



GUEST INFORMATION





Email us during office hours hello@tregulland.co.uk or out of hours
asktregulland.co.uk this mailbox is monitored 24/7



Welcome to Tregulland Cottage and Barn.

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

With spectacular views over our 16 acres of land, the first indoor freshwater pool in Britain, outdoor hot tub, cinema screen, dining room for 24 and the most delicious beds with 400 thread count Egyptian cotton linen: you'll never want to leave.

Please take care in and around Tregulland. The lake, grounds and pool house are there to be enjoyed by all, but please make sure children and dogs are safe and supervised at all times, and as sheep sometimes graze the land always, *always*: Shut the Gates!

Tregulland is surrounded by some of Cornwall's most charming beaches, walks and fishing villages. In this folder, we have listed a selection of useful information about Tregulland, how to make things work and some suggestions about what's on offer in the surrounding area that will help you enjoy your stay. Needless to say, much more is available online. If there is anything else you need to know, do call Bonny or Sarah during normal office hours.

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

Ken and Illona Aylmer and all the team at Tregulland & Co.

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WELCOME TO TREGULLAND COTTAGE & BARN

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QUICK REFERENCES

WI-FI

We now have superfast fibre optic broadband in both Cottage and Barn and the Pool House – the passwords for all the wifi login (Tregulland) is always **tregullandandco**

ENTRY KEYPADS

No keys! Each main entrance door to the Cottage, Barn and Pool House has an entry keypad. We will have given you the codes on arrival, plus we leave a set of keys in the houses for you to double lock the doors when you go out and about.

NO SMOKING

Tregulland is a NO SMOKING venue. Please do not smoke inside any part of the houses, Pool House nor the Old Workshop. We have provided some “plantpot ashtrays” around the houses please make sure all cigarette butts are put into ashtrays provided and not into the flowerbeds or elsewhere.

LIGHTING KILL SWITCH

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

SENSE AND SAFETY

Part of Tregulland’s charm is that we are surrounded by livestock and farmland; it is unsurprising therefore that **ALL fireworks and Chinese sky lanterns are strictly forbidden** as they cause serious distress to the animals and damage to farmland.

As we have overhead power lines it is unsafe to fly kites in the field. Due to general fire risk, all wax candles and naked flames are also not allowed inside Tregulland.

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HEATING AND HOT WATER

The heating and hot water run on timers that we have preset to provide you with ample heating and hot water but will be off completely between midnight-6am. There are thermostats in each room which you can adjust to your liking. Be warned: they respond fairly slowly, so don't whack them up too high as you'll end up cooking! 18-21° is a pleasant room temperature. The towel rails also come on for an hour morning and night to dry your towels. Please contact us if you would like us to change the timers.

FRESHWATER INDOOR SWIMMING POOL

The pool is heated to 27 degrees. Please shower before using the swimming pool. The Cornish spring water comes from our own borehole and the pool is cleaned using specialist plant based filter technology (no chlorine!) Any deodorants, cosmetics, moisturisers and sun creams can affect the delicate balance of the water, so washing beforehand is essential.

LAKE & ELECTRIC FENCE

There is an electric fence around the lake to protect it from the wild otters that would kill all the fish. Please make sure you use the blue plastic handles to open and shut the gates around the lake and make sure you reattach them once through the gates. If you touch it, it will give you a small but not deadly shock. Please take extra care of your children. No dogs inside the fence.

DO NOT TOUCH ANY PART OF THE ELECTRIFIED METAL FENCE AROUND THE LAKE

REED BED SYSTEM

We have a very eco friendly reed bed soak away system for sewage and all waste water. Please **only put loo paper down the loo**. Everything else (including tampons, all wipes, sanitary pads, nappies, condoms etc) should all go into the sanitary bags and bins provided next to each lavatory. Also, please do not pour large quantities of milk or alcohol down the sink as it ruins the delicate balance of the waste ecosystem (especially when clearing

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up on your last day – just leave it in the fridge and our cleaners will remove it for you).

