

# Speed Up & Slow Down

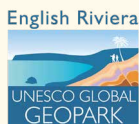


Free  
Great  
Experiences  
on the  
English  
Riviera



## One of Earth's Extraordinary Places ...

Our story began a mind-bending 400 million years ago. The entire English Riviera is internationally recognised by UNESCO, it's a place where you can immerse yourself in a very special part of the Earth's story. The English Riviera UNESCO Global Geopark invites you to be amazed at every opportunity by the extraordinary landscape, coastline, places and people. Whether from land or sea, you'll discover a world of geological, historical and cultural inspiration.



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Canny Marshall Ltd & Jo Deans.  
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[www.englishriviera.co.uk](http://www.englishriviera.co.uk)

## Dive into adrenalin-fuelled activities, or kick back, switch-off and relax.

Historically a centre for health and wellbeing, the English Riviera continues to be a place of relaxation and exploration. Go coasteering or soak up 800 years of history at Torre Abbey. Wild swim, mild swim, join the bustle of the airshow or just take a restorative breath of that famously revitalising sea air ... and gaze at the Bay.



The English Riviera is a natural playground of coves, caves, beaches and cliffs, complemented by harbours, villages and fascinating architecture. Blessed with a creative heart of theatres, cultural venues and attractions, it's a place which offers visitors something unique.

Fish for your supper and BBQ on the beach or dine at a Michelin star restaurant. Plunge into the sea or melt your tension in a spa.

### What will you do?

Find out more at  
[bit.ly/speed-up-and-slow-down](http://bit.ly/speed-up-and-slow-down)







## Standup Paddleboarding

# About Speed Up & Slow Down

Dial it up to 5 and *Speed Up* - Join the local adventurers and feel more alive. Whether you cycle, swim, coasteer or jet ski, the English Riviera is an extraordinary natural playground.

Turn it down low and *Slow Down* - Take time for yourself and experience the Bay in all its #NaturallyInspiring glory. Now, just ... relax ...

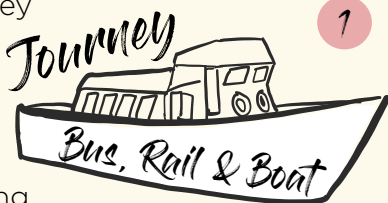
Here's our *English Riviera bucket list*. We've given each an activity rating from 1 - 5, experience them for yourself then tick them off:



## Walking

- ☐ 1. Visit a beach and make a pebble or a sand sculpture, and we're not just talking sand castles! Or just be in the moment and witness a glorious sunrise or sunset. 1

- ☐ 2. Enjoy the journey as much as the destination by jumping aboard a boat or steam train, relax and take in the stunning scenery and remarkable wildlife. 1



- ☐ 3. Take a slow promenade on the piers in Paignton or Torquay or soak up the atmosphere at Brixham's historic harbourside, best done with an ice-cream in hand. 1

- ☐ 4. Learn about the English Riviera UNESCO Global Geopark, an extraordinary story of over 400 million years that is told at Kents Cavern and Torquay Museum. 1

- ☐ 5. Tuck into a Devonshire cream tea (the cream before the jam) or eat al fresco with a barbecue on the beach. You could also forage for your food; you don't get much fresher than that. 1



## Mild Swimming

- ☐ 6. Relax and take a boat trip across the Bay. The ferry runs throughout the summer months. 2



- ☐ 7. Explore historic houses, stunning architecture and beautiful grounds at Torre Abbey, Greenway and Cockington Court. 2

- ☐ 8. Walk the South West Coast Path (easy, moderate or challenging), the views are incredible. 2

- ☐ 9. Take a literary tour around Torquay, surely the only place in the world connecting Miss Marple, Bovril, the occult and Darwin's theory of evolution. Pick up a Writers on the Riviera guide from the Visitor Information Centre. 2

- ☐ 10. Try beachcombing or rock-pooling. Find a mermaid's purse, a hermit crab or even a starfish, but be careful to put everything back when you've finished. 2

- ☐ 11. Sample England's Seafood Coast. Pick from award-winning fish and chips to Michelin star restaurants. 3

- ☐ 12. Get up at sunrise and tour the Brixham Fish Market. 3

- ☐ 13. Take to the water and kayak, SUP, swim or just paddle, you can't come to Devon's Beautiful Bay without at least getting your toes wet! 4

- ☐ 14. Join the locals and wild swim. Explore hidden coves and sea stacks from our clean, Blue Flag awarded beaches. 4

- ☐ 15. Throw yourself in! Coasteering is the most exhilarating and immersive (literally) way to experience the English Riviera. 5



- ☐ 16. Take a fast RIB ride, a mix of holding on for dear life and enjoying jaw-dropping scenery. 5

## And the weather forecast is ...

The English Riviera is blessed with the longest days and the highest sunlight hours in the UK. During Victorian times, the sunny weather was considered a real tonic to colder periods in northern England. With the palm trees, blue skies and Italianate architecture, it's easy to see why the area was named 'The English Riviera'.