

Trenannick[®]

FARM COTTAGES



Thank you for choosing our beautiful holiday cottages and whether you're new to Trenannick or returning guests – your hosts Jules and Nick warmly welcome you

call at the Farmhouse if you need help with anything

We want you to enjoy your stay!

This guest manual aims to provide you with lots of useful information designed to help you make the most of your stay:

- information about your cottage
- important health and safety instruction
- places of interest in the area

A Few Basics

- **Wi-Fi** – log on with *Trenannick Guest* with the password *tren1234*/scan QR Code



Our internet is superfast 300Mbps. In the event that the internet goes down please text Nick on 07973 156414 who will reset the system

SCAN ME FOR WIFI

- **Changeover Day** - Guests should vacate by 10am on the morning of departure to allow cleaning for new arrivals. On departure day please strip your beds and place used laundry and towels in a pile for us to collect, and leave your cottage as you would hope to find it – thank you

We would also remind our guests to log out of Netflix and Prime accounts on the smart TVs. Departure time can often be flexible for short break stays

- **Dogs** - Your pets must be kept under control at all times. To respect future guests, dogs must be kept off the furniture and out of the bedrooms. They should never be left unattended in the cottage. The copse and lane can be used to exercise your dog as well as the shared grounds. Bagged dog waste should be disposed of in the black mega bin. There is also an outdoor shower hose useful for muddy paws
- **Smoking** - There is a strict no smoking policy in the cottages
- **Rubbish & Recycling** – we provide a mega black bin located near to the Games Room. The contents are commercially sorted by our contractor
- **Our Water Supply** is from a private bore hole which is fully filtered and electrically pumped. Cornwall Council regularly checks the water purity. Water is precious and especially during dry seasons so please do not waste it. In the unlikely event of a power cut refrain from using water or flushing the toilets, as naturally, the electric pumps will not work

There is also a private bio-friendly sewerage facility here at the farm which is why it is vital that sanitary tampons/towels/wipes never be disposed of down the toilets. Sanitary bags are provided for your use and should be disposed of in the bathroom bin

- **Electricity** is included in the rental price but it's good to be environmentally aware so please remember to turn off heated towel rails, lights and appliances when you are away from your cottage as you would at home. Thank you

- **EV Charge-Point** – available at prevailing cost per kw/hour via access card. Usage will be monitored via app and an invoice provided at the end of your stay
- **E-Bikes** – should never be re-charged from your cottage. If you would like to store or charge your bike we can safely arrange this at our barn
- **Wood-burning Stove** – is dressed ready for your enjoyment together with a complimentary basket of seasoned logs, kindling and fire lighter blocks
 - additional logs are available to purchase @ £7 for a big bucket with kindling and additional fire lighters. If you would like more logs delivered to your cottage, please text Nick on 07973 156414 ideally before it gets dark!
 - For safety reasons please do not help yourselves to logs from our log store
 - For the safety of children and dogs, please ensure that the spark guard is in place and never place any object on top of the stove – it gets very hot!
 - Seasoned logs provided for you in your cottage should never be used in the fire-pit – we keep a separate supply for your outdoor use
 - The ash tray in the log burner should be emptied after a couple of fires and the ash can be disposed of in the galvanised dustbin located by the washing lines
 - Instructions on how to light the stove and operate it are in the back of this guest information guide, or if you prefer, we're happy to show you
 - **Washer/Dryer** - please remove sand from clothing before using the machine. If you have a full wash load, then you need to halve that load to use the dryer – this is standard for all washer dryers. Full loads will not dry properly may damage the machine

Washing lines are set up for you to use at the side of the cottages and there is a clothes airer in your cottage (both good for the environment!)

