

TREGULLAND  
& C<sup>o</sup>

GUEST  
INFORMATION



B A R F O R D





# WELCOME TO 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 Rapunzel cabin bed up a high ladder to the essential porthole views of the sea from the comfort of your bath...and if you dare to go through the rabbit hole to the secret bunker clubroom, you might never want to leave! This house is awesome; with its cinema room, sauna-with-a-view, spa and outdoor hot tub, and most importantly: the floor to ceiling sea views from almost every beautifully appointed en suite room. It has all been put together with the utmost care and attention: from the dual control Aga, copper lined walls and 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 booklet 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 problems do look up the instructions online or email [help@tregulland.co.uk](mailto:help@tregulland.co.uk) anytime.

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 [Instagram](#) and [Facebook](#). We love to hear your thoughts and ideas and please do tag us in 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 and all the team at Tregulland & Co.**



<b>WELCOME TO BARFORD BEACH HOUSE</b>	<b>3</b>
Quick Guide	5
Check in Checklist	6
During your Stay	7
Check out Checklist	8
<b>INSIDE BARFORD</b>	<b>9</b>
Kitchen and Equipment	9
Bins & Recycling	12
Hot Tub Instructions	15
The Bunker	17
Accidents Happen	19
<b>OUTSIDE BARFORD</b>	<b>20</b>
Places to Visit	20
Places to Eat	23
Places to Shop	25
<b>EMERGENCY &amp; CONTACT INFORMATION</b>	<b>26</b>
<b>OUR OTHER PROPERTIES</b>	<b>28</b>



## QUICK GUIDE

### WIFI

The wifi is called Tregulland and the password is **tregullandandco**

### TROUBLESHOOTING GUIDE

With such a large house stuffed with state of the art equipment and technology, occasionally equipment can malfunction. We have put together a troubleshooting guide (often just switch it off and on again), otherwise please do check for specific instruction manuals online before emailing for help.

### TELEPHONES

Due to our incredibly efficient silver backed insulation, mobile reception inside Barford is terrible. Reception is best in the glass atrium. Or switch on wifi calling on your smartphone.

We have a landline for essential local or emergency calls. If you need to make long calls please email on [help@tregulland.co.uk](mailto:help@tregulland.co.uk) as we work on an honesty policy.

**Barford Landline Phone Number: 01288 361518**

## Get in Contact

If you have any problems please email the team on [help@tregulland.co.uk](mailto:help@tregulland.co.uk).  
email monitored 24hrs



## CHECK IN CHECKLIST

### CHECK IN-CHECK OUT

Check in is at 4pm and check out is at 10am. As we are so busy we cannot offer early check in or late check out.

### 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 in the kitchen for you to double lock the doors if you prefer. **Please make extra sure you have shut all the sliding glass doors on both sides of the house every time you go out.**

### LIGHTING KILL SWITCH

Kill switches are beside both front doors just above head height and clearly labelled. No need to turn off each individual light just hit the kill switch as you leave to turn them all off at once- just remember to flick it back on when you return!

### WIFI

Wifi password is **tregullandandco**

### APPLIANCES

All the appliances have been cleaned and checked before you arrive, if any don't seem to work, check the isolation switches in the washroom or fused switch at the wall and set a time (some ovens don't work unless you set the time)



## DURING YOUR STAY

### **BREAKAGES/DAMAGES**

Its essential that you let us know of any breakages, spills or damages **DURING** your stay, as we then have the opportunity to fix it before our next guests arrive, please email the team immediately on [help@tregulland.co.uk](mailto:help@tregulland.co.uk) and see laundry/staining info on p19

### **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 around the house, please make sure all cigarette butts are put into bins or ashtrays provided and not into the flowerbeds or grounds.

