

## ✨ SENSORY-FRIENDLY AND ACCESSIBLE HOLIDAYS IN CORNWALL & DEVON ✨🌂



The 🌊 South West of England is a dream destination for anyone looking for stunning coastlines, peaceful countryside 🌿, and welcoming communities 😊. But what makes Cornwall and Devon particularly special is their commitment to inclusive travel ✨.

Whether you or a loved one have sensory sensitivities, mobility challenges 🦽, or other accessibility needs, there are plenty of places where you can relax and enjoy a stress-free holiday 🌂.

In this guide, we'll explore the best sensory-friendly and accessible venues in Cornwall and Devon, from immersive nature experiences 🌳🐦 to quiet, welcoming attractions designed to support neurodivergent visitors 🧩.

### 🌂 Why Choose Cornwall & Devon for an Inclusive Holiday?

Cornwall and Devon are famous for their breathtaking landscapes, from rugged cliffs and sandy beaches to serene countryside and charming seaside towns. But beyond their natural beauty, these counties are leading the way in accessible tourism, offering:

- ✅ *Sensory-friendly adjustments* (quiet times, sensory maps, and calming environments)
- ✅ *Step-free access and accessible pathways*
- ✅ *Quiet spaces and low-stimulation areas*
- ✅ *Trained staff* who understand the needs of autistic and neurodivergent visitors

Whether you're looking for peaceful nature walks, gentle coastal experiences, or engaging but low-stimulation activities, you'll find something here for everyone.







## **SENSORY-FRIENDLY & ACCESSIBLE VENUES IN CORNWALL**



### **The Eden Project – St Austell**

One of the UK's most iconic attractions, the Eden Project offers an unforgettable sensory experience. With vast biomes filled with tropical and Mediterranean plants, visitors can explore at their own pace.

#### **Why it's great for sensory-friendly visitors:**

-  **Quiet mornings:** Early opening hours and quieter times help reduce crowds.
-  **Sensory maps:** Highlight areas that may have strong smells or louder noises.
-  **Calming environments:** The Mediterranean Biome provides a warm but not overwhelming experience, with soft natural scents and gentle background sounds.
-  **Accessibility:** Step-free access, free wheelchair hire, and a Changing Places facility.










### **The Lost Gardens of Heligan – Near Mevagissey**

This hidden paradise features quiet woodland walks, stunning flower gardens, and wildlife-filled ponds, creating a tranquil retreat for visitors with sensory needs.

Why it's great for sensory-friendly visitors:

 **Tranquility:** Plenty of open space and secluded benches for rest breaks.

 **Mild sensory engagement:** Sounds of rustling leaves, trickling water, and birdsong create a soothing environment.


 **Wheelchair-friendly paths:** Accessible routes ensure a smooth experience





### **Newquay Zoo – Newquay**

A small, manageable conservation zoo that's perfect for visitors who may find larger attractions overwhelming.

Why it's great for sensory-friendly visitors:

 **Quiet zones:** Designated areas for relaxation away from crowds.

 **Animal encounters:** Watching otters, meerkats, and monkeys can be a calming experience.

 **Accessibility:** Mostly flat pathways, accessible toilets, and wheelchair-friendly routes.








## Sensory-Friendly & Accessible Venues in Devon

### **Paignton Zoo – Paignton**

A larger zoo with peaceful gardens and plenty of space to explore at your own pace.




*Why it's sensory-friendly:*

-  Open spaces: Large enclosures and early morning visits reduce crowd exposure.
-  Quiet spots: Picnic areas and shaded benches provide calm areas to rest.
-  Accessibility: Level pathways, accessible toilets, and mobility scooter hire.

### **The Donkey Sanctuary – Sidmouth**

A peaceful farm where visitors can interact with rescued donkeys while enjoying the beautiful Devon countryside.

*Why it's sensory-friendly:*




-  Gentle interactions: Donkeys offer a predictable and calming sensory experience.
-  Quiet walking trails: No sudden loud noises or overwhelming movements.
-  Free entry: Stay as long or as little as you'd like!



### **Becky Falls – Dartmoor**

A tranquil nature retreat with gentle waterfalls, woodland trails, and fresh air—ideal for sensory relaxation.

*Why it's sensory-friendly:*

-  Natural white noise: The rhythmic sound of falling water creates a calming atmosphere.
-  Flexible routes: Choose between gentle strolls or more adventurous trails.
-  Pet-friendly: Service animals and well-behaved dogs are welcome.







### 💡 **Extra Tips for a Stress-Free, Sensory-Friendly Holiday** ***Travel During Off-Peak Hours***

🕒 Visit term-time weekdays or early mornings to avoid crowds.

### ***Use Accessibility Guides***

📖 Many attractions offer sensory maps and quiet-time guides online—check in advance!

### ***Bring Familiar Comfort Items***

🎧 Pack noise-canceling headphones, fidget tools, or weighted lap blankets to ease sensory overload.

### ***Choose Accommodations Wisely***

🏠 Look for sensory-friendly hotels, B&Bs, and cottages with quiet rooms, blackout blinds, and accessible options.



### 🌍 **Final Thoughts**

★ Cornwall and Devon are leading the way in making holidays sensory-friendly and accessible for all! 🌿 ✨ Whether you prefer peaceful nature trails 🌳, gentle animal encounters 🐾, or well-managed attractions 🎢, there's something here for you.

📍 This is just the beginning of our sensory-friendly travel series—stay tuned for more guides on inclusive destinations across the UK! 🌍💙

Have you visited any of these places? Let us know about your experiences! 🌿 ✨





## 🌍 Planning Your Sensory-Friendly and Accessible UK Holiday 🌍

A little planning can make all the difference when booking an inclusive holiday. Here are some quick tips to help:

- ✅ *Choose the right accommodation* – Look for quiet rooms, blackout curtains, and accessibility features when booking your stay.
- ✅ *Check for sensory-friendly sessions* – Many attractions now offer quiet hours or adjustable sensory experiences—perfect for stress-free visits.
- ✅ *Plan transport ahead* – Make sure public transport or taxis meet your accessibility needs before you travel.
- ✅ *Pack sensory aids* – Bring along noise-canceling headphones, weighted blankets, or familiar comfort items to ease travel anxiety.

## 🌍 Final Thoughts 🌍

The UK is home to an increasing number of sensory-friendly and accessible holiday destinations, meaning everyone can enjoy stress-free, enriching travel experiences. Whether you dream of a peaceful escape in the Lake District, a fun-filled trip to Brighton, or a cultural adventure in Edinburgh, there's a holiday spot perfect for you.

🔔 Stay tuned for our next installment, where we'll explore more fantastic UK destinations designed with accessibility and sensory needs in mind!

💬 Have a favorite sensory-friendly travel experience? Share your recommendations in the comments—we'd love to hear from you! 🌱😊