- **Health and Safety for All**

It is of paramount importance to us that your stay at Trenannick is safe and trouble-free and we ask that you read both the Fire Safety, and Health and Safety Information contained separately in this guest manual

The Gardens, Grounds & Games Room

Apart from your own private patio garden, you are free to use the BBQs, fire-pit, play area, copse and the games room

There are children's swings, slide, frames, and boules pitch in the play area. You'll find a selection of beach accessories and games, a darts board and table tennis in the games room together with a useful big freezer for your use

- **The BBQs** - please carefully dispose of used charcoals (when safe to do so) in the galvanised dustbin which is located near the washing lines, please also ensure that the BBQ is clean for the next guest. BBQ tools are freely available
- **The Animals**



Feel free to say hello to our friendly alpacas Macchu, Cusco and Lima at the paddock

If you'd like to join us for walkies & talkies with our halter-trained alpacas please let us know!

The 'boys' generally prefer to be walked early afternoons

Our free-range chickens sleep in the coop and happily roam freely all day around the grounds. If you leave your cottage garden gate open they are famous for tapping on your front door begging for titbits! They're also very fond of a free ride in your car so you might want to check that you're not carrying a chicken or two whenever you open the car doors!

Our two cats Pheobe and Belle are friendly and are often found in and around the grounds naturally just checking on the doggy guests!

Useful Telephone Numbers

Doctor – The Medical Centre Camelford	01840 213894
Emergency Advice	111
Hospital – Boscastle Stratton Hospital, Stratton	01288 320100
Dentist - April Lodge, Stratton Road, Bude	01288 355355
Optician – Vision Express, 22 Belle Vue, Bude	01288 352302
Vets – Tamar Vets, 9 Strand, Bude	01288 354796
Taxi – Boscars	07790 931911
Tourist Information Centres - Boscastle	01840 250010
Bude	01288 354240
Bodmin	01208 76616

Approximate Journey timings from Trenannick

Directions to the Atlantic Highway - A39 Camelford – Bude Road

Turn right out of the main gate

Turn right at the 'T' junction and over the bridge

Bear left following the Wainhouse Corner sign

At the main A39: turn right (north) for Wainhouse Corner and Bude

Wainhouse Corner can be seen approximately 0.5 miles on your right hand side

Or simply turn left at A39 (south) for Camelford/Wadebridge/Tintagel/Port Isaac

Crackington Haven	10 minutes
Widemouth Bay	15 minutes
Boscastle	15 minutes
Bude	20 minutes
Tintagel	20 minutes
Launceston	20 minutes
Port Isaac	30 minutes
Bideford	45 minutes
Padstow	45 minutes
Newquay	50 minutes

Local Facilities

Shops – the nearest shops can be found at Wainhouse Corner which sell basic groceries, newspapers and excellent pasties! Here you will find the Post Office and off-licence. The nearest ATM is located in Bude or Launceston. Supermarkets - Morrisons at Bude and Tesco at Launceston are the two largest stores. Boscastle Farm shop and café is wonderful for locally sourced fresh produce

Petrol – the closest petrol station is at Wainhouse about 3 miles away albeit expensive; cheaper petrol is available at Morrisons in Bude and Tesco at Launceston, and at the petrol station in Camelford

Directions to Morrisons at Bude

Follow directions to A39, and turn right (north)

Follow the road for about 8 miles

Do not take the first left into Bude and instead follow the 'Leisure Centre' signs, and take the second left into Bude.

Morrisons is on the right next to the 'Bude Leisure Centre'.

Directions to Tesco at Launceston

Turn left out of the main gate

Turn right at the T junction signposted Hallworthy

Turn left at the T junction onto the A395 signed for Launceston

Stay on the A395 until you reach a roundabout

Take second exit onto the A30

Turn off for Launceston after a mile or so

Take right hand lane and turn right at T junction

At roundabout take second exit

Tesco is located on the right after about a mile

Local Pubs and Restaurants

The following pubs and restaurants are all within a few miles drive of Trenannick if you fancy venturing out for local food and drink. We recommend booking

Coombe Barton at Crackington Haven is situated overlooking the beach. This is a fantastic place to have an evening drink and watch the sunset over the sea. Good food and beer. Telephone: 01840 230345 www.coombebarton.co.uk

