



Skyview Cottage

Number 2
Treglyn Farm



Guest Information

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Welcome.

Thank you for staying at Skyview Cottage. We hope you enjoy your stay in this wonderful part of the country.

To make your stay enjoyable, this folder contains a variety of information that you may need duration of stay including:

Rules of the Cottage.

Please remember our three house rules;

1. No smoking and
2. The dog is to remain downstairs.
3. Dogs are to be kept on a lead around the grounds of the farm and please clear up after them

Local Information

This section covers all the key information and advice you may need such as:

- Beaches
- Local Shopping
- Supermarkets
- Chemists
- Petrol Stations
- Post Offices

Emergency Information

Hopefully a section that will stay unused, but just in case the following may be of comfort:

- Caretakers Details
- Local Doctors
- Local Dentists
- Hospitals with Accident and Emergency
- Vets

Leaflets

We have selected a number of local leaflets that may be of use to you on fair days and those a little cloudier including:

- National Trust areas
- Eden Project

- Camel Trail Bike Hire
- Screech Owl Centre

Manuals and Maintenance

No one comes on holiday to work, but should anything go wrong you may find this section of use to you.

Local Information

Skyview Cottage is very close to the amenities and attractions that brought you to North Cornwall.

Beaches

Polzeath.



A super family beach with a large expanse of sand and excellent surfing. There is also a small cove at the north of Polzeath beach called Pentireglaze Haven. At Polzeath there is level access to the beach by the beach car park. At New Polzeath there are steps down to the beach. Polzeath also has at least two surf schools that will take the absolute beginner and train you to be confident to catch a wave. These are based on the beach and include “Polzeath Board School” which is recommended.

Directions:

Polzeath is approximately 4 miles from the cottage. Head back towards the main road and turn right onto the B3314 for 1.7miles until there is a right bend to Port Isaac. At this bend turn left and continue on this road which forks to either Polzeath or New Polzeath



Parking:

1 large field car park above the cliffs, 1 small car park on the beach and 1 small car park close to the beach. 1 car park at New Polzeath

Toilets: Yes

Facilities: Surf shops, cafes, post office.

Activities: Surfing

Safety: Lifeguards in summer

Dogs: Dogs are banned on the beach from Easter Day to October 1

Daymer Bay.



A pleasant sandy bay with rock pools to the north of the bay. There are steps to the beach. At low tide the sand stretches south to Rock to form a large expanse of sand

Directions:

Daymer Bay is approximately 3 miles from the cottage. Head back to the main road and cross and head towards Rock. Proceed on this road and then turn right onto Trewiston Lane. Continue on this road until a left turning for Daymer Bay



Parking: 1 large car park by the beach

Toilets: Yes, by the car park

Facilities: Shop

Activities: None

Safety: No details available

Dogs: Dogs allowed All Year

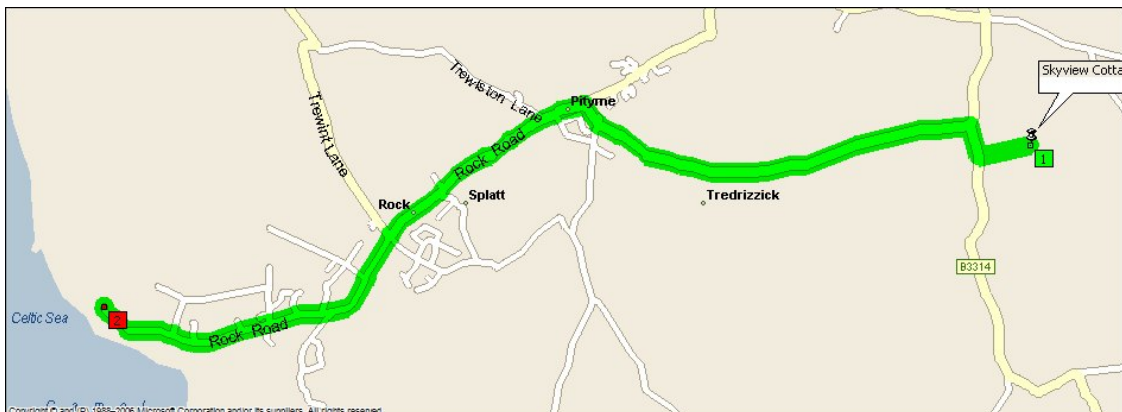
Rock



A long sandy beach on the east side of the Camel Estuary. At low tide the beach stretches from Porthilly Cove north to Daymer Bay. There are extensive sand dunes. There is a passenger ferry between Rock and Padstow on the opposite side of the Estuary

Directions:

Rock is approximately 2.5 miles from the cottage. Head back towards the main road and cross straight over and head towards Rock.



Parking: 1 car park, also some road parking

Toilets: Yes, by the car park

Facilities: Café, beach shop

Activities: Boating

Safety: No details available

Dogs: Dogs allowed all year

Out and About

You will want to revisit old favourites or find new beaches on your own, but some worth considering slightly further away especially for surfing includes:

- Newquay (Three beaches) – 23 Miles, about 30 minutes



- Widemouth Bay – 18 Miles, about 25 minutes



Local Shops

Convenience Stores.

