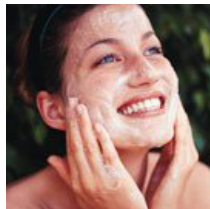


**kate & tom's**

*Extraordinary holidays, celebrations & adventures*



## Enjoying your stay at Taw Valley House

*Everything you need to get the most out of your stay*

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# Arrival

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## Where We Are

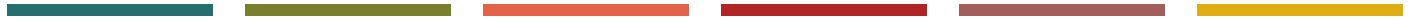
Please kindly note that Taw Valley House is the marketing name we use for the property, which is known locally as, 'Mount Sandford House' please use 'Mount Sandford House' for deliveries to the property.

Property name: Mount Sandford House  
Address: Mount Sanford Road  
County: Barnstaple  
North Devon  
Postcode: EX32 0HL

## Check in and check out

Check in time: 4pm  
Check out time for 2 night weekend booking: 4pm on Sunday  
Check out time for 3 night weekend booking: 10am  
Check out time for 7 night week bookings: 10am

# Getting to us



Best postcode to use with Satnav is: EX32 0HL

Nearest Train station and distance: Barnstable, a 9 minute drive from the house.

# Cooking & dining - chef services

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You'll discover our top recommendations below. If you discover any other gems please do let us know and we will share them with other guests visiting the property.

## **Catering and Drop-off meal service**

### **West Country Caterers**

For more information please visit their website at [www.west-country-caterers.co.uk](http://www.west-country-caterers.co.uk)

Alternatively you can contact Sarah-Jane Payne, her details are:

Tel: 01769 560473 or 07966 252417

e-mail: [info@west-country-caterers.co.uk](mailto:info@west-country-caterers.co.uk)

# Cooking & dining - great places to eat & drink

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## Nearest pub

Castle At Landkey Barnstaple

The Thatched Inn is a traditional country pub in a charming village serving a fantastic variety of drinks as well as hearty food.

01271 830438 [www.thecastleinnlandkey.co.uk](http://www.thecastleinnlandkey.co.uk)

## Pubs

**Claytons & The Glasshouse** Barnstaple

A relaxed and stylish lounge and bar, situated in the heart of Barnstaple.

01271 323311 [www.claytonsbarnstaple.co.uk](http://www.claytonsbarnstaple.co.uk)

**Alfie Browns** Barnstaple

A traditional yet contemporary pub and restaurant with a delicious food menu.

01271 344477 [www.alfiebrowns.co.uk](http://www.alfiebrowns.co.uk)

**Golden Lion Tap** Barnstaple

This sympathetically restored 17th century pub, is full of character and charm. Serving a wide selection of ales, spirits, wines and a comprehensive food menu.

01271 267210 [www.goldenliontap.com](http://www.goldenliontap.com)

**The Braunton Inn** Barnstaple

A fabulous country pub with rustic features, surrounded by idyllic countryside.

01271 816547 [www.vintageinn.co.uk/restaurants/south-west/thebrauntoninnbarnstaple](http://www.vintageinn.co.uk/restaurants/south-west/thebrauntoninnbarnstaple)

## Restaurants

**Lathwells** Bideford

Pride themselves on using the freshest, local produce - every dish is hand-made from scratch, many of their vegetables are grown by local gardeners and they serve fish caught by local fishermen wherever possible.

Offers a private dining room for celebration groups.

[www.lathwells.com](http://www.lathwells.com) Tel: 01237 476447

**Squires Fish Restaurant** Braunton

Devon's only Rick Stein recommended fish and chip restaurant is a legendary family run place in the heart of the village. Eat in the modern 120 seater restaurant or simply enjoy a take away.

[www.squiresfishrestaurant.co.uk](http://www.squiresfishrestaurant.co.uk) Tel: 01271 815533

**Soyer's Restaurant**

Imaginative food from a daily changing menu that incorporates fresh fish, meat and vegetables from the locality, prepared by proprietor-chef Brian Steele.