The Old Wainhouse Inn at Wainhouse Corner is our nearest pub serving food all day, excellent value carvery and takeaway meals. Telephone 01840 230711 www.oldwainhouseinn.co.uk

The Cobweb in Boscastle offers good pub food, beers and live music plus shanty singers often perform on Sundays. Telephone: 01840 250278 [Home - Cobweb Inn Pub and Restaurant | Boscastle Cornwall \(cobweb-boscastle.co.uk\)](http://Home-Cobweb-Inn-Pub-and-Restaurant-Boscastle-Cornwall-cobweb-boscastle.co.uk)

Trencreek Farmhouse at Trencreek (just passed Wainhouse Corner off the Bude road) serves fantastic hearty home cooked meals in the owner's farmhouse. Do take your own wine as the premises are unlicensed. Advanced booking is essential. Telephone: 01840 230219 www.trencreekfarmhouse.com

The Beach House at Widemouth Bay for excellent fresh seafood and 'Roast on the Coast' carvery. Telephone: 01288 361256 www.beachhousewidemouth.co.uk

The Black Rock Café on the south side of Widemouth Bay is good for beach snacks, ice-cream and coffees

Olive Tree by the canal in Bude is excellent for a daytime snack or mouth-watering evening meals. Telephone: 01288 359577 www.olivetreebude.co.uk

Boscastle Farm Shop on the right before entering Boscastle offers excellent lunches and coastal views. Telephone: 01840 250827 www.boscastlefarmshop.co.uk

The Wellington in Boscastle serves excellent food and drink. Telephone: 01840 250202 www.wellingtonhotelboscastle.com

The Napoleon in Boscastle on the left hand side as you climb the hill out of Boscastle. This pub serves real ale straight from the barrel and serves good value pub food. Telephone: 01840 250204 www.napoleoninn.co.uk

The Wilsey Down Hotel and Pub at Hallworthy serves good pub food and offers takeaway fish and chips Telephone: 01840 261205

The Widemouth Manor Hotel – superb Sunday carvery, food and drinks with panoramic views over Widemouth bay Telephone 01288 361207 www.thewidemouthmanor.co.uk

Cinema

The Rebel is our wonderful local small screen cinema on the A39 towards Bude – about a 10 minute drive from Trenannick. Telephone: 01288 361442 www.rebelcinema.co.uk and **The Regal** at Wadebridge is about 30 minutes away from Trenannick. Telephone: 01208 812791 www.wtwcinemas.co.uk or visit www.wadebridge/whats-on

Beaches

We are blessed with some of the best beaches around with sand, surf or rock pools. Here are a few of the local beaches, listed by distance from Trenannick. Go explore!

Crackington Haven is the nearest. Sandy at low tide with pebbles at high tidemark. There are plenty of rock pools to keep the young (and the not so young) happy all day! The tallest cliff in Cornwall, which you can climb for magnificent views over the bay, dominates the beach. There are two small car parks and with nowhere else to park the number of people on the beach is naturally limited. *The Coombe Barton* Inn overlooks the beach (great for a sunset) and there is also a small café and tearoom

Widemouth Bay just off the A39 Bude road is two miles of flat sandy shore, which is a favourite for surfers and children. There plenty of parking here and refreshments available. The north beach has a seasonal dog ban but dogs are allowed on the south beach at Black Rock

Summerleaze Beach is located in the heart of Bude and is a large west facing sandy bay. There is enough sand here to keep the children happy for a year let alone a week! The beach also has a salt water swimming pool which can be used at low tide. Parking is right next to the beach. Note the seasonal dog ban. You can get good food and great views from *Life's a Beach* which overlooks the bay

Crooklets Beach, in Bude and accessible from Summerleaze at low tide. The beach here is not as large and can get quite busy especially at high tide. Seasonal dog ban

Sandymouth Beach is a National Trust beach and has a large, manned car park with 200 spaces at the top of the cliff. The walk down to the shore leads you through a quite steep and narrow path, with some steps, which makes it less suitable for those who are less mobile. The beach allows dogs

Bossiney Cove located between Boscastle and Tintagel is accessible only at low tide. Parking is on a field some 10 minute walk away. Your dog is welcome

Trebarwith Strand

The beach at Trebarwith Strand is a long stretch of golden sand backed by flat rocks and beyond these steep cliffs. At low tide the beach extends almost a mile, however as the tide pushes in this all but disappears leaving just the rocks at the base of the cliffs. Eat at the Port William Pub for great food and views!