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BBQs

We can provide 2 half barrel BBQs for you on request (you will need to buy your own BBQ charcoal). We have put together a BBQ box with long handled tools and specialist cleaning kit in each washroom. Please make sure you clean the BBQs once they are cold. There will be a cleaning charge taken from your deposit if they are not left as clean as you find them.

WEATHER PROOF

Please can everyone be especially careful to close all windows, doors and especially the skylight roof windows when going out as the weather can get very wild very swiftly this close to Bodmin Moor.

DRIVING

When leaving Tregulland lane turning onto the main road A395 to Launceston or Camelford please be careful. People drive very fast along this straight stretch of road and tend to overtake just where there is a slight blind spot near our turning, so please take care when pulling out.

NEAREST SHOP

Hallworthy Garage, PL32 9SH (01840261501) (5 mins drive)

Wilsey Down fuel station & store– just down the road about a mile near the pub for some essentials but not always the most reliable fuel station!

Go out of Tregulland lane, turn left onto A395, Garage is 1 mile on the right, next to the **Wilsey Down Pub**

TROUBLESHOOTING GUIDE

With such a large house stuffed with state of the art equipment and eco technology, occasionally equipment can malfunction. We have put together a troubleshooting guide (often just switch it off and on again), please do check the laminated Troubleshooting sheet in each house or look up instructions on the internet.

If you need to contact us including emergencies please email hello@tregulland.co.uk during office hours and

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asktregulland@gmail.com outside of normal office hours or weekends. The mailboxes are monitored 24/7

CHECK IN & CHECK OUT

Check in is at 4pm and check out is at 10am without fail. This means we only have 6 hours to return the property to an immaculate condition for our next guests. Only very occasionally can we arrange for a late check out or an early check in for a fee please email us well in advance hello@tregulland.co.uk

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INSIDE TREGULLAND

KITCHENS AND EQUIPMENT

We have chosen efficient, easy to clean induction hob and fan oven cookers, these get VERY HOT very quickly – please be careful not to burn the pans, and please don't use any metal utensils or scratchy cleaning sponges on the non stick frying pans.

BINS & RECYCLING

GENERAL RUBBISH -Collection day is Wednesday

Please put tied black bin liners of general rubbish into the large wheelie bins in the bin store in the cottage car park. As the lane is narrow, the small Cornwall Council rubbish lorries are not fitted with wheelie bin tippers so *only tied black rubbish bags* will be picked out of the wheelie bins by the bin men. No loose rubbish to be put into the bins. There is no brown (organic kitchen waste) collection in this area - all food waste must go into black bin liners with general rubbish (sorry)

RECYCLING

When the kitchen recycling bins are full, please empty them into the giant industrial wheelie bins at the top of the steep drive opposite the Barn.

Please recycle:

- **Glass** only goes in the 2 big GLASS bins (emptied monthly)
- Everything else recyclable goes into the **DMR** bin (emptied fortnightly)
- **DMR=Dry Mixed Recycling**: all paper, cardboard, cans, metal & all recyclable plastic including tetrapacks- check the packaging.
- Do not mix glass or food with other recycling as they will not collect it until it has been removed and charge us (or you!?) anyway.
- Do not put general household rubbish in the recycling bins; tied black binbags of general rubbish go into the wheelie bins in the Cottage car park by the other drive.

MUSIC SYSTEMS – COTTAGE AND BARN

We have 2 Ruark Audio CD, DAB/FM Radios, one in the dining room of each house. Each machine has a connector lead and blue tooth to play music from phones and devices.

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CINEMA SCREEN

The drop down cinema screen and projector in the barn sitting room is controlled by a Logitech touch screen remote control. Please see laminated instructions on top of the AV cabinet in the Granary, or look online for further instructions. We supply HDMI to HDMI cable, if your device has a different input please bring your own cable (eg HDMI to ipad cable).

TOWELS

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

WOOD BURNERS

All the fires have been set for easy lighting. Do not leave anything on top of a lit wood burner nor leave the door open once lit. There is kindling, logs, firelighters and instructions etc so you can light your own fires. If you need more logs please do get more from the outdoor log store under the solar panels in the Barn car park (it's easy using the wheelbarrow supplied). Please let Bonny or Sarah know if you have helped yourselves.