[www.yeoldonhousehotel.co.uk/restaurant.html](http://www.yeoldonhousehotel.co.uk/restaurant.html) Tel: 01237 474400

## **Best places to eat out with children**

### **The Waterfront Inn** Bidford

Located only yards from the beach and exceptionally family friendly. Sunny patios to the front and rear of the pub alongside a large child friendly garden. There is a large indoor all weather playzone incorporating a multi level adventure play area with spiral and normal slides, ball pool and climbing zones, parents can sit and watch their children play in an enclosed area and simply relax!

[www.waterfrontinn.co.uk/](http://www.waterfrontinn.co.uk/) Tel: 01237 474737

# Cooking & dining - shopping for food

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## **Best local supermarket:**

### **Tesco Superstore**

Rose Ln, Barnstaple

0345 677 9042

[www.tesco.co.uk](http://www.tesco.co.uk)

### **Sainsbury's**

Roundswell Business Park, Gratton Way, Barnstaple EX31 3NH

01271 325498

[www.sainsburys.co.uk](http://www.sainsburys.co.uk)

### **The Co-operative Food**

Braunton Road, South West and Wales, Barnstaple EX31 1NH

01271 372743

## **Butcher & Online Food Store:**

### **Gratton D A**

89 Boutport St, Barnstaple EX31 1SX

01271 342548

## **Bakery**

### **Barnstaple Bakery**

83 High St, Barnstaple EX31 1HX

01271 343748

## **Delicatessen**

### **Ballantynes**

5 Butchers Row, Barnstaple EX31 1BW

01271 379742

## **Wine Merchants**

### **The Bottle Shop**

16 Bear St, Barnstaple EX32 7BX

01271 324658



# Things to do - activities and pampering

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Our top recommendations for activities and pampering are below.

## **Quad bikes**

**North Devon Quads** Yarnscombe

The South West's biggest Quad Bike circuit for adults and children, with a 1.6km multi-course track deep in the heart of North Devon within easy reach of Bideford. A family owned business.

[www.northdevonquads.co.uk](http://www.northdevonquads.co.uk) Tel: 01271 858791

## **Clay pigeon shooting**

**North Devon Field Sports** Yarnscombe

Clay pigeon shooting for novices and experienced shooters in beautiful countryside.

[www.devonfieldsports.co.uk](http://www.devonfieldsports.co.uk) Tel: 01271 858791

## **Horse riding**

**Kingsland Stables** Bideford

A family run stable with horses and ponies for all sizes, ages and abilities.

[www.watsononline.co.uk/kingsland](http://www.watsononline.co.uk/kingsland) Tel: EX39 5PU

## **Adventure sports**

**Ultimate Adventure Centre** Bideford

For the ultimate high. Everything from coasteering, mountain boarding, mountain biking, high ropes, wall climbing, kayaking, surfing – and even water zorbing!

[www.theultimatehigh.com](http://www.theultimatehigh.com) Tel: 01237 880028

## **Point Breaks**

Coasteering, wakeboarding and water skiing and much more are on offer from Point Breaks. Learn to surf at Devon's Croyde and Putsborough beaches, two of the UK's top surfing spots. Go coasteering around beautiful and rugged coastlines, or kayaking through coves and past hidden beaches. Or try the new and exciting activity of Stand-Up Paddleboarding.

[www.pointbreaks.com](http://www.pointbreaks.com) Tel: 01271 813344

**Skern Lodge** Bideford

A professional outdoor activity centre offering a huge choice of activities for families and friends from bodyboarding, surf skiing and kayaking to tackling an assault course, bridge jumping and abseiling.