Nursery Stores Supermarket (SPAR)

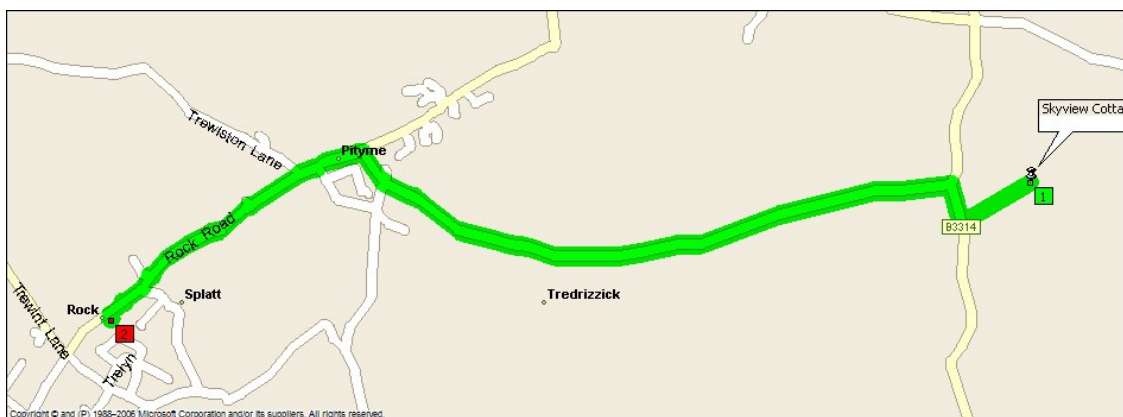
The nearest convenience store is located at the– Spar situated in Rock, and less than 3 miles and 5 minutes travelling time by car and on the Rock Road.

Summer Opening Hours: Mon - Sat 8am - 9pm and Sunday 9am - 7pm



Directions:

1. Head back to the main road (B3314)
2. Go straight over heading for Rock and the Spar is about two miles on your right hand side.



There are two others you may want to consider:

Trebetherick Stores.

Trebetherick Stores is an independent village store, Newsagent, Off License and Post Office situated in the heart of the village between Rock and Polzeath and about 7 miles or 10 minutes drive away.

Fresh Bread is available each day, and they also produce delicious home made Take Home meals in their own onsite kitchen, as well as frozen Leathams Gourmet oven-ready frozen meals.

1. Head into Rock on the Rock Rd for 2 miles
2. Turn right at Trewiston Lane for 0.4 miles
3. Turn left towards Polzeath for 1.2 miles
4. Trebetherick Stores are on the right hand side.

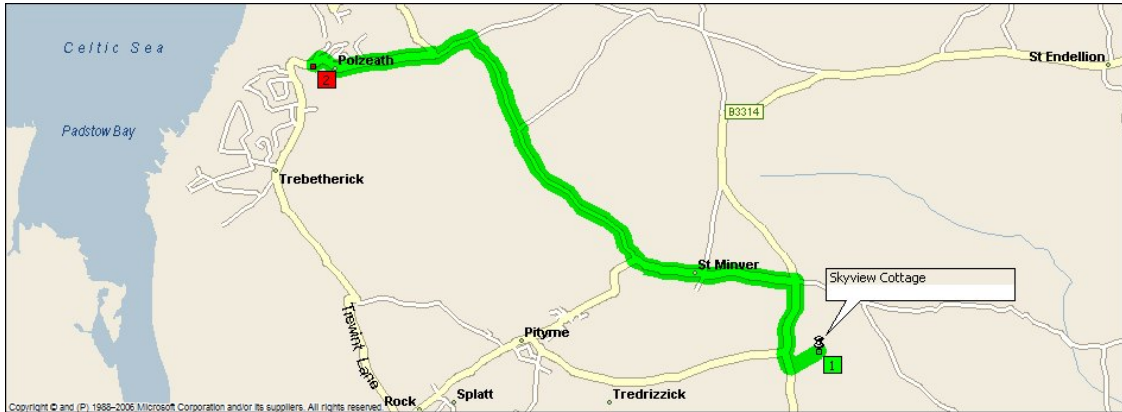


Trebetherick Stores Ltd
Tregawne, Trebetherick
Wadebridge, Cornwall
PL27 6SB
Tel: 01208 863349

Cost Cutter – Polzeath

Another convenience store based in Polzeath and a little less than 4 miles away, or 10 minutes by car.


1. Head back to the main road.
2. Turn right at B3314 for 1.7 miles
3. Bear slightly left for 0.3 miles
4. Bear slightly left again after another 0.4 miles
5. Turn left toward Dunders Hill for 1.1 miles
6. Continue straight onto Dunders Hill for 0.2 miles
7. Turn left to stay on Dunders Hill for 240 ft
8. Costcutter is on your left hand side.



