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GUIDE

TO THE TOWN AND HARBOUR
2023

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Jo Downs
HANDMADE GLASS

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Disclaimer

Every effort has been taken to ensure the information contained in this guide is correct.

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GUIDE
2023



Welcome

to Fowey Harbour, perhaps it's your first visit or maybe you've been coming here for years, whichever, we know you'll find plenty to see and do in and around the estuary.

The Fowey Estuary is renowned for its unspoilt beauty, it has a rich maritime history with many iconic buildings and landmarks to discover.

Soak up the atmosphere, culture, gifts and artwork in Fowey's independent shops and galleries. Make sure you indulge in the growing cuisine scene in Fowey; from pop-ups, pubs and cafes to a diversity of restaurants, there is something for every taste.

We hope this guide tells you all you need to know about our harbour but also entices you to explore a bit further upstream. There is also a selection of coastal and estuary walks to take in the stunning scenery which surrounds our haven.

If you're after some inspiration, why not take a virtual tour of the estuary via our website. Here you'll find information about harbour facilities and local landmarks, all set alongside wonderful aerial imagery of the harbour and estuary beyond.

Our Harbour Staff are here to make your stay with us a safe, positive and memorable experience. A reminder that if you're on the water, the lower harbour is a busy place with both leisure and commercial craft. Please stay safe by keeping clear of commercial vessels and by respecting others. Always observe the 6-knot speed limit and other Harbour Byelaws.

Enjoy your stay!

www.foweyharbour.co.uk

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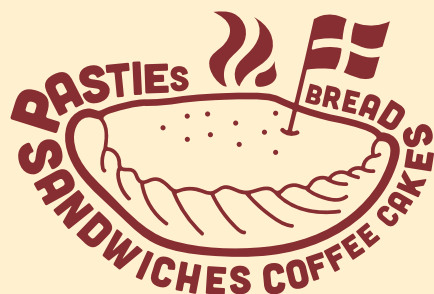
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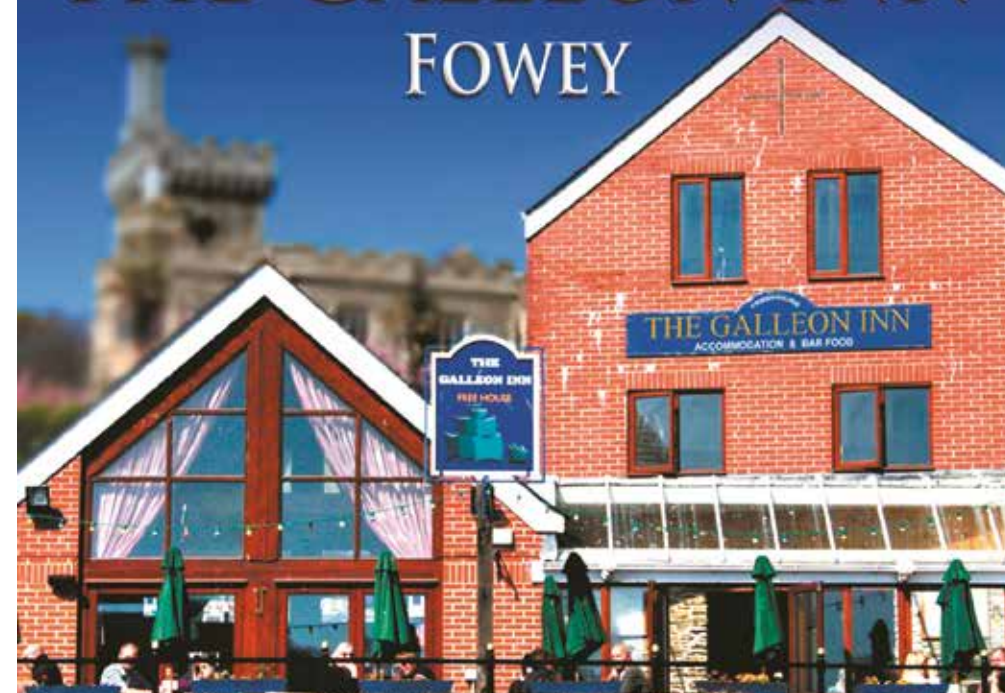
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Find out about Fowey

A picturesque waterside town with a diverse range of shops and eateries to explore, all set amongst the prominent historic buildings and maritime culture of this ancient port.

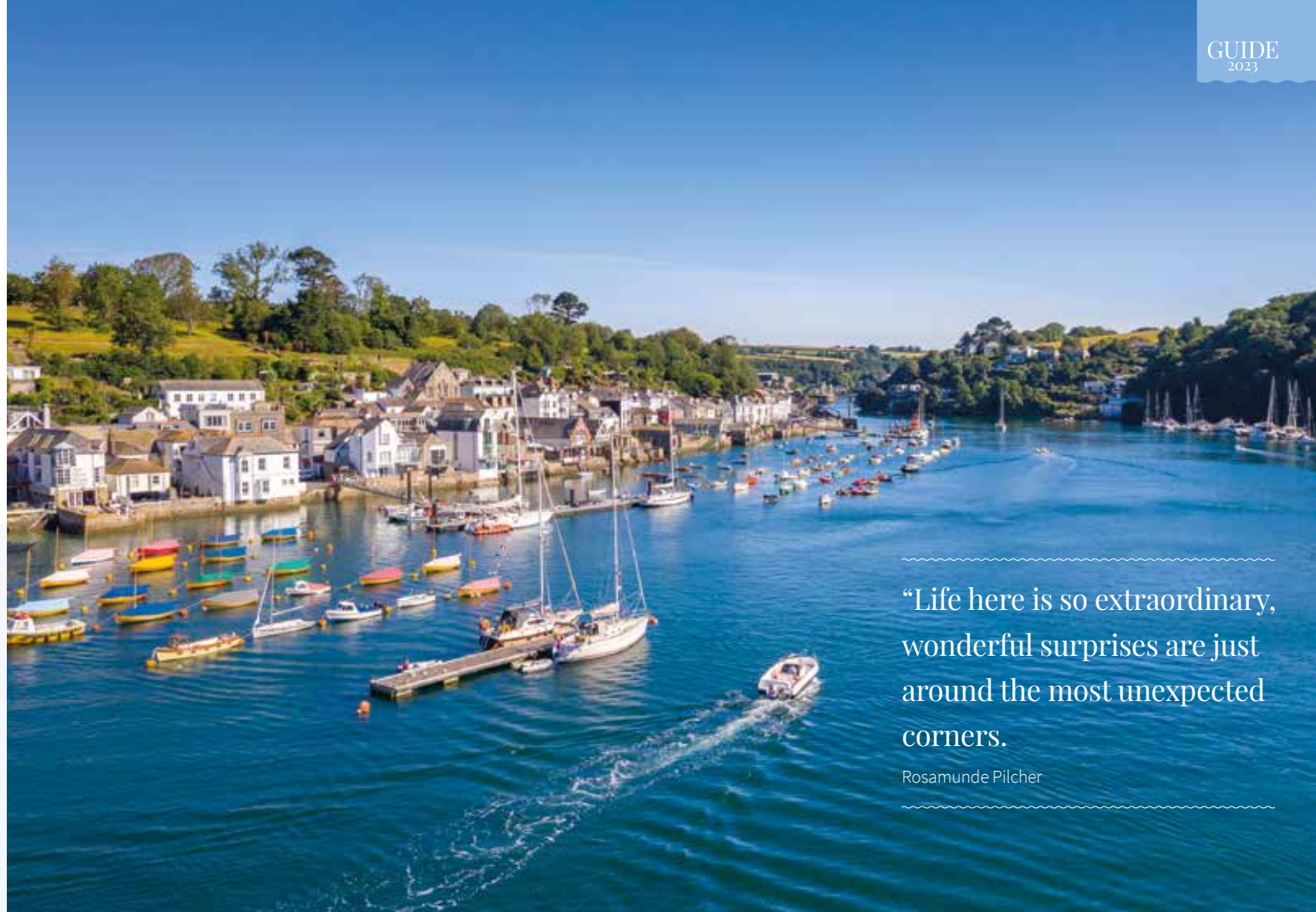
The entrance to Fowey Harbour is guarded by St. Catherine's Castle. Built in 1542 it was constructed as part of Henry VIII's chain of harbour defences, which ran along the English Channel coast.

During the Second World War the fort became an observation post and detonation point for a controlled minefield, which was laid across the harbour entrance to protect from German invasion.

Today English Heritage manages the castle, admission is free and is open all year round. It's well worth a visit to enjoy the panoramic views of the harbour and out to sea.

Just below the castle is Readymoney Cove, a popular beach with families for sandcastles and rockpooling and a beach café for an ice cream afterwards! The cove is an excellent, safe place for a swim as it's buoyed off and no boats are allowed during the summer period.

Fowey's rich maritime heritage runs through the landscape, it's no wonder that this area has been the inspiration to many famous writers including Daphne du Maurier, Rosamunde Pilcher and many more including the Poldark series.



“Life here is so extraordinary, wonderful surprises are just around the most unexpected corners.