### **WOOD BURNERS**

The wood burners have been set for easy lighting. Once lit, do not leave the door open nor anything on top of the wood burner. Kindling, logs and firelighters etc. have been left for you to light your own fires. If you run out of the logs supplied indoors, help yourself to more logs stored beside the garage. There is a nominal charge for additional logs, please email [help@tregulland.co.uk](mailto:help@tregulland.co.uk) if you use any extra.

### **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's not a swimming beach, and there are no lifeguards. 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!



## CHECK OUT CHECKLIST

*Please make sure you leave the whole house and gardens clear, clean and tidy when you leave, making sure to return anything you have moved back to where you found it. Thank you!*

**DEPARTURE TIME** It is important to leave on time (10am sharp – NO late checkouts allowed atm), as we need to protect our staff and they need every minute to return the house to its pristine state for our next guests

**BEDS** – Due to Covid- on your last day please **strip all the beds** you have used; your own and your children's and put all the used bedding into one bag and all towels, bathrobes and bathmats (which may be damp) into the other laundry bag provided

**RUBBISH AND RECYCLING** - Please empty your recycling bins and any tied black binbags from the kitchen bin into the respective bins in the bin store or down the drive. Code for the locks on the recycling wheelie bins is 2121

**HOTTUB** - Please make sure you have drained the hot tub and clipped the lid on securely using the straps

**AIRFLOW** - Make sure to leave internal doors open to air the rooms but **DO NOT** leave windows open as the weather can change very quickly, rain can blow in and damage the curtains and blinds

**TIPPING** – While we pay our staff and cleaners well, they often go above and beyond the call of duty to ensure your stay is perfect. If you would like to show your appreciation of their hard work by leaving a tip, you can leave it with the house manager, or if you prefer, on request, we can take a % from your deposit . All tips left by guests are shared fairly amongst the staff



# INSIDE BARFORD

## KITCHEN AND EQUIPMENT

### 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. Leave the pan half on/half off for low temps

**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.

## AGA – CONTROL PANEL



## OVEN AND HOB IN KITCHEN ISLAND

Make sure the cooker and hob are turned on at the main fused switches clearly labelled in the washroom. This is an induction hob so will only work with pans made with iron. There is a laminated sheet explaining how to make this oven work. Any problems: please email [help@tregulland.co.uk](mailto:help@tregulland.co.uk)

## FRIDGE/FREEZER

Chilled filtered water is dispensed from the right hand side, outside of the fridge door – just press a glass to the door button. There is an icemaker, but it's best to buy bags of ice if you're planning a party or it's a particularly hot spell.



### **KITCHEN SENSE & SAFETY**

Please don't use any metal utensils or scratchy cleaning sponges on the non stick frying pans. No candles or open flames are allowed anywhere inside the house.

Please do not pour large quantities of milk or alcohol down the sink as it ruins the delicate balance of the waste ecosystem (especially when clearing up on your last day – just leave it in the fridge and our cleaners will remove it for you).

### **SITTING ROOM - TV/MUSIC**

Equipment is clearly labelled. Instructions for how to operate the TV and stereo are on separate laminated instruction sheets beside the machines or email [help@tregulland.co.uk](mailto:help@tregulland.co.uk)

In short -TV: Using the big silver remote control: turn on, press APPS button – we have Netflix, BBCiplayer, Freeview, Deezer for music, etc

We have a Ruark Audio R4 CD, DAB/FM Radio. Connect to spotify on your phone via Bluetooth, or we have supplied an AUX in lead. There is also a portable 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 (and especially your children) leave everything as you would wish to find it



## BINS & RECYCLING

### GENERAL RUBBISH

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**.

It would be great if you could put the wheelie bins at the end of the drive on Wednesday night/early on Thursday morning – but if you have not managed to do this please email [help@tregulland.co.uk](mailto:help@tregulland.co.uk) to let us know.

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

### RECYCLING

Because of issues with timings of collections we pay a private company: Viridor collect our recycling from the large blue locked Viridor Wheelie bins that live at the end of our drive. One is for glass and the other is for Dry Mixed Recycling.