Costcutter
Polzeath
Wadebridge
Cornwall
PL27 6sp
Tel: 01208869276

Delicatessen/Fine Foods

The nearest delicatessen selling local produce is located at the ***Di's Pantry*** situated in Rock, and less than 3 miles and 5 minutes travelling time by car and on the Rock Road.

	Opening Hours (Summer)	Opening Hours (from 15 Sep)
	Mon-Sat 08:00 till 20:00	Mon-Sat 08:30 till 17:30
	Sun 08:30 till 18:00	Sun 08:30 till 16:30

It is situated slightly further down the road than the Spar shop.

Butchers/Bakers

The nearest butchers and bakers are situated close to each other on the right hand side of the Rock Road as you head into Rock and approximately 2 ½ miles from the Cottage.

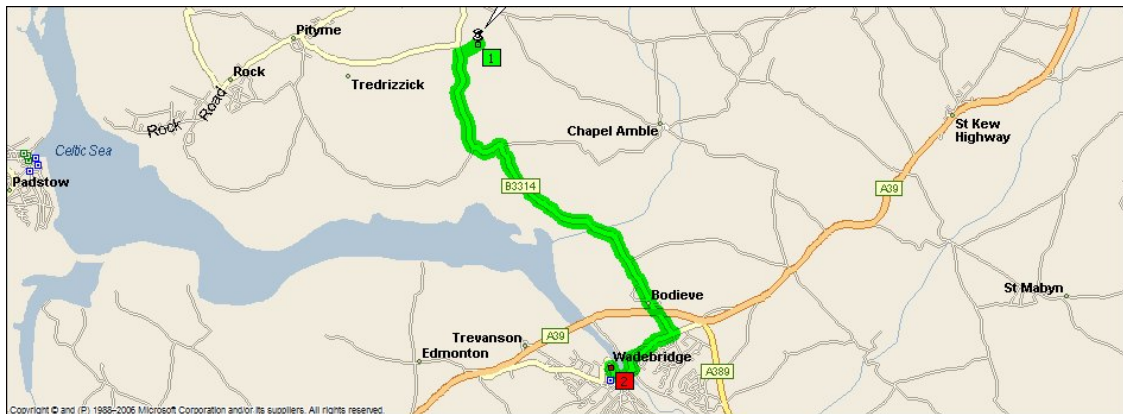
Bakers: Malcolm Barnecutt Rock Rd Rock, Wadebridge, PL27 6NW 01208 862236	Butchers: E J Watts Rock Rd Rock, Wadebridge, PL27 6NW 01208 862239
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Surf/Water sports and Beach Wear.

There are a number of shops selling all the equipment and clothing required for a hard holiday on, in, or the near the water. Many of these are in Padstow which is a short ferry ride across the Camel Estuary from near the car park at the end of the Rock Road in Rock.

Probably, the nearest shop is in Polzeath with its sister shop in Wadebridge:

<i>Polzeath</i> Ann's Cottage Surfshop, Polzeath, Wadebridge, Cornwall PL27 6SR Tel: 01208 863317	<i>Wadebridge</i> Ann's Cottage Surfshop, 9 Eddystone Rd, Wadebridge, Cornwall PL27 7AL Tel: 01208 816680
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Chemists/Pharmacies.

The nearest dispensing chemists are in Wadebridge:

Alliance Pharmacy
New Court House, 4, The Platt,
Wadebridge,
PL27 7AQ
01208 812505

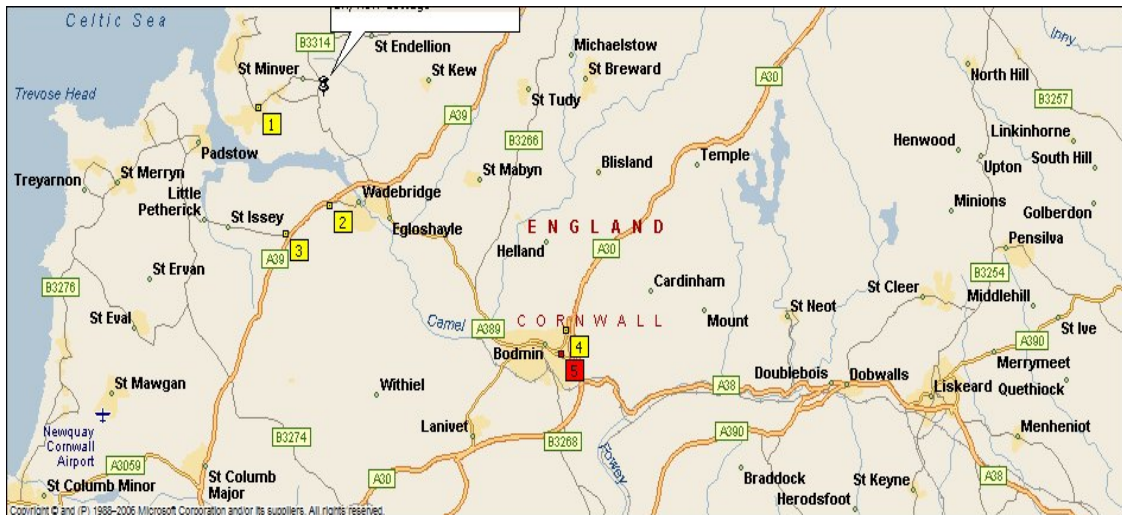
Day Lewis
23 Molesworth Street,
Wadebridge,
PL27 7DH
01208 812760



