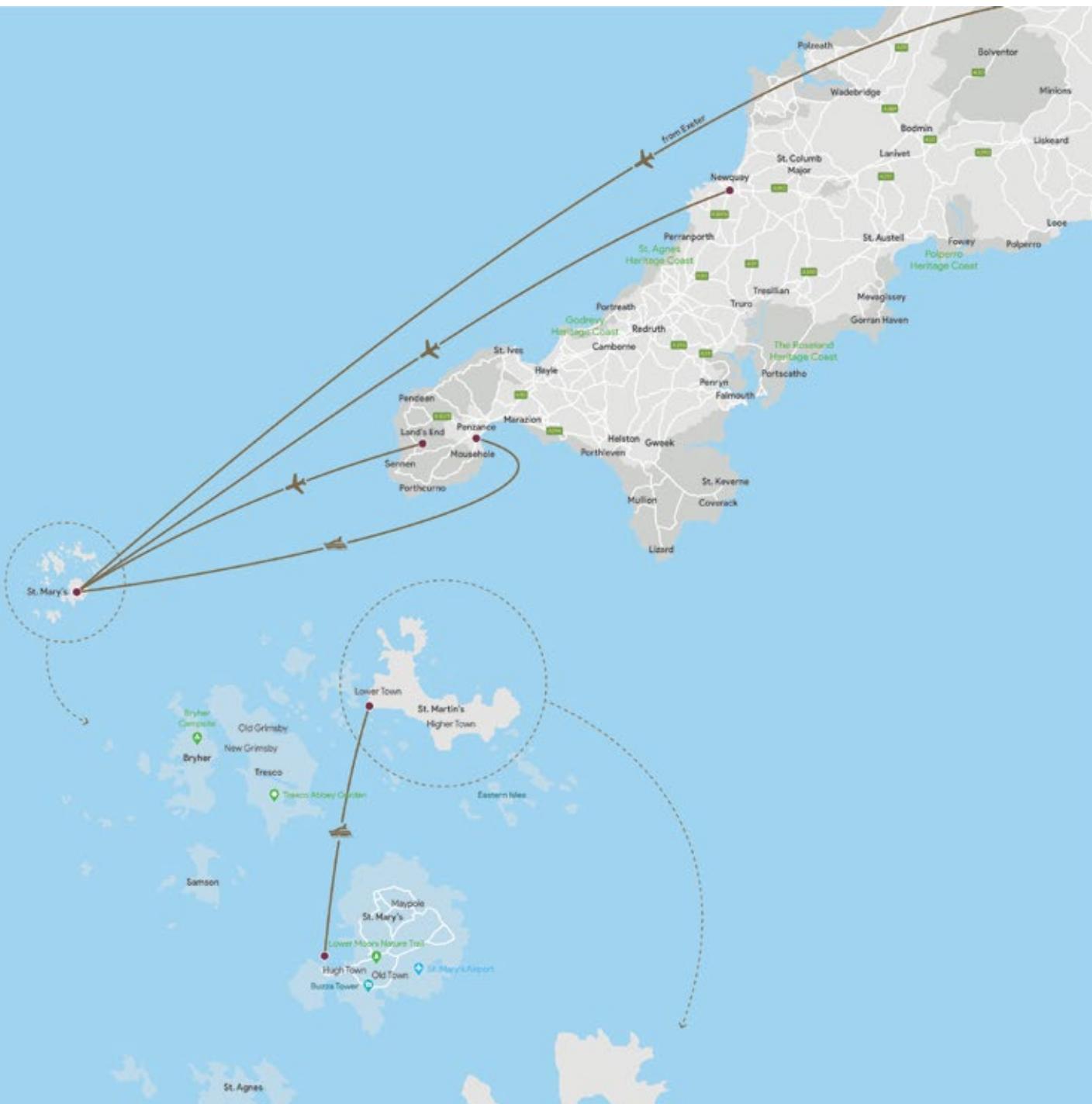


*Karma*  
ST. MARTIN'S  
ISLES OF SCILLY, UK



## DESTINATION PROFILE

WE CREATE... EXPERIENCES





## HOW TO GET THERE

From the UK, you will first need to travel to the island of St. Mary's, the largest inhabited island in the Scillys.

