

TREGULLAND
& C^o

**GUEST
INFORMATION**



B A R F O R D





Welcome to our Barford Beach House

We're sure you'll love it here...

Having bought this land for its wonderful views we ended up completely rebuilding this amazing house and have managed to incorporate all sorts of magical and quirky details that make us smile...from the secret Narnia cupboard Through the Looking Glass door, to the mezzanine double bed, and if you dare to go through the rabbit hole to the secret bunker clubroom, you might never want to leave! Let's not forget the cinema room, sauna, spa and outdoor hot tub, the incredible floor to ceiling views from almost every beautifully appointed en suite room. It has all been created with the utmost thought and care from the Dual control Aga, copper lined walls, copper wrapped kitchen, bespoke metal shelves, sliding barn doors, to my favourite: the incredible glass Paris metro globe lamps that light up the glass atrium, it's a fairytale house for you to play in.

Barford is in the heart of Cornwall and is surrounded by spectacular scenery, restaurants and activities, in this folder we have listed a few of our favourite things to do and places we have been: there is much more online. We have also included useful info on how to make things work; if you have any questions do check the technical folder, or ring Bonny or Sarah (see details at back of book) during normal office hours.

Keep in touch! Please let us know how you get on either in the old fashioned way: write in our Visitor's Book, or you could sign up for our quarterly newsletters, follow us on TregullandandCo on Twitter, Instagram and Facebook. We love to hear your thoughts and ideas and please do share your pics of our beautiful places. Whatever you do, we wish you all the most fantastic stay with us here in Barford

Ken and Illona Aylmer



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QUICK REFERENCES

WI-FI

The password to the complimentary WI-FI is **regullandandco**

ENTRY KEYPADS

No keys! Both main entrance doors have an entry keypad. We will have given you the codes on arrival, plus a set of keys for you to double lock the doors if you prefer. Please make sure you have shut all the sliding glass doors on both sides of the house.

LIGHTING KILL SWITCH

To make your stay easier we have put a master kill switch for all ceiling and sidelights by each main entrance door. These switches are labelled and just above head height. No need to turn off each individual light just hit the “kill switch” as you leave to turn them all off at once!

NO SMOKING

Barford is a NO SMOKING venue. Please do not smoke inside any part of the house and bunker. We have provided wall ashtrays and plantpot ashtrays around the grounds, please make sure all cigarette butts are put into bins or ashtrays provided and not into the flowerbeds or grounds.

HEATING AND HOT WATER

The heating and hot water run on timers that we have preset to provide you with ample hot water but will be off completely between midnight-6am. There are thermostats in each room which you can adjust to your liking. As we have cosy underfloor heating throughout and a super efficient heat recovery system we have no need for heated towel rails; if you hang your towels up on the rails or hooks provided they will dry out completely over night



WOOD BURNERS

Both the wood burners have been set for easy lighting. Do not leave the wood burner doors open once lit. Kindling, logs and firelighters etc. have been left for you to light your own fires. If you run out of the supplied logs help yourself to the bagged nets of logs stored beside the garage. These are charged at £10/net, please let Bonny or Sarah know if you have used any.

DUTCH HOT TUB

Please follow instructions on p11 on how to fill/heat the hot tub. It's not complicated but the tub **MUST** be full before lighting the fire and gets very hot so you need to be extremely careful, especially if you have children.

WANSON MOUTH BEACH

The lovely little beach we look out onto is privately owned by the other residents of our hamlet – we are lucky enough to have right of access to it from the gate off our lawn. Please treat it with respect and leave no litter or dog mess. It is not recommended to swim from this beach due to the rocks. The shore is protected by heavily striated rocks which make wonderful rock pools stuffed with crabs, shrimps, snails and anemones – take a net and see what you can discover!

NEAREST SHOP

Beach House Shop & Wet Fish Widemouth Bay EX23 0AW 01288 361261 (5 mins drive) Open: 8:30am–5pm except Wednesday 8:30am–1pm
Very useful general shop that sells daily newspapers and has an excellent locally caught fresh fish counter.

SUPERMARKET DELIVERIES

The postcode at Barford is EX23 0DF. We know Waitrose and Sainsbury's deliver, others may do too.