Petrol Stations

You will find fuel on your travels around the area, but should you need to find some quickly either because you are low, or need some for your water craft, the nearest fuel stops are:

<p>Clock Garage Rock Rd, Rock, Wadebridge, Cornwall, PL27 6NW 01208 863306 1</p>	<p>Broadmeadows Garage St. Breock, Wadebridge, Cornwall, PL27 7LS 01208 812046 2</p>	<p>Tesco West Hill, Wadebridge, Cornwall, PL27 7HW 0845 677 9694 3</p>	<p>ASDA Launceston Road Bodmin - Cornwall PL31 2AR Tel: 01208 261800 4</p>	<p>Morrisons Priory Road Bodmin PL31 2ST Tel: 01208 78763 5</p>
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Post Offices

<p>Pavilion Stores & Post Office Pavilion Buildings, Rock, Wadebridge, Cornwall, PL27 6JT 01208 863079</p> <p>1</p>	<p>St Minver Churchtown, St. Minver, Wadebridge, Cornwall, PL27 6QH 01208 863366</p> <p>2</p>	<p>Polzeath Post Office & Stores Polzeath, Wadebridge, Cornwall, PL27 6SP 01208 863430</p> <p>3</p>
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Sports:

There are a number of sports activities nearby. Here is a small selection should you wish to explore:

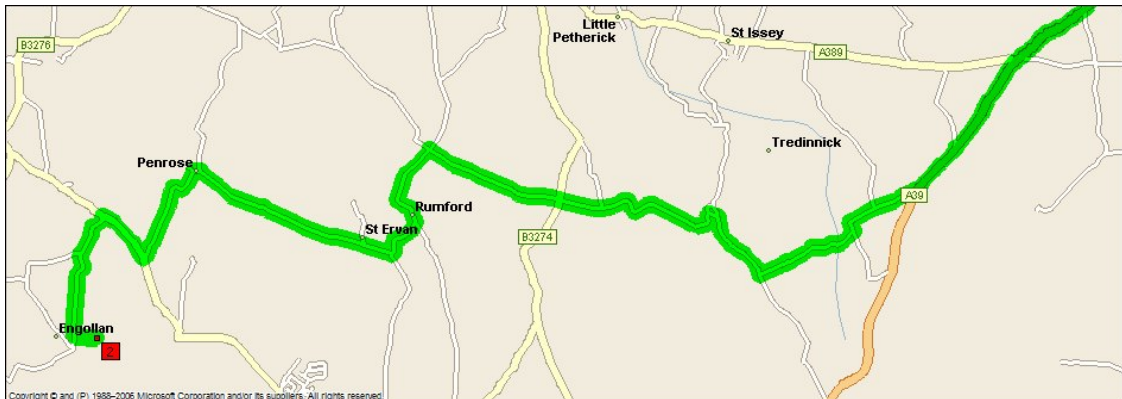
Golf Courses

Name	St Enodoc Golf Club	Roserrow Golf & Country Club	St Kew Golf Club,	Treose Golf & Country Club
Address	Rock, Wadebridge, Cornwall, PL27 6LD 01208 862402	St. Minver, Wadebridge, Cornwall, PL27 6QT 01208 863000	St Kew Highway, Wadebridge, Cornwall. PL30 3EF Tel: 01208 841500	Constantine Bay, Padstow, North Cornwall, PL28 8JB Reception & Bar: (01841) 520208
Handicap Requirements	Certificates required for Church Course only.	UK	None	UK
Men's Yardage	6243 (Church Course) 4134 (Holywell)	UK	4543	UK
Ladies Yardage	5683 (CC) 4074 (H)	UK	4333	UK
Holes	18 HOLES PAR 69/63	UK	9 HOLES (18 tees) PAR 64	UK
Green Fees	Green Fees: (CC): £40 per round W/D, £60 per day, £50 per round Sat & B/H (H): £16 per round W/D, £25 per day W/E	UK	£10 for 9 holes, £15 for 18 holes Juniors £5 for 9 holes, £8 for 18 holes	UK
Map Ref	1	2	3	4



