**Things not to miss on a day trip to Looe**

The beautiful seaside town of Looe is situated in South East Cornwall, sometimes referred to as the forgotten corner of Cornwall.

The town, which prospered from the fishing industry and latterly tourism, is actually split into two towns, East and West Looe, and separated by the East Looe River.

East Looe is the busier of the two and has plenty of narrow back lanes with quaint cottages rubbing shoulders with independent shops of all shapes and sizes.

The best way to visit the town is on the scenic Looe Valley Line.

This lovely branch line begins from the market town in Liskeard and winds its way through heavily wooded valleys until the final two miles which see the views completely open out over the estuary.

This last two miles is an excellent opportunity to spot some of the local birdlife which includes little egrets, oyster catchers, curlew and kingfishers (although blink and you’ll miss them!).

Leave the station and turn right and the town is about 10 minutes walk away.

Depending on the weather will determine what you are going to want to do but on a sunny day you could head straight for the town beach and banjo pier.

This is a safe sandy beach with shops, cafes and amenities close by as well as the Admiral Boscarn pub with its large roof terrace.

The beach does get busy in the summer though so if the weather is good, it is best to get there early.

If it isn’t beach weather there is more than enough to occupy you for a day.

Head into East Looe and get yourself a pasty from the award winning Sarah’s Pasty Shop.

This pasty shop is housed in the smallest of buildings in one of East Looe’s back streets but it is worth seeking out as the pasties are out of this world.

Staff make the pasties in front of you and as well as the traditional steak you can get all sorts of other flavours including mackerel and horseradish!

Armed with your pasty, head towards the harbour and here you will find the ferry that connects East and West Looe (the ferry doesn’t run when the tide is out but you can walk around to West Looe via the bridge).

Hop on and travel across the river and of you have time, it is well worth popping into the Old Sardine Factory heritage centre where you can explore the maritime and fishing heritage of Looe.

From here you can walk the short but steep walk up to Hannafore.

This area of West Looe is mainly residential as well as the home of the Hannafore Point Hotel.

The views across the whole of the bay and over Looe Island are stunning and on a clear day you can see for miles.

Looe Island, also known as St George’s Island, has had people living on it since the Iron Age and at one time was a pilgrimage for early Christians.

The Island’s most colourful history was throughout the 17th and 18th centuries when it was used by smugglers.

There is more on the history of the Island and smuggling in the town in the excellent Old Guildhall Museum in East Looe.

Head down towards the end of Hannafore and you will eventually find a gate that leads into a field and this is where you can access the South West Coast Path.

Wander a while, find a bench and enjoy your pasty or if you are feeling fit and keen you can walk the 6 miles to the quaint village of Polperro along the coast path.

The walk is strenuous in places but you will be rewarded with stunning views out to sea and glimpses of deserted coves where you can picture the smugglers of the past.

If you do opt for to do the whole walk, there is a bus in Polperro that will take you back into Looe at the end of your day before you catch the train back to Liskeard.