INSIDE BARFORD

KITCHEN

AGA

I am overjoyed to have an AGA, this one is capable of being turned down overnight when not in use (!) (There is no need to turn it down; it is designed to keep the house toasty)

This Dual Control Aga has 3 ovens:

Top Right - is very hot - 250° on the top of the top oven and 180° on the rack on the bottom

Bottom Right - is the warming oven - 160° on the top and 100° on the bottom

Bottom Left oven - is a baking oven and is somewhere in between 180° on the top and 150° on the bottom

3-OVEN AGA DUAL CONTROL



- B - Boiling plate
- S - Simmering plate
- 1 - Roasting oven
- 2 - Simmering oven
- 3 - Baking oven
- C - Heat source/control panel

Boiling plate - The boiling plate is the hotter of the two hotplates.

Simmering plate - The simmering plate is on the right-hand side. It is the cooler of the two hotplates.

Roasting oven - roasts and grills beautifully and is big enough to fit a 13kg (28lbs) turkey. Radiant heat means food keeps its natural succulence and flavour.

Simmering oven - simmers perfectly by constantly maintaining the oven at just the right temperature for long, slow cooking. This develops flavours and will make even the toughest cut of meat melt-in-the-mouth tender.

Baking oven - heated to an ideal moderate baking temperature – great for cakes, biscuits and bread.



SMEG

The Smeg oven is quite complicated to operate – please see laminated sheet beside the oven, or refer to the manufacturer’s full instruction manual in the top drawer in the butchers block in the kitchen.

FRIDGE/FREEZER

Chilled filtered water is dispensed from the right hand side of outside of the fridge door – just press a glass to the door button. The top left hand drawer of the freezer section should be full of freshly made ice.

KITCHEN SAFETY

Please don’t use any metal utensils or scratchy cleaning sponges on the non stick frying pans. We also ask that no candles or open flames are used anywhere inside the house.

BINS & RECYCLING

Although we have wheelie bins for ease of movement Cornwall Council does not use tipper trucks so **ONLY TIED BLACK BINLINERS WILL BE PICKED OUT OF THE BINS** – do NOT put loose rubbish in the wheelie bins.

Rubbish is collected from the end of the drive every **Thursday**.

Please put the wheelie bins and recycling bags etc at the end of the drive on Wednesday night/early on Thursday morning. Recycling is collected every other Thursday – there is a timetable of collections on the inside of the long cupboard in the washroom.

There is no composting/food waste collection in Cornwall, please put all waste food into the kitchen bin (sorry)

RECYCLING

There are colour coded recycling bags in the wash room –

Red for plastic drinks containers (eg milk, tetrapacks etc), foil and tin cans, orange for cardboard, blue for paper, the black plastic box is for glass bottles.

Recycling is collected every other Thursday (please see timetable on the inside of the tall cupboard in the washroom)



SITTING ROOM

TV/MUSIC

Instructions for how to operate the TV and stereo are on separate laminated instruction sheets beside the machines or refer to the manufacturer's full instruction manual in the large drawer in the butchers block in the kitchen.

SITTING ROOM TV

Using the big silver remote control: turn on, press APPS button – we have Netflix, BBCiplayer, Now TV, Amazon etc

There is a boombox with radio, CD player and AV-in jack/Bluetooth/dock to connect to your phone in the kitchen, please do not leave it outside.

BOOKS, GAMES & DVDs

We have supplied a selection of our own books, DVDs and some new board games and cards for you to use while you are here – please do not remove them and make sure you (or your children) leave everything as you would wish to find it.

TOWELS

We have supplied each guest with a large white bath sheet and a smaller white hand towel, a bathrobe and flannel for use in the bathrooms, as well as a medium orange towel for use in the hot tub or the beach. Please do not take the white towels to the hot tub or the beach, if orange towels come back from the beach very sandy please make sure you dry them out and shake them off outside before using our washing machines. Sandy towels will break the washing machine.



SAUNA

Our sauna has the best view!

To turn the sauna on there are two knobs on the bottom of the heating unit itself, one for the length of time you want it on and the other is the temperature. Simply twist the dials to your required time and temperature, leave for 15 minutes for it to get up to heat and enjoy! You may periodically use the water bucket and ladle provided to create a little steam. Turn the timer dial into the white section to turn on instantly, or keep turning into the black section to delay the start time.