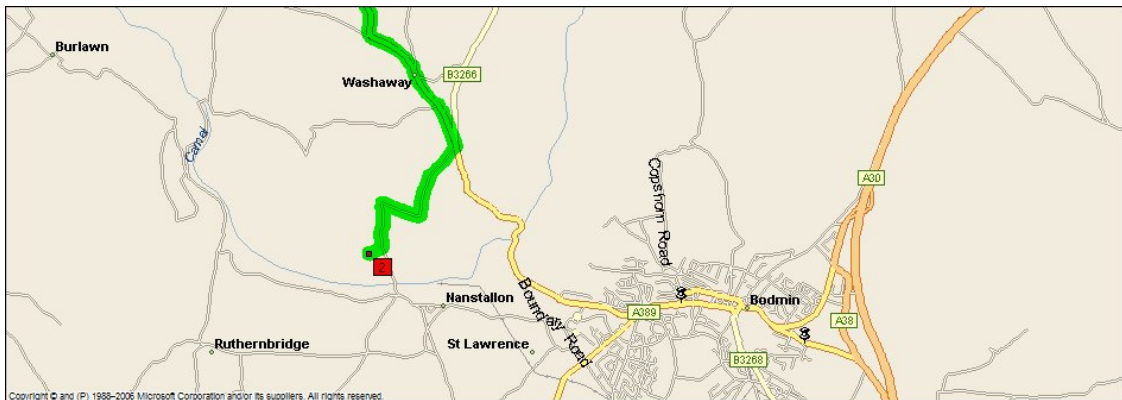
Go Carting

St Eval Kart Circuit
St. Eval,
Wadebridge,
Cornwall, PL27 7UN
01637 860160



Horse Riding

Denby Livery Stables
Nanstallon,
Bodmin,
Cornwall,
PL30 5LG
01208 72013



Sailing

Sailing is part of the Camel Estuary. If you want to get involved with either sailing, power boat or shore based courses (RYA approved) or hire a dinghy for those more experienced, please consider:



Camel School Of Seamanship
 The Pontoon
 Rock,
 Wadebridge,
 Cornwall,
 PL27 6LD
 01208 862881

Water Ski-ing

The nearest company offering water skiing, wakeboarding and banana boat rides.



Camel Ski School
The Pontoon
Rock Road
Rock
Cornwall
PL27 6LD
Tel: 01208 862727

The Camel Ski School is fully equipped to cater for all standards of skiing and wakeboarding. Whether you are an absolute beginner or competitive skier, their qualified and enthusiastic instructors are available to assist you in fulfilling your potential.

The Camel Ski School is situated in the picturesque Camel Estuary in Rock, Cornwall. The estuary provides fantastic water skiing conditions with wind shelter from most directions.

They aim to provide clients with a memorable and enjoyable experience in a safe, friendly environment that is suitable for all ages. They teach everyone from beginners to advanced, along with boat driving courses (Ski Boat Drivers Award - SBDA and International Certificate of Competence - ICC) and water-ski instructor courses.

Cycling/Camel Trail.

The Camel Trail, available free 365 days of the year, winds through some of Cornwall's most beautiful and little-known countryside.

Cornwall County Council converted 11 miles of disused railway beside the River Camel from track bed to trail, linking the towns of Bodmin, Wadebridge and Padstow. An extension follows the river towards Camelford.

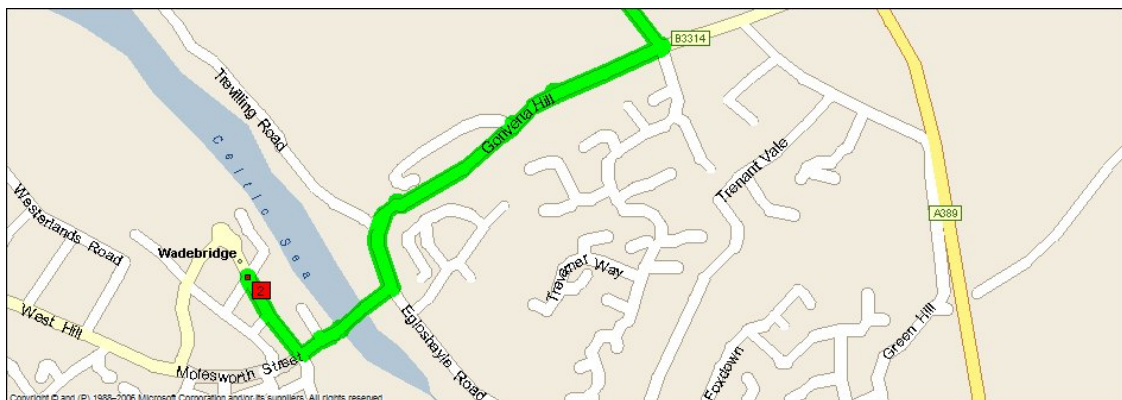
It isn't a road, it isn't a path, and vehicles are banned. There are many visitors to the Trail each year; some use it daily for jogging or bird-watching, others for an occasional day out walking or cycling. Why not join them? Travel along the Camel Trail and enjoy the spectacular scenery of the Camel Valley.

Being an old railway track, the Trail is virtually level all the way. Although not a tarmac surface, it is mainly smooth, ideal for wheelchair users, pram and buggy pushers and people who have difficulty in walking on uneven surfaces.

