



# Guest Information

Version: 4



# TREGULLAND

<b>Welcome to Tregulland Cottage and Barn!</b> .....	<b>3</b>
<b>Quick reference page</b> .....	<b>4</b>
<b>Information for emergency services</b> .....	<b>5</b>
Contact us during your stay .....	5
<b>Nearby places to shop, Local shops, Farm Shops, Supermarkets, Pharmacies</b> .....	<b>6</b>
<b>Quick reference places to visit</b> .....	<b>9</b>
<b>What you can expect to find on arrival</b> .....	<b>9</b>
In each room .....	10
Utility Rooms .....	10
In the kitchen.....	11
What to do with Compost, Rubbish and recycling.....	11
<b>Entertainment</b> .....	<b>12</b>
<b>Connecting to the internet - WIFI</b> .....	<b>12</b>
<b>Music Systems – Cottage and Barn</b> .....	<b>12</b>
Barn Granary Sitting Room Cinema Screen .....	13
<b>Equipment provided for Children</b> .....	<b>14</b>
<b>Our Eco-Credentials - Energy Smart at Tregulland</b> .....	<b>15</b>
<b>Nearby towns; Launceston, Camelford, Bude</b> .....	<b>18</b>
<b>Activities</b> .....	<b>21</b>
Golf.....	22
Horse riding.....	22
Boating and fishing trips.....	22
Surfing.....	22
Things to do with children .....	24
<b>Restaurants</b> .....	<b>25</b>
<b>Pubs with food</b> .....	<b>28</b>
<b>Beach Cafés</b> .....	<b>30</b>
<b>Fast food and takeaway</b> .....	<b>31</b>
<b>Emergencies</b> .....	<b>32</b>
Doctors.....	33
Dentists .....	33
Hospitals .....	33
<b>Getting around; Taxis, By Car, By Train, By Coach</b> .....	<b>35</b>
<b>Taking Care - all guests are advised to read the following sections</b> .....	<b>36</b>
The Cottage, Barn, Grounds and Lake .....	36
Tregulland Pool House – Swimming Pool, Steam Room and Hot Tub .....	36
Fire prevention .....	37
Dog owners .....	37
<b>How to operate the Cookers, Microwaves and Fridges</b> .....	<b>38</b>
Log burners – How to set the fire .....	40
<b>Dutch Hot Tub</b> .....	<b>41</b>



## **Welcome to Tregulland Cottage and Barn!**

We hope you will find some information in our Guest Pack that will be useful for your stay both at Tregulland and North Cornwall.

Tregulland is a stone's throw from Cornwall's best beaches, fishing villages and hidden gems and its unique secluded setting means you can keep away from the hordes in summer and find some tranquillity.

With every consideration thought of, there are places to celebrate together for a big meal, and cosy places to get away with a book. There are dream kitchens for cooking up a storm, and a huge gabled sitting room with a cinema projection screen. For your leisure we invite you to enjoy the indoor freshwater swimming pool - the first in the UK, our Dutch tub and indoor steam room.

Please take care and be safe in and around Tregulland. The lake, grounds, river, swimming pool and facilities are there to be enjoyed by all but please ensure children are supervised at all times.

In the following pages we have highlighted some amenities and attractions in the surrounding area that we think will help make your stay easier and more memorable. We advise all guests to, where possible, check opening times of shops or local attractions or restaurants to avoid disappointment.

We hope that all your questions will be answered in this pack however please do call Bonny on 07793056145 during normal office hours if there is anything more you need to know.

We wish you the most fantastic stay with us here at Tregulland.

Ken and Illona Aylmer



## **Quick reference page**

Turning onto the main road – when leaving Tregulland lane turning onto the main A395 towards Launceston or Camelford please take care. People drive very fast along this road and will also overtake on the stretch near our turning making it very dangerous if you are pulling out.

Electric lights - To make your arrival back to the Cottage and Barn easier we have placed master switches for the light circuits by each main entrance door. These switches are labelled and just above head height. Guests are able to leave lights on in the entrance and living areas of the properties and use this switch to turn them on or off on exit or entrance.

Heating and hot water - The heating and hot water run on timers that we adjust seasonally and are usually off completely between midnight and 6 am. There are thermostats in each room which you can adjust to suit your needs. Please contact us if you would like to adjust the timers.

**HOT WATER – CAN BE EXTREMELY HOT – PLEASE TAKE CARE**

Key entry pads - Each main entrance door to the Cottage, Barn and Pool House has a key entry pad. We will issue the codes to guests upon arrival. This means that there are no keys to look after during your stay other than one set of emergency keys for the property.

Local shop: Tresmeer Village shop – go to the main road, turn right and first left. The shop is 5 miles way. 7.30am to 6.30pm Mon – Sat. 9am to 1pm Sunday. <http://www.tresmeer.com/village-shop.htm>  
For public holiday opening check website. Selection of local produce and basics can also order papers.  
Tel: 01566 781 819

Supermarket deliveries the postcode at Tregulland is PL15 8QW. Waitrose, Tesco and Asda deliver to us. Ocado do not deliver to us at the time of writing (Jan 2014)

Grass cutting days - In the Spring and Summer months our gardening staff visit Tregulland on a Tuesday to mow the lawns. This will be done between the hours of 11am and 1pm however this is weather dependent so we would ask for your co-operation at times where we need to work around the forecast.

Reed bed system - We have a reed bed soak away system for sewage and waste water so please do not put anything other than paper down the loo. Sanitary bags are provided in each bathroom. See page 12 for further information.

Swimming pool - Please ensure you shower before using the swimming pool, the water is filtered through plant beds and any cosmetics, moisturising lotion or sun cream can affect the delicate pH balance of the water.

Dutch Hot Tub – please refer to our guidance in the guest info on how to heat the hot tub. The tub is a wood fired tub and caution should be exercised when lighting the fires, checking the temperature of the water and re-stoking the fire.



### **Information for emergency services**

Address: Tregulland Cottage and Barn, St Clether, Launceston, Cornwall, PL15 8QW  
Grid ref: SX194853  
Telephone: Tregulland Barn – 01840 261 418  
Telephone: Tregulland Cottage – 01840 269 024

### Contact us during your stay

If you have a query or problem during your stay please contact Bonny Shanks between the hours of 09.00 and 17.00.

Telephone: 01566 770880  
Mobile: 07793 056 145  
Email: [bonny@tregulland.co.uk](mailto:bonny@tregulland.co.uk)

Bonny is available outside of office hours on the mobile for urgent matters that cannot wait until the next day.



## **Nearby places to shop, Local shops, Farm Shops, Supermarkets, Pharmacies**

When heading out it is always advisable to phone ahead to check opening times and directions.

### Local shops

If you need to pop out for milk, paper, fuel:

Moorview Garage, Tel: 01566 86640

For newspapers, milk, bread, fuel etc. our closest shop is Moorview Garage. To get there go to the end of the lane and turn right heading towards Launceston on the A395. Moorview is about a 5 minute drive away on the right.

