

# INSTOW

Time and tide are with us

0 100m 200m 300m 400m 500m



For a downloadable version of this brochure go to [www.instow.net](http://www.instow.net)



Roundhouse beside the Tarka Trail

**17 Church of St. John the Baptist**  
The Doomsday Book place name for the area around the church was Iohannestou, which became Instow in time. It means 'John's holy place', though it's unclear how it came to get this name exactly (see the book *Instow - A History* for more details). The current church dates to the 14th Century.



Church of St John the Baptist



**14 Marine Conservation**  
Instow in Bloom champions the Marine Conservation Society's 'Adopt-A-Beach' campaign, conducting quarterly beach litter surveys. Over 50% of such litter is plastic, which doesn't biodegrade. It's merely worn down into plankton-like pieces that enter the marine food chain to the detriment of animals and diners alike.



**10 The Commodore Hotel**  
This fine 3 star hotel has been owned and managed by the Woolaway Family since 1969. It is noted for its good food and hospitality and is proud to serve fresh Westcountry meats, poultry and fish. Non-residents welcome. Tel. 01271 860347



**9 Boy Lee**  
Local fisherman Mick Hook lands his catch at the slipway below The Commodore. Crowds regularly gather to buy the freshest of fish. Look out for Mick's chalkboard detailing his 'due-in' times.



**3 North Devon Yacht Club**  
The club has been an integral part of village life since it was founded in 1905. It has an annual Open Week in August. Tel. 01271 861390

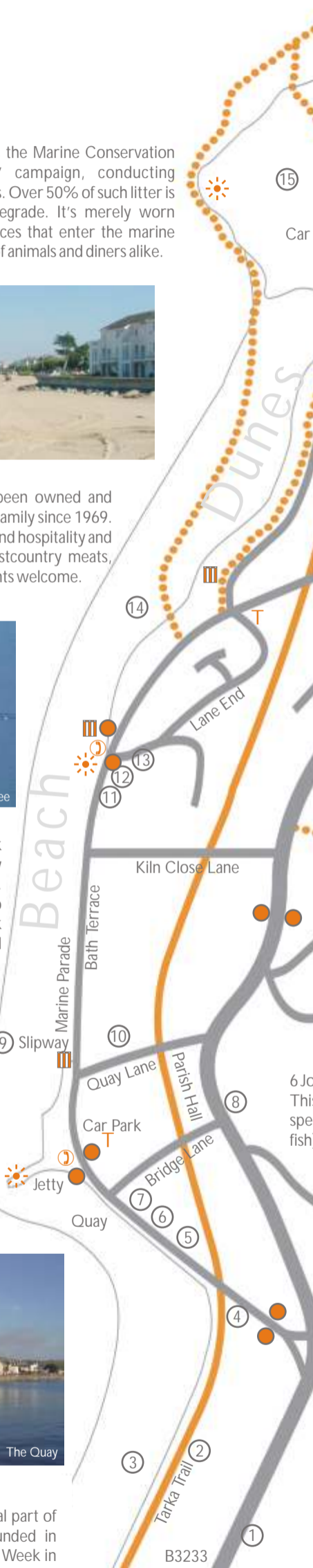


Sea Cadets on the Torridge

## Braunton Burrows



Braunton Burrows



To Barnstaple via Isley Marsh RSPB Reserve & Fremington Quay



Picnic Site & Roundhouse

**15 North Devon Cricket Club**  
Founded in 1823 it's one of the oldest in the county and home club to well-known cricket umpire David Shepherd. Spend a few overs by the beach, without going to the West Indies. Howzat for relaxation! In season visitors are welcome, with refreshments available in the lovely thatched pavilion. Tel. 01271 860633

**16 'Heron'**  
Instow in Bloom's first artistic commission, this willow sculpture was created by local artisans Geoff Stainthorp and Duncan Bachell, with advice from Serena de la Hey (the willow worker who created the giant man on the M5 near Bridgwater).