The Trail provides safe and easy access to unspoilt countryside for those people unable to use woodland and coastal paths.

If you have not bought your own, the following places will hire you a bike:

Bridge Bike Hire Eddystone Rd, Wadebridge, Cornwall, PL27 7AL 01208 813050	Bridge Cycle Hire Eddystone Rd, Wadebridge, Cornwall, PL27 7AL 01208 814545	Camel Trail Cycle Hire Eddystone Rd, Wadebridge, Cornwall, PL27 7AL 01208 814104
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Supermarkets

The cottage is only a short drive from many supermarkets, so you should be able to find a suitable place to buy all your usual groceries:

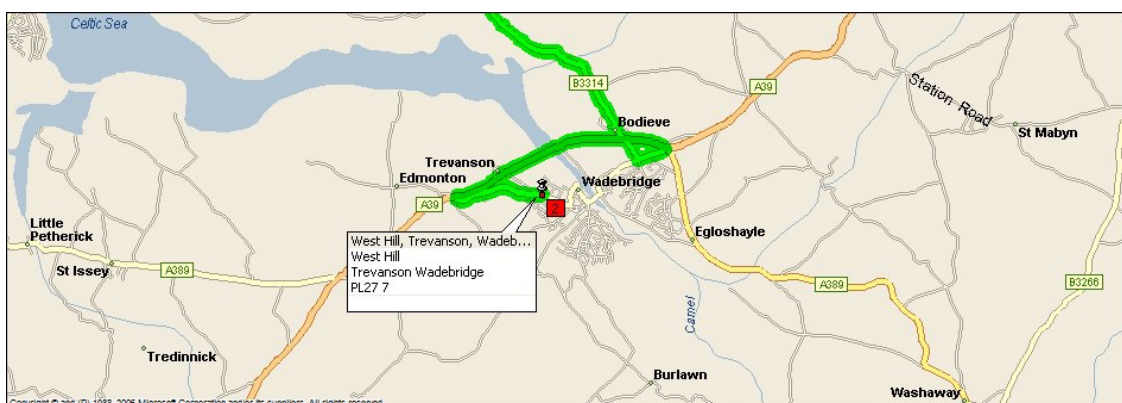
Tesco.

The closest national supermarket, based in Wadebridge, and less than 6 miles and 10 minutes travelling time by car away from the cottage.

Address:	Opening Hours
West Hill Wadebridge, Cornwall, PL27 7HW	Mon: 0800 - 2200 Tue: 0800 - 2200 Wed: 0800 - 2200 Thu: 0800 - 2200 Fri: 0800 - 2200 Sat: 0800 - 2200 Sun: 1000 - 1600

Directions:

3. Head back to the main road (B3314)
4. Turn left at B3314 for 3.1 miles
5. At the roundabout, take the 1st exit and stay on B3314 for 0.2 miles
6. At the roundabout, take the 1st exit onto A39 for 1.8 miles
7. Turn left 135 ft
8. Turn left 0.2 miles
9. Turn right 318 ft
10. Turn right and go through 1 roundabout for 0.1 miles



Sainsbury's

The next closest at just over ten miles, so allow for about 20 minutes travelling time by car.

Address:	Opening Hours
Dennison Road BODMIN Cornwall PL31 2SS Tel: 01208 269 743	Mon 0700 - 2100 Tue 0700 - 2100 Wed 0700 - 2100 Thu 0700 - 2100 Fri 0700 - 2100 Sat 0700 - 2100 Sun 1000 - 1600

Directions

1. Head back to the main road (B3314)
2. Turn left and stay on B3314 for 3.1 miles
3. At the roundabout, take the 1st exit and stay on B3314 for 0.2 miles
4. At the roundabout, take the 4th exit onto A389 (Go through 1 roundabout) for 6.3 miles
5. Turn left at A389/St Leonards and continue to follow A389 for 0.3 miles
6. Turn left at A389/Dennison Rd for 266 ft
7. Slight left at Cardell Rd for 463 ft



Asda

Probably the biggest supermarket in the area at just over eleven miles, so allow for about 25 minutes travelling time by car.

<i>Address:</i>	<i>Opening Hours</i>
Launceston Road Bodmin - Cornwall PL31 2AR Tel: 01208 261800	Mon Opens 7am Tue 24hrs Wed 24hrs Thu 24hrs Fri 24hrs Sat Close 10pm Sun 10:00am- 4pm

Directions

1. Head back to the main road (B3314)
2. Turn left and stay on B3314 for 3.1. miles
3. At the roundabout, take the 1st exit and stay on B3314 for 0.2 miles
4. At the roundabout, take the 4th exit onto A389 (go through 1 roundabout) for 6.3 miles
5. Turn left at A389/St Leonards and continue to follow A389 for 0.3 miles
6. Turn left at A389/Dennison Rd and continue to follow A389 (go through 1 roundabout) for 0.8 miles
7. Slight left at Launceston Rd 0.7 miles



Emergency Information

We sincerely hope that you will have no need of the information below, and our purpose of providing it is so that you will never need it.