- At the end of your stay please do decant your recycling into the Viridor wheelie bins – the code is 2121 then squeeze and release the lock to open.
- Please make sure you compress all cardboard and plastic containers so as not to overfill these bins.
- Please also remember to replace the locks as it stops passers by putting dog poo bags into our recycling bins!



## TOWELS

We have provided 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 our washing machine.

## HEATING AND HOT WATER

The heating and hot water run on timers that we have preset to provide you with ample heat and hot water. There are thermostats in each room that you can adjust to your liking. Be warned: they respond slowly, so don't whack them up too high as you'll end up cooking! 18-21° is a pleasant room temperature. Select your chosen temperature, then press the **tick ✓ button to confirm.**

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 they will dry out over night. If the house is too warm you can leave the atrium window open at the top, and can safely lock any of the sliding doors open 1 cm to allow safe air circulation in each room.



## 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!

NB: only turn the dial into the area marked in white for instant heating (The black section is the delayed start setting).

You may periodically use the water bucket and ladle provided to create a little steam – **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

## 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

### 5 EASY STEPS TO GET THE HOT TUB GOING – TAKES APPROX 45 MINS

1. Make sure **both** the drain taps are closed (the seaside tap has a short hosesock hose push attachment)
2. Completely fill the tub to cover the black outlet disc (near the top of the tub), using mainly the hot tap hose. (trap it in using the lid -takes about 40 mins) On very still days you may need to add some cold water too.
3. 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 can damage the pipework.
4. 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.
5. Give it a stir **with the paddle provided**/check the temperature/add cold water if needed ....and enjoy!

### SAFETY NOTICES - BE CAREFUL

- Open fires and very hot water can be dangerous
- Always stir the water with the paddle before getting in as the surface layer of the water can become much hotter than in the body of the tub. Always check the temperature before getting in
- The chimney flue and fire barrel get searingly hot- **NEVER 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
- Due to issues around standing water and Legionnaire's disease: never reheat yesterday's hot tub. Please always empty the hot tub and refill anew each day
- Please make sure you either attach the lid with the clips and straps provided or leave it safely in the spa room as the wind can pick it up and throw it around if left lying outside. This insulated lid is surprisingly expensive to make, and so sadly we will have to charge you if any damage is caused by or to the hot tub lid

NB: To drain the tub quickly: remove the short hosesock hose from underneath the tub on the sea side. Make sure you reattach before filling.

NB: When not in use, please put out the fire, drain and wipe down the tub and clip lid into place using the storm straps provided.



## CINEMA

Instructions for how to operate the cinema are displayed in a clipframe beside the machines.

If this does not work, check the troubleshooting sheet, and then email [help@tregulland.co.uk](mailto:help@tregulland.co.uk) for assistance.

## TAKE CARE

We want you to have the best time here at Barford, but please do take care:

- Shut the windows and doors always make sure ALL of the glass sliding doors in every room are shut before leaving the house (the weather can get very wild very swiftly on the coast).
- Never leave children unattended near the outdoor wood burner, hot tub or sauna when they are in use.
- Do not let children (or adults!) climb on the wire banisters under the handrails inside or out, they will sag and break and are very expensive to fix!



## 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. **Please note:** The tins in the bunker are for decoration only and not for snacking on.

### BUNKER 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.. At the end of your stay please do use the dishwasher, sink and bins provided to clear away all your glasses, bottles, drinks cans etc

### POOL TABLE

The pool table 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.

### 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 and Supermario carts). Any problems: check the laminated sheet and troubleshooting guide, or try switching it off and on again at the wall socket to reset. If all else fails email [help@tregulland.co.uk](mailto:help@tregulland.co.uk).