FIRE PITS

Please do not put the fire pits on the lawn and only use logs from the outdoor stores – under the seat of the cottage porch near the hot tub or under the solar panels in the barn car park (wheelbarrow supplied!) Please do not empty the house stores.

TREASURE HUNT

We have set out a Nature Trail/Treasure Hunt for children accompanied by adults which will take you in a 45 minute loop around the grounds and back to the house (where you can put your own chocolate coins/money into the waterproof box underneath the huge flat stone in the meadow for the

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children to find at the final location if you like) Please see Treasure Map and Instructions in the folder left in both kitchens.

PLEASE ALWAYS SHUT THE GATES BEHIND YOU!

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POOL

- The main pool is 1.2m deep. The children's pool is 60cms deep.
- Please read the house rules notice by the main entrance door of the Pool House.
- No outdoor shoes allowed inside unless with protective shoe covers provided.
- As the water is cleaned by plants the temperature is normally about 27°. You cannot make the water any hotter it kills all the good bacteria that keeps the pool clean
- There are no life guards on duty so children must be supervised at all times.
- Absolutely no glass, food, drink or dogs allowed in the Pool House
- Dial 999 in the event of an emergency

STEAM ROOM

- Please read carefully and stick to the advice on the safety notices by the steam room entrance door.
- It is not recommended you allow children in the steam room as they can't control their body temperature.
- We have provided some essential oils for guests to use in the Steam Room. Put a few drops on the top of the small round silver steam outlet low on the wall opposite the door before switching on (Obviously the steam outlet gets very hot when in use so please be careful).
- The steam room takes a few minutes to warm up. When finished please be sure to switch steamer off and sluice down tiled seats.

DUTCH HOT TUB

- Please be careful! When in use the metal fire surround, chimney and pipes leading into the tub are **extremely hot**.
- Please see the next page for simple hot tub instructions.
- Please use the logs you can see from the hot tub - under the seat in the cottage porch. If you need more logs please do get more from the log store under the solar panels in the barn car park (it's easy

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using the wheelbarrow supplied). Please let us know if you have used a huge amount, please we do ask for a contribution if you use a huge loads!

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HOT TUB INSTRUCTIONS

SIX EASY STEPS TO GET THE HOT TUB GOING – ALLOW 2 HOURS

1. Make sure the 2 outlet taps are closed, then fill the tub half full (or until water runs cold – approx 20 mins) using the hot water tap with hose attached on the nearby stone. This will empty the hot water from the tank in the Pool House.
2. Put the cover on the tub (strap it on as it's usually windy) and go away for 40 mins. The hot water tank will heat up again.
3. Completely fill the tub to cover the black outlet disc (near the top of the tub) again, using just the hot tap hose – approx 20 mins.
4. Once the tub is full **ONLY NOW** light the fire in the fire barrel. Do not light the fire before filling the tub as it will seriously damage the pipework.
5. Put the lid on the fire barrel once it has started, to help it burn better, keep feeding the fire to keep the water toasty
6. Give it a stir **with the paddle provided**; check the temperature; add some cold water from the cold tap if need be....and enjoy!

SAFETY NOTICE - BE CAREFUL

- Open fires and very hot water are dangerous
- Always check the temperature of the tub before entering!
- Always stir the water with the paddle before getting in as the surface layer of water can become much hotter than in the body of the tub
- Only hold the fire barrel lid by the outer handles as the rest gets extremely hot
- Children should never use the hot tub unsupervised
- Please make sure you either attach the lid with the clips and straps provided or leave it safely in the pool house as it can get damaged if left lying outside. This insulated lid is surprisingly expensive to make, and so sadly we will have to charge you if any damage is caused by or to the hot tub lid
- Due to issues around standing water and Legionnaire's disease never reheat yesterday's water – always empty and refill each day

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- To empty: once water has cooled, open the 2 outlet taps. Once empty: wipe down tub with a soft cloth

DOG OWNERS

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

- ~ Please make sure you clear up all dog poo from around the houses and grounds and put the bagged waste in the clearly labelled **DOG POO BIN** in the Cottage car park bin store, please make sure all dog poo bags are tied securely and only put in here.
- ~ Dogs are not allowed on the beds or furniture, and are not to be left alone in the houses, nor are they allowed upstairs or in the bedrooms. No dogs allowed in the pool house, nor inside the electric fence around the lake as they distress the nesting Canada geese.
- ~ As Tregulland is deep in the countryside, dogs need to be kept under close supervision to stop them from going into neighbouring farmland.

