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SUN, SEA & HISTORY

There's a host of coastal English Heritage sites offering sea views and stories to explore before you hit the beach this summer. Just don't forget to take your bucket and spade...

STAYS BY THE SEA

Extend your visit by staying at a holiday cottage. www.english-heritage.org.uk/holidaycottages

This image Tintagel Castle is spectacularly located on the Cornish coast and is home to a stunning footbridge connecting the two halves of the site. Above right Costumed performers at Pendennis Castle in Cornwall

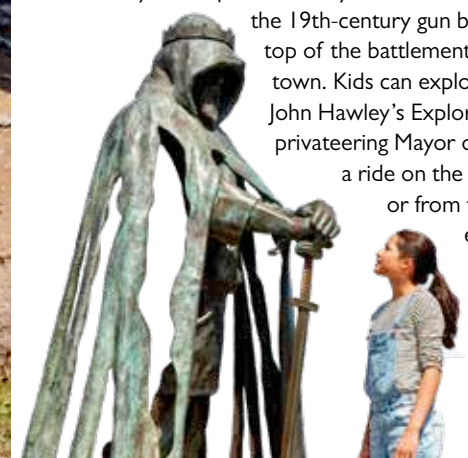


SOUTH WEST HISTORY AND LEGENDS

Set high on Cornwall's rocky north coast, **Tintagel Castle** is a 13th-century fortress steeped in the legends of King Arthur. Its ruins, split between the mainland and a craggy headland, were reconnected in 2019 by an elegant footbridge offering sea views almost as spectacular as the ruins of the castle. Venture across to soak up the scenery and meet Gallos, a commanding eight-foot-tall bronze sculpture inspired by both the legend of King Arthur and Tintagel Castle's royal past.

On the south Cornish coast, close to the bustling port of Falmouth, you'll find **Pendennis Castle** and **St Mawes Castle**, built by Henry VIII on opposite sides of the Fal estuary to defend against invasion. At Pendennis, climb to the top of the Tudor keep, where you'll be rewarded with panoramic views while you catch your breath. Spend time exploring the fortress, which also played a vital role during the two World Wars, while kids can enjoy the new castle-themed soft play area. Relax on the glorious castle lawns – the perfect spot for a picnic – then hop on the ferry across the estuary from Falmouth to visit sister castle St Mawes, watching out for wildlife along the way. Wander the grounds and marvel at the carvings that adorn the walls of this elaborately decorated fortress.

In neighbouring Devon, **Dartmouth Castle** has guarded the entrance to the Dart Estuary for more than 600 years. An animated film reveals the workings of the 250-metre-long iron chain that spanned the estuary, defending Dartmouth from enemy warships. Immerse yourself in audio and light displays in the 19th-century gun battery, and climb to the top of the battlement for views over Dartmouth town. Kids can explore the castle by completing John Hawley's Explorer Trail, named after a privateering Mayor of Dartmouth. To enjoy a ride on the water, take the ferry to or from the town quay – you may even spot a seal.





Dover Castle has plenty to keep the whole family occupied, from a medieval palace to secret tunnels

SOUTH EAST KENT CASTLE EXPLORATION

The iconic **Dover Castle** offers visitors an entire day of discovery across the centuries. After discovering Kent's early history at the Roman lighthouse, take a trip to the Middle Ages in the Great Tower, where vividly recreated rooms bring Henry II's medieval palace to life. Next, let yourself be transported to the First World War in the Fire Command Post, then venture deep underground in the secret wartime tunnels to experience the drama of Dunkirk.

A little further along the Kent coast, **Deal Castle** takes the crown as Henry VIII's biggest and most elaborate coastal artillery fortress. Venture into the dark, narrow passages of the Rounds and dare to defend the castle yourself, armed with a replica musket. Complete your exploration of the area with a visit to **Walmer Castle and Gardens**, a leisurely stroll from Deal. This Tudor artillery fort-turned-stately home is set amid award-winning gardens. Kids can let their imaginations run wild in the winding Woodland Walk nature play trail.