### BUNKER MUSIC

Instructions for how to operate the stereo are on separate laminated instruction sheets beside the machine. Please do not try to rewire any machines, everything has been set up and checked it's in full working order before your stay



## OUTDOORS

### BBQs

We can provide 2 half barrel BBQs for you on request, you will need to supply your own coals. We have put together a BBQ box with long handled tools and specialist cleaning kit on the shelf in the outside sitting room/covered area. Please follow the simple cleaning suggestions in the kit once the BBQs are cold. There will be a cleaning charge taken from your deposit if they are not left as clean as you find them.

### OUTDOOR OVEN

We have an outdoor woodburner and pizza oven, there is a pizza shovel in the larder cupboard in the kitchen.

### PLAYBOAT

The Joanne Marie was rescued from Luke Jerram's [Withdrawn art installation](#), please make sure your children are careful when playing on her.

### DOGS AT BARFORD

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

- ~ Please make sure you clear up all dog poo from around the house and grounds at all times, (especially just before leaving!) and put the securely tied dog poo bag in the small clearly labelled dog poo bin attached to the side of the bin store.
- ~ 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.
- ~ Absolutely no dogs on the sofas, chairs or beds please
- ~ Dogs are not to be left alone in the house.
- ~ The best place for them to sleep is in the washroom



## ACCIDENTS HAPPEN

We understand that with lots of people sharing a space that accidents can happen. If anything gets broken or lost **please email [help@tregulland.co.uk](mailto:help@tregulland.co.uk)** ASAP so we can replace or fix them, often without charge.

## STAINS AND LAUNDRY

### Cotton Bedding & Towels

We only stock the very best 400tc Egyptian cotton linen to provide you with an authentically luxurious holiday. As this is a self catering holiday let, we ask that you react swiftly to remove any accidental stains on our linen (eg. fake tan or make up) immediately. With most stains *the sooner you deal with the problem, the easier it is to remove*. We have supplied some Vanish stain removal bars as they are very effective on our linen. Please check on the internet/[Google](#) how to clean off different stains as the most effective treatment is often dependent on the type of stain and the type of material.

### Upholstery – Headboards, Sofas, Curtains etc

In the first instance absorb as much of the spillage/stain with kitchen towel without rubbing or spreading it. Do not attempt to clean it as this may set the stain and make it worse. Please email immediately to let us know of any upholstery stains as we will need to get a specialist cleaner in.

### Let Us Know ...

Our houses are meticulously cleaned and all the equipment is checked between each set of guests so that we know everything is perfect for your stay. If there is anything amiss, or if there are any breakages or damages during your stay please email/send photos immediately to [help@tregulland.co.uk](mailto:help@tregulland.co.uk) Any damages we discover and have to repair on changeover day may be taken from your deposit.



# 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 on the shelves – do use it to plot some of the fabulous walks around Barford, but make sure you return it for our next guests to use. Look up some of the amazing local walks via the OS website or Download the very handy [OS app](#) on to your phone!

To find the SW coast path (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 coast path on your right. Follow the coast path signs, be careful of your children and dogs as sometimes the coast path is on the road. To find the coast path (south) walk to the end of our drive, turn left along the road until you see an overgrown pathway on your left, go over the stream and up the hill, it's a lovely 15 minute walk to Blackrock Beach and Widemouth Bay.

### BEACHES

In Cornwall we have some of the best beaches in the UK and as we are on the north coast we usually have a lot of wind and therefore fabulous, regular and impressive waves; brilliant for surfing, boogie boarding and body boarding. However, the waves can be very strong and the rip tide is deadly, please ONLY swim within flagged areas which are patrolled by RNLI lifeguards and be very careful of your children; people die every year because they underestimate the power of the sea. 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 and there are no lifeguards. 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 coast path up the steps and over the hill to dog friendly **Black Rock Beach** which links on to Widemouth Bay, both excellent swimming beaches with designated [RNLI coastguard protected](#) swimming areas (May-Sept). You can hire or buy yourself a wetsuit/surf board or boogie board at the far end of Widemouth Bay at **The Beach House Surf Shop** (£7 for 4 hours) 01288 361256

Please do call 01288362900 to talk to our friends Rob and Andy at [OA Surf Club](#) (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 there are even pastel beach huts for hire.