**18 Arromanches Camp**  
Instow is twinned with the French town of Arromanches, one of the staging areas for the 1944 Normandy Landings. Instow was a hub for preparations for Operation Overlord and still has an amphibious military presence at the Camp.

18



Windmill Ruin

Old Instow



Church of St John the Baptist

**13 The Wayfarer**  
Enjoy real ales and hearty home-style food at Instow's oldest pub. Fresh local fish a speciality. The beer garden has ample space for parking bikes. B&B available. Tel. 01271 860342

**12 The Boathouse**  
Popular with locals and visitors alike this bar and restaurant specialises in seafood, much of it caught locally. Charming service, gorgeous sunsets and occasional live music only add to the mix. Tel. 01271 861292

**11 Decks Restaurant**  
AA and Good Food Guide recommended restaurant serving dishes inspired by the best fresh local produce. Weddings and parties catered for. Tel. 01271 860671



Ox-eye Daisies on the Tarka Trail

**7 Waterside Gallery**  
An important outlet for the most talented artists, potters and craftsmen of North Devon, whose work is often inspired by the beauty of the area. Tel. 01271 860786 - [www.watersideart.co.uk](http://www.watersideart.co.uk)

**6 Johns' Supermarket & Delicatessen**  
This family run store is part butcher, fishmonger, grocer and baker. It specialises in fine foods and local produce (especially cheese, meat, poultry and fish), plus freshly made sandwiches/baguettes to order. Tel. 01271 860310

**5 The Bar**  
This contemporary bar and restaurant has a lovely waterfront location close to the village shops and Tarka Trail. The menu features homemade dishes and local produce. There is bike parking opposite. Tel. 01271 860624

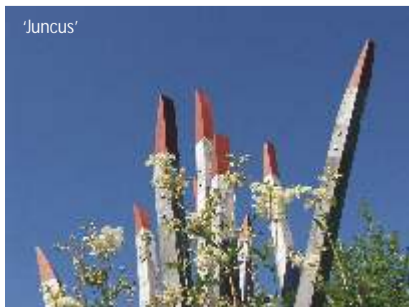
New Road



Instow's old Signal Box

**4 Instow Signal Box**  
Built around 1873 this was the first Grade 2 listed building of its kind in the UK. Managed by the Bideford and Instow Railway Group, this living museum can normally be found open on Sundays and Bank Holidays throughout the summer.

'Juncus'



**1 'Juncus'**  
This oak sculpture by Hartland-based artist Paul Anderson was inspired by local rushes (Juncus species). The surrounding wet ground planting was designed by Rose Gallagher. Commissioned by Instow in Bloom in 2001, 'Juncus' is one of several locally distinct gateway sculptures. You can see more of Paul's work at the Eden Project, as well as Broomhill Sculpture Gardens near Barnstaple.



Braunton Burrows from Worlington Hill



Camassias at 'Verging on a Meadow'



View from Raddy Farm towards Bideford

**2 Tarka Trail**  
Inspired by Henry Williamson's classic 1927 novel 'Tarka the Otter', this cycle route runs between Braunton to the north and Meeth to the south. It also links in with the wider cycle, rail and ferry networks. For more info, and to access the downloadable Audio Trail, go to [www.devon.gov.uk/tarkatrail](http://www.devon.gov.uk/tarkatrail).

To Bideford via Lime Kiln, Tapeley Park & Bideford Railway Heritage Centre



Sunset over the Torridge

Instow's maritime location inevitably encouraged the growth of sea-trade with other parts of Britain, Europe, even the Americas. Local products like dried fish and cloth were exchanged for coal, olive oil and tobacco. Later, in Victorian times, the 'waters' became a profitable leisure attraction, aided by the arrival of the railway. Instow, spa resort, once had a direct service from Waterloo! The railway eventually declined but the village remained a popular playground, our station becoming home to North Devon Yacht Club.