Rosamunde Pilcher



St. Catherine's castle and Readymoney



Photo Competition 2022

Winner

Conrad Ziebland



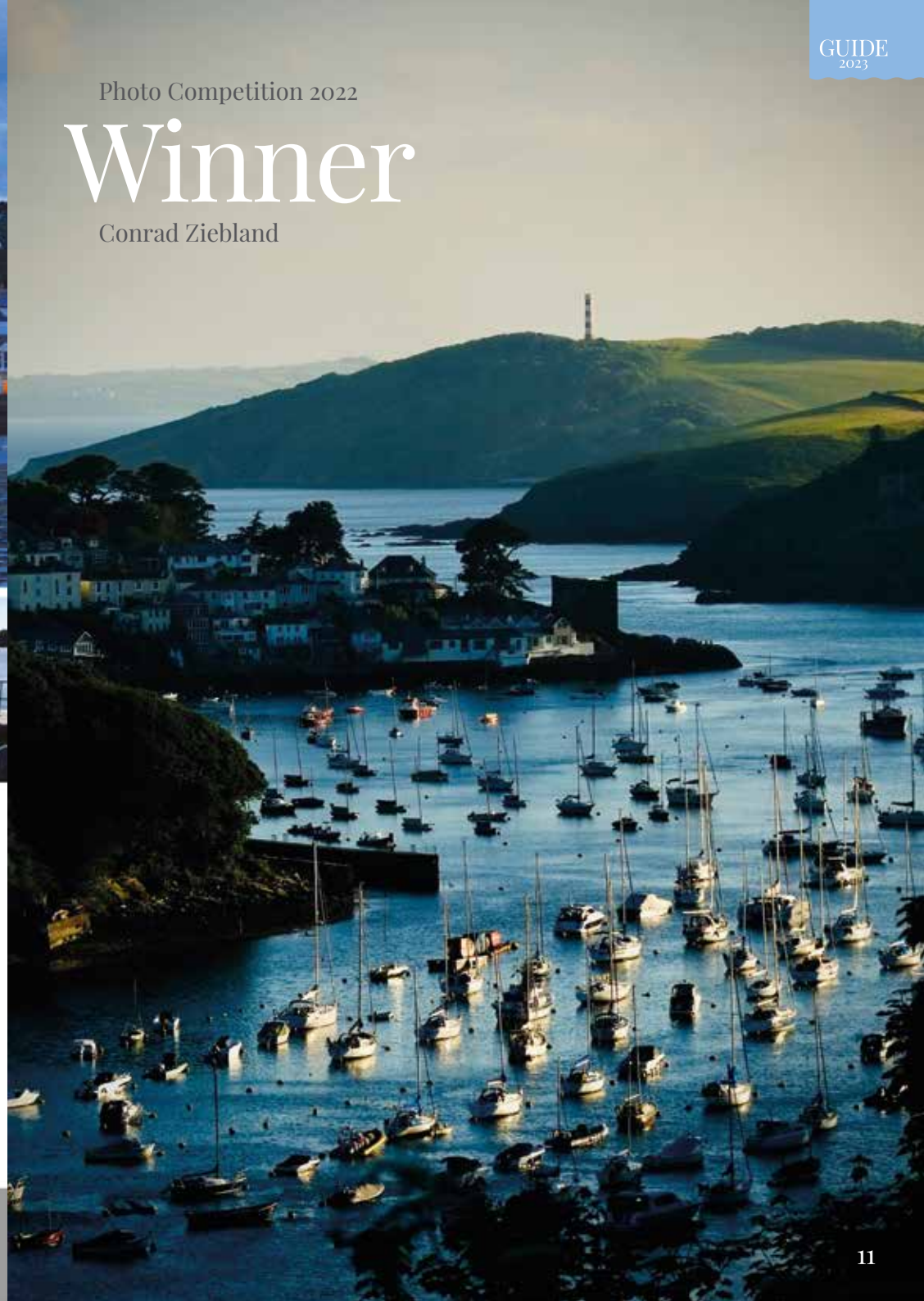
Welcome to Fowey.
Where Royal hospitality awaits.



We've been welcoming visiting yachtsmen for over 100 years, but we're by no means stuck in the past. From our own pontoon, the newly renovated showers and free WiFi, to the modern food menu and bar, our facilities offer a welcome break for all to enjoy. If you're simply looking for a place to unwind, relax with a drink on the best riverside terrace in town, you won't want to leave!

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In Fowey *Why not?*

Stroll along the Esplanade

This one-mile walk is the perfect way to take in views of the harbour. It finishes at Readymoney Cove at the entrance to the harbour, an excellent beach for families and a sea swim.

Be enticed by the smells of food...

from freshly baked bread, hot Cornish pasties and freshly brewed coffee to the sweet aroma of Cornish fudge, your mouth will be watering.

Fowey has a fantastic selection of eateries from cafes and pubs through to fine dining, something to suit every palate. Local produce features highly, look out for local Cornish meat and St. Austell Bay mussels and local craft ales and spirits.



A pair of ancient blockhouses defended the harbour during medieval times. Positioned at Fowey and Polruan, the four storey towers were linked by a chain which could be raised across the Harbour in the event of an attack. Polruan blockhouse is still accessible but on the Fowey side you can just see the ruin.

Place House stands above the port and has been the home of the Treffry family since the 13th century. St. Fimbarrus Church is the parish church of Fowey, it marks the end of the Saints Way which links the Cornish coasts from Padstow to Fowey.

If you want to learn more about Fowey's rich heritage, take a guided walking tour or visit Fowey's Museum which is housed in a 15th century building in the centre of town, it displays an array of local artefacts.



In Fowey *Why not?*

Take to the water

See a different view of Fowey Harbour by getting afloat. The sheltered harbour and tranquil estuary can be explored on a guided river cruise, kayak or SUP expedition. Maybe you have your own boat, or you could charter one.

Access should be with care though as the upper estuary dries at low water. Check tide tables and local charts.

Key tides for exploring

As a rule of thumb and depending on the draft of your boat the following high tide heights should get you to your destination!

Golant > 4m

Lerryn > 4.5m

St Winnow > 4.5m

Lostwithiel > 5m

River cruises to Lerryn and Lostwithiel (tidal dependent) can be booked with Fowey River & Sea Cruises on Fowey Town Quay.



Discover Fowey



Enjoy a Cornish Pasty



Take the Ferry

Fowey's Town Quay is at the heart of the town and is a great place to take in the view across to Polruan, watch the sailing races or take a boat trip around the harbour.

A passenger ferry operates between Polruan and Fowey, to Whitehouse Quay during the daytime in summer and Town Quay for the remaining times.

Don't miss a visit to the Fowey Aquarium to learn more about our local marine life and even get a chance to touch some crabs and other rockpool creatures. Have your photo taken next to a life-sized cut out of Leonard the lobster, a record breaking 1.26 metre long lobster reputedly caught in Fowey in the 1930s.

Fowey and the surrounding communities host a whole range of events during the year both on and off the water. Take a look at our events guide for details of just some of what's on offer. From literary and heritage events, sailing rallies and races to food and drink festivals, there's something for everyone.

Come along and join in!

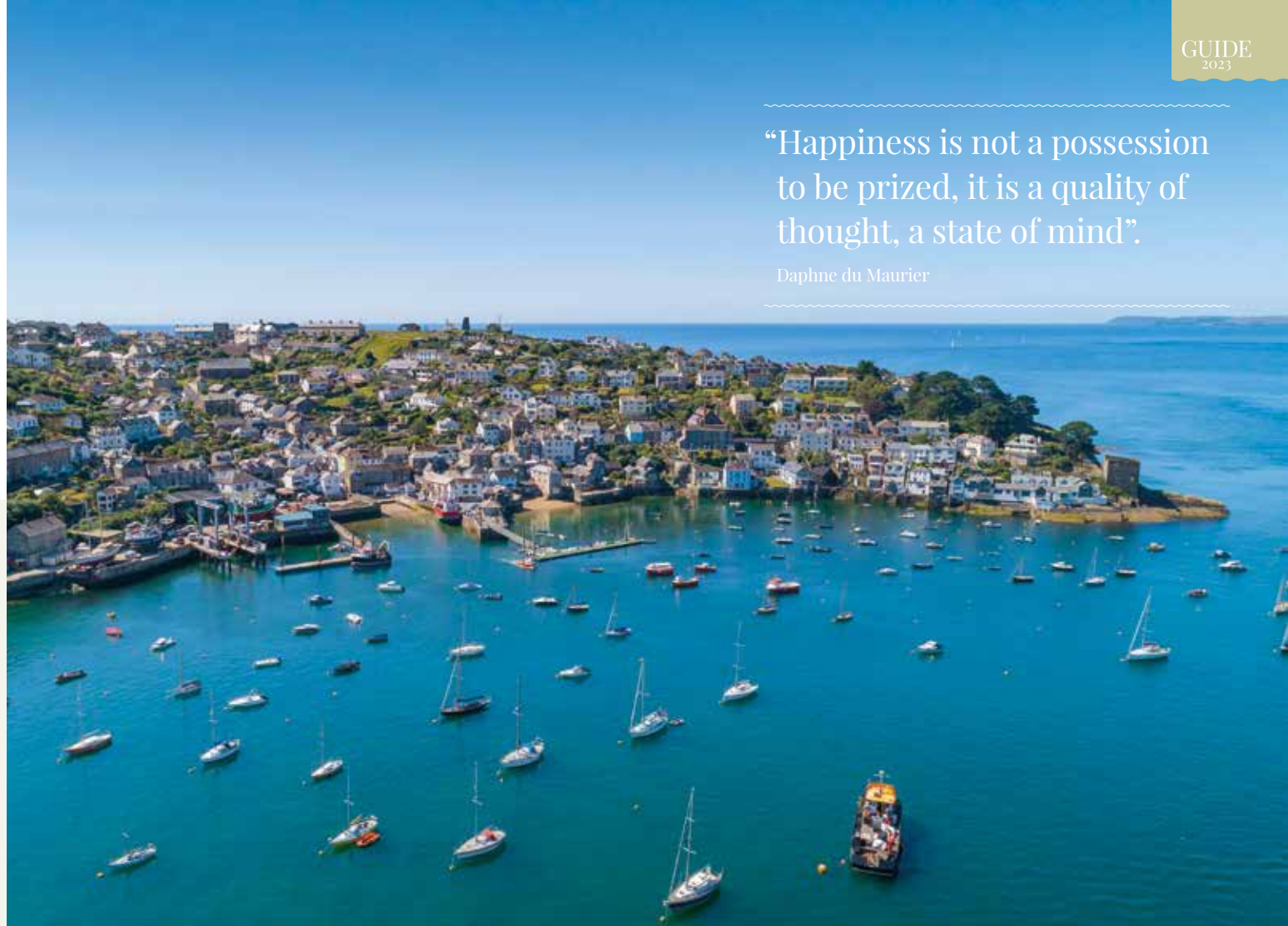
Visit Polruan

Locals call Polruan ‘the sunny side’ as it gets the best of the evening sun. Why not take the passenger ferry across from Fowey and discover the delights of this waterside village.