GROUNDS MAINTENANCE DAYS

In spring and summer you may see our gardener Sam and our grounds crew in the gardens and around lake mowing, strimming and managing the grounds. (Normally Fridays but weather dependent)

TAKE CARE

We want you to have the best time here at Tregulland, but please be aware that there are rules and dangers...

- ~ ALWAYS shut the gates – there are often sheep grazing in our field
- ~ Be mindful of the electric fence around fishing lake
- ~ Absolutely **NO FIREWORKS** allowed – As we are deep in active farmland, there are always sheep, cows and horses in the fields around us, even if you can't see them.
- ~ Please don't pour unused milk or alcohol down the sinks. We have a reed bed filtration system which cannot process it. Please leave unused milk or alcohol in the fridge for the cleaners to deal with.
- ~ No swimming in fishing lake or river
- ~ Overhead power lines means its unsafe to fly kites
- ~ No dogs inside the electric fence beside the lake or inside pool house
- ~ No children in pool house unsupervised

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- ~ No food or drink and absolutely NO glass at all in pool house (we have supplied plastic glasses for you.
- ~ Be safe around the hot tub; the open fire, metal surround and the water itself can get very hot

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ACCIDENTS HAPPEN

We understand that with 22 people sharing a space: accidents can happen. If anything gets broken or goes missing please email hello@tregulland.co.uk so we can replace or fix them, often without charge. If we discover that something is broken or missing in the 6 hours we have for a complete changeover (to return the houses to a pristine state for our next guests) we will have to charge you all the costs incurred for an instant replacement and also for unreasonable uncleanliness!

STAINS AND LAUNDRY

Cotton Bedding & Towels

We only stock the very best 400tc Egyptian cotton linen to ensure a truly luxurious holiday. As this is a self catering holiday let, we do ask that you react swiftly to remove any accidental stains on our linen immediately as with most stains *the sooner you deal with the problem, the easier it is to remove*. We have supplied some Vanish stain removal bars as they are very effective on our linen. Please check on the internet/Google how to clean off different stains as the most effective treatment is often dependent on the type of stain and the type of material.

Upholstery – Headboards, Sofas, Curtains etc

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

If you are at all unsure please email us hello@tregulland.co.uk

TIPPING

While we pay our staff and cleaners well, they often go above and beyond the call of duty to ensure your stay is perfect. If you would like to show your appreciation of their hard work by leaving a tip, you can leave it with Bonny or Sarah, or if you have no cash, we can take a percentage from your deposit on request. All tips left by guests are shared fairly amongst the staff.

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OUTSIDE TREGULLAND

PLACES TO VISIT

There should be OS leisure maps of the local area in both the Cottage and Barn. We recommend downloading the OS App onto your smartphone which will show you many more great walks nearby.

WALKS

St Clether Holywell Chapel – a 20-30 minute walk from the door. Go down the lane from the Tregulland drive. At the junction go left a few steps then go right through the farm gate almost opposite. Go straight on over 3 fields til you see the chapel on your left . See OS Map 109.

Rough Tor (pronounced like “bough” of a tree) allow 10 mins drive to the car park near Camelford then minimum of 1 hour walk up to the Tor.

BEACHES

Our beaches are beautiful, but the sea can be dangerous. The waves can get very strong and the rip tide deadly, please ONLY swim and surf within coastguard protected flagged areas and be very careful of your children. People die every year because they underestimate the power of the sea. Because we are on the north coast we usually have fabulous, regular and impressive waves; brilliant for surfing, boogie boarding and body boarding. Most larger beaches have trained RNLI lifeguards from May-Sept.

