

GWITHIAN HOLIDAYS

Thank you for holidaying with us at Gwithian Holidays. We hope that your stay will be as relaxing and enjoyable as possible. Please let us know if there is anything you need during your stay, or if there is anything extra you would like to see provided in the suites.

Tyson and Ruth can usually be found in Prosper House which is the house just down the road behind the Red River Inn, or contacted on 01736 755493 or 07905 630345.

Hopefully this information pack tells you most of what you need to know about the accommodation and the local area. Any more questions, please just ask.

All rooms undergo a deep cleaning every week. As part of our commitment to the environment we only use Ecover, Method or Jangro Enviro cleaning and washing products. These are phosphate and chlorine free so don't pollute our water supplies. We are also using antiviral disinfectant to clean any touch points, surfaces and any other area that may require further cleaning. Soft furnishings such as cushions are swapped weekly for a back up set and all curtains and fabric sofas are steam-cleaned in place.

In your kitchen is a wicker recycling box. Please put any paper, card, washed tin cans plastic or glass in the box or into the labelled bins in the car park. We encourage you to recycle as much as possible, to reduce the number of black bin bags we send to land fill.

Should you wish to empty your bins during your stay you will find the wheelie bins are located in the wooden structure at the back of the car park. Alternatively just ask and we will be happy to empty them for you.

Compost crocks are provided in each suite. We would like to encourage all our guests to recycle food waste in this way. You can put uncooked food waste in them, including fruit and vegetable leftovers or peelings, coffee grounds, egg shells or old flowers. You can't put cooked food waste, or any meat, fish or dairy in them. We will empty them for you at the end of your stay, though if you fill them up before hand please let us know.

There is a washing line in the garden, attached to the corner of the shed. When the weather is nice, you may wish to use to dry your wetsuits and towels.

Thanks to our efforts to reduce our environmental impact as much as possible, and due to the great help and efforts of our guests, in 2011 we were given a Silver Award by the Green Tourism Business Scheme. This represents a huge achievement and we're really proud of it, so anything you can do to help us continue in our efforts is much appreciated.

Guests are entitled to a 20% discount on all surfing courses and surf hire at the Gwithian Academy of Surfing. To book onto a course just speak to Tyson.

We offer bike hire from £10 per day for our guests and can also provide you with child seats, tagalongs and a trailer if needed. All bikes come with helmets and locks. Please speak to Tyson if you'd like to try one of our bikes.

For the comfort of other guests we kindly request that you refrain from smoking indoors. Thank you for your consideration.

We have wifi broadband. The network is called Gwithian Holidays and the password is **letsgosurfing**

Check out time is at 10:00am.

IMPORTANT: There is a fire extinguisher above the kitchen sink.

The beach:

The quickest way to the beach from here by foot involves walking down through the village until you reach the Glencoe Nursing Home. To the right of the building is a footpath, which takes you straight to the beach.

If you have too much stuff to walk, and would prefer to drive, there are two nearby beach car parks. Godrevy car park is reached by driving all the way out of the village, past the pub and the church. It is about another 1/3 mile further on, on the left hand side. This is a National Trust car park, and is free for NT members. Gwithian car park is reached by turning left at the pub, and taking the next right turn, signed towards Gwithian Town.

Shopping:

Trevaskis Farm Market is a couple of miles up the road. Turn right out of the driveway, head up the hill, and straight on at the crossroads. Trevaskis is a few hundred yards further on, on the right. They have fantastic butchery, fish and deli counters as well as locally made bread, loads of their own vegetables and fruit and a general grocery too. The pork all comes from their own free range, rare breed herd and the rest of the meat is locally produced and free range. As well as shopping you can pick your own fruit and tour the farm. The fishmonger there is extremely knowledgeable and can give loads of advice about recipes and the fish he stocks. All the fish are landed daily from small boats at Newlyn, and every effort is made to ensure that they come from sustainable stocks. They are open from 8am till 8pm every day, so they act as a convenience store as well as a wonderful farm shop.

Hayle is the nearest town for supermarkets. If you turn left at the pub and keep driving you will come to Hayle. As you enter Hayle you will see Lidl on the left. Turn right here to get to Asda. If you turn left at Lidl you will come to the A30 roundabout. The retail park, with Boots and M and S is situated here.

The Foundry end of Hayle has a lovely butchers, greengrocers and a bakery, as well as the giant Philips pasty shop which has the best pasties in the area world.

St Ives has a great selection of clothes shops, art galleries and gift shops. If you are looking for a photo, an original piece of artwork to take home, or a present for the cat sitter, St Ives can provide.

Restaurants:

The local pub, the **Red River Inn** is well worth a mention here. It's easily within stumbling distance (turn left out of the drive and you can't miss it) and it does fabulous food. It also has a good range of well kept real ales, a very friendly team and dogs are welcome. You can book a table on 01736 753223

Godrevy cafe in the National Trust car park and the **Jam Pot cafe** at Gwithian are two brilliant beach cafes. The Jam Pot is more cheap and cheerful, while Godrevy cafe offers slightly more elaborate food, but both do excellent cakes.