Remember to always pay attention to life guards' flags and tide times

Local History

Rarely mentioned in any of the guidebooks is **Warbstow Bury** – an Iron Age Hill Fort, which you can see in front of you! This is one of the largest hill forts in Cornwall and gives you great views out towards Lundy and across Dartmoor. You can walk to the bury by turning left at the end of our drive and taking the public footpath opposite the first house on the right hand side, after about a mile. Just keep heading up and you cannot miss it

Tintagel Castle (English Heritage site) is about 20 minutes from Trenannick and it is the legendary birthplace of King Arthur and home to Merlin the magician. The castle is a short walk from Tintagel town but a Land Rover takes visitors back and forth for a small fee. The new bridge offers spectacular views. The more energetic might enjoy the walk around the coastline to Bossiney cove. Tintagel Old Post Office (National Trust) is worth a visit. The Cornishman is a recommended place to eat!

Launceston Castle (English Heritage site) dates back to the Norman Conquest and is well worth a visit in its own right

Bude Canal was built in 1823 to transport sea sand to manure fields in land. The canal is now used for leisure with fishing and boating and provides a leisurely walk through the countryside

The canal is an excellent route for jogging and dog walking, and there is a dedicated route for cyclist to enjoy. What 3 Words to the free car park is *test.foods.shifts*

Further afield are Neolithic and bronze age stones and chambers on **Bodmin Moor**, with extensive tin mining sites being found further west. **Bodmin Jail** is worth a visit. You enter through a pub, which is not a bad start, where copies of old judgements can be read. This in itself is interesting, but a walk around the gaol gives you a real vision of the past. Previous guests here have mentioned a presence whilst walking around, so be prepared! **Jamaica Inn** made famous by Daphne du Maurier can be found in the middle of Bodmin Moor where you will find the **Smugglers Museum**

Local Walks

The walk to Warbstow Bury listed under Local History can be made from your front door. There is plenty of opportunity for walking and the *I-walk Cornwall* app is fantastic. We have Ordnance Survey maps and books with local walks available to borrow

Tintagel to Trebarwith Strand runs along the coastal footpath and gives spectacular cliff scenery without the climbs of some of the other walks

Crackington Haven where you walk south along the coastal footpath up to Cambeak and Strangles Beach, returning via the public footpath from Trevigue to Crackington Haven. If the footpath is closed, it was damaged during the floods, you can return by country lane to Crackington Haven (or Crackington *Heaven* as we like to call it)

Rocky Valley and Tintagel – this walk starts at Rocky Valley midway between Boscastle and Tintagel. The walk descends through a wooded valley passed Trewethet Mill, where a shrine to two maze carvings can be found, and then along the coastal path passed Bossiney Cove and along to Tintagel Castle. *What 3 Words: dwarf.focus.parkway*

Rough Tor and Brown Willy on Bodmin Moor can be accessed from the car park at Rough Tor signposted from the A39 in Camelford. Rough Tor is home to over 100 Bronze Age roundhouses and burial cairns and the chapel of St. Michael (1371) can be seen at the summit. From here the highest point on Bodmin Moor can be seen – Brown Willy. This is an invigorating walk on a windy day and is guaranteed to blow away any cobwebs! *What 3 Words: fishnet.alpha.denser*