Just in case:

Caretaker's Details

Our caretaker/cleaners will look after any emergencies you could have with the cottage and his details are:

Harry and Wendy

Tel: 01208 812027

Mobile: 07854 698643

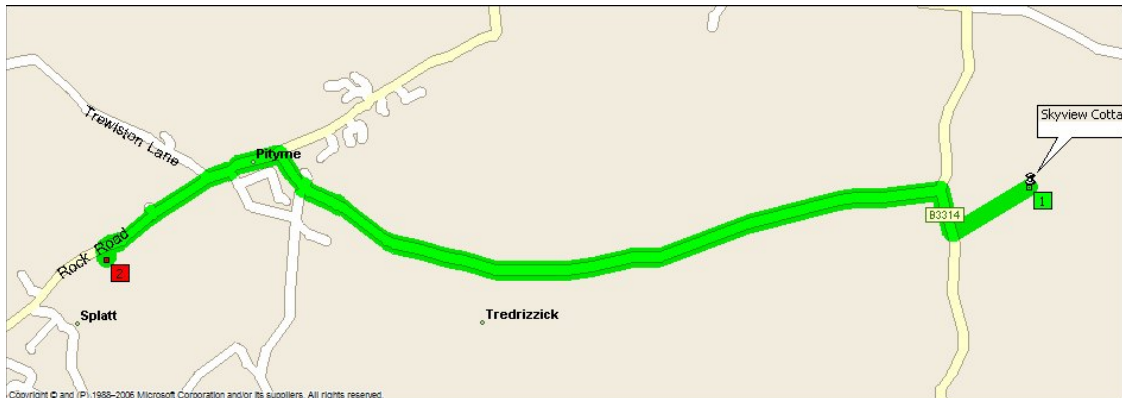
Medical Emergencies

Need medical help now? Call NHS Direct: 0845 4647

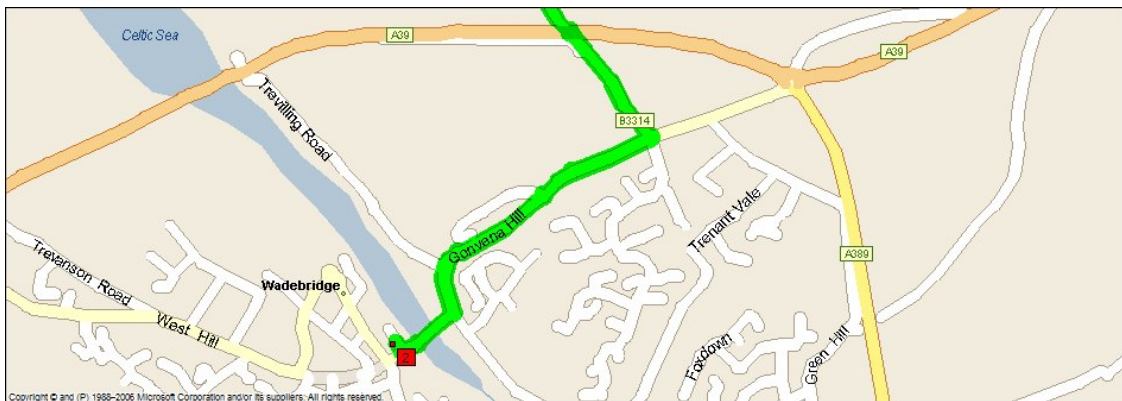
GP Surgeries

<p><i>Dr SAITCH & partners</i> Wadebridge and Camel Estuary Practice, Rock, St Minver Cornwall PL276PW Phone:01208 812222 Distance: 2.7 miles</p>	<p><i>Dr LUNNY & partners</i> Bridge Medical Centre, Harbour Road, Wadebridge, Cornwall PL277AH Phone: 01208 812342 Distance: 4.31 miles</p>
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Wadebridge and Camel Estuary Practice,