All of the beaches listed below are amply supplied with cafes, pubs and shops

Crackington Haven Beach - Bude EX23 9JG (21 mins drive)

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

Summerleaze Beach - Bude EX23 8HN (27 mins drive) Head into Bude and follow the signs for Summerleaze Beach, it's a beautiful wide golden dog

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friendly sandy beach with a newly revamped sea pool, excellent cafes and they even have beach huts for hire.

Widemouth Bay/Black Rock – Bude EX23 0AW (pronounced “Widmuth”) (24 mins drive) connected to **Black Rock Beach (Dog Friendly)**. You can hire or buy yourself a wetsuit, surf board or boogie board at the **The Beach House Surf Shop** (01288 361256) (£7 for 4 hours)

And please do call 01288362900 to talk to our friends Rob and Andy at [Outdoor Adventure](#) for surf lessons or a spot of abseiling/team building/coasteering!

NB: Outdoor Adventure base is right next door to our seaside sister property [Barford Beach House](#) (sleeps up to 16)

NEARBY TOWNS

LAUNCESTON (20 mins drive)

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

[Philip Warren Butchers](#) at Pennygillam PL15 7ED (01566 772244) (easy parking)

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

[Launceston Castle](#) English Heritage historic site PL15 7DR (01566 772365)

[Launceston Leisure Centre](#) PL15 9DQ (01566 772551)

BUDE (25 mins drive)

Bude is a charming sea-side surfer town, with the wonderful Summerleaze beach and lots of quirky local shops.

[Life's a Beach](#) Excellent beachside café EX23 8HN (01288 355222)

[Temple Cornwall](#) Idiosyncratic shop selling designer clothes and homewares alongside a superb restaurant that wouldn't look out of place in Shoreditch EX23 8JZ (01288 354739)

OTHER PLACES TO VISIT

[Hidden Valley](#) PL15 8SJ (01566 86463) (outdoor treasure hunt)

[Tamar Otter Park](#) PL15 8GW (01566 785646)

[Tretborne Leisure Farm](#) PL15 8QE (01566 86324) (great when its rainy)

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PLACES TO EAT

RESTAURANTS

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

[Temple Cornwall](#), Bude EX23 8JZ (01288 354739) (25 mins drive) Excellent innovative menu with attached curated fashion and homeware shop.

[Outlaws Fish Kitchen](#) Port Isaac PL29 3RH (01208 881183) (30 mins drive)
Two star Michelin chef Nathan Outlaw has opened quirky little place in charming Port Isaac. Their menu "*celebrates small, original and delicious seafood plates. Cooked to order and served when ready.*"

[Rick Stein's Seafood Restaurant](#) Padstow PL28 8BY (01841 532700)(45 mins)
Some might say a trip to Cornwall is incomplete without a wander over to Rick Stein's, whether his infamously hard-to-reserve main restaurant, or the Brasserie and the Fish & Chip shop, which are much easier for drop-in visits.

[Fifteen Cornwall](#) Watergate Bay TR8 4AA (01637 861000) (1 hr drive)
Jamie Oliver's apprentice-led restaurant at Watergate Bay. Fantastic inventive food with fab views of the beach.

[Porthminster Café](#) St. Ives TR26 2EB (01736 795352) (Allow 90 mins drive)
Great for fish, sources many ingredients right from the coast path; including wild sorrel, garlic and nettle.

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PUBS WITH FOOD

We always recommend you call ahead to book.

Wilsey Down PL32 9SH (01840 261205) (5 mins drive)

Our nearest & very traditional 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. Do not walk the road is dangerous!

Rising Sun Inn nr Altarnun PL15 7SN (01566 86636) (10 mins drive)

A fantastic old fashioned pub with local ales and an excellent chef; this pub is well worth a visit. Can cater for large groups, pre booking essential.

Kings Head Five Lanes PL15 7RX (01566 86241) (15 mins drive)

A fifteenth century coaching inn. Old fashioned and charming.

Bayview Inn Widemouth Bay EX23 0AW (01288 361273) (20 mins drive)

Family friendly with a play area for children. There is plenty of seating outside to gaze at the spectacular view or watch the sunset.

Mill House Inn nr Trebarwith Strand PL34 0HD (01840 770200) (20 mins)

Lovely rambling old pub with excellent food a short drive from Trebarwith Strand beach. Can cater for large groups, pre booking essential.