It may be sacrilege but you might enjoy a visit to **Hartland Quay** which is just north of Bude – in Devon ... The sea views and cliff top walking is fantastic. Some of the coves here are very difficult to get down to but if you make it you will probably have the whole place to yourselves. **Hartland Abbey** and **Clovelly** are both nearby too

Entertaining the Children

Trethorne Leisure Farm is on the A395 at Kennards House near Launceston. This has indoor and outdoor activities and includes a small farm, pony rides, trampolines, climbing walls and a bowling alley www.trethorneleisure.com

Hidden Valley off the A395 towards Launceston. This is perhaps for older children and adults who would like to be children! An old mining town with a railway is the backdrop, with a treasure hunt of cryptic clues taking you all around the site. www.hiddenvalleydiscoverpark.co.uk

The Venue in Bude caters for children of most ages, with a climbing area for the younger children and bowling for the older ones. If you have a mini mutiny on your hands try **Splash** swimming pool with its wave machine and tube slide just next door. www.thevenuebude.co.uk

Launceston Steam Railway is suitable for all ages. Take the Victorian tank engine journey along the Kensey Valle to Newmills and the farm park. www.launcestonsr.co.uk

The Bodmin and Wenford steam railway out of Bodmin General Station provides another opportunity to venture back in time. www.bodminrailway.co.uk

Entertainment for Older children and Adults

Historic houses and gardens are a little further away with **Lanhydrock** (National Trust) near Bodmin (about 35 minutes) and **Pencarrow** [Pencarrow House and Family Friendly Gardens in Cornwall](http://www.pencarrowhouseandfamilyfriendlygardensincornwall.co.uk) between Bodmin and Wadebridge being the nearest. Visit our blog [Bored with the Beach? - Trenannick \(trenannickfarmcottages.co.uk\)](http://www.trenannickfarmcottages.co.uk)

The Witchcraft Museum in Boscastle may be a little too much for the younger children but the older ones will love it. [www.museumofwitchcraftandmagic](http://www.museumofwitchcraftandmagic.co.uk)

Ivyleaf Golf Course is a nine-hole course with dramatic views towards the sea. This is a family type course where children are welcome. The green fees are very reasonable and you can hire clubs. Just pay and play at www.ivyleafgolf.com

Trethorne near Launceston is a more challenging 18-hole course as are **Launceston Golf Club** and **Bude and North Cornwall Golf Club** and you may need a handicap for Bude

Fly fishing for wild brown trout at Crowdy near Camelford (bank fishing only – mid March to mid-October), or further afield at Roadford Lake or Colliford

Course Fishing at Upper Tamar Lakes for carp, bream, rudd, roach etc. Obtain a day ticket on 01288 321262. Bude Canal has similar stock and a permit can be obtained from the post office near the canal

Sea Fishing is possible from Boscastle – telephone Andy Walton on 01208 851660 or 07967 787384 for details

Waterfront Fishing and Shooting at The Wharf in Bude should cater for all your needs. Telephone: 01288 359606

Cycling – Trenannick is less than a mile from the Bude-Padstow section that avoids the steep climbs. Fanatics can join the steep route 2 miles away at Trelash. Bicycle repairs/collect & return service and rescues www.loveyourbike.biz Tel: 01288 381013

Surfing - Crackington Haven offers a good wave which breaks off at high tide but holds a big swell and is sheltered from the northerly winds. Widemouth Bay offers good surfing with a slow wave ideal for beginners/intermediates but can also hold a big swell keeping all standards of surfer happy. Summerleaze and Crooklets provide good fun waves. Raven Surf School run courses from Widemouth to Sandymouth - 01288 353693. Ask to speak to Nicky and tell her that you are staying at Trenannick - she grew up in our farmhouse! Wet suits hire from The Black Rock Café at Widemouth Bay

Outdoor Adventure at Widemouth Bay offers surfing, climbing and kayaking

Upper Tamar Lakes have sailing, paddle boarding, canoeing and course fishing www.swlakestrust.org/lakes/cornwall/tamar/#facilities