Rosewarne Manor is a couple of miles up the hill, a few hundred yards past Trevaskis Farm. This has a massive menu and is very good value.

Scarlet Wines is an independent wine merchant, with a small deli and a great cafe. They are in Lelant, opposite Lelant Saltings station.

The final local choice is the **Trevaskis Farm Restaurant**. The portions here are the biggest ever seen, the roasts are legendary and the dessert selection has to be seen to be believed.

If you want to travel further afield, St Ives is great for eating out. There are too many good restaurants to provide a list of all our favourites, but we give **Porthminster Kitchen** on the harbour a special mention for its new menu and great views, and **Blas** burger bar a special mention for the quality of their burgers.

Hayle has a good selection of takeaways to suit all tastes. The **Grameen** is the best of the Indian restaurants, the **Thai Chef** does brilliant, cheap food and **Eastern Empire** is a good Chinese.

For any more restaurant recommendations, feel free to come and ask either Ruth or Tyson.

Things To Do:

The first thing we would recommend wholeheartedly is surfing. All guests at Gwithian Holidays get a 20% discount on lessons and hire at Gwithian Academy of Surfing, based at Godrevy in the grounds of the Rockpool Bar & Grill. Whether you are looking for a beginners' course, or to hone your skills, we have coaches that can help you. We run two lessons a day, every day in groups of up to ten people. If you prefer a more individual one on one lesson, or a small group lesson we can do this too. Speak to Tyson to arrange a lesson, pop in to see us at the surf school or ring the surf school direct on 01736 757579.

There are a lot of good local stables for hacking out in the beautiful countryside. Penhalwyn are based up in Halsetown, behind St Ives, and offer hacks over the West Penwith moors. They can be reached on 01736 796461.

Wheal Buller are near Redruth and offer hacks over Carn Brea. They also occasionally take small groups on the beach, though you often need to book in advance. They can be reached on 01209 211852.

If you enjoy cycling, why not try the Coast to Coast trail? This trail runs for 11 miles from the lovely coastal village of Portreath to Devoran, alongside the stunning Restrounguet Creek, and is almost entirely on purpose built cycle paths or quiet country lanes. Part of the Mineral Tramways Cycle Network, the Coast to Coast Trail is flat (ponies pulling copper ore and coal didn't like hills), making it ideal for children and beginner riders. Along the route there are plenty of extra tracks with more demanding sections for those who like challenges.

There are loads of fabulous walks around here suitable for all levels of fitness. If you want specific advice about walks in particular areas, please ask. We're more than happy to come up with some ideas to suit everyone. Our top recommendations would be heading up to Godrevy to see the seals and walking around Cape Cornwall.

Also in the hallway are a selection of wildlife books. You are more than welcome to borrow these while you are here, but we do request that you leave them in the hall for others to use when you are finished with them. We are lucky to have a vast selection of wildlife around here and hope that you get the opportunity to enjoy it during your stay.

There are tons of wonderful tourist attractions nearby, far too many for us to do justice to. The Eden Project, the Seal Sanctuary at Gweek, the Lost Gardens of Heligan, the Maritime Museum at Falmouth and Paradise Park bird sanctuary in Hayle are some of our favourites.

There are also many local nature reserves. The closest would be Gwithian Green just down the road, which is renowned for its butterflies and birds. Hayle Estuary is a fairly small reserve, run by the RSPB, but it is famed for attracting huge numbers of migrating birds. Birdwatchers from all over the country congregate here to spot rare visitors to these shores. Bissoe Valley and Marazion Marsh are also well worth a visit, especially for bird watching.

Tehidy Woods nearby have some lovely walks, and the wild flowers there in spring and summer are second to none.

Cornwall is renowned for its gardens. As well as the Lost Gardens of Heligan already mentioned, we would particularly recommend Trelissick and Trebah Gardens.

There are directions to all of these attractions in the Walks Folder.

Gwithian has a rich history with settlement here since the Bronze Age. The original church was built in 490 and uncovered as part of an archaeological dig in the last century. The thatched

Methodist Chapel was bought by Professor Charles Thomas and restored in conjunction with English Heritage. The chapel can be found on the right, just before the pub, and is a rich source of local history information. It is open during the day most days.

www.gwithian.org.uk has loads of local information, with a great section on the local mining history.

Getting around:

The public transport provision in the village isn't huge but it is very reliable and cheap. There are bus services that run to Penzance and Newquay.

There is a park and ride with a difference into St Ives. Park at St Earth station and take the train along the coast into St Ives. This avoids the need to find a parking space in St Ives, and you get wonderful views of St Ives Bay from the train.

Truro also has a park and ride. If you go up the A30 to Chiverton Cross roundabout, and turn right towards Truro, the park and ride is about 1.5 miles up the road on the left. Parking is free and the buses into Truro cost £1 per person and drop you off right in the centre of town.

The local taxi firm are reliable and good value and can be reached on 01736 753000.