FIND OUT MORE

Discover more about all of our castles and their stories at www.english-heritage.org.uk/castles



A family explores the ruins of Whitby Abbey in North Yorkshire

YORKSHIRE MEDIEVAL CASTLES AND MONKS

The mighty **Scarborough Castle** stands on a headland steeped in history – it has attracted settlers since prehistoric times. Discover fascinating finds spanning 3,000 years in the Master Gunner's House, and venture to the cliff edge to explore the remains of a Roman signal station. You can also enjoy sweeping panoramic views from the platforms within the Great Tower and Inner Bailey.

Perched on a headland towering above the town, **Whitby Abbey** has been capturing visitors' imaginations for almost 1,500 years. Head to the museum to discover how the site sparked the tale of Dracula and inspired Caedmon, the first named English poet. Then explore the headland in the Ammonite Quest – an interactive experience revealing where some of the museum's artefacts were discovered.

Treasure islands

For the ultimate coastal adventure, head to our island sites with unique stories of their own



Enjoy family time fit for royalty with an escape to the opulent **Osborne** – Queen Victoria's Isle of Wight home. Get a glimpse into royal life by stepping into the lavishly decorated staterooms, before strolling around the surrounding gardens. Tucked away in the woods, you'll find the Swiss Cottage – an Alpine-style chalet built by Prince Albert for his nine children – which offers a play area and adventure trail. Finish off your day by basking on Victoria's private beach.

The Isles of Scilly off the south-western tip of Cornwall boast an impressive repertoire of fascinating historic sites. On the archipelago's largest island, St Mary's, visit **Harry's Walls**, the remains of an unfinished artillery fort. Over on the west coast of the island of Tresco, the round tower of **Cromwell's Castle** is one of the few surviving Cromwellian fortifications in Britain, and on the island's east coast you'll find the **Old Blockhouse**, the remains of a 16th-century gun tower.

Off the Cumbrian coast, escape to **Piel Castle** – a ruined 14th-century stone fortress built to guard Barrow-in-Furness. The castle dominates the tiny Piel Island, accessed by a small ferry from Roa Island.



Once one of the largest fortified areas in England, Tynemouth Priory and Castle is now a perfect spot for taking in views over the North Sea and the river Tyne

NORTH EAST RUINS AND REGIMENTS

Proudly overlooking the gateway to Newcastle, **Tynemouth Priory and Castle** combines a medieval monastery with castle towers, gatehouse and keep. Follow in the footsteps of monks through the 14th-century gatehouse and get acquainted with characters from its history, brought to life by the interactive displays. Then settle down with a picnic while you enjoy views across the North Sea.

If medieval monasteries are your thing, **Lindisfarne Priory** is another must-visit site. Cross the causeway on an unforgettable walk out to Holy Island (don't forget to check the tide times before you visit), and wander the 12th-century ruins, gazing up at the remarkable Rainbow Arch. In the museum, discover the story of St Cuthbert, the bishop of Lindisfarne, and learn about the *Lindisfarne Gospels* – a spectacular illuminated manuscript – in the very place it was created.

Further south along Northumberland's rugged coast is **Dunstanburgh Castle**, a dramatic ruined

fortress that is only accessible on foot. Watch out for wading birds along the way, and keep your eyes peeled for seabirds, which nest on the cliff during summer. Explore the castle's circuit of walls and towers – note its twin-towered keep – before trekking back to the village of Craster and refuelling with the local delicacy, Craster kippers.

A stone's throw from the Scottish borders, the historic town of Berwick-upon-Tweed in Northumberland suffered centuries of conflict, caught in the middle of the Anglo-Scottish wars. The 18th-century **Berwick-Upon-Tweed Barracks** were England's first purpose-built barracks and now house a range of exhibitions – don't miss 'By Beat of Drum', where you can step into the world of a British infantryman. As you explore the barracks, remember to look up to spot the candle smoke drawings on the ceilings, created by the soldiers who served here using candle smoke and stencils.



Listen up

Listen to episode 105 of our podcast, on the story of Lindisfarne Priory, which includes everything from saints to Viking raids. www.english-heritage.org.uk/podcast