[www.skernlodge.co.uk](http://www.skernlodge.co.uk) Tel: 01237) 475992

## **Fishing**

There are lots of choices available if you're keen on fishing! Check out:

[www.go-fish.co.uk/devon](http://www.go-fish.co.uk/devon)

### **Golf**

#### **Portmore Golf Club**

Landkey Rd, Barnstaple  
01271 378378  
[www.portmoregolf.co.uk](http://www.portmoregolf.co.uk)

#### **Saunton Sands Golf Club**

Widely regarded as one of the top links courses in the country. The magnificent course follows the dramatic UNESCO protected Burrows site along the shoreline. [www.sauntongolf.co.uk](http://www.sauntongolf.co.uk)

#### **Royal North Devon Golf Club** Westward Ho!

Founded in 1864, Royal North Devon Golf Club is the oldest golf course in the country and is regarded as the St Andrews of England.  
[www.royalnorthdevongolfclub.co.uk](http://www.royalnorthdevongolfclub.co.uk)

### **Kayaking/ canoeing**

[www.theultimatehigh.com](http://www.theultimatehigh.com) Tel: 01237 880028  
[www.pointbreaks.com](http://www.pointbreaks.com) Tel: 01271 813344  
[www.skernlodge.co.uk](http://www.skernlodge.co.uk) Tel: 01237 475992

### **Cycling**

Cycling - over 30 miles of Tarka Trail for cyclists and walkers between Braunton and Meeth using the old railways of North Devon. Cycles for hire from [www.tarkabikes.co.uk](http://www.tarkabikes.co.uk)  
[www.northdevonbiosphere.org.uk/the-tarka-trail/](http://www.northdevonbiosphere.org.uk/the-tarka-trail/)

### **Sailing**

#### **Sail Cats** Instow

Offer day sails, sailing adventures and experiences on the Taw and Torridge Estuary in a hobie pacific 18 racing catamaran. All equipment provided.  
[www.sailcats.co.uk](http://www.sailcats.co.uk) Tel: 07540 122721

### **Surfing**

#### **North Devon Surf School** Westward Ho!

Learn to surf with the North Devon Surf School, one of the top surfing schools in the UK – they have been running surfing lessons in North Devon for over 20 years.  
[www.northdevonsurfschool.co.uk/](http://www.northdevonsurfschool.co.uk/) Tel: 01237 474663

#### **Surf South West** Saunton

Saunton, a three mile stretch of sand backed by dunes (awarded Unesco Heritage Biosphere status).  
[www.surfsouthwest.co.uk/croydeandsaunton.asp](http://www.surfsouthwest.co.uk/croydeandsaunton.asp)

#### **Surf South West** Croyde

Croyde beach holds a coveted Blue Flag and has been the location of the British Surfing Championships on three occasions.  
[www.surfsouthwest.co.uk/croydeandsaunton.asp](http://www.surfsouthwest.co.uk/croydeandsaunton.asp)

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## **Pampering**

### **My Personal Sanctuary**

A fabulous variety of Party Packages and an Organic Treatment Menu to choose from, including award winning Green People products.

[www.mypersonalsanctuary.co.uk/treatment-days](http://www.mypersonalsanctuary.co.uk/treatment-days)

# Top things to do with children

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Our top recommendations for outings with children are below (other than the beach!).

## **Tarka Trail**

The Tarka Trail is a pedestrian and cycle way that runs in a 180 mile figure-of-eight through landscapes little changed from those described by Henry Williamson in his classic 1927 novel Tarka the Otter.

[www.northdevonbiosphere.org.uk/the-tarka-trail/](http://www.northdevonbiosphere.org.uk/the-tarka-trail/)

## **The Big Sheep Adventure Park**

Devoted entirely to sheep! With outdoor and indoor activities.

[www.thebigsheep.co.uk/](http://www.thebigsheep.co.uk/)

## **The Milky Way Adventure Park**

Attractions to suit all ages, whatever the weather.

[www.themilkyway.co.uk/](http://www.themilkyway.co.uk/)

## **Ultimate Adventure Centre** Bideford

For the ultimate high! Coasteering, mountain boarding, mountain biking, high ropes, zip wires, wall climbing, kayaking, surfing – and even water zorbing!