Useful Telephone Numbers:

Doctors Surgery: Veor Surgery, South Terrace, Camborne.	01209 886555
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Dental Surgery: Buddens Dental Surgery, 66, Hayle Terrace, Hayle	01736 752118
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Hospital: Casualty, A&E. St Clare, Penzance, TR18 2PF	01736 874000
Casualty, A&E. Royal Cornwall Hospital, Truro, TR1 3LJ	01736 250000

Hayle taxis	01736 753000
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Tyson and Ruth	01736 755493 07905 630345
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Police/Ambulance/Fire	999
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Pay 'phone:

The nearest pay 'phone can be found beside the Red River Inn, a 50 meter walk away.

IMPORTANT: There is a fire extinguisher above the kitchen sink.

Around Gwithian

Footpaths to Beach and Places to Eat



Beach access via the towans
(sand dunes)

The Red River Inn

The Rockpool

Godrevy Cafe

Hungry Horsebox Co.

The Jam Pot Cafe

Sunset Surf

Gwithian Beach Car Park

Rockpool Beach Car Park

Godrevy Beach Car Park

Godrevy Point Car Park

Gwithian Holidays



Gwithian Academy Of Surfing

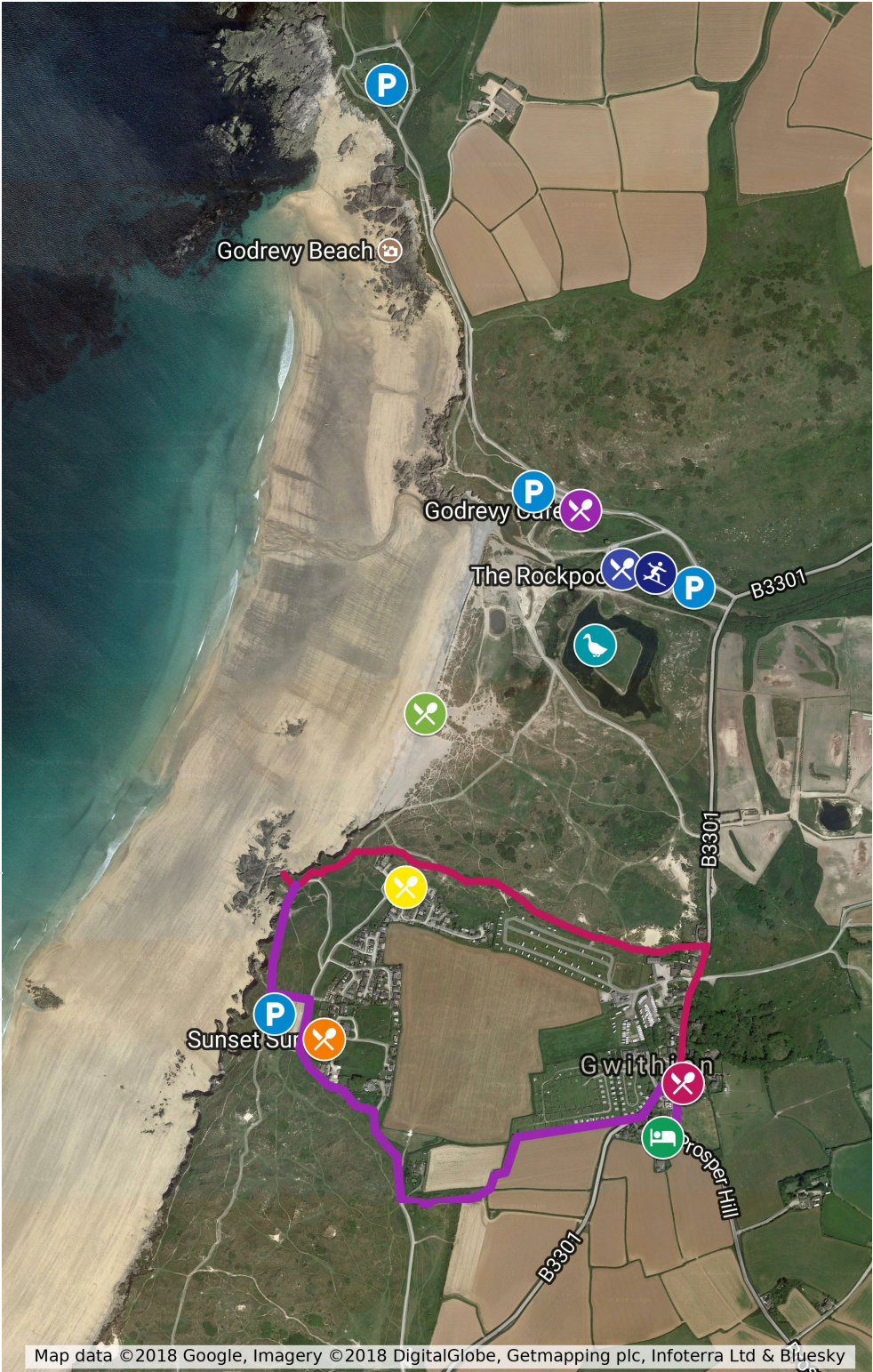


St Gothian Sands Nature
Reserve

Beach access via the fields



Beach access via the fields



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