And now the warnings:

- ~ Do not leave the door of the sauna open at any time
- ~ Be careful – sweating profusely can make you light headed – don't stay too long (say 15 mins) without cooling down intermittently.
- ~ Make sure you drink plenty of water before during and after taking a sauna and obviously don't take drugs or drink alcohol before using the sauna.
- ~ It is not advised for children to use the sauna as they cannot regulate their body temperature
- ~ Children must not use the sauna unsupervised – the coals get extremely hot and will burn you if you touch them
- ~ Do not put too much water on the hot coals – they are heated using electricity – excess water and electricity are very dangerous
- ~ Please make sure you turn the dials to off when you have finished with the sauna – do not leave it on overnight nor for long periods when not in use

COLD BUCKET DROP

Please **DO** use our fabulous Cold Bucket Drop or the shower opposite to cool down occasionally- pull the chain to operate – it will fill up again automatically (takes 2 minutes) (NB: please do not swing from the bucket!)



HOT TUB INSTRUCTIONS

4 EASY STEPS TO GET THE HOT TUB GOING

1. Completely fill the tub to cover the black outlet disc (near the top of the tub), using just the hot tap hose. (takes about 40 mins)
2. Once the tub is full **ONLY NOW** light the fire in the fire barrel. Do not light the fire before filling the tub as it will seriously damage the pipework.
3. Put the lid on the fire barrel once it has started, to help it burn better, keep feeding the fire to keep the water toasty
4. Give it a stir **with the paddle provided**/check the temperature/add cold water if neededand enjoy!

SAFETY NOTICES - BE CAREFUL

Open fires and very hot water are dangerous.

Always check the temperature before entering!

Always stir the water with the paddle before getting in as the surface layer of water can become much hotter than in the body of the tub.

The chimney flue and fire basket gets scalding hot- **DO NOT TOUCH IT!**

Only hold the fire barrel lid by the outer handles as the rest gets extremely hot.

Children may never use the hot tub unsupervised, it is not recommended that children are allowed in the hot tub as they can't regulate their body temperature.

Please extinguish the fire and strap the cover on the tub after use if leaving the area.

To empty: once water has cooled open plug hole and wipe down tub with a soft cloth.



CINEMA

We have programmed a universal remote to operate all the machines in the cinema. Instructions for how to operate the cinema are on separate laminated instruction sheets beside the machines.

To Play a DVD:

Put a DVD into the DVD player, then pick up the Harmony universal remote (that lives on its charging stand) It should say "swipe to unlock" then press "watch a movie" if the projector does not come on, use the Sony PROJECTOR remote and make sure it is switched on. Make sure you point the remotes at the machines you are trying to operate.

If for some reason this does not work, the individual remotes for each machine are stored on the top shelf on the left – please return them here to stop children trying to use them and getting confused.

THE BUNKER

We have created a secret underground survivalist themed Bunker Bar underneath our house for your entertainment. Please do enjoy it but also treat it with respect: it has been set up as a playroom for adults, not really for children – if you are happy for your children to go into the bar it is at your own risk and they must always be supervised (the pinball is over 25 years old (vintage!) and has been lovingly renovated so please take care)

Please note the tins in the bunker are for decoration only and not for snacking on.

BUNKER MUSIC

Instruction for how to operate the stereo are on separate laminated instruction sheets beside the machine or refer to the manufacturers full instruction manual in the large drawer in the butcher's block in the kitchen.



BAR

There is strictly NO SMOKING in any part of the house including the Bunker Bar – there are ash bins on the walls outside both external entrances to the Bunker, please only smoke outside the house.

Please do use the dishwasher, sink and bins provided to clear all your used glasses, bottles, drinks cans etc away at the end of your stay.

GAMES MACHINES

PIN BALL

Star Wars pinball machine, takes old and new £1 coins - this small charge helps to maintain the vintage machine (25 years old!) and ensure children don't use the equipment unsupervised

POOL TABLE

The pool table also takes old and new £1 coins, but we have removed the collection bin so the coin will fall straight onto the floor for the next use – please make sure children are supervised when using the pool table – any damage to the baize will have to be paid for in full.