Port William Trebarwith Strand PL34 0HB (01840 770 230) (20 mins drive)

Traditional pub with great views over the beach.

Dartmoor Inn Lydford EX20 4AY (01822 820221) (40 mins drive)

Great food, wonderful hosts with its own unique style. It's a pleasant 25 minutes walk to the dramatic National Trust's Lydford Gorge with its 30m waterfall.

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PLACES TO SHOP

LOCAL SHOPS

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

LOCAL SHOPS

There are plenty of supermarkets in and around Launceston

Hallworthy Garage, PL32 9SH (01840261501) (5 mins drive)

Go out of Tregulland lane, turn left onto A395, Garage is 1 mile on the right, next to the **Wilsey Down Pub**

Wainhouse Corner Garage EX23 0AZ (01840 230708) next door to

Wainhouse Post Office EX23 0AZ (01840 230554) (13 mins drive)

For newspapers, milk, bread, fuel etc.

[Tregida Seafood](#) PL15 7PF (01566 777766) (17 mins drive)

Part of the famous Tregida Smokehouse Company. Sells fresh and smoked fish.

[Homeleigh Garden Centre](#) PL15 9SP (01566 773147) (22 mins drive)

Large excellent range of local produce including award winning Tregothnan tea, Camel Valley wine and Delabole cured meats.

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FARM SHOPS

- ~ **Hill Top Farm Shop** Slaughter Bridge near Camelford PL32 9TT (01840 211518) (12 mins drive)
- ~ [Lifton Strawberry Field Farm Shop](#) Lifton PL16 0DE (01566 784605) 20mins
- ~ **Bray Farm Shop** Launceston PL15 8AW (01566 775677) (20 mins drive)
- ~ **Killock Farm Shop** Bude EX23 9PZ (01288 321739) (30 mins drive)

SUPERMARKETS

Waitrose, Tesco and Asda deliver to Tregulland.

- ~ **Tesco** Launceston PL15 9HG (0845 677 9403) (20 mins drive)
Open 24hrs except Sunday closes at 4pm and opens Monday at 6am.
- ~ **Co-Op** Launceston PL15 8EX (01566 776350) (20 mins drive)
Open 7am-11pm most days
- ~ **Sainsbury's** Bude EX23 8ND (01288 282000) (30 mins drive)
Open Mon to Sat 8am-8pm, Sundays 10am-4pm
- ~ **Morrisons** Bude EX23 8UA (01288 355546) (30 mins drive)
Open Mon to Sat 8am-9pm, Sun 10am-4pm
- ~ **Asda** Bodmin PL31 2AR (01208 261800) (35 mins drive)
Opens on Monday at 7am then open 24 hours until closes on Sat 10pm, Sun 9.30am-4pm
- ~ **Waitrose** Holsworthy EX22 6AZ (01409 255460) (40 mins drive)
Open Mon to Sat 8.30am-8pm, Sun 10am-4pm, Bank Holidays 9am-5pm

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CONTACT INFORMATION

TELEPHONES

Mobile reception is patchy in Tregulland valley depending on the weather. You can usually find a signal on the standing stones.

We have a landline in each house and the pool house for essential local or emergency calls. International calls are blocked, if you need to make long UK calls please leave money and let Bonny know as we operate on an honesty policy.

HOUSE PHONE NUMBERS

Tregulland Barn 01840 261 418

Tregulland Cottage 01840 269 024

TAXI

In the countryside you are advised to always book ahead

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- ~ **LJ Taxi call Jackie** (07811311332)
- ~ **AB taxi** Launceston (01566 776 877) Larger mini buses on request
- ~ **Launceston Taxis** (01566 785364)
- ~ **Shirley's Taxi** Camelford (07743 743 222) has some 8+ seaters
- ~ **Parnell's** Bodmin (01208 78788) has 8 and large seaters on request
- ~ **Group Travel** Bodmin (01208 77989) Hire vehicles for 16+ people
- ~ **Rob's Travel** Bude (0777 182 4141)
- ~ **Camelot** Boscastle (01840 770 171)

Email us during office hours hello@tregulland.co.uk or out of hours
asktregulland.co.uk this mailbox is monitored 24/7



EMERGENCY CONTACTS

FIRE

Fire extinguishers and blankets are provided in each kitchen, outside the Granary Sitting Room and the Sunroom.