[www.theultimatehigh.com](http://www.theultimatehigh.com) Tel: 01237 880028

## **Exmoor Zoo**

Barnstaple, Bratton Fleming EX31 4SG

01598 763352

[www.exmoorzoo.co.uk](http://www.exmoorzoo.co.uk)

## **Museum of Barnstaple**

The Square, Barnstaple EX32 8LN

01271 346747

[www.devonmuseums.net](http://www.devonmuseums.net)

## **Let's Go Bowling/skating**

Braunton Rd, Barnstaple, Devon EX31 1LE

01271 321123

[www.lets gobarnstaple.co.uk](http://www.lets gobarnstaple.co.uk)

## **Barnstaple Heritage Centre**

Queen St, Barnstaple EX31 1EU

01271 373003

[www.barnstapletowncouncil.co.uk/barnstaple-heritage-centre.asp](http://www.barnstapletowncouncil.co.uk/barnstaple-heritage-centre.asp)

## **North Devon Leisure Centre**

Seven Brethren Bank, Barnstaple, North Devon EX31 2AP

01271 373361 [www.leisurecentre.com/north-devon-leisure-centre](http://www.leisurecentre.com/north-devon-leisure-centre)

# Top places to visit & shop nearby

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## Beaches

### Westward Ho!

With two miles of wonderful sandy beach known as the Golden Bay you can enjoy swimming, surfing, canoeing and kite surfing at Westward Ho! The sand dunes are a haven for birds, insects and wild flowers and Northam Burrows Country Park is tucked behind the village. The South West Coastal Path and the Tarka Trail are close by - a must for cyclists and walkers.

### Saunton Sands

One of Devon's most memorable beaches, Saunton Sands is an impressive expanse of flat sand stretching for three miles backed by massive sand dunes and very popular with families and surfers.

### Croyde Bay

Try out a few watersports at Croyde Bay, part of the beautiful heritage coastline of North Devon and one of the UK's favourite surfing beaches. Croyde village is a charming hamlet of thatched cottages with many places to eat, buy gifts and great for hiring beach equipment and wetsuits. Why not try a little surfing too - the surf schools here are some of the best in the country. Just put your wetsuit on and enjoy the water all year round at this beach.

## Towns and Villages to Explore

### Barnstaple

Barnstaple is the historic capital of North Devon with lots of shops and excellent dining choices. For shopping there is the Barnstaple Pannier Market with its local produce, crafts and antiques and for day to day shopping there are supermarkets and Marks and Spencer. Barnstaple is just six miles from Webbery Barton Barn so handy for all your shopping requirements.

### Bideford

Bideford is a small picturesque pastel-coloured port town on the estuary of the River Torridge with many shops, cafes and two handy supermarkets. In the 16th Century Bideford was Britain's third largest port and it is said that Sir Walter Raleigh landed the first shipment of tobacco there.

### Instow

The lovely village of Instow is less than five miles away and has a superb beach and colourful Regency styled terraced houses. There are inns, cafes and restaurants, a supermarket, a post office, gift shops and galleries. Home to the North Devon Yacht Club, this seaside village has a quiet promenade, a level sandy beach, grassy dunes and sheltered waters. The beach is popular but not crowded, a splendid place for children to play on the dunes or in the sea and in the winter it is a beautiful place for walks.

### Appledore

Appledore is a lovely coastal village, a holiday home hotspot with higgledy-piggledy streets of brightly painted fishermen's cottages, craft shops and tea rooms. Central to the village is the quay where you can view the two rivers, the Taw and the Torridge meeting the Atlantic.

## Top places to visit & shop nearby

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### Clovelly

The cobbled, traffic-free high street of this world famous fishing village is built into a cliff and tumbles its way down past 16th Century whitewashed cottages festooned with flowers, to the tiny working port. This historic village has links with Turner, Charles Kingsley, Dickens and the Spanish Armada and people remark on the maritime atmosphere, stunning views and peaceful tranquility.