ARCADE MACHINE

There are over 800 games on this machine including original Atari games Sega, Nintendo through to vintage and classic arcade games (random sample: Pacman, Sonic the Hedgehog, original Supermario carts)

Instructions for how to operate the arcade machine is on a laminated instruction sheet beside the machine or refer to the manufacturers full instruction manual in the large drawer in the butchers block in the kitchen.



TAKE CARE

We want you to have the best time here at Barford, but please do take care:
Always make sure ALL of the glass sliding doors are shut before leaving the house (the weather can get very wild very swiftly on the coast)
Never leave children unattended near the hot tub or sauna when they are in use – the chimney flue gets **EXCEEDINGLY HOT – Do Not Touch!**

DOG OWNERS

We welcome well behaved dogs at Barford... however:

- ~ Please make sure you clear up all dog poo from around the house and grounds and put the dog poo bag in with your normal rubbish in a big black bin bag.
- ~ Please make sure all small dog poo bags are tied securely and only put in with other rubbish in the large tied black bin sack.
- ~ As Cornwall Council does not have tipper trucks for rubbish collection they simply pick the large tied black bin sacks (full of general rubbish, food waste etc.) out of the wheelie bins.
- ~ Therefore **do not put dog poo bags loose in the wheelie bins** they will not be collected – and we may have to fine you a fouling charge.
- ~ No dogs upstairs or in the bedrooms.
- ~ Dogs are not to be left alone in the house.
- ~ The best place for them to sleep is in the kitchen with the doors shut to the sitting room, or the office
- ~ No dogs on the sofas and chairs please



ACCIDENTS HAPPEN

We understand that with lots of people sharing a space that accidents can happen. If anything gets broken or goes missing **please ring or text Bonny or Sarah ASAP** (during office hours) so we can replace or fix them, often without charge. If we discover that something is broken or missing in the time we have to do a complete changeover (to return the house to a pristine state for our next guests) we will have to charge you the costs incurred for an instant replacement.

CHECK IN-CHECK OUT

Check in is at 4pm and check out is at 10am. Only very occasionally can we arrange for a late check out or an early check in for a fee - please ask Bonny/Sarah.

A HELPING HAND

If you are concerned about clearing the house and packing up on your final day we may be able to arrange for someone to come in on the morning of your last day to clear the kitchen after breakfast. Please call Bonny/Sarah with as much advance warning as possible and we will try to organise help for you. There is a small fee for this service, leaving you free to pack up and leave in good time.



OUTSIDE BARFORD

PLACES TO VISIT

WALKS

We are located on the rightly famous South West Coast Path – walk along the coast north or south for some fantastic views and stunning scenery. There is an Ordnance Survey map in the office – do use it to plot some of the fabulous walks around Barford, but make sure you return it for our next guests to use.

To find the SW Coastpath (south) walk to the end of our driveway and turn right, walk up the road past Outdoor Adventure for 10 minutes to the big viewpoint on the right shortly afterwards you will see the coastpath on your right. Follow signage, be careful of your children and dogs sometimes the coast path is on the road.

BEACHES

All of the beaches listed below (except Wanson Mouth) are amply supplied with cafes pubs and shops – please see Places to Eat section to find out more details.

Wanson Mouth

The lovely little beach we look out onto is privately owned by the other residents of our hamlet – we are lucky enough to have right of access to it from the gate off our lawn. Please treat it with respect and leave no litter or dog mess. It is not recommended to swim from this beach due to the rocks. The shore is protected by heavily striated rocks which make wonderful rock pools stuffed with crabs, shrimps, snails and anemones – take a net and see what you can discover!



Widemouth Bay – Bude EX23 0AW (15 mins walk or 3 mins drive)

Just a 15 minute walk along the famous SW coastpath up the steps and over the hill to Black Rock Beach which links on to Widemouth Bay, both excellent swimming beaches with designated coastguard protected swimming areas. The waves can be very strong and the rip tide deadly, please **ONLY** swim within flagged areas and be very careful of your children, people die every year because they underestimate the power of the sea. Because we are on the north coast we usually have fabulous, regular and impressive waves; brilliant for surfing, boogie boarding and body boarding. You can hire or buy yourself a wetsuit/surf board or boogie board at the **The Beach House Surf Shop** (£7 for 4 hours)

Please do call 01288362900 to talk to our friends Rob and Andy at **Outdoor Adventure** (the house next to us) for surf lessons!