### By sea

Catch the Isles of Scilly ferry, the Scillonian, from Penzance to St. Mary's. The Scillonian is a passenger ferry and the crossing takes 2.75 hours. Dogs are welcome onboard, and the ferry generally makes one return crossing a day.

### By air

Catch the Skybus to St. Mary's, from Exeter, Newquay or Lands End in the UK. The flight time is 15-60 minutes depending on departure location. You'll see unforgettable views descending over the Isles of Scilly. Please note that the Skybus flights rely on good weather and visibility. From St. Mary's airport you'll need to get a shuttle bus down to St. Mary's Quay, and from there board a boat to St. Martin's. There are shuttle buses outside the airport to meet every Skybus flight, the journey takes 10 minutes, and is £8 for a return journey. It is vital that you inform reception at Karma St. Martin's of your travel arrangements so that we can assist you. Travel to the Isles of Scilly is popular and it is recommended you book well ahead of your stay to avoid disappointment. Dogs can travel from Lands End Airport and Newquay airport.

### On St. Mary's Quay

From St. Mary's, catch a boat to St. Martin's. All boats are tide dependent, and the precise departure times are not announced in advance. There are two boat companies which operate boats between St. Mary's and St. Martin's, and you can either catch a scheduled boat or a private 'special' boat. A scheduled boat is approx. £7.00 for a single trip, and special boats start from approx. £60.00 for a single trip. If you have informed Karma St. Martin's reception team of your method of transport to St. Mary's, they will contact you to inform you of boat times the evening before your arrival. If you prefer a private boat, please notify reception in advance so they can help you make necessary arrangements.

### Arriving on St. Martin's

St. Martin's has two quays which the boats will arrive/depart from either quay subject to tides. Higher Town Quay: is a thirty-minute walk from Karma St. Martin's. We endeavour to ensure there is a porter and vehicle at Higher Town Quay to meet every boat and assist with luggage and transfers if needed. Lower Towns Quay: is mere meters from Karma St. Martin's, and a two-minute walk to our front door. We endeavour to ensure there is a porter on Lower Town Quay to meet every boat and assist with luggage.

ST. MARTIN'S ON THE PLATE

---

OUR TOP PICKS OF RESTAURANTS  
IN THE REGION





Cloudesley Shovell Restaurant



Cloudesley Shovell Restaurant



Adam's Fish & Chips

## Cloudesley Shovell Restaurant

Our two rosette-awarded Cloudesley Shovell restaurant is open daily to residents and non-residents alike, along with your four-legged friends. We serve coffee and light bites, lunch and dinner. Dine in style while overlooking Tean and Tresco, complete with idyllic sunset views for dinner. Booking is recommended for evening meals and Sunday lunch to avoid disappointment.

**Open Daily, for Lunch** from 12:00 to 15:00 and for **Dinner** from 18:00 to 21:00

Higher Town, St. Martin's, Isles of Scilly TR25 0QL, UK

---

01720 422368 | [karmagroup.com](http://karmagroup.com)

---

## Adam's Fish & Chips

Adam's Fish & Chips is a family run business that started as a small take-away venture and quickly rose in popularity to an award-winning Fish & Chips restaurant on St Martin's. The restaurant only uses homegrown ingredients, local produce and fresh fish caught by Adam himself and offers eat-in and takeaway dining options. The lobster scampi comes highly recommended! Pre-booking is required.

**Open Tuesday to Thursday and Saturday** from 18:00 to 20:30

Higher Town, St. Martin's, Isles of Scilly TR25 0QL, UK

---

01720 423082 | [www.adamsfishandchips.co.uk](http://www.adamsfishandchips.co.uk)

---



Little Arthur



Polreath



Polreath

## Little Arthur

A very eco-conscious business, using all locally sourced or home grown produce from their own farm on St Martin's, Little Arthur is an absolute delight. With stunning views out across to the Eastern Isles and a friendly and adaptable service, enjoy a spot of delicious lunch, homemade cakes or indulge in one of their island famous Pizza or Bistro evenings. Pre-booking is required.

