

Welcome to Instow Sands

Managed by Instow Parish Council
on behalf of the Village Community and the beach owners,
Christie Devon Estates and the Crown Estate Commissioners.

The Village Community welcomes visitors using Instow Sands for recreation, including dog walkers, and asks users to observe the following Code of Conduct.

CODE OF CONDUCT

DOGS:

Dogs are allowed without restriction on the areas of the beach coloured gold on the map

Dogs are not permitted on certain sections of the beach from **1st May to 30th September** each year.

The restricted area is highlighted in pink on the map and stretches between **the Quay and Lane End Road**.

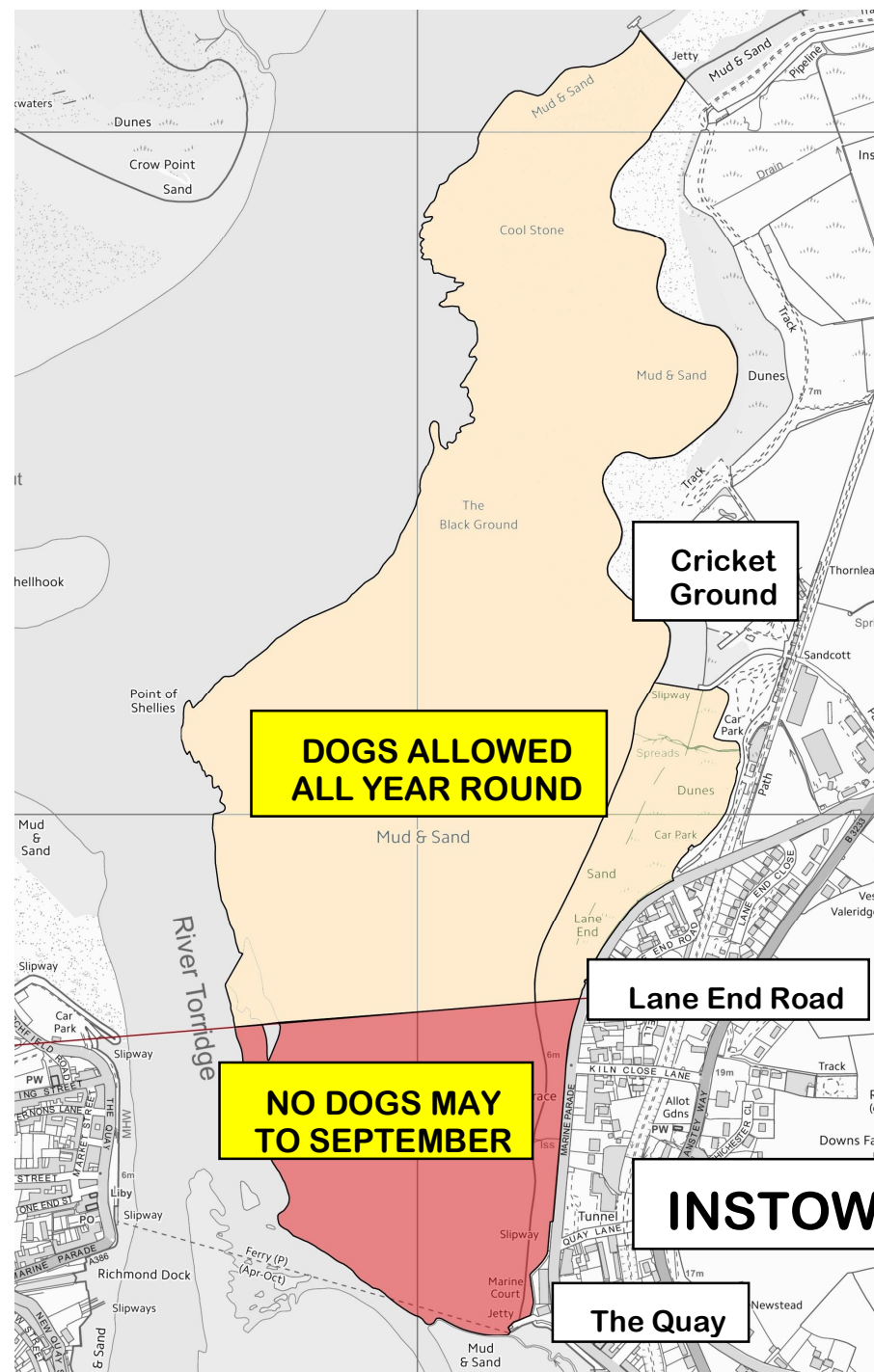
Dog Owners must keep their Dogs in sight and under control at all times

Dog Owners must clean up after their dogs at all times and dispose of the result in the Dog Litter Bins provided

LITTER: Please help to keep the beach clean by using the litter bins provided or taking your litter home with you

BONFIRES: Are Not Permitted

VEHICLES: Motorised Vehicles are not permitted unless specifically authorised.



BEACH WARNINGS

CURRENTS:	Beware of Strong Currents when the tide ebbs and flows
SOFT SANDS:	Beware of Soft Sands below the high tide line
BOATS & MOORINGS	Beware of Anchored or Beached Boats and moorings close to the shore
MILITARY VEHICLES:	Beware of Military Vehicles operating on the beach and in the water
LIFEGUARDS:	There is no Lifeguard Service on this Beach
WATER QUALITY:	There is a risk of water contamination following heavy rain. Beach Users enter the water at their own risk.

CONTACTS AND EMERGENCIES

Telephone Numbers	Emergency and the Coastguard 999 Instow Parish Council 01271 372408 Christie Devon Estates 01271 342558
Defibrillators	Located outside the Parish Hall in Quay Lane and outside North Devon Yacht Clubhouse
Accident & Emergencies	The nearest Hospital is North Devon District Hospital, Raleigh Park, Barnstaple, EX31 4JB