Tresmeer Village Shop, Tel:01566 781339

Situated in the grounds of the Village Hall selling milk, papers, meats, fruit and veg, tea, coffee, fresh food, and pasties. At the end of Tregulland lane turn right onto the A395 then the first left to Tresmeer. The village is approximately 4 miles away.

Wainhouse Corner Garage and Stores, EX23 0AZ Tel: 01840 230708

Wainhouse Post Office St. Gennys, EX23 0AZ Tel: 01840 230554

For newspapers, milk, bread, fuel etc. To get there go to the end of the lane and turn left heading towards Camelford on the A395. After a couple of miles, at Hallworthy turn right towards Bude on the B3262. Continue on this road until you reach the T junction and turn right onto the A39 towards Bude. You will reach Wainhouse Corner after about 4 miles and the Wainhouse Corner Garage and Stores is on your right.

### Farm shops

Stock up with local produce:

Bray Farm Shop, Launceston, Postcode: PL15 8AW, Tel: 01566 775677

Hill Top Farm Shop Slaughterbridge near Camelford, Postcode: PL32 9TT Tel: 01840 211518

Jersey Cow, Bude, Postcode: EX23 8JL, Tel: 01288 355650

Killock Farm Shop, Bude, Postcode: EX23 9PZ, Tel: 01288 321739

Lifton Strawberry Field Farm Shop, Lifton, Nr Launceston Postcode: PL16 0DE Tel: 01566 784605



### Supermarkets

Waitrose and Asda deliver to Tregulland.

Waitrose – Holsworthy 01409 255460 (25 miles from Tregulland) Postcode: EX22 6AZ  
Opening times: Mon-Sat 8.30am-8pm, Sun 10am-4pm, Bank Holidays 9am-5pm

\*\*\*\*\*For deliveries the postcode at Tregulland is PL15 8QW\*\*\*\*\*

Full address:

Tregulland Cottage and Barn  
St Clether  
Launceston  
Cornwall  
PL15 8QW

Tesco (10.7 miles from Tregulland) – Launceston (0845 677 9403) Postcode: PL15 9HG  
Opening times: open 24hrs except Sunday closes at 4pm and opens Monday at 6am.

Morrison's (16.1 miles from Tregulland) – Bude (01288 355546) Postcode: EX23 8UA  
Opening times: Mon-Sat 8am-9pm, Sun 10am-4pm

Asda Bodmin (20 miles from Tregulland) Launceston Road, Bodmin, Cornwall, Postcode: PL31 2AR  
01208 261800.  
Monday opens at 7am then 24 hours until closing Sat 10pm, Sun 9.30am to 4pm

Sainsbury's Bodmin (20 miles from Tregulland) Dennison Road, Bodmin, Post code PL31 2SS  
01208 269743  
Opens Mon – Sat 7am to 9pm, Sun 10am to 4pm

### Pharmacies

Out of hours:

Tesco (10.7 miles from Tregulland) – Launceston (0845 677 9403) Postcode: PL15 9HG  
Opening times: open 24hrs except Sunday closes at 4pm and opens Monday at 6am.

Launceston also has Boots and Day Lewis Pharmacy.

### Souvenir & Gift Shops



Just off the square - 25A Broad St, Launceston, Cornwall PL15 8AB  
01566 777227

St Kitt's Herbery - Starapark, Camelford, Cornwall PL32 9XH  
01840 213442

Country Chic – 5-7 Southgate Street, Launceston, Cornwall PL15  
01566 779979





### **Quick reference places to visit**

**St Clether Holywell Chapel** – a 20-30 minute walk from us. At the junction turn left. At the crossroads turn right. (OS Map 109 for further navigation around the local lanes)

**Rough Tor** – a walk that takes approximately 1 hour if you go straight up and down, 1.5 hours if you walked the long way up and back.

At the end of Tregulland lane turn left on to the A395 towards Camelford. At the Davidstow junction take a left towards Camelford. Just before the town you will see a brown sign for Rough Tor on your left. There is a car park at the foot of the tor.

**Crackington Haven** – a small protected beach with two cafes, a pub and cliff walks.

At the end of Tregulland lane turn left on to the A395 towards Camelford. Just after the Wilsey Down Pub (on your right) about 1 mile from Tregulland turn right on the corner to Otterham Station on the B3262. At the junction turn right onto the A39 towards Bude.

You will see signs to Crackington Haven along this road on your left.

When parked up in Crackington Haven. Looking at the beach you can walk left along a coastal path or up on the right to the headland. To reach the right hand headland coast path, walk back along the road past the Coombe Barton Inn. Past the spring, about 100 yards on your left between the houses you will see the beginning of the path. It takes about 25 minutes to reach the top for spectacular views. Take care to keep dogs on a lead as there are some sharp drops on all the cliff walks.

**Widemouth Beach near Bude** – a long, more exposed beach great for dog walking or a longer beach stroll. About 20 minutes drive from Tregulland.

At the end of Tregulland lane turn left on to the A395 towards Camelford. Just after the Wilsey Down Pub (on your right) about 1 mile from Tregulland turn right on the corner to Otterham Station on the B3262. At the junction turn right onto the A39 towards Bude.

You will see Widemouth Bay signposted along this road on your left.

Continue past the Bay to the Bay View Inn for re-fueling after a walk! See our Pubs with Food section for contact details.

### **What you can expect to find on arrival**



Tregulland is kitted out with all the things you might need on your holiday

#### In each room

All the bedrooms are en suite, complete with bath products from REN Skincare and HansGrohe rainfall showers. There are luxury roll top baths in some of the rooms. Each bedroom has a radio alarm clock with iPod dock. As with the whole of Tregulland, there are individual thermostats in every bedroom and bathroom so everyone can choose their perfect temperature. In each room you can expect:

- The finest 500 thread count Egyptian cotton linen
- Goose and duck down duvets and down surround pillows
- Waffle bath robes
- Luxury pure white bath sheet, hand towel, bath mat and flannel plus an orange swimming towel per guest. **Please do not take the white towels to the pool or beach**, there are washing machines and tumble dryers if you need to launder your towels during your stay.
- REN Skincare bathroom products
- A small starter supply of loo rolls
- Hair dryer in each bedroom
- Ipod radio alarms

If you would like to purchase towels or bath robes please contact Bonny.

#### Prices:

REN shower gel, shampoo, conditioner and soap - complimentary  
Burnt Orange Swimming towels - £20 each  
Waffle Bath robes - £40 each  
Bath Sheet - £30  
Hand Towel - £12  
Flannel - £4  
Bath Mat - £30

**PLEASE NOTE\*\*\*Sandy swimming towels\*\*\*** – sand accumulates inside and will break the washing machine therefore please shake all sand out of towels or dry on a rack first before placing in the washing machine.

#### Utility Rooms

Both the Cottage and Barn have a ground floor utility room with an additional shower room and toilet. Utility rooms contain irons and ironing boards, washing machines, driers and sinks.