**Café :** from **Monday to Friday** from 10:30 to 16:00, **Saturday** from 11:00 to 15:00

**Bistro :** **Monday evenings** from 18:00 to 21:30, **Friday evenings** from 18:00 to 21:30

Higher Town, St. Martin's, Isles of Scilly, Cornwall TR25 0QL, UK

---

01720 422779 | [www.littlearthur.co.uk](http://www.littlearthur.co.uk)

---

## Polreath

This beautiful guest house and tea rooms welcome all to their tranquil and secluded garden venue. It's an ideal place to partake of that most wonderful of English pastimes, tea and cake. The tea rooms are open 6 days a week, but they also offer an exclusive curry night every Monday evening. Booking is essential.

Open from **Sunday to Friday** for **Tea & Homemade Cakes** from 10:30 to 16:30

For **Light Lunch** from 12:00 to 14:00 and for **Cream Teas** from 14:30

Higher Town, St. Martin's, Isles of Scilly TR25 0QL, UK

---

01720 422046 | [www.polreath.com](http://www.polreath.com)

---



The Seven Stones Inn



Seven Stones Inn



The Island Bakery

## The Seven Stones Inn

Like the 80s hit sitcom Cheers, this is the kind of place where everyone knows your name and you're made to feel right at home. Diners enjoy the stunning views across to Tresco and St Mary's.

The Seven Stones comes highly recommended by locals and guests alike.

**Open Daily**, for **Lunch** from 12:00 to 14:00 and for **Supper** from 18:00 to 20:00

Higher Town, St. Martin's, Isles of Scilly, Cornwall TR25 0QL, UK

---

01720 423777

---

## The Island Bakery

A small but busy family run bakery, The Island Bakery offers freshly baked bread, sandwiches filled to the brim, traditional pasties, scrumptious savouries, homemade cakes, and even traditional lemonade (sadly, the secret recipe is not included).

Open from **Monday to Saturday** from 09:00 to 17:00

Higher Town, St. Martin's, Isles of Scilly TR25 0QL, UK

---

01720 422111 | [www.theislandbakery-stmartins.com](http://www.theislandbakery-stmartins.com)

---





St. Martin's Aerial View

PLACES TO VISIT WHILE STAYING AT  
KARMA ST. MARTIN'S

---





The Chapel-Down Daymark St. Martin's



Little Bay and Great Bay



White Island

### **The Chapel-Down Daymark St. Martin's**

This daymark was constructed by Thomas Elkin and although erected in 1683 it has been incorrectly marked as 1637. It is situated on the highest point of St Martin's and offers beautiful 360 panoramic views of the surrounding isles and inlets.

### **Little Bay and Great Bay**

St Martin's is known for having the best beaches in all the Scillys, indeed the UK, with beautiful white sands and clear blue waters. Little Bay and Great Bay are no exception and are close to the resort making it an ideal day by the water.

### **White Island**

Only when the tide is low is White Island accessible to explore on foot. With one tree and a Chad Girt (a geographic feature that almost cuts the island in two), White Island offers a unique look at the diverse make up of the Scillys.



Churchtown Farm - Scilly Flowers



Fay Page Jewellery Studio



St. Martin's Reiki Centre

### Churchtown Farm - Scilly Flowers

Churchtown Farm, the home of Scilly Flowers, has been a flower farm for the last 70 years and has been sending gift boxes of scented flowers and joy through the post since 1991. In 2011 they started a herd of rare breed cattle, working alongside the Wildlife Trust to protect - indeed improve- biodiversity on the island.

### Fay Page Jewellery Studio

A popular jeweller on St Martin's, Fay Page offers handmade silver jewellery crafted in the onsite workshop. The open studio allows visitors, where you can choose that ideal piece to take home with you. They can also create bespoke pieces if you have something specific in mind.

### St. Martin's Reiki Centre

Enjoy a relaxing session of Reiki - a safe, nonintrusive Japanese healing technique - with Reiki master Cheryl. Reiki channels energy into the body to help heal physical and emotional issues. The Reiki centre also has a peaceful meditation garden where you can partake in guided sessions of mindful meditation.



## Tennis

The island's tennis courts are available for hire for those looking to improve their game or merely looking to swing a racquet around with abandon. Booking ahead of time is important.