Polruan can be found on the eastern side of the harbour where its houses and cottages are built on the side of the steep hill. Shipbuilding and repair have been an important trade here since medieval times with Polruan’s shipwrights building ships for use in the early tin and wine trades, china clay ships in the mid-nineteenth century to commercial fishing vessels in the modern day.

At the top of Polruan Hill stands St Saviour’s Ruin, it dates from the eighth century and is built on a site first occupied by St Ruan, after whom Polruan is named. It would have been equipped with bells and would have been a landmark for ships and a good lookout point over the harbour.

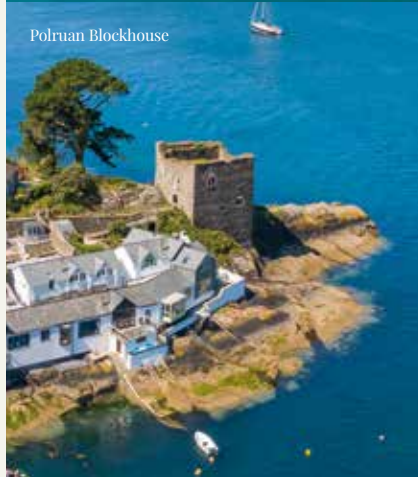
The National Coastwatch Institution (NCI) have a station here for the same reason. Volunteers man the station which overlooks the sea area from Lizard Point in the West to the Eddystone Light in the East as well as the harbour, their eyes and ears keep watch along the coast. The spectacular views from the lookout are enjoyed by thousands of visitors each year.



“Happiness is not a possession to be prized, it is a quality of thought, a state of mind”.

Daphne du Maurier

Polruan Blockhouse



Ferryside



Polruan



In Polruan *Why not?*

Visit the Blockhouse

A pair of ancient blockhouses defended the harbour during medieval times. Positioned at Fowey and Polruan, the four storey towers were linked by a chain which could be raised across the harbour in the event of an attack. Polruan blockhouse is still accessible but on the Fowey side you can just see the ruin.

Delve into du Maurier

Daphne du Maurier took inspiration from Fowey and the surrounding area in her novels.

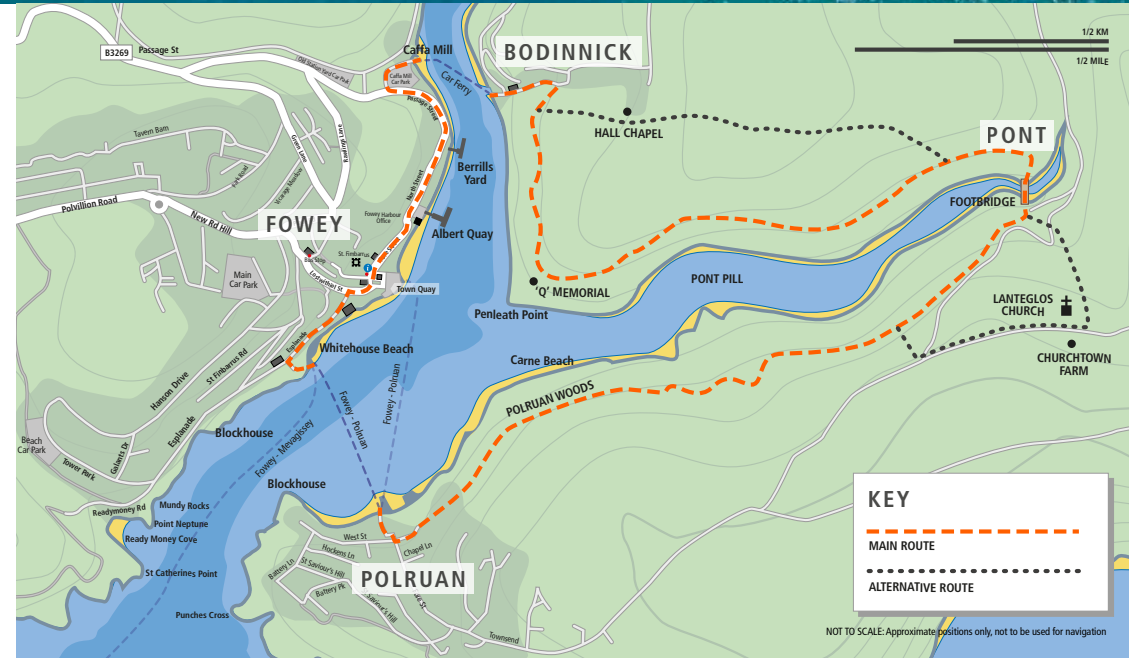
She lived in Bodinnick in the house named Ferryside, it was here she penned her first novel, 'The Loving Spirit' inspired by the local Slade family



Hall Walk - a favourite walk

This is a popular circular walk with breath-taking views of Fowey Harbour, it is approximately 4 miles long and takes in woodland and the tranquil Pont Creek. The walk can be started from Polruan or Bodinnick. There are good pubs at either end of the walk and there are two ferry crossings, so remember your ferry fare.

Keep a look out for the prominent Q Memorial, a monument to the novelist and scholar Sir Arthur Quiller-Couch who was a famous Fowey resident which he called 'Troy Town'.



NOT TO SCALE: Approximate positions only, not to be used for navigation

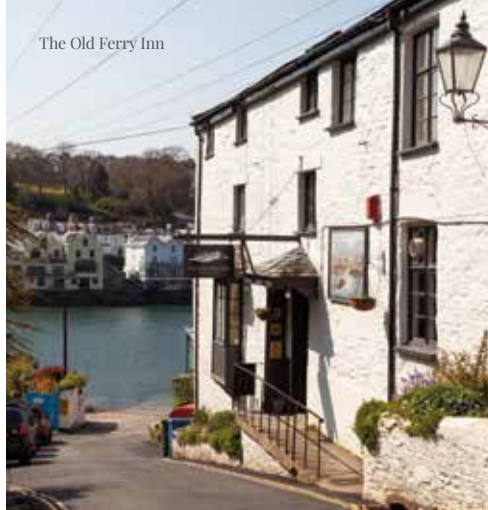
Bodinnick

On the edge of Hall Walk, the waterside village of Bodinnick is famous for being the home of the du Maurier family, who bought Ferryside in 1926. Long before it became a family home, the water's edge plot was a busy shipyard.

The village pub The Old Ferry Inn dates back to the 17th century and would have been an important stop-off for travellers making their way west along the Queen's highway from Plymouth.

Bodinnick has been the site of a ferry crossing since at least the 14th century. In the early days, the service was operated under oar and could only carry one vehicle at a time. Today, the ferries are operated by C. Toms and Son and can carry up to 15 vehicles and foot passengers too, they run a regular service between Bodinnick and Caffa Mill slipway in Fowey.

The Old Ferry Inn



Bodinnick Ferry

Bodinnick



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Explore Upstream

The Fowey Estuary is renowned for its natural beauty; the steep sided wooded valley and tidal creeks of the upper river are home to a diversity of birds and wildlife. Access by water should be with care though as the upper estuary dries at low tide, make sure you've checked the tides and local charts as well as local knowledge.

Golant

A top spot for getting on the water with both a rowing club and canoe club based here as well as kayak and stand up paddle board (SUP) expeditions.

The waterside village of Golant lies on the western side of the estuary. A railway line runs along the embankment in front of the village, this rail link was opened in 1869 to transport china clay from the mines in St Austell to Fowey Docks and it is still used for this purpose to this day.

Enjoy the tranquillity of the river from the terrace of the village pub The Fisherman's Arms.

On the opposite shore lies the tranquil Penpol creek, the woodland surrounding it is a heron nesting site and is thought to be one of the largest heronries in Cornwall.

Golant



The Fowey Estuary covers approximately 1000 acres, most is within an Area of Outstanding Natural Beauty.

Lerryn



Lerryn

Imagine you're Ratty and Mole and be enchanted by Lerryn and the surrounding ancient waterside woodland. The Ethy woods and estate are believed to have been the inspiration for Kenneth Grahame's *Wind in the Willows*.

The river branches at St Winnow Point to Lerryn, the largest tributary of the Fowey. *Dowr Leryon* in Cornish, the Lerryn River means 'river of floods' which is quite appropriate as parts of the village can flood on a high spring tide. When the tide flows out, it reveals an enchanting series of stepping stones which cross the river.

Upstream *Why not?*

Go on an expedition

The perfect way to explore the estuary is by getting afloat. Kayak expeditions are available from Golant where experienced guides will show you the beautiful scenery and wildlife to be found in the tranquility of the upper estuary.

Walk from Lerryn to St Winnow

A delightful walk in all seasons, the footpath meanders around the wooded banks of the River Lerryn to St Winnow. The church at St Winnow stands on the edge of the river, the church dates from the 15th century but it stands on an ancient holy site dating back to the 7th century.

