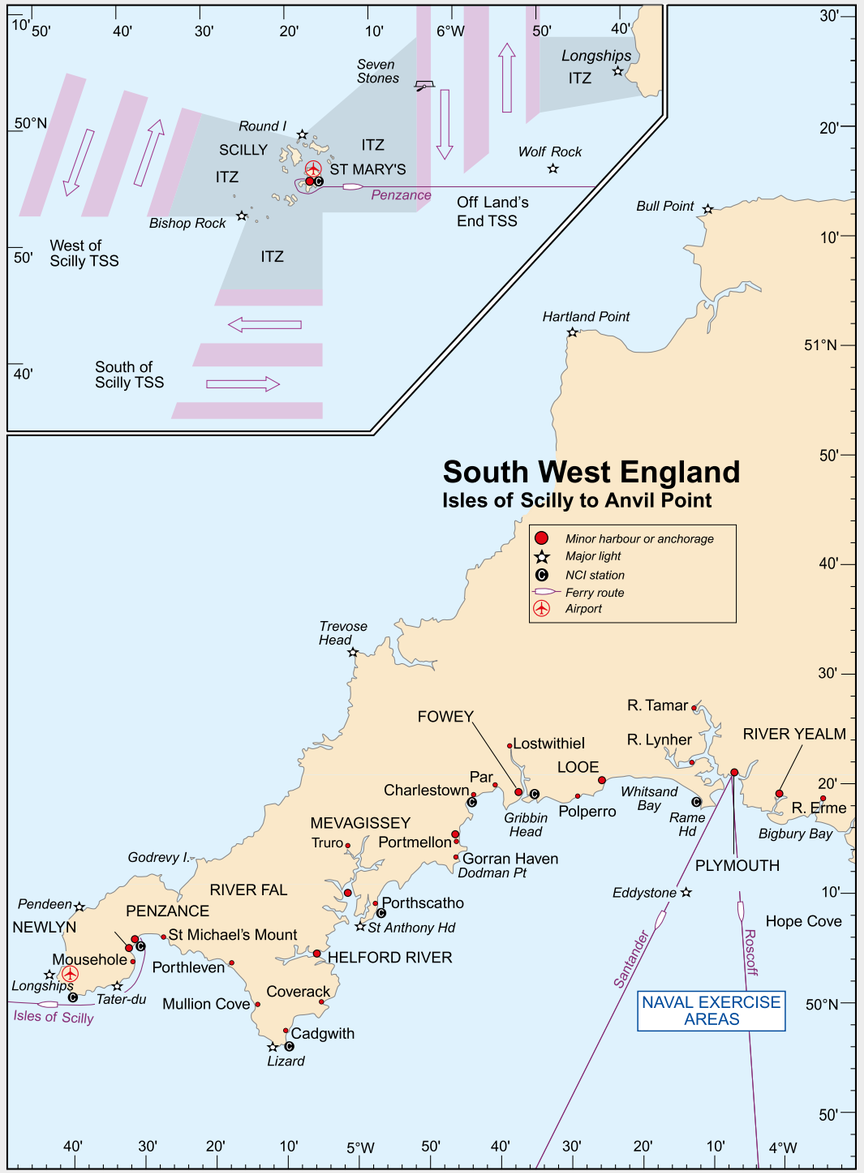
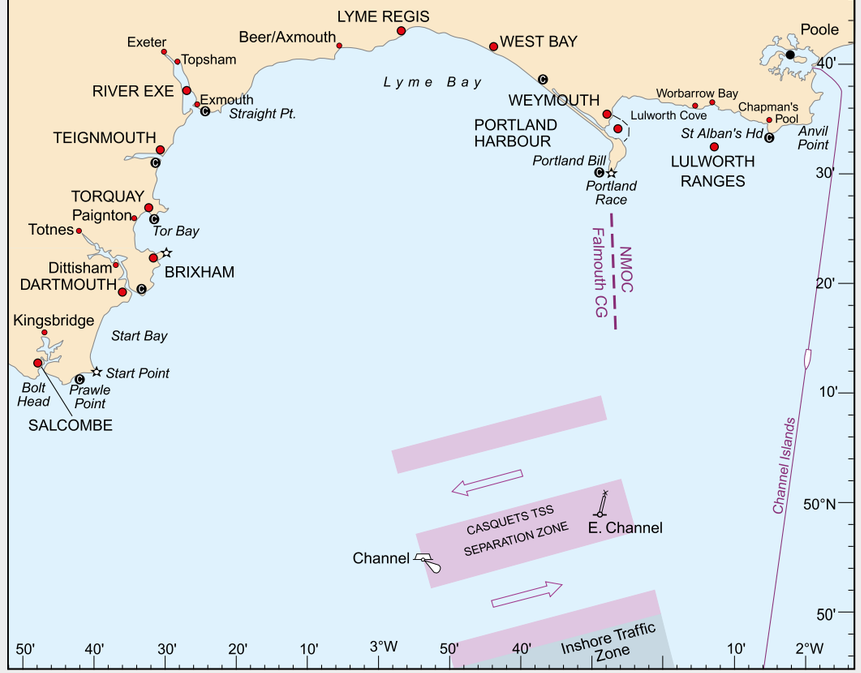
South West Cruising Area