Horse-Riding – is a popular choice with many of our guests over the years please visit www.cholwellridingstables.co.uk

Camel Trail – a wonderful day out cycling or walking the [Camel Trail Guide - All About Cornwall's Most Famous Bike Trail](#) Our favourite choice is to hire bicycles at Wadebridge and peddle into Padstow www.bridgebikerehire.co.uk with easy parking behind the fire station. There are a number of bike hire businesses very close by the start of each of the trails. See our blog post under “Trenannick and More” on our website for [FREE and DOG FRIENDLY days out - our top picks - Trenannick \(trenannickfarmcottages.co.uk\)](#)

Things to do when it rains!

Many of the children's activities and attractions have under cover facilities **The Venue** for ten-pin bowling and **Bude Leisure Centre** work well as they give you plenty of choice being next door to each other. **Trethorne Leisure Farm** is another good option. Check out our blog [Trenannick and More - Family Farm Holiday Cottages North Cornwall \(trenannickfarmcottages.co.uk\)](http://trenannickfarmcottages.co.uk)

Indoor attractions -

The **Eden Project** do be aware that during school holidays it can be very busy. www.edenproject.com

Lanhydrock and Pencarrow should both give you an interesting few hours under cover. Visit www.nationaltrust.org.uk/lanhydrock www.pencarrow.co.uk

Bodmin Jail is excellent for an atmospheric visit and ghost walk. On the way you will virtually drive past **Jamaica Inn** in the middle of Bodmin Moor so you could also drop in there to have a look around the **Smugglers Museum**

Most visitors seem to have an urge to shop at some point during the week. **Trago Mills** between Bodmin and Liskeard is a massive store totally undercover where you can buy almost anything. It's not Harrods but for a few hours under cover and a cheap meal it's an easy option. Personally, we love an amble around Wadebridge

Again, in the same area is **Carnglaze Slate Caverns** at St. Neots where you can have a guided underground tour. They also hold underground concerts and events. Visit www.carnglaze.com for more information

National Maritime Aquarium in Plymouth is a good sanctuary and there are plenty of places around the city where you can dodge the rain www.national-aquarium.co.uk

Cornwall has a wealth of beautiful and interesting places to visit – far more than we feature in our guest guide

Further inspiration and guidance for great days out is available from the local Tourist Information Centres

History of Trenannick Farm

We're often asked about the history of Trenannick and thought you might be interested in learning a few bits.

Trenannick Farm has been here since the 17th century and seen a lot of changes over the last 450 years transforming from a working farm to what you see today. The farm buildings date from the 18th century although Trenannick Farmhouse is 17th Century and Grade II listed. The conversion began in the 1970s.

This is an old photograph that shows how the buildings used to look, together with an old photograph taken during the conversion.

Beech and Ash Cottage were originally a hayloft, whilst Pond Meadow and Little Leighs Cottages were used to house livestock.



The Roundhouse

Although square in construction, the roundhouse is so-called because this is where the mill stone was originally sited. A horse would walk around and around to grind the grain. The base stone is now located in front of the cottages and was later used as an animal water trough. You'll see that we now use it as a pretty planting feature.



This is a picture of a pair of stones courtesy of *The Museum of Cornish Life* at Helston. It helps to see how it might have worked.

Millstones for grinding grain were used in pairs. The base stone or bedstone remained stationary, while the top stone or runner stone span above, creating a grinding action between the two to turn the grains into flour.

The base stone was usually slightly domed and the top stone slightly concave. This, and a complex pattern of grooves cut into the stones, helped the ground flour run out

towards the outer edges of the stones from where it could be collected.

Each pair of millstones needed to be evenly balanced, and achieving the correct separation of the two stones was crucial to producing good quality flour. And that hole in the middle? That's known as the 'eye' and it was how the raw grain entered the millstones to be ground into flour.

The ground grain and harvested straw/hay was stored next door on the first floor of what are now Beech and Ash cottages where it could be kept dry and pest free.