Visit Restormel Castle

Built by the Normans in the 13th century, Restormel Castle was gifted to Edward of Woodstock, 'the Black Prince' in 1337 as he was granted the new title of Duke of Cornwall. The remains of this circular shell keep are protected by English Heritage and are one of the most intact examples of this fortification across England and Wales.

If you're quiet, you might even catch a glimpse of a kingfisher as a streak of blue flashes past your eyes. Kingfishers love the wooded banks of the Fowey river because the overhanging trees provide excellent perches to overlook their fishy prey swimming beneath.

Lostwithiel

Eleven kilometres upstream from the harbour mouth, Lostwithiel is at the head of the Fowey Estuary and the medieval bridge marks the upper limit of tidal navigation.

Lostwithiel is a busy town, popular for its antiques, independent shops and restaurants.

The town is steeped in history and what better way to explore the town's historic buildings than a guided tour organised by the Lostwithiel Museum on Wednesdays 11:00-12:30 from April to October. More information at: www.lostwithielmuseum.org

During the 12th and 13th Centuries, Lostwithiel was the administrative capital of Cornwall, seat of the Duke of Cornwall and a thriving stannary town.

In the 14th century, Lostwithiel was the main port on the Fowey River and was known as the Port of Fawi. The water was deep enough then to allow ships to travel upstream to load tin. But ironically, tin, which was the original source of the wealth of the town, eventually caused its decline, sediments from the mines on the moors, silted up the river, restricting the size of vessels that could use the quay and Lostwithiel's shipping trade was lost to Fowey.

Restormel Castle - Lostwithiel



Lostwithiel Bridge



Photo: Paddle Cornwall



Explore a little further...

There's lots to explore near to Fowey including historical sites, landmarks, fabulous gardens and some fascinating houses and castles.

Eden Project

The world famous Eden Project is located just 7 miles from Fowey and is well worth a visit, fun for all the family.

Lost Gardens of Heligan

A little further from Fowey but not to be missed, the Lost Gardens of Heligan were a secret garden lost for decades.

Gribbin Head

On the South West Coast Path you can visit the Daymark sitting on top of the Gribbin Head, the headland to the west of Fowey. The National Trust opens this iconic landmark to the public on selected dates throughout the year. The view from the top is breath taking!

National Trust Properties

Visit the National Trust house & gardens at Lanhydrock, full of period atmosphere. Lanhydrock is the perfect country house and estate.

Fowey to Mevagissey Ferry

Just a 35 minute ferry ride away from Fowey, explore a bit more Cornish culture in Mevagissey, a delightful small fishing harbour with a variety of independent shops and galleries.

Catch the Fowey to Mevagissey ferry from Whitehouse Quay. (summer only and weather dependent). www.mevagissey-ferries.co.uk

Charlestown

An 18th Century Georgian Harbour which is the last of its kind to remain open in the UK, it is also a UNESCO World Heritage Site.

It's a great place to spend the day - enjoy the fascinating architecture of the harbour and the resident classic ships. Visitors can stroll this historic site whilst taking in amazing views over St Austell Bay. There's a whole host of eateries in the town and harbour area, you'll be spoilt for choice!



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Local Events

In and around the Estuary

MARCH

Saturday 4th – Saturday 11th Fowey Food Week

Showcasing Fowey's talented chefs and fantastic food, come and eat your way around the world without leaving Fowey!



APRIL

Saturday 1st Lifejacket Clinic

A great opportunity to have your lifejackets checked over by professionals and get any other safety advice you need before the start of the boating season.

9.30am to 3pm at Fowey Lifeboat Station

MAY

Saturday 6th – Monday 8th King's Coronation Celebrations

Our communities are coming together to celebrate the Coronation of King Charles III. Here is a taster of what's going on around the estuary:

Thursday 4th & Friday 5th
Fowey History Group Exhibition in Fowey Town Hall

Friday 5th
Celebration on Town Quay

Saturday 6th
Coronation Flotilla on the river from Lerryn at approximately 1900.

Sunday 7th
Civic Service at Fowey Parish Church

Monday 8th
Squires Field Community Centre are hosting a Celebration Fayre

Sunday 21st Try a Troy Day

If you have a fancy for a sail in a Troy, one of Fowey's iconic sailing boats - then this is your chance!

Contact Marcus Lewis for more info marcuslewisboatbuilder@gmail.com

Sunday 21st LostFest

Lostwithiel's eclectic mix of music, dance, arts and crafts stalls, antiques and food plus live demonstrations and workshops.

www.lostfest.co.uk

Thursday 25th – Friday 26th Pilot Cutters Classics Rally

We are pleased to welcome the Pilot Cutters back to Fowey for racing and socialising with fellow pilot cutter crews and friends.

Friday 26th – Monday 29th Beer Festival – Golant

Take in the atmosphere and great river views over a pint at the Fisherman's Arms, Golant.

Saturday 27th – Sunday 28th Fowey River Championship Weekend

Watch the iconic Fowey River sailing boats as they compete in sailing races throughout the weekend, keep a look out for their colourful sails.



Further details in the Fowey Festival Guide or visit the website www.foweyfestival.com

Fri 12th – Sat 20th May

Fowey Festival of Arts & Literature

A week-long festival featuring a world-class line-up of authors, speakers and musicians including:

Sat 13th – Sat 20th

Fowey Art Trail

This year the trail has over 30 exhibitions, as artists and craftspeople open their homes and studios at 17 venues in Fowey, Bodinnick and Polruan.

Follow the Trail to take the once a year opportunity to visit our talented local artists.

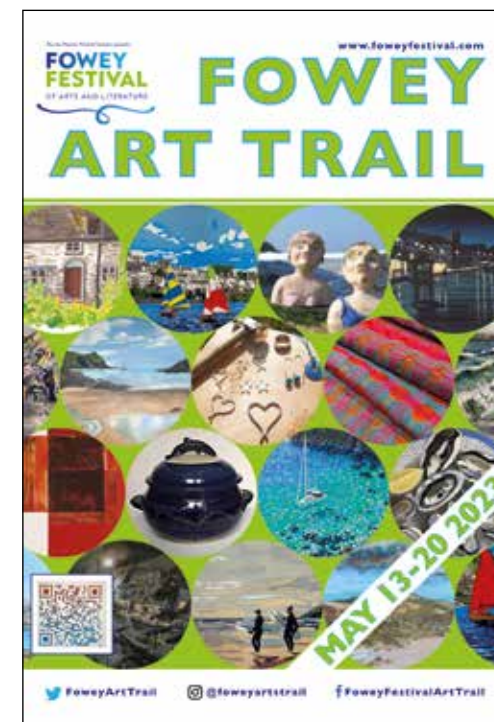
Fri 19th – Sat 20th

Secret Gardens

Secret Gardens of Fowey will once more be welcoming visitors. Discover some of Fowey's hidden gems, from terraces with spectacular views to secluded havens and much more. Uncover a glorious mix of vibrant gardens with a diverse variety of planting. Some gardens provide refreshments.



Troy Sailing



JUNE

Saturday 24th

Lostwithiel Gin Festival 'Gin Fest'

Celebrating Cornish spirit with Cornish Gin & Rum companies, food stalls and live music on the Parade, Lostwithiel.

JULY

Saturday 1st - Sunday 2nd Troy Championship Weekend

Watch Fowey's one design keel yachts, the Troys as they compete in sailing races throughout the weekend.



Tuesday 25th - Friday 28th Fowey Classics

A classic boat rally featuring a fleet of vintage and modern sailing boats. Racing in the bay, parade of sail in the harbour and evening entertainment ashore.

www.foweyclassics.com

Saturday 29th

Fowey Lifeboat Day

Lifeboat open to the public, RNLI stalls, food and children's activities at Fowey Lifeboat Station.

Sun 30th July - Sat 5th Aug

Lostwithiel Carnival Week

Organised by Lostwithiel Rotary Club, there's something for everyone to enjoy from pram races and a street party to duck and raft races on the river. Concludes with a carnival procession on the Saturday evening.

AUGUST

Thursdays in August

Sing Along the River

Lost in Song and friends showcase the best of Cornish Choirs and Lostwithiel Town Band.

Every Thursday in August from 4.30pm in the Parade Gardens, Lostwithiel. Food and drinks available.

Saturday 5th

Beer, Cider & Shanty Festival

Raising funds for the Fowey RNLI at the Safe Harbour Pub, singing from 2.00pm.

Saturday 5th

'Madness in the Pill' - Golant

Starting at around 7.30pm, a water-based family competition event with Raft Relays, Raft Tug of War, Blind Kayaking and culminating in the Great Golant Raft Race. Come and enjoy the spectacle or join in and be prepared to get wet!

www.golant.net

Saturday 12th

Golant Sports and Carnival

Starting at 2pm with children's sports and cream teas on the village green including the Golant vs. the Rest of the World in a Tug of War. Carnival procession starts at 7.15pm led by Lostwithiel Town Band concluding with the traditional Flora Dance. Followed by live music and a BBQ at the Fisherman's Arms.

www.golant.net

Saturday 12th

Fowey Ex-Lifeboat Rally

Come and see these iconic vessels which will be open to the public at Berrill's Yard pontoon.

Sunday 13th - Saturday 19th

Fowey Royal Regatta

The highlight of Fowey's year both on and off the water. Don't miss the spectacular sailing events, the carnival and fabulous fireworks.

www.foweyroyalregatta.co.uk

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Located in a beautiful Cornish stone Georgian House in the historic old town, Fowey River Gallery represents many fine artists from Cornwall and further afield. Our range of art includes paintings in varying media, sculptures, jewellery, photographs and ceramics. The works are displayed in three separate galleries each with their individual character and ambience. Over the year artists will be featured and events held where you can meet that artist - check website for details. Interest free finance is available on the majority of our artwork.