In the event of a fire proceed calmly to the nearest exit and assemble in the meadow by the standing stones.

The holiday organiser should check that everyone is present.

Call the emergency services by dialling 999 on the phone and then email hello@tregulland.co.uk to update us and we will react accordingly

POLICE

In an emergency dial 999

For all other queries telephone 101 or if you are speech impaired or hard of hearing call text phone 180 01 101

POWER FAILURE

Check the master switch is on at head height by the main entrance door
Check the trip switches under the stairs in the cottage or in the Barn utility cupboard

Torches are kept on the shelf to the left of the cookers in both houses.

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

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

In the event of a power cut call Western Power (0800 6783 105) or look on their website for updates <https://www.westernpower.co.uk/power-cut-information>

For any other electrical problems please email us hello@tregulland.co.uk

MEDICAL EMERGENCY

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

Email us during office hours hello@tregulland.co.uk or out of hours asktregulland.co.uk this mailbox is monitored 24/7



DOCTOR

Call NHS Direct on 0845 4647 or call your home surgery as normal and you will be redirected to Kernow Urgent Care Service. Or visit:

Launceston Medical Centre PL15 9HH (01566 772131) (20 mins drive)

Camelford Medical Centre PL32 9YT (01840 213894) (12 mins drive)

DENTIST

Try Castle Rise Dental Practice PL15 9EB (01566 772911) (20 mins drive)

HOSPITAL

Launceston General Hospital PL15 9JD (01566 765 650)

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

OUT OF HOURS PHARMACY

Tesco Instore Pharmacy PL15 9AG (10 miles away) (01566 749847)

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

OUR CONTACT INFORMATION AND URGENT ISSUES

For any questions, problems or breakages please email us hello@tregulland.co.uk we monitor this mailbox 24/7 and will respond accordingly during office hours or if necessary outside of these hours.

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

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ECO SMART LUXURY

Tregulland is not only beautiful and comfortable it is also a groundbreaking, energy-efficient luxurious holiday home.

BIOMASS BOILER

The entire place, including the swimming pool, is heated by a state-of-the-art biomass boiler in one of the outbuildings. It runs on compressed sawdust wood pellets which are a waste product of the timber industry.

OUR OWN PRIVATE BOREHOLE

We are almost off grid here as we use only the purest Cornish spring water drawn up through the rock by our own borehole. The water is checked and filtered before supplying all the water needed at Tregulland, including our chlorine free pool.

ECO FRIENDLY SWIMMING POOL

The water is cleaned using groundbreaking plant filtration techniques that means we don't need to use any chlorine.

SOLAR PANELS

Solar water panels provide the hot water in the summer and photovoltaic panels supply the electricity. When we produce too much electricity we supply it back to the national grid.

ENERGY SMART

Little details like induction hobs, LED lighting and super insulation in the walls with a silent heat recovery and ventilation system help to keep energy use down. The entire Granary is lit with the equivalent of less than 100 watts

REED BED FILTRATION

A reed bed sewage system completes the eco-cycle and ensures your luxury holiday need not cost the earth.

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TREGULLAND
& C^o



**PENTIRE
PENTHOUSE**

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

Sleeps 8 +2

4 en suite zip & link double bedrooms

Outdoor hot tub on giant terrace overlooking the sea

2 minute walk to surfer's paradise Fistral beach



**BARFORD
BEACH HOUSE**

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

Sleeps 12 +4

6 en suite double rooms, 2 with extra bunkbeds

Outdoor wood fired hot tub

Indoor sauna and spa room with cold bucket drop

Cinema and secret underground Bunker Bar with pool table, pinball and arcade games



**TREGULLAND
COTTAGE & BARN**

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

Sleeps 22 +3

11 en suite double bedrooms

Outdoor wood fired hot tub

Indoor freshwater swimming pool and steam room

Cinema & table tennis rooms

Fishing lake, extensive grounds & playground