## St. Martin's Island Hall

Recently renovated, St Martin's Island Hall is open daily from 8:00 to 22:00 for islanders and visitors to take advantage of. It offers a reading room with books, puzzles and games which is free to use, public toilets, free wi-fi, a sports hall and a well-equipped gym for all your work out needs. The sports hall can be hired by the hour and a week-long pass for the use of the gym can be attained from Churchtown Farm.

## HIGHLIGHTS OF ST. MARTIN'S

---





Scilly Seal Snorkelling



St. Martin's Water Sports



St. Martin's Water Sports

## Scilly Seal Snorkelling

One of the most popular activities on the islands is the award-winning Scilly Seal Snorkelling in the waters just off St Martin's; an incredible experience gives you the opportunity to visit the Eastern Isles - the home of Grey Atlantic Seals - to swim and snorkel with these elegant and curious creatures. All the equipment is supplied and safety is always a priority with the professional and highly qualified crew. You can now also hire an underwater camera to capture the magical underwater world.

## St. Martin's Water Sports

What better way to see the islands than on the water? There is so much to see and so many uninhabited islands to explore. St. Martin's Watersports provide hires of single or double kayaks and stand-up paddleboards by the hour, by the day or by the week. These pastimes are by necessity weather dependant.



The Isles of Scilly



The Isles of Scilly



The Isles of Scilly

## The Isles of Scilly

The Isles of Scilly are made up of 5 inhabited islands including St Mary's, Tresco, St Martin's, Bryher and St Agnes with a combined population of approximately 2,000 full-time residents. The Scillys (as they're known) reside 28 miles off the Cornish coast and are the most South-Westerly point of the UK.

Each island in the archipelago has something different and unique to offer. There are also more than 140 uninhabited islands and rocks across the Scillies with a wealth of flora and fauna above and below the waves to explore. Daily boat trips run between the islands on changing schedules and are weather and tide dependent. The schedules are mainly decided the day before or on the morning of sail.

There are a number of low tide events that occur during the season, which is when tides are at their most extreme (differing in up to 7m between high and low tide). During these times it's possible to walk across the exposed sand flats, roaming between various islands. Local food businesses set up pop-up stalls so that you can sip on some champagne and eat some fresh lobster on your walk too.

Definitely an experience to tick-off the 'Must Do' list!

The World Pilot Gig Championships are hosted every May in the Scilly's - a hark back to the days when the island's pilots guided ships through the often treacherous waters along the coast. In 2018 a record number of gigs attended the event - 156 Gigs in total - making the start line over a mile long.



St. Agnes



St. Agnes



Bryher

## Bryher

Measuring just one and a half miles long by half a mile wide, Bryher is the smallest inhabited island in the Isles of Scilly with only 90 year-round residents calling the island home. The island is known for its dramatic and varied coastline; the east coast looks out to Tresco and the tame waters of the channel between the two islands while the west coast looks out across the aptly named Hell Bay due to the wild Atlantic Ocean rolling in with no protection from its powerful force. It's an ideal place to watch a storm roll in. Boats run between Bryher and Tresco giving you the opportunity to visit both islands in a single day. Enjoy the local produce, walking paths, and visit Britain's smallest bar, Fraggle Rock. The Crab Shack is also quite a treat if you're looking for some unique dining.

## St. Agnes

St Agnes sits at the south-western edge of the Isles of Scilly making it the south-westernmost point in the UK. It is one of the smallest of all the islands with approximately 70 residents calling the isle home year-round. Unspoilt and a bit untamed, St Agnes boasts of being rat-free. The only pub, The Turks Head, overlooks the only quay on the island and offers superb views across the bays and other islands and serves a delicious range of lunch and dinner options. Lower tides expose a sandbank allowing you to walk across and explore the island of Gugh. When the tides rise the ocean takes over, the sandbank disappears and you can no longer make it across on foot. Troytown Farm produces incredibly tasty ice cream, made by only nine cows, and there's also plenty of live history to explore in the form of Bronze Age artefacts and remnants.

Nature buffs will enjoy the profusion of rare plant and bird species.



St. Martin's Vineyard & Winery



Troytown Farm



Boating

## Boating

The five islands that make up the Scillys – St. Mary's, Tresco, St. Martin's, Bryher, and St. Agnes – are all relatively close to each other making island hopping an accessible and immensely enjoyable experience. Spend the morning jumping onto unspoilt white sand beaches straight from your boat, or taking a dip in the temperate turquoise water. Scilly Isles boating is more than just tourism; there's also a wealth of conservation work and fishing that forms part of the daily boating traffic to and from the islands.