We genuinely welcome visitors to come in and see the art - no obligation - just come and say hi!

The lower floor houses a wide range of gifts, greetings cards, homeware, toys, decorations, souvenirs of Fowey and a great many other things. Something to suit all tastes and prices!

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Friday 25th – Monday 28th
Beer Festival – Golant

Take in the atmosphere and great river views over a pint at the Fisherman's Arms, Golant.



Sunday 27th – Monday 28th
Polruan Regatta

Family fun events with children's sports, beach games, carnival and disco.

www.polruan-regatta.co.uk

SEPTEMBER

Saturday 2nd
Hokey Cokey Swimrun event

Starting and finishing in Fowey and taking in the iconic Gribbin Head, there are both short and long courses available.

See Mad Hatter Sports Events for more details:

www.madhattersportsevents.co.uk/gribbin

Sunday 3rd
Fowey Harbour Swim

An organised & marshalled charity swim in the harbour in aid of the RNLI, starting from Fowey Town Quay.

More information on the Fowey Harbour Swim Facebook page

Thursday 14th
Fowey Harbour Open Day

Find out a bit more about Fowey Harbour and what we do, take a look onboard some of the working vessels of Fowey.

Vessels open to the public 10am until 2pm on Albert Quay pontoon.
www.foweyharbour.co.uk



LOCAL PRODUCE MARKETS

Whitecross, Bodinnick

At Whitecross Village Hall.

1st Saturday of each month, 10am to 1pm.

Lostwithiel

At Lostwithiel Scout Hut.

4th Saturday of each month, 10am to 1pm



LIFEBOAT OPEN DAYS

Fowey

Fowey's All Weather Lifeboat 'Maurice & Joyce Hardy' will be open to the public every Saturday and on selected dates between April & September at Berrill's Yard Pontoon (subject to weather, operational requirements and volunteer availability). Check their Facebook page for details @ FoweyRNLI.

All donations to the Fowey RNLI will be gratefully received.



FOWEY FESTIVAL

OF ARTS AND LITERATURE



12-20 MAY 2023

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Our Habitat

The Fowey Estuary

The Fowey Estuary is a 'ria' or drowned river valley created after the last Ice Age by melt waters that caused the sea level to rise dramatically.

Its mudflats, saltmarshes and wooded creeks are just some of the habitats which provide homes and feeding areas for a diversity of wildlife.

Sections of the upper estuary and creeks are designated as a Marine Conservation Zone (MCZ) which protect these important estuarine habitats and species.

Take in some of the fabulous estuary views on a walk, with Hall Walk and Ethy Woods being particularly popular as they weave through the woodlands and around the creeks.

Do your bit...

Reduce, Reuse, Recycle

Reducing single-use plastics is just one of the ways we can help to reduce our impact on the environment. There are a number of great initiatives in the town including water refill stations and returnable cups.

At Fowey Harbour we provide a recycling scheme for our users and our bins are made from recycled fishing nets and ocean plastics!

Do a #2MinuteBeachClean

Everyone can do their bit to help keep our town and coast tidy, every little bit of litter collected makes a difference!

Record what you see

We can understand more about the habitats and wildlife that surround us by knowing more about their distribution. Join in with organised surveys or submit your own records to organisations such as the Cornwall Wildlife Trust and become a citizen scientist!

www.ercis.org.uk



Bird Focus

There is a whole host of birdlife in the estuary, some are resident and others are just passing through. Some, like the tiny kingfisher, will take patience and quiet to spot.

Please be respectful when observing wildlife to avoid disturbance.

Heron & Egrets

In spring, grey herons breed colonially in heronries, sited in woodlands along the riverbanks. These tall, prehistoric-looking birds stand sentinel at the edge of the river, waiting patiently for fish to appear. The herons may be accompanied by little egrets which are immaculately white in colour with bright yellow feet.

Cormorants

Cormorants are large, black waterbirds. They feed on fish, which they catch with their long, hook-tipped bills while swimming underwater. They are most easily spotted when perched, stretching their wings out in the sun to dry after a dive.

Osprey

Over the past few years, juvenile ospreys have visited the estuary for short periods potentially prospecting for future nest sights and to feed up before their onward migration to West Africa for the winter.

Gulls

For many, the cries of gulls are an iconic sound of visiting the coast. Gulls are members of a large, widespread family of seabirds. Often known as 'seagulls' (though no species is actually called a seagull). Gulls can get a bad reputation for stealing food, but they are intelligent and adaptable and humans are messy!

Kingfishers

Jewel-like kingfishers need to eat their bodyweight in fish each day to survive and they frequent the wooded banks of the river, using overhanging trees as a vantage point from which to dive on their fishy prey beneath.



Heron



Egret



Cormorant



Gulls



Wildlife Disturbance

With increasing numbers of people visiting our coasts and seas we need to be mindful of wildlife and make sure our actions do not cause disturbance.

What is disturbance?

Disturbance essentially means causing an animal to actively escape from you by, for example, flying, swimming or running away. Most wildlife disturbance isn't intentional – a lot of the time it's purely accidental but it can have a detrimental impact.

What's the problem?

While causing a bird to fly away from you might not seem like a big deal, when it happens many times a day or on a large scale, it can have a really damaging impact to both the individual animal and more widely on wildlife.

Please follow this Wildlife Watching Code and find more information at:

www.cornwallmarinelifecode.org.uk



Have a go at Crabbing

A favourite pastime for families, crabbing from the quay wall or pontoons is permitted but please be aware of boats and ensure the safety of children next to water; lifejackets are recommended.

Please also think about the wellbeing of your crabs: don't overload your bucket, keep the bucket in the shade, refreshing the seawater regularly and most importantly, carefully release your crabs once you're finished.

Wildlife Watching

Making marine encounters great for wildlife and great for you!

Keep your distance!

Be cautious and quiet. Look for signs wildlife has spotted you. Be prepared to back off or take an alternative route

Never follow, chase or feed marine life

Keep away from large groups of animals, hauled seals and sensitive areas such as breeding sites

It is not recommended to purposely snorkel, dive or swim with large marine animals except with an approved operator

Make sure your craft's movements are **constant, steady and predictable**

Never touch or feed wild animals



What is disturbance?

Disturbance is when people change an animal's behaviour or its environment, affecting its wellbeing or survival prospects. Always keep an eye out for signs you are disturbing wildlife.

CRABBING CODE



REFRESH SEA WATER REGULARLY



NO MORE THAN 3 CRABS IN A BUCKET



REMOVE CRABS WHO ARE FIGHTING



CAREFULLY PUT CRABS BACK IN THE WATER

TAKE ALL YOUR EQUIPMENT WITH YOU!

ONLY USE A NET BAG FOR THE BAIT

KEEP CRABS IN THE SHADE

FOWEY HARBOUR



Commercial Focus

Aggregates

Fowey is a commercial port handling in the region of 400,000 tonnes of cargo each year. The primary cargo is china clay but other cargoes such as road salt and aggregate are handled.





Fowey Harbour provide all the marine services for supporting the commercial operations which continues to be a significant element of our business and is essential to the ongoing success and viability of the Port.

We have seen a change in both the amounts and grades of china clay being exported over the last decade as demand for clay in paper-making continues to reduce. High quality ceramic clay exports now make up about 45% of the overall tonnage.

Diversification of cargoes is essential for the future of the port. Imerys Minerals Ltd, who operate the commercial jetties, have developed a material which is a by-product of the china clay mining process and is rated as one of the most sustainable aggregates available.

This 'secondary aggregate' is transported by sea from Fowey to the Port of Tilbury to help meet the demand for construction materials in London and the South East. Transportation of this material by sea significantly reduces

road miles and traffic congestion. By moving the cargo in large quantities by ship it creates only a fraction of the carbon emissions of road haulage.

This greener supply chain is further enhanced by the use of hybrid ships from the Norwegian shipping company Aasen Shipping. These hybrid-powered bulk carriers are the first of their kind, with optimised hull design and a main engine focusing on reduced emissions and fuel consumption. The self-loading excavator is also electric powered.

On average, each of these ships load and carry 9,000 tonnes of aggregate from Fowey to London and in 2022, nearly 100,000 tonnes of aggregates were handled. Major investments have been made to support this product by the project partners in London and Cornwall so we continue to have high hopes that the aggregate trade will grow in the coming years.

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Lighting a Safe Passage to Fowey

For nearly 120 years the St Catherine's or 'Fowey Light' has been the main guiding light for vessels approaching Fowey Harbour, covering the hazards of Cannis Rock off Gribben Head to the west of Fowey and the craggy rocky shore to the east.

Advances in technology have meant that the vintage light's lenses and prisms are no longer in use and these have been removed and restored by local enthusiasts to preserve this piece of local maritime history. The light is on display in Fowey's Museum along with all manner of other interesting artefacts – go along and take a look!

In medieval times the chapel of St Catherine stood on the clifftop overlooking the approaches to Fowey Harbour and a light was kept burning there as a lighthouse.

By 1900, the Harbour Commissioners had become concerned that the harbour light at Whitehouse was not visible enough from seaward and particularly poor for ships approaching from the east and agreed to relocate the light from Whitehouse to St. Catherine's Point.

In 1904, work was started to build the lighthouse which had been designed by William Tregarthen Douglass, his family were famous in lighthouse construction including the Eddystone Lighthouse off Plymouth and Bishop's Rock Lighthouse to the west of the Isles of Scilly. Work was also undertaken to lay a gas pipe to supply the light, this was in preference to bottled Acetylene gas which was deemed too difficult as it would involve getting heavy gas cylinders to this isolated location.

