



This trail is centred in and around South Molton, the gateway to Exmoor. South Molton is a bustling town where traditional markets provide a great opportunity to sample some of the area's acclaimed local produce. South Molton has built a reputation for its cafés, serving locally sourced food and for its independent shops, selling everything from handmade chocolates, to boutique homeware. It's a perfect place to stay in the Christmas period with its distinctive window displays and twinkling Christmas lights.



You'll find everything from sausages and home-grown vegetables to local fish in the South Molton Pannier Market. The markets take place every Thursday and Saturday throughout the year.



Check out the Cheese Larder for local cheese and other produce. Try the sweet, well matured Taw Valley Tasty, locally produced in North Tawton Creamery.



The award-winning Corn Dolly Tea Room in the centre of South Molton is great for lunch. Especially good are their speciality 'teas' with both traditional cream tea on offer alongside savoury cheese teas. All of the mouth-wateringly good cakes available are baked by the staff.



Pop into the Quince Honey Farm Shop where they sell a wide range of local honey, including some on the comb. For a special treat try it with freshly baked bread and Devonshire clotted cream



Just down the road from the Honey Farm is Griffin's Yard, an organic and natural foods emporium. Their shelves are crammed with healthy, wholesome and seasonal produce, including the latest 'must have' superfoods. In Griffin's Café you can expect a warm welcome and the best freshly prepared dishes, including gluten free and vegetarian options.



Six miles south of South Molton, The Grove Inn at King's Nympton is a cracking foodie pub for fab quality cooking. Expect an excellent selection of wines and gins and a friendly welcome.



For extra special occasions, The Masons Arms 10 miles east of Knowstone is where Michelin-starred chef Mark Dodson creates gourmet delights in bucolic splendour. With wife Sarah running front of house, you're in for an experience to remember.