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

A very popular beach with rock pools, a 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 quirky fudge shops, amazing Cornish pasties and excellent fish & 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!

[Temple Cornwall](#). Bude EX23 8JZ (01288 354739) (10 mins drive) Excellent innovative menu with attached curated fashion and homeware shop.

[Bude Sea Pool](#) - Recently renovated; its salty water is 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.

[Launceston Steam Railway](#), PL158DA (01566 775665)

[Launceston Castle](#), PL15 7DR (01566 772365)

[Philip Warren Butchers](#) at the Pennygillam Industrial Estate, PL15 7ED (01566 772244) Amazing meat and highly recommended Cornish Pasties



## 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! We always recommend you call ahead to book.

[Temple Cornwall](#). Bude EX23 8JZ (01288 354739) (10 mins drive)

Excellent innovative menu with attached curated fashion and homeware shop. Highly recommended.

[Potters](#) Bude EX23 8BH (01288 358466) (10 mins drive)

Owned and run by Oly & Nikki Clarke; Potters Restaurant creates delicious food using, local, seasonal produce with aplomb

[Outlaws Fish Kitchen](#) & [Outlaws New Road](#)– Port Isaac PL29 3RH (01208 881 183) (38mins drive)

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

[Rick Stein's Seafood Restaurant](#) - 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.



## PUBS AND CAFES

Always call ahead to check opening times and book

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

Our nearest and most excellent local pub, well worth a visit.

**Black Rock Café** – on **Black Rock Beach** Nr Widemouth Bay EX23 0AG (01288 361563) (13 mins walk, 2 mins drive) This excellent café is open all year round with variable opening hours. we always stop for icecream, hot chocolate cheesy chips, pasties homemade soup and/or a Cornish lager

**The Beach House** @ Widemouth Bay EX23 0AW (01288 361256) (20 mins walk, 3 mins drive) Various seasonal offerings - Pub, restaurant, take away fish& chips to have on the beach, great Sunday Lunches.

Attached to the back and side of this building are 2 separate very useful shops: a **Surf and Wetsuit** hire shop and the **Fresh Fish Shop** and general stores with daily newspapers.

**The Wier** - Marhamchurch, Bude EX23 0JD (01288 362234) (6 mins drive)

Interesting eco development with great food and large outdoor playground for children, it takes about an hour to walk there. **Bude Bike Hire** is right next door [07784 819654](tel:07784819654)

**Life's a Beach Café** Summerleaze Beach, EX23 8HN (01288 355222) (12 mins) Brilliant licensed café with delicious food overlooking Summerleaze beach – great for hot chocolates, a cheeky beer or a full on meal.

**Buller's Arms** - Marhamchurch Bude EX23 0HB ([01288 361277](tel:01288361277)) (8 mins)

Excellent "Pubby" pub. Go and have a pint.



## PLACES TO SHOP

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

### LOCAL SHOPS

[The Beach House Shop & Wet Fish](#) Widemouth Bay EX23 0AW (01288 361261) (5 mins drive) Very useful general shop that also sells daily newspapers and has a superb locally caught fresh fish counter. Definitely try the local Cornish lobster

### FARM SHOPS

- ~ [Cornish Charcuterie](#) – Bude EX23 9LG (01288 321921)
- ~ [The Little Pig](#) 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)
- ~ [Bangors Organic](#) - Poundstock EX23 0DP (01288 361297)

### SUPERMARKETS

Most major supermarkets deliver to Barford.