St Catherine's light shone for first time on 7th January 1905 and a man named Captain Beale became the first lighthouse keeper promoted from lamp lighter.

The white light flashes every 5 seconds and was visible for 15 miles, A flashing mechanism on the gas burner was used at this time with red filters placed inside the lighthouse frame to give the light's red sectors that indicate the hazards

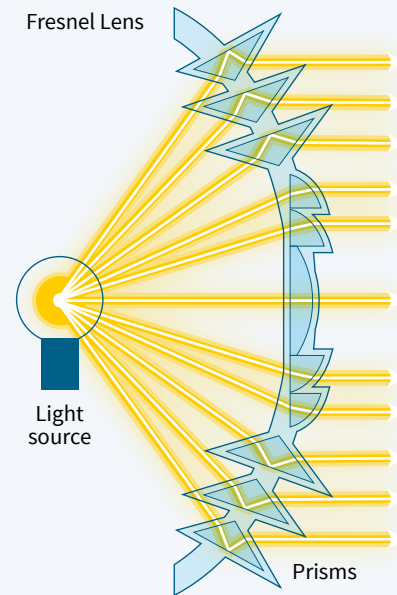


How it works

A Fresnel lens is a type of composite compact lens developed by the French physicist Augustin-Jean Fresnel (1788–1827) for use in lighthouses.

It has been called “the invention that saved a million ships.”

A Fresnel lens creates this bright beam of light using glass prisms set in metal frame. These prisms change the direction that light is travelling so all the light exits the lens in same direction. The prisms do this by refracting (or bending) light and reflecting it as well.



of Cannis Rock to the west and Polruan's Washing Rocks to the east.

During WWII, the lighthouse was camouflaged and its use was restricted. It was reported as back in action in May 1945 but the gas equipment was declared obsolete. Thankfully an electricity cable was laid by the Army who were garrisoned at St. Catherine's Castle during the war. The light was then powered by electricity supplemented by battery backup in the event of power failure.

Over the years the lighthouse keepers tended the light and the associated buildings, and until the 1980's, a small allotment with privet hedges was also cultivated on the clifftop in front of the lighthouse.

For the last 20 years the lighthouse has been 'off-grid' with its modern LED lights being powered by wind and solar energy.

The red lighthouse structure remains as a visual aid and local landmark but the lantern which it once housed was removed as it had suffered some vandalism and was considered by the Commissioners to be a piece of local maritime heritage that should be preserved and admired.

The Harbour Commissioners would like to thank the local volunteers including Marcus Lewis and former Fowey Harbour Master, Capt. Mike Sutherland for their efforts to preserve the light and its history.

For more information on the maritime history of Fowey see Capt. Mike Sutherland's website www.foweyharbourhistory.com

Further documentation can also be found in Cornwall's Archives *Kresen Kernow*.



REPORT IT. LET'S SORT IT.

To report anonymously, call the Coastal Crime Line powered by Crimestoppers on 0800 011 3304. In an emergency, always call 999.



The Boats of Fowey

Fowey Harbour is bustling with boats during the summer, keep your eye out for these which are particularly special to Fowey and its maritime heritage:

Troys

Fowey's one-design keel yacht, it was named the Troy after the Troy Town novels of Sir Arthur Quiller-Couch. First built in 1929, this boat was designed with a tall mast to catch the wind swirling around the steep sided harbour. There has been a steady stream of boats joining the fleet over the years, they are only made by approved builders using the specific Troy templates and patterns. The Troy can be identified by the letter T (for Troy) and a number on the main sail. You'll see the fleet racing in the harbour on Saturday afternoons and Wednesday evenings in summer.

Fowey Rivers

Built in Fowey since the fifties, the Fowey River Class dinghy is based on a design published in the Yachting World magazine to try to encourage people to build their own boats. There has been a real resurgence in the fleet in recent years which makes for great competitive racing. They are easy to spot as they have brightly coloured sails and the letters FR and a number on their main sail.



Fowey River Class Dinghies



Troys

Pilot Gigs

Gig rowing is a popular pastime in Fowey, but it wasn't originally a sport, it was a profession. The early Pilots used to row the gigs out to ships wishing to enter the harbour, it was highly competitive with the first Pilot onboard getting the job, so speed was just as essential then as it is today to win the race!

The Fowey River Gig Club practice regularly in the harbour for their competitions all around the South West, look out for their distinctive red gigs.



Voyages of Discovery & Growth



The Morvargh Sailing Project is a youth development organisation that helps young people become more confident, resilient and motivated through life-changing sail training voyages

Fowey Harbour are pleased to support this inspirational project and be the home port for their 57 foot yacht *Helen Mary R*. The project engages with young people from all backgrounds providing opportunities to improve resilience, self-belief, communication skills and much more. The experience of living and working together on a large yacht in a challenging and dynamic environment helps the young sailors to develop essential life skills and a greater understanding of themselves and the world around them.

This spring, 10 young people will embark on the journey of a lifetime; sailing around the UK over the course of 6 weeks visiting ports and landmarks learning about the environment, maritime history and culture and how the sea has shaped our country.

Follow their epic journey on their website and social media channels.

The Morvargh Sailing Project also offers weekend 'Explorer' trips to the Falmouth and Salcombe as well as longer trips to the Isles of Scilly. They also work with schools to offer day trips and experiences, all giving young people the chance to experience sailing and the health and wellbeing benefits that being 'on the water' brings.

At Fowey Harbour we give our support to this project with the belief that it helps to nurture the next generation of leisure and competitive sailors in our community and maybe even some that go on to choose a career in the maritime sector.

www.sailadventure.co.uk



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NAVIGATION & SAFETY

Fowey is a natural deep water harbour and entry into the harbour is straightforward by day or night and at all states of the tide.

Harbour Entry

(Reference should be made to Admiralty Chart No. 31)

Enter through the harbour entrance on a NNE'ly course and then NE to the swing ground area off Fowey Town Quay. At night keep in the white sector of the Whitehouse light until abeam of Polruan Castle.

Visitor moorings and pontoon facilities are mainly situated on the east side of the harbour, visitor moorings are **BLUE** in colour.

Fowey is a busy harbour, so in the interests of safety, keep clear of commercial craft, especially manoeuvring ships. Harbour Patrol craft may be in attendance displaying a blue flashing light and their directions must be followed.

Shelter

Although Fowey is a sheltered harbour, the entrance and lower harbour can become rough during ebb tides and strong south westerly wind. Berths upriver at Grid Irons, Penmarlam and Wisemans are sheltered from these conditions. Vessels choosing to remain in the lower harbour in these circumstances do so at their own risk.

Tidal Restrictions and Flows

The estuary above Wisemans Reach dries at low water and access should be with care, having consulted tide tables, charts and local knowledge.

During spring tides the tidal range is 5.5m although it may be as much as 6m at the equinoxes, neap tides are 2 metres although both ranges are considerably affected by wind conditions and barometric pressure.

The tidal flow will often be over 1 knot and reaching 1.75 knots on springs, this can be increased after periods of heavy rainfall.

Safety Afloat

Please take sensible precautions when on the water and be aware of useful safety advice from bodies such as the RNLI. Make sure you are adequately trained for the activity you do on or in the water and that you are familiar with your safety equipment.

Lifejackets

Wear them, they are useless you do!

Lifejacket storage lockers are available ashore at Albert Quay and Berrill's Yard pontoons (Returnable £1 coin required for operation)

Kill cords

Are an essential piece of lifesaving equipment, protecting not only you but also others around you. Kill cords should always be used when fitted.

Carry a means of calling for help

Tell someone where you're going and when you plan to return and carry a means of calling for help like a VHF radio or mobile phone.

Defibrillators – Call 999 in an Emergency

If you need a defibrillator in an emergency, the 999 emergency operator will be able to tell you the closest unit to your location, so you can ask someone to get it.

By performing CPR and using a defibrillator, you'll give someone the best possible chance of survival.

See our Harbour Map (page 65) for locations of Public Access Defibrillators

Speed Limits and Wash

The speed limit within the harbour is 6 knots and wash should be kept to a minimum. The harbour limit begins between St Catherine's Castle and Punches Cross and extends right up the estuary to Lostwithiel.

Harbour Patrol will enforce speed limits and excessive wash for the safety of other harbour users.

Pilotage

All vessels over 37.5m LOA are required to take a Pilot, vessels over 20m proceeding North of Prime Cellars may require pilotage assistance, contact the Harbour Office for more information.

Pilot cutters frequently move through the harbour and their presence indicates an imminent commercial ship move so stay alert.



Fowey Lifejacket lockers



Accidents happen when you least expect it.
It's why we recommend you wear your lifejacket unless it's safe to take it off.
This includes accessing boats from dinghies, tenders or even pontoons.

But what do you do with your lifejacket once you're ashore?

To help you, we've installed lockers at two sites on the Fowey river. Conveniently located and free to use, they provide a place to store your kit temporarily when you're not using it. There's no need to book. Lockers are available on a first-come, first-served basis. Just come along, grab a locker, insert your £1 returnable deposit, and you're done!



Fowey Lifejacket Locker Locations

Be Sure YOUR Lifejacket Will Work?

Choose it - Get the right size and make sure it fits

Check it - Every year at the start of the season, check

- The gas cylinder is secure and not corroded
 - The firing mechanism is in date
 - Your lifejacket can hold air for 24 hours.
- (Even new lifejackets need checking as parts may not be secure)

Wear it - It's useless unless worn

To donate please
scan the bar code



Navigation Lights for small craft

Fowey is a busy commercial port with large vessels entering and leaving the harbour 24 hours a day. For your own safety and the safety of other harbour users, any vessel (including tenders) not fitted with navigation lights must display a light during the hours of darkness and at times of restricted visibility, in accordance with Harbour Byelaws.