## St. Martin's Vineyard & Winery

Established in 1996 by Val and Graham Thomas, St Martin's Vineyard and Winery is St Martin's only vineyard and has been producing the local drop since their first yield in 2000. Head on down to Higher Town and tour the winery with the owners. Afterwards, partake in a tasting session. There is also a small shop where you can purchase wine and pick up St Martin's memorabilia.

## Troytown Farm

Troytown Farm is the only dairy farm on The Isles of Scilly and likely to be one of the smallest dairy farms in the country, with a resident population of a mere nine cows. The farm processes their milk and sell directly to customers from their small farm shop, as well as selling across all the islands. From the dairy, they produce the tasty Troytown Farm ice cream which comes in numerous flavours.



St. Mary's



St. Mary's

## Karma Spa

Karma Spa offers experiences to nourish, heal and nurture your mind, body and soul. From the moment you enter our spa, you are enveloped in a haven of calm and relaxation. We create experiences for you that enhance your inner health and outer beauty. All Karma Spa treatments are curated from ingredients sourced from ethical and sustainable growers and are paraben-free. Our highly-trained therapist offers treatments to ease you into a state of deep healing so that you can depart transformed.

## St. Mary's

St Mary's is the largest of all the inhabited islands with a population of about 1,700 and has the most amenities, often nicknamed 'The Mainland' by off-islanders. Hugh Town is the central hub with many shops, café's, pubs, banks, a post office, galleries and a museum of Scillonian history. There are a few beaches in St Mary's that are family friendly and have great views. Porthcressa, Town Beach and Porthmellon are a short stroll from Hugh Town and are very popular with visitors and locals. Old Town is a more relaxed affair with its beach, nature reserve, a few shops, galleries and some hidden gems to discover. There's plenty to see and do on St Mary's, such as walking the rugged coastline, taking in the stunning seascapes and visiting the incredible archaeological sites and Bronze Age burial chambers. Guided walking tours are available and information can be found on boards at the quay. The Sailing Centre is based at Porthmellon beach for all your watersports needs. St Mary's Golf course offers unparalleled views for your delight during your game. Other activities include cycling, horse riding, sailing, coasteering (for the adventurous) and snorkelling.



Tresco



Tresco



## Tresco

Tresco is the second largest island after St Mary's and is privately owned, with a residency of about 200 people. The Dorrien-Smith family care for this island, which comes across as more manicured than the rugged nature of the neighbouring islands. Famously known for its Tresco Abby Gardens, this subtropical garden is a garden lover's dream with over 20,000 exotic species of plants from all across the world which thrive here due to the sub-tropical microclimate found in the Scillies. The Valhalla collection displays figureheads salvaged from shipwrecks found on across the islands and is located the gardens. Tresco also has two freshwater pools, Abbey Pool and Great Pool, which provide spots to watch dunlins, plovers and ducks, along with many other species during certain times of the year. You can hire boats and kayaks or even try a spot of windsurfing with Tresco Sailing Club, or you can hire a bike to explore a lot of the island using their bike-friendly paths. A weekly local market supplying great local food, as well as the Tresco Gallery and Tresco Spa are all worth a visit to get a feel for the island. Notable dining venues include The Ruin Beach café, The New Inn and The Flying Boat Club, all of which serve lunch and dinner daily. The local store has a delightful deli for you to pick up picnic needs. The beaches on Tresco are also worth a visit, with their pure white sands and clear blue sea in beautiful contrast.



We look forward to welcoming you to Karma St. Martin's. We remain at your disposal for any additional information to help you plan your stay.

Please get in touch on

**[reception@karmastmartins.com](mailto:reception@karmastmartins.com)**

St. Martin's Aerial View



**KARMA ST. MARTIN'S**

Isles of Scilly, Lower Town, St. Martin's, TR25 0QW, England

E : [reception@karmastmartins.com](mailto:reception@karmastmartins.com)

T : +44 (0) 1720 422 368

**KARMAGROUP.COM**