Summerleaze Beach - Bude EX23 8HN (14 mins drive)

Head into Bude and follow the signs for Summerleaze Beach, it's a beautiful wide golden sandy beach with a newly revamped sea pool, excellent cafes and they even have beach huts for hire.

Crackington Haven Beach - Bude EX23 9JG (14 mins drive)

A beautiful beach with rock pools, stony area for those who hate sand in their sandwiches and a sandy section at low tide for those all important sandcastles or games of beach cricket. Two cafes and a pub plus parking make this a perennial favourite.



NEARBY TOWNS

BUDE

Quirky, traditional, honest, seaside town with a fabulous mix of old school and modern shops. White Stuff, Boots and Sainsbury's sit happily side by side with Granny Wobbly's Fudge Pantry, amazing fish and chips, a choice of great delis and butchers as well as achingly cool surf wear stores. It's got it all and a decent cup of coffee too!

Bude Sea Pool - Recently renovated with its salt water refreshed twice a day (by the tide) for a bracing dip all year round! Lifeguarding usually April-September 10am until 6pm every day

LAUNCESTON

Launceston is a traditional market town 30 minutes drive with castle ruins, some excellent traditional shops and an amazing butcher.

Philip Warren Butchers in Launceston town centre, PL15 7AB (01566 772089)

Philip Warren at Pennygillam, PL15 7ED (01566 772244)

Steam Railway, PL158DA (01566 775665)

Launceston Castle, PL15 7DR (01566 772365)

New Mills Farm Park, PL15 8SN (01566 777106)

Skate Park, Pennygillam, PL15 7PF (01566 773637)

Phoenix Leisure Centre, PL15 9DQ (01566 772551)



PLACES TO EAT

RESTAURANTS

Cornwall rightfully earned its reputation as a foodie's delight in part thanks to the fantastic fish brought in to nearby fishing villages like Port Isaac and Looe. We have listed some of our favourites: please be aware we cannot mention them all, there are hundreds more brilliant restaurants worth trying, do let us know in our visitors' book where you visit and tell us what you think! Please remember to call ahead to book.

Bangors Organic - Bude EX23 0DP (01288 361297) (4 mins drive)
www.bangorsorganic.co.uk is a restaurant and B&B so open all the time.

Amazing restaurant set in beautiful grounds serving the freshest seasonal organically grown food, most of it grown on site. It is an award winning B&OrganicB and Restaurant and also has a Farm Shop selling exclusively organic produce. Won Best Organic Place to Stay in at the Soil Association BOOM Awards -May2016.

Outlaws Fish Kitchen – Port Isaac PL29 3RH (01208 881 183) (38mins drive)

Two star Michelin fish chef Nathan Outlaw has opened quirky little place in charming Port Isaac. Their menu *“celebrates small, original and delicious seafood plates. Cooked to order and served when ready.”*

Rick Stein - Padstow PL28 8BY (01841 532700) (52 mins drive)

Some might say a trip to Cornwall is incomplete without a wander over to Rick Stein's, whether his infamously hard-to-reserve main restaurant, or the Brasserie and the fish&chip shop, which are much easier for drop-in visits.

Fifteen Cornwall - Watergate Bay_TR8 4AA (01637 861000) (58mins drive)

Jamie Oliver's apprentice-led restaurant at Watergate Bay. Fantastic inventive food with fab views of the beach.



PUBS AND CAFES

Widemouth Manor Pub Widemouth Bay EX23 0DE (01288 361207) (3mins walk)

Our nearest and most excellent local pub (walk out of the drive, go straight on, follow the road round the corner (be careful! Always walk towards oncoming traffic) and it is on your right). They have generously portioned food, huge grassy garden with crazy golf and children's play area. Well worth a visit.

Black Rock Café – on Black Rock Beach Nr Widemouth Bay EX23 0AG (01288 361563) (13 mins walk, 2 mins drive) Usually open: 9.30am-3.30pm (longer in summer/when its sunny/when its busy)

The café is open all year round with variable opening hours. They sell a selection of seaside favourites including cheesy chips, pasties and homemade soup as well as serving Cornish lager and other drinks. Stopping off for a hot chocolate is highly recommended after a chilly dip in the sea.