### In the kitchen

We ensure there is tea, coffee, olive oil, salt and pepper in each kitchen.

We also provide a starter supply of all in one dishwasher tablets, washing up liquid, black bin liners, recycling bags and laundry powder/liquid, cling film, baking paper and foil.

There are two dishwashers in each house, a wine fridge in addition to the main fridge/freezer, Pans, cookware and serving dishes, a Magimix blender, Robert Welch knives and a basic First Aid kit. The Barn utility room freezer has an ice maker.

Crockery	five piece place settings; cups and saucers (x 30 in Cottage + 50 mugs, x14 in Barn + 20 mugs)
Cutlery	twelve piece place settings (x30 in Cottage, x14 in Barn)
Glassware	red & white wine, champagne glasses and tumblers (x30 of each in Cottage, x14 of each in Barn)

Please refer to the 'Taking Care Section' for further details on the cookers, fridges and microwaves.

### What to do with Compost, Rubbish and recycling

Please place full secured bin sacks in the wheelie bins provided in the Cottage car park. **Collection day is Wednesday.**

We have provided small compost bins in each kitchen; please empty these into the compost bin next to the wheelie bins.

We have also provided recycling bins in the kitchen in the Cottage and utility of the Barn. If these fill up during the course of your stay you can transfer the items to the coloured recycle sacks in the utility rooms. Bottles should be placed in the black boxes. We will empty these after you vacate the property and for guests staying 7 days or more we will empty these on a Tuesday and Friday.

Re-cycle collection day is every other Wednesday, but our grounds man Nick will ensure that refuse and recycling goes out on the correct day unless otherwise stated.

There are recycle points at all of the large supermarkets if you would like to dispose of large amounts of recycling yourselves.



## **Entertainment**

Cottage – PC, iPod Dock, two widescreen TV's, selection of board games, children's books and toys.

Barn – Cinema screen in the sitting room, PC, CD and radio player with iPod doc, cinema screen, selection of DVD's, board games, children's books and toys.

Outside –croquet and cricket (in the solar panel shed)

Games room – table tennis, giant jenga, giant dominoes, giant Connect 4

One BBQ for each house (summer months)

## **Connecting to the internet - WIFI**

You can connect to the internet via our wireless devolo devices. Your device will find wireless 'devolo' devices that you can connect to in the dining and kitchen areas of each house using passwords as follows:

barndevolo  
cottagedevolo

Our broadband is provided via satellite and we allow 2GB for weekend guests and 5GB for 7 day guests. Above this usage we charge £7 per extra GB used. We find this allowance is sufficient for checking mail, surfing the internet but streaming films and music eats up our allowance.

The router is located in the Cottage so some guests may be able to connect directly to it as follows:

Device name	TP LINK TREGULLAND
Passcode	tregguest

You may be able to connect to the router in the corner of the games room nearest to the Cottage too.

## **Music Systems – Cottage and Barn**

We have two Ruark Audio R4 CD, DAB/FM Radio with integrated iPod Dock, one in the Cottage Dining Room and one in the Barn Dining Room. This system has a USB port for playing MP3 and WMA music files. It has a universal iPod Dock which supports and charges all iPod models produced from January 2004 onwards. You should charge in 'flight' mode to prevent mobile phone noise/interference.

There is a dock linked to the cinema system in the Barn and an additional stereo with CD and radio in the Cottage.

There are also are iPod radio alarms in each bedroom.



### Barn Granary Sitting Room Cinema Screen

A single remote controls the cinema screen, projector, TV, DVD player and music dock.

Please note: please wait between each command. Rushing the system will make it jam.

From the single remote first select 'Devices'.

Switch on each device slowly; you can select projector (on), screen (down) and TV from 'Devices'.

Return to the Main Menu and select 'Activities'

From here select TV, Blue Ray DVD or Demon DOCK from the touch screen.

When switching between TV and DVD mode the screen will go half way up and then down again.

REMEMBER – please leave a slight delay between commands, please do not rush the system.

If the system appears not to be working, leave for 5. minutes, switch the system off using the standby button on the top of the remote and accepting when prompted from the screen. Then switch everything back on slower than before.



### **Equipment provided for Children**

If you have forgotten anything please let us know and we will do our best to help!  
We have the following available on site at Tregulland to make your stay easier:

- Travel cots
- Cot sheets
- Cot duvets
- Blankets
- High chairs
- Baby monitor
- Children's plates, bowls, cups and cutlery
- Children's toys
- Children's books
- Children's DVDs



## **Our Eco-Credentials - Energy Smart at Tregulland**

Part of the remit of developing the barns and refurbishing the cottage was to use energy saving devices in the fabric of the building and low energy technologies for the running of the building.

### Water

We have our own borehole on site which means the water you drink, wash with, bathe and swim in is pure Cornish spring water. Water is fed into a holding tank, passes through a manganese filter and then run through a UV filter. Its quality is superb.

Like the borehole, sewage and waste water treatment is also 'off grid' – running into a large capacity septic tank and then further purified by a reed bed system (which can be seen to the North of the barn terraces). The quality of water leaving the reed bed is such that we can run it down the hill in a natural soak away. We need to keep the system balanced and the pipes clear... so please don't put anything other than paper down the loo. Sanitary bags are provided in each bathroom.

### Insulation

Heating uses up the largest proportion of a home's energy use so ensuring that heat is not lost is the first step in making a building energy efficient. The properties have been insulated beyond building regulations. There has been extensive use of Warmcel which is produced from recycled newspapers. The roof, the inside of the walls, between the floors and even the room partitions have been insulated, dramatically reducing heat loss and helping make the most of the Mechanical Ventilation & Heat Recovery (MVHR). All the windows have been double glazed using high performance, low e-coated glass. The doors and windows have been draft stripped so that we can use a MVHR System (see below).

### Heating and hot water

The heating and hot water are powered by a state of the art Austrian biomass boiler. This burns wood pellets and woodchip from sustainable sources and provides heating and hot water for the cottage, barns and pool.

All the floors in the cottage and barns have under floor heating (UFH) with wall mounted thermostats for each room and en suite allowing each guest adjust the temperature just how they want it. Please do adjust the thermostats to suit your own requirements. UFH is more efficient than traditional radiators as the heat is spread out evenly and the system can be run at lower temperatures.

The heating and hot water run on timers that we adjust seasonally and are usually off completely between midnight and 6 am.



In the summer hot water for the cottage and barn are mostly provided for by Solar thermal panels. These are located on the boiler house roof, the terrace shed and the sunroom roof. They use the sun's energy to heat water and provide 90% of the domestic hot water between from April to September.

### Wood burners

Please help yourself to logs... We coppice trees regularly, have removed many unwanted trees and have also undertaken an extensive planting program so that we can supply logs for the wood burners sustainably from our own grounds. Each wood burner uses 'closed combustion' meaning it has its own air source from outside feeding directly into it with all exhaust exiting through the flue.