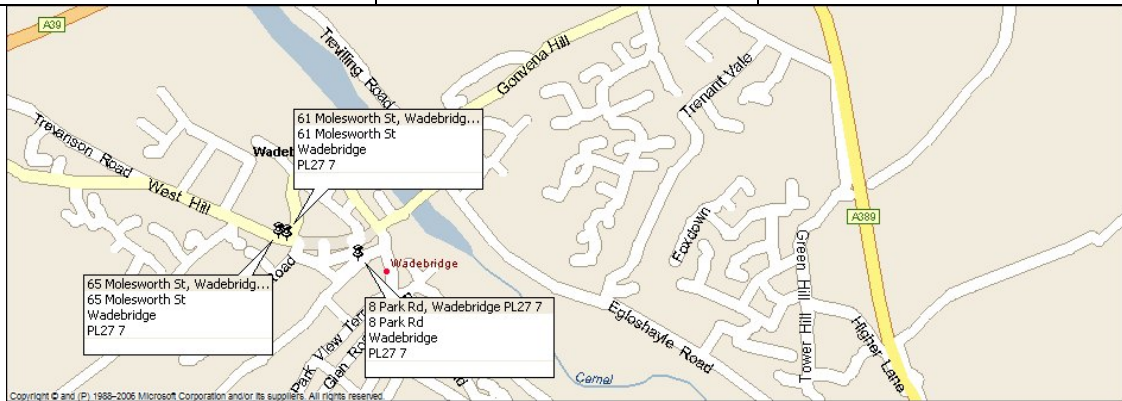


Bridge Medical Centre,



Dentists

<p><i>Park Chambers Dental Practice</i> 61 Molesworth Street, Wadebridge, Cornwall PL27 7DS Phone: 01208 812450 Distance: 4.21 miles</p>	<p><i>Galbraith & Baker</i> 65 Molesworth Street, Wadebridge, Cornwall PL27 7DS Phone: 01208 812711 Distance: 4.21 miles</p>	<p><i>Wadebridge Dental Care</i> 8 Park Place, Wadebridge, Cornwall PL27 7EA Phone: 01208 813816 Distance: 4.40 miles</p>
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Nearest Accident and Emergency:

Royal Cornwall Hospital (Treliske)
Treliske,
Truro,
Cornwall,
TR1 3LJ
Tel: 01872 250000

Distance from cottage: 33 miles, but about **1 hour**.

Directions:

Stage	Total Distance	Directions
1		Starting Point: The Cottage
2	-	Head back to main road (0.2miles)
3	0.2	Take first available left on to B3314, continue for 3.1 miles
4	3.3	Turn left at mini-roundabout on to B3314, continue for 0.2 miles
5	3.6	Take first available exit off roundabout on to A39, continue for 6.9 miles
6	10.4	Take second available exit off roundabout on to A39, continue for 2.7 miles
7	13.1	Take second available exit off roundabout on to A39, continue for 1.7 miles
8	14.8	Take second available exit off roundabout on to A39, continue for 1.0 miles
9	15.8	Take fourth available exit off roundabout on to A30 (Slip Road)
10	16.0	Follow A30 straight on, continue for 5.9 miles
11	21.9	Take third available exit off roundabout on to A30, continue for 7.8 miles
12	29.7	Take first available exit off roundabout on to A390, continue for 2.2 miles
13	31.9	Take second available exit off roundabout on to A390, continue for 0.7 miles
14	32.6	Take second available exit off roundabout on to A390 (TRESAWLS ROAD), continue for 0.4 miles
15	33.0	Take first available exit off roundabout on to local road, continue for 0.3 miles
16	33.3	Arrive at Hospital

Map Overview



Last Three Miles



Veterinary Practices.

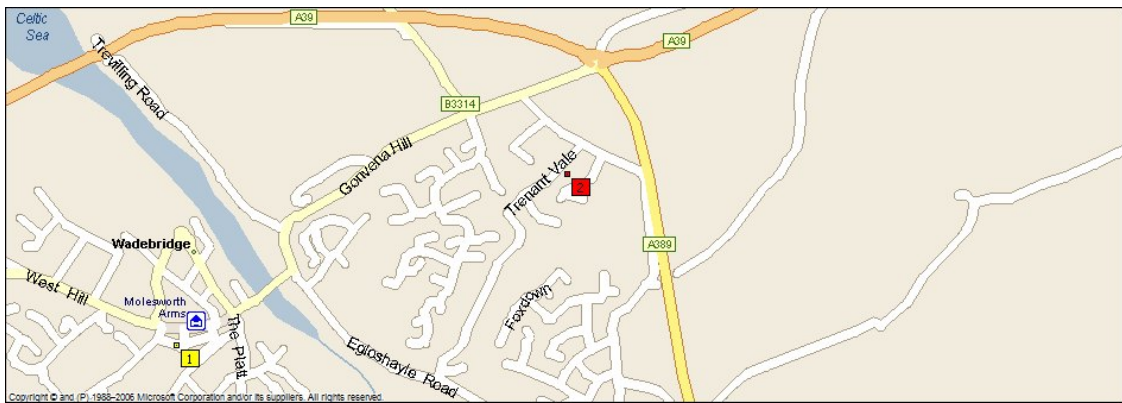
There are two Veterinary Practices in near reach:

Abbott Draper & Fraser
4 Park Rd,
Wadebridge,
Cornwall,
PL27 7NQ
01208 812530

1

G & PJ Nute
Trenant Ind Est,
Wadebridge,
Cornwall,
PL27 6HB
01208 813258

2



Local Information and Attractions.

Please find a selection of local attractions and information that may be of interest.

Please feel free to borrow these but please ensure that you replace them.

If you find other things around and about that you have enjoyed, please include any publicity material within this section.

Manuals and Maintenance

This section contains various manuals for appliances within the
Cottage

If you need any replacement bulbs, you will find these in the
cupboard above the cooker extractor fan