The Beach House @ Widemouth Bay EX23 0AW (01288 361256) (20 mins walk, 3 mins drive)

Very handy pub/café/restaurant with a few bedrooms to rent. Attached to the back and side of this building are 2 separate very useful shops:

The Bayview Inn - Widemouth Bay EX23 0AW (01288 361273) (25 mins walk, 5 mins drive)

Busy pub selling standard pub food with a slightly soulless dining room. Often have a bouncy castle in the summer months to keep the children happy while you enjoy some peace. We recommend drinking a pint out in the sunshine on the terrace for those awesome sea views.



The Wier - Marhamchurch, Bude EX23 0JD (01288 362234) weir-restaurant-bude.co.uk (6 mins drive)

Opening hours 9am-4.30pm every day and open til 8 pm on Friday and Saturdays

Interesting Eco development with great food and large outdoor playground for children.

Life's a Beach Café – Summerleaze Beach, EX23 8HN (01288 355222) <http://www.lifesabeach.info> (12 mins drive) Open 10.30-3.30 every day open for evening meals 7-8.30 every day except Sunday and Monday

Brilliant café with delicious food overlooking Summerleaze beach – great for hot chocolates or a full meal.



PLACES TO SHOP

In the countryside it's always wise to phone ahead to check opening times and directions.

LOCAL SHOPS

The Beach House Shop & Wet Fish Widemouth Bay EX23 0AW (01288 361261) (5 mins drive) Open: 8:30am–5pm every day except Wednesday 8:30am–1pm

Very useful general shop that also sells daily newspapers and has a superb locally caught fresh fish counter. Definitely try the locally caught Cornish lobster – they will even cook it for you ready to be collected before your lunch!

FARM SHOPS

- ~ Cornish Charcuterie – Bude EX23 9LG (01288 321921)
- ~ Jersey Cow- Bude, EX23 8JL (01288 355650)
- ~ Killock Farm Shop - Bude, EX23 9PZ (01288 321739)
- ~ Boscastle farm Shop – Boscastle, PL35 0HH (01840 250827)
- ~ Lifton Strawberry Field Farm Shop – Lifton, PL16 0DE (01566 784605)

SUPERMARKETS

Most major supermarkets deliver to Barford.

- ~ **Sainsbury's** – Bude EX23 8ND (01288 282000) (10 mins drive)
- ~ Open Mon-Sat 8am-8pm, Sundays 10am-4pm
- ~ **Morrisons** - Bude EX23 8UA (01288 355546) (10 mins drive)
- ~ Open Mon-Sat 8am-9pm, Sun 10am-4pm
- ~ **Waitrose** - Holsworthy EX22 6AZ (01409 255460) (23 mins drive)
- ~ Open Mon-Sat 8.30am-8pm, Sun 10am-4pm, Bank Holidays 9am-5pm
- ~ **Tesco** - Launceston PL15 9HG (0845 677 9403) (30 mins drive)
Open 24hrs except Sunday closes at 4pm and opens Monday at 6am. Has out of hours pharmacy – see below for opening times
- ~ **Asda Bodmin** - Bodmin PL31 2AR (01208 261800) (43 mins drive)
- ~ Opens on Monday at 7am then open 24 hours until closes on Sat 10pm, Sun 9.30am-4pm



CONTACT INFORMATION

TELEPHONES

Due to the incredibly efficient silver backed insulation used all over Barford, mobile reception inside the house is terrible. You can easily get reception by standing outside or in the atrium.

We have a landline for essential local or emergency calls. International calls are blocked, if you need to make lengthy UK calls please leave money and let Bonny know, as we work on an honesty policy.

BARFORD LANDLINE PHONE NUMBER: 01288 361518

Thanks to our awesome insulation your mobile will be out of range while its inside the house so you won't be able to receive any calls. It might be easier to give you phone the Barford landline number. 01288 361518

EMERGENCY CONTACTS

FIRE

Fire extinguishers and fire blankets are provided in the kitchen

In the event of a fire proceed calmly to the nearest exit and assemble on the driveway.

