



TORBAY_{ON}
THE
MOVE

More people, more active, more often

An event funded by Torbay Council
and delivered by Tonic Creatives

THIS CHRISTMAS, TORQUAY WILL ONCE AGAIN WELCOME THE BAY OF LIGHTS TRAIL, A MAGICAL 1.5-MILE TRAIL WINDING ITS WAY ALONG THE SEAFRONT PASSING A NUMBER OF GLITTERING LIGHT INSTALLATIONS ALONG THE WAY.

TO TIE IN WITH THIS DAZZLING CELEBRATION OF CHRISTMAS, WE HAVE DECIDED TO CREATE A BONUS HEALTHY SELFIE WALK.

Each month we have been releasing a new walk around Torbay with a special limited-edition badge for the first people to complete it by taking three selfies along the way. For the Bay of Lights, we have created an exclusive glow in the dark badge that can be collected from Pier Point as you complete the route. But you will need to be quick though, as there are only 100 badges available on a first-come-first-served basis.

The route starts in Abbey Park at the Tunnel of Lights and continues up over the curly bridge, across the seafront promenade, ending at the harbourside.

You can follow the route in whatever direction you like. Take three photos of you or your group at three of the installations and show them to the staff at Pier Point to collect your badge.

You can also submit your photos online via the Healthy Selfie website to be in with a chance of winning prizes up to the value of £1200 for you and your family/friends. These can be spent on bikes, camping equipment or water sports adventures with Reach Outdoors.*

There are now nine other local walks on the website and each one you complete counts as another entry into the draw. The winner will be contacted at the end of April, so put your best foot forward and get completing the walks if you haven't already done so. Why not make it your New Year's resolution to do them all and get some fresh air and exercise along the way.

The Healthy Selfie Trail has been commissioned by Torbay Council as part of their Torbay on the Move initiative, which encourages people to get more active and adopt healthier lifestyles. It is being delivered by Tonic Creatives. To find out more and to submit your photos, visit www.healthy-selfie.co.uk

**The overall winner will be announced in March 2024. Please note, this is a bonus December walk and you can still complete our Christmas at Cockington walk, shop for some unique gifts, enjoy refreshments at the café and win more prizes. See our website for details.*

Bay of Lights

ILLUMINATION TRAIL



- 1** Sparkling Snowflake
Supported by May House Dental Practice
- 2** Enchanted Woods
Supported by Torbay Business Forum
- 3** Frozen Lake
Supported by Torre Abbey
- 4** Tunnel of Light
Supported by Bigwave Marketing
- 5** Illuminated Bridge
Supported by EF Language School
- 6** Tree of Light
Supported by Pier Point
- 7** Glowing Gardens
Supported by Future Technical Solutions
- 8** Christmas Comet
Supported by ERBID
- 9** Kaleidoscope of Colour
Supported by Healthy Selfie
- 10** Winter Walkway
Supported by Model Village
- 11** Pixel Palm Tree
Supported by Otto / Twenty1
- 12** Holly the Octopus
Supported by Treat Marketing

SPECIAL OFFERS



www.englishriviera.co.uk/special-offers



Did you enjoy the trail?
We'd love to hear your feedback.



forms.office.com/e/KCMT9RTHXR

Key
 Illumination Trail
 Parking

#EnglishRiviera #Bayoflights

CHRISTMAS DID YOU KNOW...?

The Christmas Card was invented in Torquay

Torquay is believed to be the home of the first ever commercially produced Christmas card. Back in 1840, Henry Cole was so busy working in London, that he didn't have the capacity to write to all of his family and friends at Christmas. So he commissioned a well-known artist called John Calcott Horsley, who was living at Orestone Manor in Maidencombe to design a card with a printed message on the other side saying "A Merry Christmas and a Happy New Year to You." The card went down so well, that in 1843 Henry started selling the cards commercially at a shilling each, giving birth to the custom of sending Christmas Cards.

Agatha Christie had a very brief Christmas honeymoon in Torquay

Agatha Christie spent her one-night honeymoon at the Grand Hotel with her first husband, Archie Christie on Christmas Eve 1914. Archie, a qualified aviator with the Royal Flying Corps came home on leave from France. After spontaneously getting married in Bristol earlier that day, they travelled down by train and checked into the hotel around midnight. Today the hotel boasts an Agatha Christie Suite furnished in a 1930's style, with a vintage typewriter under a portrait of the author. She went on to enjoy a longer honeymoon with her second husband Max when they travelled on the Orient Express.

Burning of the Ashen Faggot

Farms across the local region would once burn an ashen faggot, which was a bundle of sticks from an ash tree, tied up with bands of saplings. Lit on Christmas Eve, each time one of the bands burnt through, it was marked with a toast of cider. There are a number of superstitions around the burning of the faggots...

Unmarried women in the room could each choose a band and the first to burn would be the next to marry. Pagan traditions said the burning kept away evil spirits, while in Christianity the tradition is connected to keeping the baby Jesus warm. Another rather dangerous sounding tradition saw the youngest child in the household being placed on the faggot and their nerves of timidity would be a sign of future pluck or otherwise.

Other Christmas Events

There are a number of other events taking place across the Bay this Christmas, including:

- The Christmas Train of Lights
- A Victorian Christmas at Bygones
- Lanterns, Lights and 'Luminations in Brixham
- Santa in the Caves/Carols in the Caves at Kents Cavern
- Christmas at Greenway
- Winter Fest at Torre Abbey
- A Very Miniature Christmas at the Babbacome Model Village
- GloWild at Paignton Zoo
- Santa by the Sea at Pier Point
- Fleet Walk Santa's Grotto
- Occombe Farmer Christmas
- Christmas at Cockington

For more Christmas suggestions, visit www.englishriviera.co.uk