- ~ **Sainsbury's** – Bude EX23 8ND (01288 282000) (10 mins drive)
- ~ **Morrisons** - Bude EX23 8UA (01288 355546) (10 mins drive)
- ~ **Waitrose** - Holsworthy EX22 6AZ (01409 255460) (23 mins drive)
- ~ **Tesco** - Launceston PL15 9HG (0845 677 9403) (30 mins drive)  
Open almost 24hrs (Closed Sundays 4pm - 6am Mondays. Also has extended hours pharmacy – call to check hours)



# EMERGENCY & CONTACT INFORMATION

## **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 contact the team on [help@tregulland.co.uk](mailto:help@tregulland.co.uk) (monitored 24 hours)

## **SMOKE ALARM –**

If the smoke alarm goes off in error, once you are sure there is no fire, you can silence the smoke alarm using a small red key on a float keyring which lives in the utility room on top of the fire panel. Please return it once you have used it and email us on [help@tregulland.co.uk](mailto:help@tregulland.co.uk)

## **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 complete power failure, torches will light up. Please contact Western Power on 0800 6783 105 or call 105.

For any other electrical queries do email us on [help@tregulland.co.uk](mailto:help@tregulland.co.uk)

## **MEDICAL EMERGENCY**

For minor cuts etc there is a first aid kit in the kitchen. Please let us know if you use anything as we need to replace it for our next guests



## DOCTOR

call [NHS Direct](#) on 111

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

## PHARMACY

**Boots Pharmacy** Bude EX238JL (01288 352906) (10 mins drive)

**Tesco In store Pharmacy** Launceston PL15 9AG (01566 749847) (30 mins drive)  
open for extended hours

## TAXI

In the countryside you are advised to always book ahead

- ~ **Alpha Taxis** 07760757135 (Bude)
- ~ **Blue light taxi** Company 07553 054446 (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

## TELEPHONES

Due to the incredibly efficient silver backed insulation, mobile reception inside Barford is terrible. Reception is best in the glass atrium. Or switch on wifi calling on your smartphone.

We have a landline for essential local or emergency calls. if you need to make lengthy calls pls email [help@tregulland.co.uk](mailto:help@tregulland.co.uk) as we work on an honesty policy.

**Barford Landline Phone Number: 01288 361518**

## GET IN CONTACT

If you have any problems or questions please email the team on [help@tregulland.co.uk](mailto:help@tregulland.co.uk) this email is monitored 24 hours.



**TREGULLAND  
COTTAGE & BARN  
SLEEPS 22 +3**



## OUR OTHER PROPERTIES

Come and celebrate in the finest eco-chic luxury, with an indoor freshwater pool. Set in a secluded valley bordered by a wildlife reserve, the river Inny and our own carp filled fishing lake.

- Eleven en suite double bedrooms
- Outdoor wood fired hot tub
- Indoor freshwater swimming pool and steam room
- Cinema & table tennis rooms
- Playground, extensive grounds & fishing lake

**BARFORD BEACH HOUSE  
SLEEPS 12 +4**



Glorious holiday home full of quirky fairytale touches & expansive views overlooking a private beach.

5 mins drive (15 mins walk) to brilliant golden sands of Widemouth Bay

- Six en suite double rooms, 2 with extra bunkbeds
- Outdoor wood fired hot tub
- Indoor sauna and spa room with cold bucket drop
- Cinema and secret underground Bunker Bar with pool table, and arcade games

**PENTIRE PENTHOUSE  
SLEEPS 8 +2**



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

- Four en suite zip & link double bedrooms
- Outdoor hot tub on giant terrace overlooking the sea
- 2 minute walk to Surfer's paradise Fistral beach

**BLACKBIRD BOAT  
SLEEPS 2**



A luxury floating suite for two, permanently moored on the bank of a secluded lake in North Devon. Just up the gangplank is its own Bathhouse Boudoir with decadent roll top bath from which to gaze out over the lake.

- Deluxe floating suite for two with cosy woodburner
- Bath house boudoir with roll top bath
- On the banks of a gorgeous fishing lake teeming with wildlife