# Useful information

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## Taw Valley House at a Glance

### Bedrooms and Bathrooms

- Sleeps up to 24 guests
- 10 bedrooms, eight of which have an ensuite bath or shower room
- One super kingsize bed, three kingsize beds, two doubles, and ten singles
- Room for two child size beds in one of the bedrooms

### Cooking and Dining

- Dining table seats up to 24 guests comfortably
- Fantastic chef available for a special meal or throughout the weekend
- Drop-off meals available
- BBQ
- Tables and chairs on terrace
- Good dining nearby
- Online deliveries

### Children Welcome

- Games, books and DVDs for children
- Three cots available
- High chair available

### Where We Are

- Barnstaple, Devon
- The postcode is EX32 0HL
- The nearest station is Barnstaple, a nine minute drive away
- The nearest airport is Exeter
- Taxis available
- Plenty of parking

### Things to Do Inside

- Large TV
- DVD Player
- Wi-fi
- iPod Dock
- Video games
- Selection of books
- Games room with pool table

### Things to Do Outside

- Hot tub
- One and a half acres of gardens and grounds to explore

### Activities

- Horse riding
- Golf
- Watersports
- Fishing
- Mountain biking
- Pampering and beauty treatments at the house

### Top Things to Do for Children

- Discovery Island Adventure Park
- The Big Sheep
- North Devon Falconry

### Payment process

- We take a one third deposit at the time of booking
- The balance is due three months before the date booked

### Cautionary deposit

- £1,000 refundable deposit

### House restrictions

- No pets please
- No fireworks please
- Hen parties welcome
- Not suitable for stag parties

### Arrival and Departure

- Check in 4pm
- Check out 4pm Sunday
- Check out 10am on other days

### What's included

- Linen
- Towels
- Essentials
- Utilities



## Hot Tub Usage

We hope you'll enjoy using the hot tub. We want to make sure it is as safe as possible for everyone, so we ask all guests to ensure that the following guidelines are respected. These guidelines are designed to meet basic health and safety regulations, so ensure that all members of your party have read the rules regarding the use of the hot tub.

1. Swimming costumes are obligatory and you may need to bring your own towels
2. You must shower before entering the hot tub to remove any skin oils, make-up, hair products etc. This is vital to ensure a clean and healthy hot tub. If this rule is abused the hot tub may need to be closed for several days so that the water can be thoroughly refreshed. In the event of closure, no refund will be made and cleaning costs will be charged to your party.
3. Outdoor shoes and coats must be taken off around the hot tub area.
4. No alcohol or smoking is allowed in the hot tub.
5. Do not bring any form of glass into the hot tub area.
6. Do not bring in any electrical equipment into the hot tub area where you could be in contact with water.
7. Before using the hot tub, please take out the chlorine dispenser. Put it back in when everyone has left the hot tub.
8. Do not over-occupy the hot tub as this will lead to water spillage and will cause the hot tub to stop working. This is because the filter needs to be covered with water to work.
9. Children must be supervised in and around the hot tub and must not use it without an adult present. Some children can overheat; please seek medical advice if this occurs.
10. Please keep noise levels to an acceptable level. The hot tub is a place of peace and relaxation – be mindful that there are neighbouring properties.
11. It is safer and more enjoyable to use the hot tub with another person. We advise against using the hot tub alone without a member of your group knowing of your whereabouts.
12. On leaving the hot tub, please switch off all jets and lights and make sure that the hot tub is sealed with the cover provided.
13. Please note that you must not use the hot tub if you are suffering from an infectious disease or you have an open wound or sore that cannot be covered by a waterproof plaster.
14. You must not use the hot tub within 48 hours of suffering any stomach illness.
15. Certain medical conditions can be affected by the hot tub, particularly those involving extremes of temperature. You are advised to consult your doctor if you are pregnant or suffer from any of the following: heart disease; circulatory problems; high or low blood pressure; diabetes; or any other condition that affects your body's ability to react to heat.
16. Prevent taking any medication which may affect your circulation or your ability to react to heat.