The holiday organiser should check that everyone is present, then call the emergency services by dialling 999. When safe please phone Bonny or Sarah

POLICE

In an emergency dial 999. For all other queries telephone 101 or if you are speech impaired or hard of hearing call text phone 180 01 101

POWER FAILURE

Check the trip switches in the utility room. Torches are kept on the shelf to the left of the cooker.

In the event of a power cut call Western Power on 0800 6783 105

For any other electrical queries do call Bonny or Sarah. Please only call during office hours (9-5 Mon-Fri) unless you have an **emergency** that cannot wait until the next day.



MEDICAL EMERGENCY

For minor cuts etc there is a first aid kit in the utility room.

DOCTOR

If you are registered with a doctor in the UK you can get emergency GP treatment at any surgery. Try

Neetside Surgery- Bude, EX23 8LA (01288 270580) (9 mins drive)

If you need a GP out of hours you can either call NHS Direct on 0845 4647 Alternatively you could visit the 24hr minor injuries unit in Bude (see below)

DENTIST

Oasis- April Lodge Dental Practice – Bude, EX23 8AF (01288 355355)

HOSPITAL

Stratton Hospital Bude EX23 9BP (01288 320100) 24hr minor injuries unit

OUT OF HOURS PHARMACY

Tesco In store Pharmacy PL15 9AG (01566 749847) (30 mins drive)

Opening times: Mon-Fri 8.30am-7pm Sat 8.30-6pm, Sun 10am-4pm

TAXI

In the countryside you are advised to always book ahead

- ~ **Alpha Taxis** 07760757135 (Bude)
- ~ **Blue light taxi** Company 07553 054446 (Bude)
- ~ **Bea-line taxi** 07747196090 (Bude)
- ~ **Rob's Travel** 0777 182 4141 (Bude)
- ~ **AB taxi** 01566 776 877 (Launceston) Larger mini buses on request
- ~ **Parnell's** 01208 78788 (Bodmin) (has 8 seaters on request)
- ~ **Group Travel** 01208 77989 (Bodmin) Hire vehicles for 16+ person



OUR CONTACT INFORMATION

For any questions, problems or breakages please contact Bonny or Sarah. Please only ring during office hours (Mon-Fri, 9am-5pm) or email at any time, we will respond ASAP.

Bonny ~Tel: 01566 770880

Mob: 07793 056 145

Email: bonny@tregulland.co.uk

Sarah ~ Mob: 07790 148400

Email: sarah@tregulland.co.uk

EMERGENCIES

For **genuine emergencies** out of office hours (Mon-Fri, 9am -5pm) (eg, **alarm going off, no water or heating**) please call Bonny on the above mobile telephone number.

Please be aware that we may have to charge for call outs that are not, in fact, emergencies after all.



TREGULLAND & Co

Check the new Tregullandandco.co.uk website to keep an eye on our exciting new properties to rent nearby

PENTIRE

PENTHOUSE

Futuristic circular Penthouse apartment overlooking the internationally acclaimed Fistral Beach and only 5 minutes FROM the stunning National Trust owned Crantock Beach.

Sleeps 8 +2

4 ensuite zip & link double bedrooms

Outdoor hot tub overlooking the sea

2 minute walk to Surfer's paradise Fistral beach

BARFORD

BEACH HOUSE

Beautifully set up holiday home full of quirky touches: secret doors and expansive views overlooking a secluded beach. 5 mins drive (15 mins walk) to brilliant white sands of Widemouth Bay

Sleeps 12 +4

6 ensuite double rooms, 2 with extra bunkbeds

Outdoor wood fired hot tub

Indoor sauna and spa room with cold bucket drop

Cinema and Games room with pool table, pinball and arcade games

TREGULLAND

COTTAGE&BARN

Our flagship property: The Cottage & Barn working together, either side of the indoor poolhouse, set in our own secluded valley with a carp filled fishing lake on the edge of Bodmin Moor. 20 mins drive to the sea.

Sleeps 22 +3

11 ensuite double bedrooms

Outdoor wood fired hot tub

Indoor freshwater Swimming pool and steam room

Cinema Fishing lake, playground & extensive ground