'Lord of the Manor is a title I loathe. Say I am the Caretaker.' Hector Christie



Instow Quay from Tapeley Park

Today Instow is focused on the Taw and Torridge estuaries but its origins lie in the agricultural activities of local manors and farms. Much of the village is still owned in trust by the Christie Family (of Glyndebourn), whose local seat is nearby Tapeley Park. The preservation of Instow's rural character and its restrained development is due greatly to the Estate's good stewardship in the face of economic pressures. This duty of care is reflected in the 'Health and Harmony' weekends held at Tapeley during the summer months.

'Many visitors stop me and say what a delightful village it is; ... it still has its charm and way of life; it is not commercialised and the slower pace of life is appreciated!' Bill Pain, Former Parish Clerk



Matchday at North Devon Cricket Club

Instow finds a special place in people's hearts, even their souls. Is this due to its setting, its history, its sense of community or a certain *je ne sais quoi*? Why not make up your own mind? Whatever the reason, the village has managed to retain its distinctiveness while adapting to our ever-changing world. As our Parish motto goes, time and tide are with us. We hope you will share this sense of place and allow it to endure.

# INSTOW

## How can you leave INSTOW untouched



Adopt A Beach volunteers

Pollution, from carbon emissions to litter, ultimately affects us all. Whilst such problems may be addressed globally, we can all play our exemplary part locally. Please take your litter home, and recycle where possible. If you're a dog owner, please use the waste bins provided and observe the restricted beach areas. Please also consider visiting by bus or even bike. Thanks. Such things should only add to your enjoyment, and that of others. Which is the point. Life's an infinite game, the idea is to keep playing. Good clean fun, no losers. ☺

'We all live downstream.' David Suzuki, Environmentalist



'Health and Harmony' at Tapeley

Confirmation of Biosphere Reserve status in 2002 was an exciting step toward a bright future for North Devon; these Reserves represent world class 'theatres for the reconciliation of people and nature' where ecological conservation is nurtured by sustainable ways of living, working and playing. Visitors to these 'living laboratories' can help by making greener choices, whether for local produce, organic restaurants or environment-friendly activities. Help us value, innovate and celebrate our sense of natural community.

'The things that are free which attract visitors will not exist if not... cared for and protected' From 'Instow - A History'

During the 1990's the old branch line became part of the truly scenic Tarka Trail, named after this local literary oter. This popular recreational route now brings visitors to Instow by bike or on foot, thereby helping to lower those pressures (like our car culture) that all too often ruin the object of our enjoyment. Such concerns have added importance locally with the area's designation as the UK's first new style UNESCO Biosphere Reserve. We're now on a par with Mount Vesuvius, Yosemite and the Galapagos believe it or not!



Instow Signal Box



'Instow - A History' by Alison Grant et al

Instow in Bloom greetings cards



Both available from Johns' Supermarket on the Quay

'Having arrived on spec we were delighted to find a haven for a delightful few days. The locals were also extremely friendly and had plenty of advice to offer.' Recent visitors.

Apart from being really useful, we hope this brochure prompts you to think about the footprints you leave as you enjoy yourselves on your travels. A duty of care can help to ensure that the places we visit - and their often fragile beauty - remain for future generations. Please think locally to act globally. Be the change you wish to see in the world. Leave it better for your visit. Thanks. ☺

For more info on our village, including accommodation, please visit [www.instow.net](http://www.instow.net). Or just ask a friendly local.



### Coming and Going

- Traveline (buses are frequent) – 0871 200 22 33
- Tarka Trail Cycle Hire (Barnstaple Station) – 01271 324202
- Biketrail Cycles (Fremington Quay) – 01271 372586
- Bideford Cycle Hire (near the old Station) – 01237 424123
- MS Oldenburg (Lundy Island from Bideford) – 01271 863636



[www.instowinbloom.org.uk](http://www.instowinbloom.org.uk)





[www.northdevonbiosphere.org.uk](http://www.northdevonbiosphere.org.uk)

This brochure was produced by Instow in Bloom with the aid of a grant by our County Councillor, Rodney Cann. Thanks to Sandra Yeo, Peter Yeo, Judy James and Bruce Cramp for the use of their photographs. Map and all images are copyright protected.

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