### Mechanical Ventilation and Heat Recovery system (MVHR)

As the buildings have been insulated and their air tightness dramatically improved the MVHR is used to control fresh air coming into the houses. Stale and moist air is taken out of bathrooms and kitchens and expelled from the building via a heat exchanger. The heat exchanger transfers the heat to fresh air coming in which is then distributed through the bedrooms and reception spaces (through the terminals you can see on the ceilings). In winter you will notice that even with the heating and wood burners on the properties never get 'stuffy' and you have no 'urge' to open a window. The system runs automatically at 'trickle pace'. It can take a little longer to clear a steamy bathroom but this is fine.

### Electricity

Low Energy Lighting – there has been extensive use of LEDs and low energy bulbs. A typical kitchen halogen down lighter is 50 watt, the LED down lighters in the Tregulland kitchens use 8 watts each, i.e. they use 84% less energy! There are 20 led fittings lighting up the beautiful old trusses in the granary... using only 100 watts between them – the same as one old tungsten filament bulb!

The kitchens have induction hobs – these are as efficient as gas but we have no gas supply to Tregulland. Elsewhere we have used highly rated energy efficient appliances.

There are 'kill switches' by each keypad door which means you can turn all the lights off from one point when you leave the building.

We are due to install Photovoltaic panels which we hope will provide all our electrical needs. Combined with the other measures above this will mean we will be close to carbon neutral. We will keep you posted once we have a couple of years running statistics to analyse.





### Sustainable materials

We did as much as possible to reuse materials on site and to lessen the impact of the build works:

- We managed to source the granite for the barn kitchen worktop direct from a local quarry in Cornwall. This type of granite is available elsewhere but has been brought over from Portugal and comes from the same seam of rock running down the west of Europe
- The roofs were in very poor repair but we reused as much of the original rag slate as possible. The rest was sourced locally
- Slate window sills have been made from slate that was on site
- 200 year old oak joists were reused to make furniture and lintels e.g. window seats in the barn kitchen, granary shelves
- We used Eco friendly paints
- Where we did source new or from afar we used suppliers with an ethical and/or environmental commitment e.g. tiles from Mandarin stone, all building timber used on site is FSC. All new joinery is made using wood from sustainable sources.



### **Nearby towns; Launceston, Camelford, Bude**

We have provided OS leisure maps of the local area in both the Cottage and Barn. We have included postcodes here for satellite navigation, for full addresses please contact the shop or supplier direct.

#### Launceston

Launceston is a traditional market town just off the main A30 at the eastern end of Cornwall on the Devon and Cornwall border and between two Moors - Bodmin and Dartmoor, the town allows easy access to West Devon, the Tamar Valley and North and South Cornwall.

- Butchers:** Philip Warren in Launceston Town centre, Postcode PL15 7AB, Tel: 01566 772089  
Philip Warren at Pennygillam, Postcode PL15 7ED, Tel: 01566 772244  
Bray Farm Shop, Postcode PL15 8AW, Tel: 01566 775677
- Fish:** Tregida Seafood, part of the famous Tregida Smokehouse Company, this unit stocks fresh and smoked fish. Tel: 01566 777766
- Bakers:** Parkers Bakery, Postcode PL15 9DX, Tel: 01566 772 583  
Malcolm Barnecutts Barkery, Postcode PL15 8ER, Tel: 01566 776 744
- Deli's:** Deli Paradiso, Postcode: PL15 8AP, Tel: 01566 779 494
- Shops:** Bookshop, Jewellers, Hardware Centre, Gift Shops, Pet shops, Florists, News agents, sport shop
- Supermarket:** Tesco (10.7 miles from Tregulland) – Launceston (0845 677 9403) Postcode: PL15 9HG  
Opening times: open 24hrs except Sunday closes at 4pm and opens Monday at 6am.
- Co-op (11 miles from Tregulland) – Launceston (01566 776350) Postcode: PL15 8EX  
Opening times: Mon-Thurs 8am-8pm, Fri 8am-9pm, Sat 8am-8pm, Sun 10am-4pm
- Please note: Tesco do not currently deliver.



## TREGULLAND

- Leisure centre:** Phoenix Leisure Centre, Postcode: PL15 9DQ. Tel: 01566 772551  
25m indoor swimming pool and learner pool, 26 station Fitness Suite, Squash court, activity hall, Floodlit all weather pitch
- Garden centre:** Homeleigh Garden Centre, Postcode: PL15 9SP, Tel: 01566 773147  
Also for angling equipment, outdoor clothes, pet supplies and has a food hall including a deli and Warrens meat counter and a small restaurant.
- Attractions:** Steam Railway, Postcode: PL158DA, Tel: 01566 775665  
Museum, Postcode: PL15 8BA, Tel: 01566 773277  
Launceston Castle, Postcode: PL15 7DR, Tel: 01566 772365
- For the kids:** Hidden Valley discovery park, Postcode: PL15 8SJ, Tel: 01566 86463  
Tamar Otter Park, Postcode: PL15 8GW, Tel: 01566 785646  
Trethorne Leisure Farm, Postcode: PL15 8QE, Tel: 01566 86324  
New Mills Farm Park, Postcode: PL15 8SN, Tel: 01566 777106  
Skate Park, Pennygillam, Postcode: PL15 7PF Tel: 01566 773637
- Taxi:** AB taxi Tel: 01566 776 877 (Launceston)



### Camelford

Camelford is an attractive and ancient town which straddles the A39, the Atlantic Highway trunk road, between Bude and Wadebridge and is situated on the River Camel. It is only a few miles from the surfing beaches of North Cornwall and the natural beauty and ancient sites of Bodmin Moor. Legend has it that King Arthur fought a battle at nearby Slaughter Bridge.

**Butchers:** Steve Heard, Postcode: PL32 9PB, Tel: 01840 212686

**Bakers:** Cornish Maids, Postcode: PL32 9PG, Tel: 01840 212749

**Cafe:** Four Seasons Tea Room, Postcode: PL32 9PB, Tel: 01840 211779

**Fish and Chip shop:** Peckish Fish and Chips, Postcode: PL32 9TH, Tel: 01840 213587  
Voted no.2 in Cornwall!

**Supermarket:** Co-op (8.1 miles from Tregulland) – Camelford (01840 213766) Postcode: PL32 9PQ  
Opening times: Mon-Fri 7am-10pm

For deliveries the postcode at Tregulland is PL15 8QW

**Leisure Centre:** Camelford Leisure Centre, PL32 9UE Tel: 01840 213188  
Fitness classes, 20m indoor pool, Multi-purpose sports hall, Fitness studio, outdoor tennis courts.

**Taxi:** ACAB 01840 213164 (Camelford)  
Camelot 01840 770171 (Boscastle)  
Slate Cabs 07929220567 (Delabole)



## Bude

Bude is a charming sea-side town with its friendly and welcoming atmosphere provides everything the locals and visitors need. The main shopping streets and the inter-connecting alleyways play host to a wide range of unique, locally owned shops and an excellent range of pubs and restaurants.