1.	Milford Haven	1																			
2.	Lundy Island	28	2																		
3.	Padstow	67	40	3																	
4.	Longships	100	80	47	4																
5.	Scilly (Crow Sound)	120	102	69	22	5															
6.	Penzance	115	95	62	15	35	6														
7.	Lizard Pont	123	103	72	23	42	16	7													
8.	Falmouth	139	119	88	39	60	32	16	8												
9.	Mevagissey	152	132	99	52	69	46	28	17	9											
10.	Fowey	157	137	106	57	76	49	34	22	7	10										
11.	Looe	163	143	110	63	80	57	39	29	16	11	11									
12.	Plymouth (bkwtr)	170	150	117	70	92	64	49	39	25	22	11	12								
13.	R. Yealm (ent)	172	152	119	72	89	66	49	39	28	23	16	4	13							
14.	Salcombe	181	161	128	81	102	74	59	50	40	36	29	22	17	14						
15.	Start Point	186	166	135	86	103	80	63	55	45	40	33	24	22	7	15					
16.	Dartmouth	195	175	142	95	116	88	72	63	54	48	42	35	31	14	9	16				
17.	Torbay	201	181	150	101	118	96	78	70	62	55	50	39	38	24	15	11	17			
18.	Exmouth	213	193	162	113	131	107	90	82	73	67	61	51	49	33	27	24	12	18		
19.	Lyme Regis	226	206	173	126	144	120	104	96	86	81	74	63	62	48	41	35	30	21	19	
20.	Portland Bill	235	215	184	135	151	128	112	104	93	89	81	73	70	55	49	45	42	36	22	20

Distance Table

Approximate distances in Nautical Miles are by the most direct route while avoiding dangers and allowing for Traffic Separation Scheme.



Useful Information

Falmouth Coastguard - **01326 317575**

Falmouth Coastguard weather forecasts VHF frequencies announced on Ch16 prior to each broadcast.

- Full maritime safety information broadcast at **0710** and **1910**
- New inshore forecasts and gale warnings are at **0110** and **1310**
- Repetition of broadcasts are at **0410, 1010, 1610** and **2210**

National Coastwatch Institution - Local Weather Observations

NCI - Nr Salcombe
Prawle Point - **01548 511259**
VHF ch65 Callsign
Prawle Point NCI

NCI - Nr Plymouth
Rame Head - **01752 823706**
VHF ch65 Callsign
Rame Head NCI

NCI - Nr Fowey
Polruan - **01726 870291**
VHF ch65 Callsign
Rame Head NCI

NCI - Nr Falmouth
Porthscatho - **01872 580180**
VHF ch65 Callsign
Portscatho NCI

NCI - Nr Lizard
bass Point - **01326 290212**
VHF ch65 Callsign
Bass Point NCI

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