Ferries

The Bodinnick car ferry is a self-propelled vessel operating between Bodinnick and Caffa Mill on a continuous basis throughout the day. This vessel is restricted in its ability to manoeuvre, especially in strong winds and tides and all leisure vessels should keep well clear. The ferry maintains a listening watch on VHF Ch. 9 and 12.

A passenger ferry operates between Polruan and Fowey, to Whitehouse Quay during the daytime in summer and Town Quay for the remaining times.

Lifeboat Call-outs

Fowey Lifeboat Station is situated at Berrill's Yard and has an all-weather Trent class lifeboat and an inshore D class lifeboat. These vessels can transit through the harbour at increased speeds if the emergency situation requires, please keep well clear and follow any directions given by Harbour Patrol craft.

Yacht Racing

Racing takes place on Wednesday evenings and Saturday afternoons. The start and finish line is between the Royal Fowey Yacht Club (RFYC) and the commercial buoy in the middle of the Harbour. This area and the Harbour Mouth can become congested during races and craft transiting the area should give a wide berth.

Swimming

Swimming is not permitted in the Harbour outside approved areas. Readymoney Cove at the entrance to Fowey Harbour is a designated bathing beach and a swimming area is buoyed off in summer. No vessels are permitted to enter the swimming area.

Sea swimming is exhilarating but not without risk, check the weather and sea conditions before entering the water and know your own limits. Go with a buddy and have the right equipment, we advise using tow floats for increased visibility and buoyancy.

Diving

Diving in the Harbour is under full control of the Harbour Master and is only permitted with a FHC dive permit. Leisure diving is under the same restrictions as that for swimming.

Kayaks, Canoes & Stand Up Paddleboards

In response to a huge increase in the numbers of these craft using the harbour, we have developed a safety campaign directly aimed at paddle sports users. This includes a code of conduct and a requirement for all craft to be registered with Fowey Harbour so that we can identify any unattended boards or boats to find their owners, check on them and reunite them with their kit before a rescue effort is launched.

Register your kit via our website:

www.foweyharbour.co.uk/paddle

Jet Skis

Jet skis can use the harbour. Like all other vessels, they must abide by the 6 knot speed limit and pay harbour dues.

Local Notices

Fowey Harbour Commissioners issue Harbour Masters Notices and Notices to Mariners which detail events, incidents and other matters affecting harbour safety. These are available in the Harbour Office and on the Fowey Harbour website and distributed to affected parties.

Port Radar and CCTV

Our Port radar and surveillance systems have been upgraded allowing us to more effectively monitor vessel positions and speeds within the harbour to ensure the safety of harbour users.

Boat Watch

A Boat Watch scheme operates around the estuary both ashore and afloat with security patrols taking place during the day and at night. Volunteer teams are supported by a Devon and Cornwall Police Marine Officer who is equipped with a fast response vessel. The Boat Watch team provide important surveillance around Fowey Harbour. As well as the high visibility patrols, their volunteers, many of whom are boat owners and house holders who overlook the estuary, are constantly in and around the water monitoring activity.

PADDLE SPORTS CODE OF CONDUCT



REGISTER HERE:

**TO KEEP YOURSELF SAFE WHEN PADDLING AROUND
FOWEY HARBOUR, PLEASE FOLLOW THE ADVICE BELOW:**



PREPARE & KNOW YOUR LIMITS

Tell someone ashore where you're going and when you plan to be back. Paddle with a buddy and keep an eye on each other. Plan your paddle, check local weather conditions and tides before going out.



YOUR KIT

Wear a Personal Floatation Device and make sure your kit, including leash, is suitable for the weather conditions and paddling location.



STAY IN TOUCH

Carry a waterproof means of calling for help.



KEEP CLEAR

Keep clear of shipping channels, swinging grounds and ferry crossings. If you see the pilot boat or hear a ship's horn, this indicates an imminent ship movement and you must keep well clear.

Do not paddle underneath the commercial jetties.



KNOW THE RULES

Make sure you know and follow the **International Rules for the Prevention of Collisions at Sea (IRPCS)** and all **local legislation**.



DISPLAY YOUR STICKER

You must register yourself and your kit with Fowey Harbour, you can then be provided with safety advice and contacted if your equipment is found unattended. Harbour dues are payable which are used to maintain harbour and launching facilities.



INCIDENT

If you get into difficulty, stay with your kit. Call for help to the Harbour Patrol on VHF Channel 12 or the Coastguard on 999 or VHF Channel 16. If you are involved in an incident in Fowey Harbour, it must be reported to the Harbour Office.

Follow any instructions given to you by Fowey Harbour Patrol, they are here for your safety.



Wildlife Disturbance

When paddling around the Fowey Estuary, please be considerate of wildlife and keep your distance.



Only launch and recover from public locations

Unless you have the landowner's permission.

CHARGES²⁰²³

- A full schedule of charges is available from the Harbour Office or on the website. All charges include 20% VAT.
- All visiting vessels must pay Mooring Fees (which includes Harbour Dues) for the duration of their stay.
- Vessel length is classed as Length Over All (LOA) and includes all overhanging projections such as bow and stern sprits.
- All charges for vessels will be rounded up to the nearest half metre.

Daily Mooring Fee

(Prices per metre and includes harbour dues)

Mono-hull	£2.35
Multi-hull	£2.60
Mixtow shore linked pontoon	£3.05
Fowey Berrill's Yard	£3.15
Self-drive hire boats overnight berthing on shore linked pontoons	£2.25

(Berrill's Yard Shore linked pontoon 1600 - 0800 daily)

(See Harbour Chart Page 67 for location of moorings and visitor facilities)

Any craft being used as a tender to a visiting parent craft is exempt from harbour dues.

Unattended Visiting Craft

Contact details must be left with the Harbour Office. Mooring lines to be doubled and fenders left rigged. Unattended craft Daily Rate +£5.00

Short Stay Harbour Dues

Up to 2 hours on any FHC facility with no overnight stay £15.00

Use of Berrill's Yard Pontoon

For up to 8 daylight hours, for repairs.

BY ARRANGEMENT ONLY

.....£35.00 per usage (inclusive of mooring fees)

Launch and Recovery

Visitors to the Harbour using boats on a launched and recovered basis will be subject to the following charges:

Launched/Recovered Harbour Dues

Day	£12.50
Week	£45.00
Season - per metre LOA	£19.65
Paddlesports annual harbour dues	£20.00

Monthly Moorings

To be arranged through the Harbour Office and paid in advance.

Towage of vessels

Illegally moored or overstaying on any pontoon, mooring or other facility. £84.50

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BERTHING

- Contact FOWEY HARBOUR PATROL on VHF Channel 12 to arrange a berth
- See Harbour Chart on page 67 for locations of moorings and facilities

Visiting Vessels

Arriving vessels should contact FOWEY HARBOUR PATROL on VHF Channel 12 to arrange a berth.

Please refer to the relevant Admiralty Chart or equivalent to ensure safe berthing for your vessel.

- We do not accept mooring reservations except in the case of pre-booked events and rallies.
- Pre-notification of vessels is appreciated, especially for those over 20 metres in length.
- Rafting may be required on all berths, especially during busy periods.

The following berths are available for use by visiting vessels on a first come first served basis:

Polruan Pool

Swinging moorings are **BLUE** in colour and are available for vessels up to a maximum LOA of 15m. Vessels in excess of 15m LOA will be directed to larger swing moorings flat-topped and **YELLOW** in colour.

SBM moorings are **ORANGE** in colour and for smaller day boats.

Polruan Pontoon

Shore linked pontoon SHORT STAY ONLY (1hr) for vessels on outside, some tidal restrictions apply.

Pont Pill

Pontoon 1&2 suitable for all types of vessels, berths may be rafted during busy periods.

Berrill's Yard

Shore linked pontoon

0800 to 1600 SHORT STAY ONLY (1hr) for vessels on outside.

1600 to 0800 Overnight stay chargeable at advertised nightly rate for vessels on outside. Berths may be rafted during busy periods. Shore power and freshwater available.

Underhills

Pontoon 3, 4 & 5 suitable for all types of vessels, berths may be rafted during busy periods. **Swinging moorings** are **BLUE** in colour and are available for vessels up to a maximum LOA of 10m.

Albert Quay

Shore linked pontoon

SHORT STAY ONLY (1hr) for vessels on outside. Freshwater available.

Grid Irons

Pontoon 6

Visitor berths on outside (west side) only.

Penmarlam (Mixtow)

Shore linked pontoon visitor south side only. Walk ashore with access to showers, toilets and café. Shore power and freshwater available.

Wiseman's Reach

Swinging moorings are **BLUE** in colour. 3 moorings available.

Golant, Lerryn and Lostwithiel

Well worth a visit. Some drying berths or anchorages are available but please check first with the Harbour Office.

Rallies and Events

Fowey is a popular destination for cruiser and motor cruiser rallies and yacht races and we welcome the opportunity to host your event. Discounts are available, please contact the Harbour Office.

Customs Reporting

Pleasure craft arriving in Fowey from locations outside the UK are required to report to the HM Revenue & Customs. Guidance can be found at www.gov.uk/guidance/sailing-a-pleasure-craft-that-is-arriving-in-the-uk

Penmarlam



Anchorages

Anchoring in or near to the main navigational fairway or swing ground is not permitted. Areas clear of moorings in the upper Estuary or in Pont Pill may be used for anchoring but guidance must be sought before doing so. It should be noted that harbour dues for anchoring vessels are the same as that for using a mooring. Vessels at anchor must not be left unattended at any time.