**Butchers:** Bude Meat Supply, Postcode: EX23 8AT, Tel: 01288 352034

**Bakers:** Lansdowne Bakery, Postcode: EX23 8BH, Tel: 01288 352777

**Cafe:** Elements Italian Café Bar, Atlantic Diner , Postcode: EX23 0LZ, Tel: 01288 352386

**Supermarket:** Morrison's (16.1 miles from Tregulland) – Bude (01288 355546) Postcode: EX23 8UA  
Opening times: Mon-Sat 8am-9pm, Sun 10am-4pm.

Sainsbury's (10 miles from Tregulland) - Bude (01288 282000) Postcode: EX23 8ND  
Opening times: Mon-Sat 8am-8pm, Sun 10am-4pm.

Co-op (10 miles from Tregulland) – Camelford (01288 352255) Postcode: EX23 8AU  
Opening times: Mon-Sat 8am-10pm, Sun 10am-4pm.

For deliveries the postcode at Tregulland is PL15 8QW

**Leisure centre:** Splash Leisure Pool, EX23 8AR Tel: 01288 356191

**Bude Sea Pool:** A beautiful, part natural, part man-made pool in the rocks at Summerlease Beach,  
Lifeguarding dates for 2011 - Friday 29th April to Sunday 25th September  
10am until 6pm each day, tides and sea swell conditions permitting.

**For the kids:** Harlequin's tenpin bowling and play zone, Postcode: EX23 8AR, Tel: 01288 355366

**Other Attractions:** Surf schools, Bude canal boat hire, Bude Castle Heritage centre, Mountain Boarding centre.

**Taxi:** Robs travel 07771824141 (Bude) OR Camelot 01840 770171 (Boscastle)

## **Activities**



## Golf

For the golf enthusiast there are four nearby courses to choose from - Bude, Holsworthy, Launceston and Trethorne golf clubs.

Launceston Golf Club, Postcode: PL15 8HF, Tel: 01566 775359

Trethorne Golf Club, Postcode: PL15 8QE, Tel: 01566 86903

Bude Golf Club, Postcode: EX23 8DA, Tel: 01288 353635

Holsworthy Golf Club, Postcode: EX22 6LP, Tel: 01409 255 390

## Horse riding

Camelford - Lakefield Equestrian Centre is a BHS (British Horse Society) and RDA (Riding for the Disabled Association) approved centre offering full equestrian facilities and catering for all abilities, from complete beginner to the more advanced rider. Facilities include indoor school, weather permitting outdoor school, show jumping paddock and cross country course.

Postcode: PL32 9TX Tel: 01840 213 279

Bude – Julie at Broomhill Manor <http://www.broomhillmanor.co.uk/riding> 07796 470625 Stunning rides along the coast or within the Manor grounds. Riding on the beach available subject to tides and ability.

## Boating and fishing trips

Bude: Sea fishing and boat charter from Bude aboard The Mantis offer fishing and sightseeing trips along the coast up to Lundy island. The Mantis Tel 07977 423511

Lundy Sailings on the Jessica Hettie. Based in Clovelly (32 miles away, approximately 50 minutes drive from us) 1 hour sailing and 6 hours ashore – up to 10 passengers. Adults £35. Children Under 16 £25 (plus £5 landing fee for non-National Trust Members). To swim with the seals is an extra £15 per person, it takes about 2 hours, wetsuits provided.

For a Prompt Service Phone +44 (0)1237 431405 - Evenings or 07774 190359 - Daytime. (Apr-Oct)

Boscastle Rock Shop: 'Tennessee - 2 hour £15 or 4 hour £30 fishing trips, rods and tackle supplied ring for bookings 01840 250527.

For general information or charter hire ring Ken 01288 353565

## Surfing



TREGULLAND

Surf lessons, coasteering, abseiling, kayaking, archery, coastal traversing and more! 'Outdoor Adventure (OA)' can arrange it all. You can take your own wetsuits or use theirs. Based in Widemouth Bay near Bude. Postcode EX23 0DF Tel: 01288 362900 Mob: 07966 190979



### Things to do with children

**Trethorne Leisure Farm**, Postcode: PL15 8QE, Tel 01566 86324

Activities in the indoor play area include Pillow Bash, Bungee Run, Ball Pools, Assault Course, Soft Play Area, Climbing Wall, Slides, Trampolines and Jolly Rogers Ball Blaster and Tots Tractors.

**Hidden Valley discovery park**, Postcode: PL15 8SJ, Tel 01566 86463

Crystal Maze type adventure park with miniature railways and maze walks as well as a fountain ruin, secret gardens, Oak Tree Farm with the farmyard animal favourites.

**Launceston Steam Railway**, Postcode: PL158DA, Tel 01566 775665

The Launceston Steam Railway runs from the historic Cornish town of Launceston through several miles of countryside to the hamlet of Newmills. Trains run throughout the summer, hauled by steam locomotives built to a famous design by the Hunslet Engineering Company in the late 1800's.

**Bodmin Steam Railway**, Postcode: PL31 1AQ, Tel: 0120873555

Discover the excitement and nostalgia of steam travel with a journey back in time on the Bodmin & Wenford Railway - Cornwall's only full size railway still operated by steam locomotives.

**New Mills Farm Park**, Postcode: PL15 8SN, Tel 01566 777106

At New Mills Farm Park, they aim to give a great value, fun day out for all the family, especially for toddlers and younger children. Indoors – pets corner, skittles, games barn, ball pools, toddler play barn, games of yesteryear, museum. Outdoor – Adult and kids Go Carts, trampolines, swings, giant slide, adventure climbing frame, swing ball, badminton, football, sand pits, ride on toys.

**Harlequin's tenpin bowling and play zone**. Indoor play and climbing equipment. Postcode: EX23 8AR, Tel: 01288 355366

**Tamar Otter Park**, Postcode: PL15 8GW, Tel 01566 785646

The Tamar Otter and Wildlife Centre is set within a 20 acre site where you will see British and Asian short clawed otters in natural enclosures. You can also see a selection of owl, waterfowl and wallabies.

**Skate Park**, Pennygillam, Postcode: PL15 7PF Tel: 01566 773637

Launceston's, Cornwall's first indoor skate park with a 7,500 sq foot skating area. They also have a viewing lounge, a parent's room and refreshments available on site. Skateboards and protective gear available for hire.





## Restaurants

Cornwall is a gastronomic delight, not least because of all the fantastic fish brought in to nearby fishing villages such as Port Isaac and Looe. Here are some of the highlights: Please be aware we cannot mention them all, there are hundreds more fantastic restaurants worth trying, please do let us know in our visitors book if you visit any and tell us what you think! Please remember to call ahead and book wherever possible to avoid disappointment.

### Rising Sun Inn

Postcode: PL15 7SN, Tel: 01566 86636

Near Altarnun an old fashioned pub with a great list of local ale and an excellent menu. You can either dine in the pub or they have a restaurant too. Only 6 miles away from us, a short 15 minute drive. Booking recommended.

