steam Packet restaurant, Amelia, was named after one of the three coastal steam packet ships which called at the inn, which in those days doubled as a post office. The pub itself is a blend of old and new, and the conservatory, which houses the restaurant, has spectacular views of the River Dart and can be hired for private parties or weddings.

The Steam Packet Inn, St Peter's Quay, Totnes.

Tel. 01803 863880. www.steampacketinn.co.uk

No. 10 Devon Meat Company

The Devon Meat Company is a consortium of four farms dedicated to bringing top quality, locally farmed meat to the market in a manner that properly reflects the care and hard work that goes into its raising. All livestock is extensively managed on unfertilised pastures and matures naturally without the aid of hormones. Stock is slaughtered locally and hung under the eye of an experienced butcher. When ready, the meat is processed on the premises and packed so that it reaches your kitchen in the best condition. The Devon Meat Co smokes its own bacon and gammon and makes a range of delicatessen products. Its meat is a Taste of The West award winner and is acclaimed for its presentation and taste. Delivery is nationwide by courier and local delivery is free.

Tel. 01548 821034. www.thedevonmeatcompany.com

No. 11 Wills

Explorer William Wills was born in the regency townhouse which houses Wills restaurant. Local ingredients, free range meat and organic fruit and vegetables are used where possible. The wine list is one of the most extensive locally, and features a number from the local vineyard, Sharpham.

Wills, 2/3 The Plains, Totnes. Tel. 0800 056 3006.

www.willsrestaurant.co.uk

No. 12 Riverford Field Kitchen

Riverford Field Kitchen is a new and exciting place to eat where the emphasis is on fresh, seasonal and organic produce picked from the fields and taken straight to the table. Chef Jane Baxter (formerly of the River Café) and her team prepare a set menu including a vegetarian option. It's a relaxed and communal dining experience as visitors share tables and pass various dishes around the table. The Field Kitchen is open in conjunction with farm tours giving visitors the opportunity to learn about the farm, organic food and understand the connection between the field and the plate. Regular cookery demonstrations and special events are held such as Berry Days and Pumpkin Harvest during the year.

Individual, educational, business and group bookings are welcome. Booking in advance is essential for all activities.

Riverford Field Kitchen, Wash Barn, Buckfastleigh.

Tel. 01803 762074. www.riverford.co.uk

No. 13 Kitley House Hotel & Restaurant

Kitley House is an historic country house set in its own parkland and woodland estate. A Grade I Listed Building, Kitley House offers the finest in accommodation with a full range of guest bedrooms including two four poster suites and a Level 2 Mobility Bedroom Suite. Dine in style with views of the grounds and the lake or relax with lunch on the terrace. Top chefs extensively use local produce from South Devon and present it in a unique style. The Terrace and Gardens are popular all year round with extensive views over the lake and pastureland.

Kitley House is ideally situated for Plymouth, South Devon and Dartmoor and provides easy access to Cornwall. Best Breakfast of the Year 2005 winner from Taste of the West.

Kitley Estate, Yealmpton. Tel. 01752 881555.

www.kitleyhousehotel.com

Nos. 14 & 15 Royal Castle Hotel & Royal Seven Stars Hotel

Centuries of history surround the Royal Castle Hotel in Dartmouth, and the Royal Seven Stars in Totnes. Both ancient coaching inns, the Royal Castle has been entertaining guests since Drake first sailed, and the Royal Seven Stars has looked after Edward VII, Daniel Defoe, Prince Charles and Prince Andrew.

These hotels combine traditional décor with a contemporary twist. The Royal Castle has 25 non-smoking rooms set around an Elizabethan courtyard. Dine or enjoy a drink in the river-view restaurant, or try the two character bars, both with intimate cosy corners and open fires.

The Royal Seven Stars has 16 non-smoking bedrooms, and two very different and atmospheric bars. Dine beside open fires in the winter, or alfresco on the new street-side terrace during warmer months.

Choice of menu is extensive with seasonal specialities including local crab, oysters, Ticklemore Cheese, and spit roasts. The vintage cellars are well stocked with world-renowned and West Country brands, such as Sharphams.

Royal Castle Hotel, Dartmouth. Tel. 01803 833033.

www.royalcastle.co.uk

Royal Seven Stars Hotel, The Plains, Totnes.

Tel. 01803 862125. www.royalsevenstars.co.uk