Trailer Parking

Parking for trailers is available at Caffa Mill and Old Station Yard Car Parks in Fowey and at Penmarlam Boat Park.

Launching Facilities

A public slipway is located in Fowey at Caffa Mill and harbour dues are payable to Fowey Harbour for all vessels launching from this slip. Please be aware of other users when using the slipway and ensure all operations are conducted in a safe manner.

Fowey Harbour operate a private launching facility at Penmarlam and casual access is available by pre-booking only.

Hire Boats

Boats taken on hire must pay for overnight stays on FHC shore linked pontoons. Contact the Harbour Office or Harbour Patrol for details.



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HARBOUR FACILITIES

■ See Harbour Chart on page 67 for locations of moorings and facilities.

Harbour Office opening times

Summer - Weekdays 0900 - 1700

- Saturdays 0900 - 1300

Winter - Weekdays 0900 - 1600

IN CASE OF AN EMERGENCY outside working hours the Harbour Office telephone diverts to the duty officer 01726 832471.

Harbour Patrol are on duty from 0800 until dark in the summer period and during working hours outside of the peak season.

Freshwater is available at Albert Quay, Berrill's Yard and Penmarlam Pontoons. No boat washdown please.

Shore Power available at Berrill's Yard and Penmarlam pontoon. Subject to charges.

Fuel Diesel and Petrol are available at the Fuel Pontoon just upstream of the Bodinnick Car Ferry, this is a pay-at-pump facility available 24/7 and at all states of the tide.

Petrol is available to dispense into fuel containers at Penmarlam Boat Park, for opening times contact **Mixtow Marine** on 01726 832471



Please take precautions when fuelling to prevent pollution of the harbour.

Showers are available at Fowey Gallants Sailing Club, the Royal Fowey Yacht Club and at Penmarlam Boat Park. Coins required for operation.

Waste and Recycling Facilities for general waste and recyclables are available on most visitor pontoons with a central collection point on a pontoon in the entrance to Pont Pill. There are recycling facilities for glass, plastics, cans, paper and card. These facilities should be used in preference to landing waste ashore.

Batteries and Waste Oil can be disposed of by arrangement with the Harbour Office.

Sewage A pump out facility is available at Berrill's Yard pontoon. £1 coin required for operation.

**CONTACT HARBOUR PATROL ON
VHF CHANNEL 12
FOR BERTHING**

Drying out and Bottom Cleaning facilities are available at Penmarlam, Brazen Island and C. Toms and Son boatyards.

Weather A weather display is available outside the Harbour Office. The Polruan National Coastwatch Institution's (NCI) website displays live weather conditions at their lookout at the top of Polruan. www.nci.org.uk/polruan For long range forecasts, contact the Harbour Office.

Water Taxi service is available, contact FOWEY WATER TAXI on VHF Channel 6. Mobile: 07774 906730. www.foweywatertaxi.co.uk

Lifejacket lockers are available at Albert Quay and Berrill's Yard shore linked pontoons.

Chandlery is available from **Mixtow Marine** and a small selection of goods are displayed in the Harbour Office.

Tourist Information Service

Visit www.fowey.co.uk for more information.

Defibrillators – Call 999 in an Emergency

If you need a defibrillator in an emergency, the 999 emergency operator will be able to tell you the closest unit to your location, so you can ask someone to get it.

By performing CPR and using a defibrillator, you'll give someone the best possible chance of survival.

See our Harbour Map (page 65) for locations of Public Access Defibrillators

Fowey based CDT is the only HSE commercial diver training facility in England and Wales, offering Professional Scuba, Surface Supplied Diver and Offshore Top-up courses



If a career as a professional diver interests you call: 01726 844749 or 07770 598346 and book your visit.

www.commercialdivertraining.co.uk



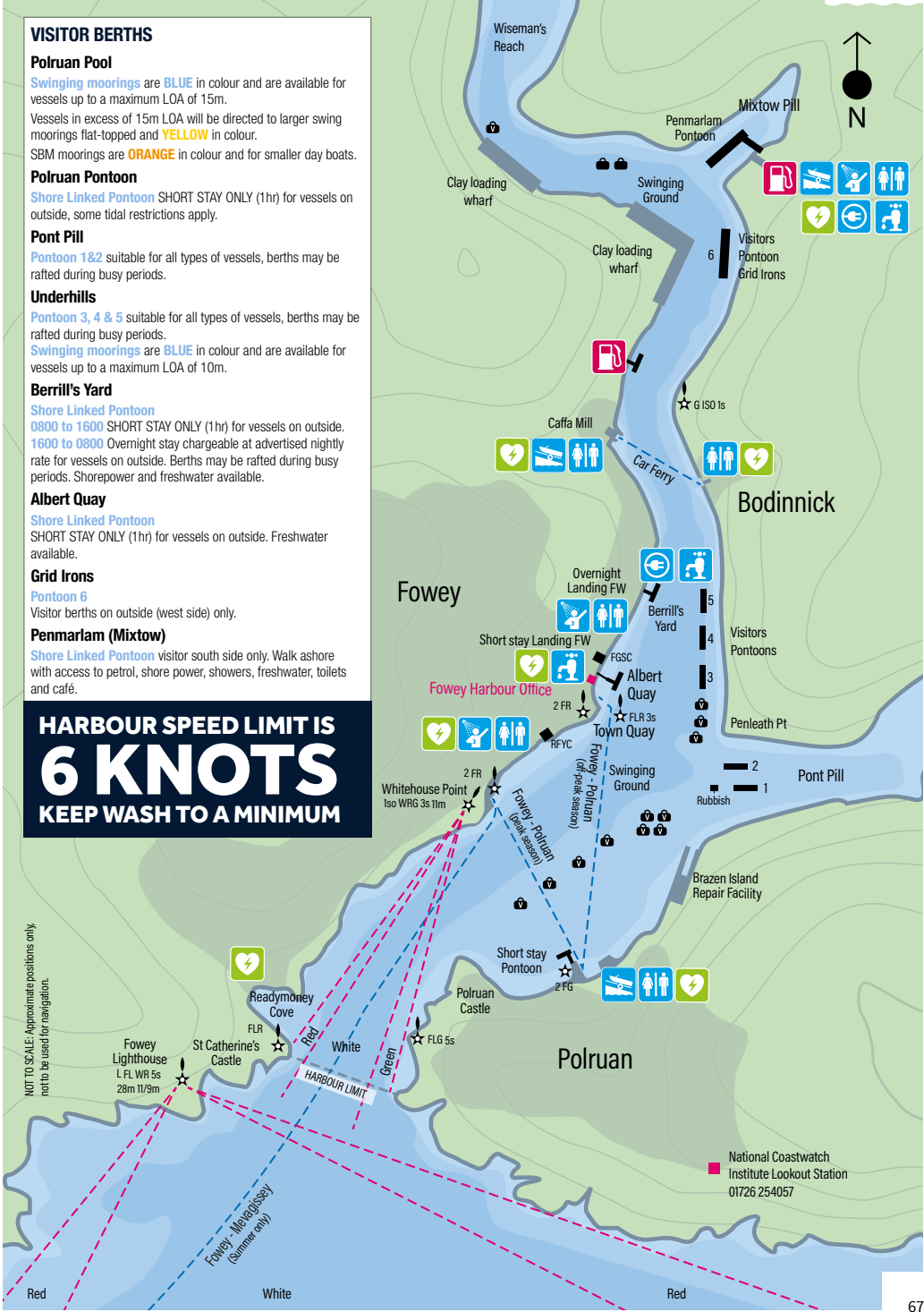
HARBOUR DIRECTORY

A list of local services

Buses	Bus Service & Times - First Kernow	www.firstbus.co.uk/cornwall
Gas	Fowey Harbour	01726 832471
Chandlery	Mixtow Marine	01726 832471
	Fowey River Trading	01726 467901
Dentist	Noah's Ark Dental Practice - Fowey	01726 833487
Dinghy Park	North Street Yard - Fowey	01726 832471
	Penmarlam Boat Park	01726 832471
Doctor/ Medical	Fowey River Practice (Fowey & Polruan)	01726 829272
	999 Emergency - 111 Non-Emergency	
	St. Austell Community Hospital – Minor Injuries	01726 873000
	Boots Pharmacy, Fowey	01726 833332
	Royal Cornwall Hospital Truro – A&E	01872 250000
Lift out	Penmarlam Boat Park/Brazen Island	01726 832471
	C. Toms and Son	01726 870232
	St Winnow Yachts	01208 872327
Marine Service/Repairs	ADR Marine	07484 073424
	Mixtow Marine	01726 832471
	Sail Shape Marine	01726 833731
Marine Electrician	Insley Electrical	07849 462793
Police	999 Emergency	101 Non-Emergency
Sails & Rigging	Sail Shape	01726 833731
Scrub off	Fowey Harbour	01726 832471
	C. Toms and Son	01726 870232
Showers	Royal Fowey Yacht Club	01726 833573
	Fowey Gallants Sailing Club	01726 832335
	Penmarlam Boat Park	01726 832471
Stores/Off Licence	Shipmates of Fowey	01726 832711
	Fowey Mini Market	01726 833356
Trains	Par or St Austell Station for London to Penzance	03457 484950 (National Rail Enq.)
Taxis	KP Cabs Fowey (8 Seater)	01726 839437
Water	Albert Quay, Berrill's Yard and Penmarlam Pontoons	
Water Taxi	VHF Channel 6	07774 906730
Yacht Clubs	Royal Fowey Yacht Club	01726 833573
	Fowey Gallants Sailing Club	01726 832335

FOWEY TOWN MAP







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