

Discovering Teignmouth & Shaldon



1 Broadmeadow Sports Centre

Your local sports centre offers a range of facilities and excellent value-for-money leisure memberships.

- Fitness Suite
- Sports Hall
- Fitness Classes
- Crèche
- Sauna
- Squash Courts
- School Holiday Activities

LEISURE for you

Broadmeadow Sports Centre
Broadmeadow Industrial Estate,
Bishopsteignton Road, Teignmouth,
TQ14 8AE Tel: 01626 775940
www.teignbridge.gov.uk

Teignbridge
DISTRICT COUNCIL
SOUTH DEVON

2 THE FOUNTAIN FOR HEALTH
for natural health treatments

HYPNOTHERAPY
www.mikeuttley.co.uk • 01626 870105

BEAUTY THERAPY
Sarah Hornett • 07944 434769

www.thefountainforhealth.com
9 The Triangle • Teignmouth • 01626 777729

3 Teignmouth Devon

SeaSports www.seasports-dv.co.uk
01626 772555

RYA Windsurfing, Sailing, Powerboat & Jet Ski Tuition
BCU Kayak and Canoe Tuition and trips
Stand up paddle board Hire and trips
Junior activity weeks
Pirate parties and Kayak parties
Board and open kayak hire from the beach
And much more...

Tuition
Trips
Hire

4 Alpha Taxis
TEIGNMOUTH
01626 773030
Friendly Reliable Service
www.alpha-taxis.co.uk

5 Turn of the Tide
7 The Triangle Teignmouth
Pictures, gifts and clothing inspired by the sea
01626 777455
www.turnofthetide.net
www.sallyanderson-gallery.co.uk

6 TEIGNMOUTH TYRES

- Car Repairs
- Brakes
- Tyres
- Exhausts
- 24hr Breakdowns
- Car Sales

Units 1-2 Devon Arms Yard,
Quay Road, Teignmouth Devon
TQ14 8ER.
www.teignmouthtyresandexhausts.co.uk
01626 770701

7 the owl and the pussycat
Tel: 01626 775321
bookings@theowlandpussycat.co.uk
www.theowlandpussycat.co.uk

The Owl and the Pussycat restaurant in Teign Street is open for coffee, lunch, and dinner Monday to Sunday. Dishes prepared from fresh local ingredients. Secluded sunny garden for alfresco dining.

8 NAUTILUS SEAFOOD RESTAURANT

For the best in local fresh fish, shellfish, meat and vegetarian dishes

Open lunchtimes for Tapas.

We also have a special lunch menu at a great price on Tues, Weds, Thurs. Tapas nights Tues, Weds, Thurs £12.95 per head.

A la carte Friday and Saturday evenings.

Booking Essential Open Tues-Sat all year round, lunch and evening.
34, Brunswick Street, Teignmouth Devon, TQ14 8AF 01626 776999

9 Teign Music

5 Carlton Place, Teignmouth, Devon TQ14 8AB
Tel/Fax 01626 773400
Email: music@teignmusic.com
www.teignmusic.com

10 Shaldon Wildlife Trust

Ness Drive, Shaldon, Teignmouth, Devon TQ14 0HP
Tel: 01626 872234
www.shaldonwildlifetrust.org.uk
Off the A379 Torquay to Teignmouth Road catching the bus to Ness Drive

...is truly unique

Tourist Information

Teignmouth Tourist Information Centre The Den,
Sea Front, Teignmouth TQ14 8BE Tel: 01626 215666
Email teigntic@teignbridge.gov.uk www.visitsouthdevon.co.uk

Teignbridge
DISTRICT COUNCIL
SOUTH DEVON



- Key**
- 11 Tourist Information Centre
 - 12 Theatre
 - 13 Lido
 - 14 Railway Station
 - 15 Smugglers Tunnel
 - 16 Boat and PWC launch (Polly steps)
 - 17 Harbour Masters Office
 - One way street