### Outlaws Fish Kitchen

Two star Michelin fish chef Nathan Outlaw has opened new little place in Port Isaac about 20 minutes from us. Their menu *“celebrates small, original and delicious seafood plates. Cooked to order and served when ready.”*

Postcode: PL29 3RH, Tel: 01208 881 183

### Nathan Outlaw in Rock

Postcode: PL27 6LA Tel: 01208 863 737

At the St Enodoc Hotel in Rock, 45 minutes' drive from Tregulland. Nathan Outlaw holds 2 Michelin Stars and was the winner of numerous awards. Eat in the main restaurant or the Grill for a more informal occasion.

### The Mill

Postcode: PL34 OHD, Tel: 01840 770200

The Mill House is situated on the North coast of Cornwall between the fishing villages of Port Isaac and Boscastle. Camelot, King Arthur's legendary castle is located in the very next valley. About a 20 minute drive from Tregulland.



### Life's A Beach

Postcode: EX23 8HN, Tel: 01288 355222

A seafood cafe and bistro set amongst rugged cliffs on Bude's Summerleaze Beach and just a 20 minute drive from us.

### Bangors Organic, Poundstock

Postcode: EX23 0DP Tel: 01288 361297

Booking essential! The licensed organic restaurant is all about using the seasonal foods grown in their gardens. The gardens are certified organic and hand worked in raised beds so the food produced is eco-friendly, low carbon as well as delicious and healthy. Only 15 minutes from Tregulland

### The Dartmoor Inn

Postcode: EX20 4AY, Tel: 01822 820221

Ok so we have put them in the pub and restaurant section but which is it? One of our tried and tested caterers we like their style and their own place is a gem so it's worth a visit either way! Just a 40 minute drive from Tregulland to sample their award winning food.

### Rick Stein

Postcode: PL28 8BY, Tel: 01841 532700

Some might say a trip to Cornwall is incomplete without a gander over to Rick Stein's, whether his infamously hard-to-reserve main restaurant, or the Brasserie and the fish and chip shop, which are much easier for drop-in visits. 45 minutes' drive from Tregulland.

### Fifteen Cornwall

Postcode: TR8 4AA, Tel: 01637 861000

Jamie Oliver's apprentice-led restaurant at Watergate Bay. Fab views of the beach. One hours drive from Tregulland.

### Porthminster Café St. Ives

Postcode: TR26 2EB, Tel: 01736 795352



Great for fish, and sources many ingredients right from the coastal path, including wild sorrel, garlic and nettle! Allow an hour and a half from Tregulland.

Saffron

Postcode: TR1 2HB, Tel: 01872 263771

Has real integrity and committed to using Cornish ingredients. Also child-friendly. In Truro, approximately one hour's drive from us.



## **Pubs with food**

### Rising Sun Inn

Postcode: PL15 7SN, Tel: 01566 86636

Not our nearest pub but an old fashioned pub with local ales and an excellent chef this is our most popular pub destination.

You can either dine in the pub or they have a restaurant too. Only 6 miles away from us, a short 10 minute drive.

Go out of Tregulland and turn right (towards the main entrance stone with Tregulland written in gold!). At the junction at the end of the lane turn right. At the next junction turn left, follow signs to Altarnun. The Rising Sun is en route to Altarnun on the left. Some guests have walked there its about an hour and a half walk to get there. Reference OS Explorer Map 109

Go out of Tregulland and turn right (towards the main entrance stone with Tregulland written in gold!). At the junction at the end of the lane turn right. At the next junction turn left, follow signs to Altarnun. The Rising Sun is en-route to Altarnun on the right hand sign, clearly signposted as you approach it. Reference OS Explorer Map 109

### The Bayview Inn

Postcode: EX23 0AW, Tel: 01288 361273

Near Widemouth Bay, Bude. Family friendly with a great play area for the kids. There is plenty of seating outside to gaze at the spectacular view or watch the tide come in. 20 minutes' drive from us.

### The Port William

Postcode: PL34 0HB, Tel: 01840 770 230

At Trebarwith Strand. Has a gorgeous conservatory restaurant that is right on the beach. A 20 minutes drive from Tregulland.

### Kings Head

Postcode: PL15 7RX, Tel: 01566 86241

At Five Lanes, a fifteenth century coaching inn. Old fashioned and charming and just 15 minutes from Tregulland.



Go out of Tregulland and turn right (towards the main entrance stone with Tregulland written in gold!). At the junction at the end of the lane turn right. At the next junction turn left, follow signs to Altarnun. Continue through Altarnun village until you reach Five Lanes. The pub is in the centre of the village. Reference OS Explorer Map 109

#### The Wainhouse Inn

Postcode: EX23 0BA, Tel: 01840 230711

A cosy pub with log fires and good food. Run by a local farming family they are passionate about using the freshest local produce. Only a 15 minute drive from Tregulland.

#### The Wilsey Down

Our nearest pub. Go to the end of the lane turn left onto the A395 towards Camelford and the pub is about 1 mile down on the right. The pub does not open until 6pm and serves food.

#### The Dartmoor Inn

Postcode: EX20 4AY, Tel: 01822 820221

We love the food so they are one of our tried and trusted caterers but even if they cook for you at Tregulland it's still worth a visit. Great food, wonderful hosts with and its own unique style. On the western fringes of the Dartmoor National Park; an area outstanding in its natural beauty. Within walking distance of Lydford and just 40 minutes' drive from Tregulland to sample their award winning food.



## **Beach Cafés**

### The Cabin Crackington Haven

Postcode: EX23 0JG, Tel 01840 230238

Every day The Cabin is a hive of activity preparing and creating a delicious array of home cooked foods, from baking cakes and crimping pasties. All their food is made and baked on the premises using as much local produce and free range ingredients as possible as well as supporting local suppliers.

### Haven Cafe

Postcode: EX23 0JG, Tel: 01840 230774

Situated close to the beach offering fresh local produce and seafood, hot local Pasties, fresh local crab, homemade cakes and treats. Freshly ground coffee and Italian hot chocolate.

### The Bayview Inn

Postcode: EX23 0AW, Tel: 01288 361273

Near Widemouth Bay, Bude. Family friendly with a great play area for the kids. There is plenty of seating outside to watch the tide come in. 20 minutes' drive from us.



## **Fast food and takeaway**

### Indian

Sagor, Launceston  
Postcode: PL15 7AS Tel: 01566 777778

### Chinese

Sun Wah, Launceston  
Postcode: PL15 7AB, Tel: 01566 773275

Chung Hing, Launceston  
Tel: 01566 776 040

### Pizza

The Pizza Ape, Bude  
Postcode: EX23 9QJ, Tel: 01288 321465

### Fish and Chips

Peckish Fish and Chips, Camelford  
Postcode: PL32 9TH, Tel: 01840 213587

### Pasties

Malcolm Barnecutt (Bakers), Launceston  
Postcode: PL15 8ER, Tel: 01566 776744

Philip Warren & Son (Butchers)  
Postcode: PL15 7ED, Tel: 01566 772244

Parkers Bakery  
Postcode: PL15 7AB, Tel: 01566 775855

### Other

Tiandi, Asian Fine Dining, Bude  
Postcode: EX23 8QU, Tel: 01288 359686



## **Emergencies**

### **FIRE**

A fire extinguisher and fire blanket are provided in each kitchen and further extinguishers are located by the wood burners and outside the Granary Sitting Room and Sunroom.

In the event of a fire proceed calmly to the nearest exit.

The holiday organiser should check that everyone is present.

Call the emergency services by dialling 999 on the phone. No money needed for payphone.

### **POWER FAILURE**

In the event of a power failure, torches are kept on the shelf to the left of the fridge in the Cottage kitchen and on the shelf to the right of the sink in the Barn kitchen.

Trip switches for the Barn are in the cupboard in the utility room.

Trip switches for the Cottage are in the under stairs cupboard.

Please call the Property Manager Bonny Shanks to advise of any electrical problems 07793056145.

### **FLOODING OR WATER PROBLEMS**

In the event of flooding inside the house, please call Bonny Shanks the Property Manager on 077930 56145

### **MEDICAL EMERGENCY**

First Aid Kits are kept in the kitchens on the shelves.

Details of Doctors, Dentists, Pharmacies and Hospital Casualty Departments are below.

### **POLICE**

Tregulland comes under Devon and Cornwall Police. In an emergency dial 999. For all other queries telephone 101 or if you are deaf, deafened, hard of hearing or have a speech impairment a text phone is available on 180 01 101

### **INFORMATION FOR EMERGENCY SERVICES**

Address: Tregulland Cottage and Barn, St Clether, Launceston, Cornwall, PL15 8QW

Grid ref: SX194853

Telephone: Tregulland Barn 01840 261 418

Telephone: Tregulland Cottage 01840 269 024





## Doctors

### **Launceston Medical Centre**

Postcode: PL15 9HH, Tel: 01566 772131

### **Camelford Medical Centre**

Postcode: PL32 9YT, Camelford - 01840 213894

### **Truro - Three Spires Medical Practice**

Postcode: TR1 2JA, Tel: 01872 246888

### **The Medical Centre, Stratton, Nr Bude.**

Postcode: EX23 9BP, Tel: 01288 352133

## Dentists

### **Castle Rise Dental Practice**

Postcode: PL15 9EB, Tel: 01566 772911

### **Dental Dimensions**

Postcode: PL15 8BA, Tel 01566 773873

### **Oasis Dental Care**

Postcode: PL32 9QT, Tel: 01840 213003

Postcode: EX23 8AF, Tel: 01288 355355

### **Trestone Practice**

Postcode: PL32 9ST, Tel: 01840 261 109

## Hospitals

### **Launceston General Hospital**

Can treat some minor injuries

Postcode: PL15 9JD, Tel: 01566 765 650

### **Plymouth Hospitals NHS Trust**

Postcode: PL6 8DH, Tel: 0845 155 8155

### **Treliske Hospital, Truro**

Postcode: TR1 3LJ, Tel: 01872 250000



**Bodmin Hospital**

Postcode: PL31 2QT, Tel: 01208 251300

**Kernow Doc**

If you need to contact a GP during out of hours call your local surgery as normal and you will be redirected to Kernow Urgent Care Service. Alternatively you could call NHS Direct on 0845 4647.



## **Getting around; Taxis, By Car, By Train, By Coach**

### Taxi

AB taxi 01566 776 877 (Launceston) AB Taxi's have some larger mini buses and people carriers  
Launceston Taxi's 01566 785364  
ACAB 01840 213164 (Camelford)  
Cornish Cabs (Camelford) 01840 213108  
Shirley's Taxi (Camelford) 07743 743 222 (has a 8 seat people carrier)  
Camelot 01840 770172 (Tintagel))  
Slate Cabs 07929220567 (Delabole)  
Parnell's 01208 78788 (Bodmin) Good for hire of people carriers and mini buses  
Group Travel 01208 77989 (Bodmin) For hire of vehicles for 16 people +

### By Car

Tregulland is approximately a 2 hour drive from Bristol and 4.5 hours from London.  
Once at Bristol:

- Travel from Bristol on the M5 to Exeter
- At M5 junction 31, exit onto the A30 towards Bodmin/Okehampton for 44 miles
- Exit the A30 past Launceston at the Kennard's House junction
- Take the A395 exit towards North Cornwall/Wadebridge/Camelford on the A39 for 6.5 miles
- Turn left at sign post Tregulland, 1 mile
- Go past the flaming arrow slate sign and take a sharp right into the drive at Tregulland.

### By Train

From London and Bristol regular trains run to Exeter and Plymouth which are both approximately a 45 minute drive from Tregulland. See the timetable and play your journey on the First Great Western site at [www.firstgreatwestern.co.uk](http://www.firstgreatwestern.co.uk) or telephone 0845 000125

### By Coach

National Express runs several regular services to nearby Exeter (45 mins car drive from Tregulland) via London, Birmingham, Bristol, Leeds and Sheffield. See their timetable at [www.nationalexpress.com/coach/destinations/timetablefinder.aspx](http://www.nationalexpress.com/coach/destinations/timetablefinder.aspx) or telephone 08717 818178



## **Taking Care - all guests are advised to read the following sections**

### The Cottage, Barn, Grounds and Lake

Please take care and observe the notices and rules relating to Health and Safety around the property, grounds, river and lake. Clients should note that no swimming is permitted in the river or lake as it is a fishing lake. Children should be supervised at all times on the entire property particularly around the grounds, river, lake, pool house, wood burners and cookers in the Cottage and Barn.

From time to time we have sheep graze the field to keep the grass down:

**PLEASE MAKE SURE YOU ALWAYS SHUT ANY GATES ON THE PROPERTY.**

**PLEASE NOTE: There is an electric fence around the lake** to protect the fish from the wild otters who would decimate the fish stocks. Please make sure you use the plastic handles to open and shut the gates around the lake and make sure you reattach them when you leave.

**DO NOT TOUCH ANY PART OF THE METAL FENCE AROUND THE LAKE**, and take extra care of your children.

The lake has a very mature mix of carp and trout, please contact us if you would like to fish here. Children should be supervised at all times and dogs are not permitted by the lakeside.

### Tregulland Pool House – Swimming Pool, Steam Room and Hot Tub

#### **Pool**

The main pool is 12m long x 5m wide and 1.2m deep. Guests are asked to adhere to the safety notices by the main entrance door when arriving at the Pool House.

Guests should note that there are no life guards on duty at the swimming pool and guests are advised not to swim alone. Children should be supervised at all times and non-swimmers should not enter the swimming pool.

#### **Dutch Hot Tub**

The fire surround and pipes leading into the tub are extremely hot when in use. All guests should take care when stoking the fire, entering and leaving the tub. Children under the age of 16 are not permitted to use the hot tub. Children should take care when on the terrace around the hot tub to avoid the fire. Please refer to guidance on page 40 on how to set a fire.



### **Steam room**

Guests are asked to adhere to the safety notices displayed prominently by the steam room entrance door. Children under the age of 16 are not permitted to use the Steam room.

We have lavender and eucalyptus essential oils for guests to use in the steam room, Eucalyptus is refreshing and enlivening whilst the Lavender is known for its relaxing properties. Place a few drops on the top of the steam outlet before switching on (as the outlet can get very hot when in use so exercise caution when topping up the oil reservoir).

### **Wood burners in the Cottage and Barn**

Please refer to the information below on how to ignite the fires. Guests who are unfamiliar with setting fires should ask for further guidance if required.

#### Fire prevention

Within the properties Fire extinguishers are situated on each floor and fire blankets near the cooking points and wood burners for guests use in the event of a fire.

In the event of an emergency guests should dial the emergency services on 999 immediately. There are payphones which need no money for emergency calls in the entrance halls of both the Cottage and Barn.

#### Dog owners

We welcome dogs at Tregulland however, we do ask that dogs are not allowed upstairs or in the bedrooms and usually that they sleep in the utility room.

We also like to highlight to dog owners that Tregulland is set in the countryside and dogs will need to be kept under close supervision to prevent them from going into neighbouring farmland. Tregulland itself has 16 acres of its own land so there is plenty of space to walk, we request that dogs are not allowed by the lake as it can distress the Canada Geese. We also ask that dogs are not left alone in the house.



## **How to operate the Cookers, Microwaves and Fridges**

### Falcon induction hob and cookers

#### **Hob controls**

H – hot hob indicator

P – Power Boost Setting. Turn the control knob clockwise until P is shown on the hob control display.

U – Pan Recognition also known as ‘pan missing’

A – Automatic Heat up

L – Child lock. All cooking zones must be off. To lock the hob turn together induction controls 2 and 4 simultaneously anti clockwise for approx. 3 seconds until ‘L’ appears in the hob control display for all cooking areas. This will NOT affect the ovens or grill, they can still be used.

To unlock turn the hob turn controls 2 and 4 simultaneously until the ‘L’ symbol disappears.

U – Low Temperature Setting

#### **Oven**

Left hand oven – a multi-function oven – as well as the oven fan and fan element it has two extra heating elements, one visible at the top and the other under the oven base.

To operate turn the function selector control to a cooking function

#### **Right hand oven**

The fan in the right hand oven circulates hot air continuously which means faster even cooking.

Oven indicators will glow until the oven has reached the temperature selected.

To remove the shelves – lift first in situ then slide out.

### Warnings

- Induction hobs heat up things very quickly – take care until you are familiar with it.
- Even when the indicators go out, the hob surface may not have cooled completely.
- Never use a round bottomed Wok on the hob.
- If the cookware is too small for the cooking area it will not work.
- Always lift the pans off the hob to avoid scratching
- Do not put kitchen foil or plastic onto the cooking zones or within the ovens.
- Do not use the hob as a work surface.
- Do not place utensils on the hob surface.
- Do not sit or climb on the hob surface!
- Do not place empty cookware on the cooking zones
- Do not overheat fats and oils.



**\*\*\*In case of a fire\*\*\*** – Turn controls off. Smother a flaming pan on a surface unit by covering completely with a well-fitting lid or baking tray. If available use a multi-purpose dry chemical or foam type fire extinguisher

Use dry oven gloves to remove items from the cooker.

### Barn Microwave

Power selection	Example
Min 17% power	Use to soften ice cream, keep food warm
Defrost 40% power	Use for defrosting frozen food
Mid Low 48% power	Use this for melting butter
Mid 66% power	Use this for stews
M. high power 85% power	Use this for rice, fish
Max 100% power	Use this for cooking, boiling water

Note:

Refer to cooking guidelines on food packets and instructions.

Return timer to '0' when cooking finished.

You can stop the operation of the microwave at any time by opening the door.

### Fridges

#### **Barn drawer fridge – Kitchen aid**

“Tropical” function (removes condensation). This can be used in case of condensation on the drawer seals. Press the button and the yellow LED will come on. To deactivate press the same button.

“Fast cooling” is recommended when placing a very high quantity of food in the fridge compartment. By pressing this button it is possible to increase the cooling speed of the foods inside the fridge. The yellow LED will come on. The function is deactivated automatically after 6 hours or can be manually switched off by pressing the button again.



### Log burners – How to set the fire

We have provided a store of logs by each wood burner for you to use during your stay.

### **Cottage snug and dining room - Westfire**

Before lighting the stove, open the air system by pulling the air lever out fully and opening the draft control on the left hand side.

Firelighters should ideally be used when lighting the stove. Never use methylated spirit, petrol or other flammable liquids to light your stove!

Ignite the fire and leave the door slightly ajar, after a few moments close the door.

After a few minutes when the fire is going close the draft control and close the air lever in the centre approx. 40%

For slow burning/reduced heat output add smaller quantities of wood and close the air lever in the centre more than 40%

Use a protective glove when operating handles and levers to open the fire and vents.

Note – never use treated wood e.g. painted. Use dry 'seasoned' wood provided at Tregulland.

### **Barn Sitting Room - Jide widescreen & Barn Dining Room Westfire**

Open the air input to its maximum extent by sliding the control handle completely to the right.

Place crumpled paper and kindling (small pieces of wood) and firelighters in the fireplace.

Never use methylated spirit, petrol or other flammable liquids to light your stove!

Ignite the fire and leave the door slightly ajar to avoid soiling the cold glass. After a few moments close the door.

When the fire gets going, stack your fire with medium sized logs to obtain a bright fire. Gradually reduce the input of air. When the fire needs to be replenished open the input of air to its maximum. Gently open the door to avoid expulsion of fumes into the room. After reloading the fire, again reduce the input of air according to the desired power of the fire (maximum air will burn the fuel quicker).

To ensure good functioning do not remove ash from the fireplace completely but leave a 2-3cm layer of ash on the grid.

Note – never use treated wood e.g. painted. Use dry 'seasoned' wood provided at Tregulland.





## **Dutch Hot Tub**

The Dutchtub is a wood-fired tub, Always consider the dangers of open fires when using the tub.

When the fire is burning in the coil parts of the tub will be very hot.

1. Remove lid
2. Fill the tub with water using the hose. Make sure the Dutchtub logo is always submerged in water
3. Make sure the water coil is always full with water (which is will be if you fill to the logo mark)
4. Set a fire using firelighters, kindling and small logs. 7
5. Place the wok on top of the heating coil for optimal circulation
6. Frequently stir the water using the handle of a broom or other long stick!
7. Carefully check the temperature using your hand but always stir first
8. When desired temperature is reached – get in and enjoy
9. Placing and removing the wok will increase and decrease the temperature omitted by the fire and accordingly the water temperature
10. Always empty, rinse and clean the tub using a sponge, soft cloth, soft brush and general purpose cleaner and you would a bath.
11. Ensure the fire is completely extinguished before placing the lid on the fire coil for storage
12. Replace the tub lid