



**Roseland**  
**HOLIDAY BARNs**  
C O R N W A L L  
[www.roseland.co.uk](http://www.roseland.co.uk)  
**01326 270597**

## Roseland Holiday Barns – Survival pack

### Roseland Holiday Barns contact numbers

**Our home (for any queries) 01326 270597**

**Maxine's mobile 07977 512802**

**Peter's mobile 07836 508931**

### Getting there

#### Orchard Barn – TR2 5AB

Orchard Barn  
C/o Voskelly Barn  
St Mawes  
Truro  
Cornwall  
TR2 5AB

#### Nare Gwyns – TR2 5LL

Nare Gwyns  
Treworlas  
Ruanhighlanes  
Truro  
Cornwall  
TR2 5LL

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## **'Red cross' parcels Cornwall style**

*The weekly shop to your door – just like home.*

### **Internet food delivery services**

Great tip this, phone ahead for delivery early on the second day of your stay. Please avoid deliveries on the day of arrival because we cannot provide cover if you are delayed.

### **Tesco Direct**

www.tesco.com

### **Vanessa's Freezer Fillers**

01209 860132

E-mail: nielsandness@aol.com

2 weeks' notice required

## **ATM machines**

They're not two a penny and they're not all free. Our advice is to plan ahead and if you get caught out you can find an ATM locally at:

### **St Mawes – The Post Office**

### **Portscatho – Today store**

Truro is host to all the major banks so no shortage of ATM machines

## **Taxis**

What the Roseland lacks in quantity it makes up for with variety. Interesting fact: over 30% of the taxis on our comprehensive list only go on water.

Land based taxi companies, pre-booking advisable

### **Gerrans Bay Taxi, Portscatho**

01872 580673 or 07779 663273

### **Roseland Taxis**

01872 501001 or 07929 202406

*Plus*

**Aqua cab** – Falmouth's fast water taxi – 07970 242258

## **Refuge collection**

Rubbish is collected on Monday morning from the main road at 7.30am. Please put out your bin for collection. DO NOT leave rubbish bags out of the wheelie bin because seagulls, foxes, badgers, cats or crows will rip them apart

## **Petrol stations**

If you're used to a petrol station on every corner we urge you to plan ahead. The number of rural petrol stations in Cornwall is reducing all of the time so the golden rule is: half a tank at all times

### ***Locally:***

**Roseland Garage**, Gerrans  
(in Portscatho)

**J J Harris and Sons**, Bessey Beneath  
(on A3078 between Ruanhighlanes and Tregony)

## **Medical contacts**

The following information is offered as a guide only. If you know that you will need any of the services detailed below during your stay, we recommend that you contact those concerned directly before booking your holiday.

### **Doctor**

St Mawes doctor 01326 270241

Portscatho doctor's surgery 01872 580345  
(Links to out-of-hours service)

**NHS Direct** 0845 4647

### **Dentist**

Roger Metcalfe, St Mawes 01872 580345

NHS Helplines – Dental Helpline 0800 371192

## **Pharmacies**

St Mawes 01326 270296

Truro – Tesco (24 hours) 01872 357400

## Useful contacts

### Optician

Specsaver, Truro

01872 223818

### Babysitter

Trained in paediatrics, first aid and Diploma in Childcare and Education

Name on request

01872 580431

Or further names can be supplied by contacting Maxine

## Restaurants on the Roseland

Our short review is offered as a guide only. Please telephone the individual restaurants for full details.

### Idle Rocks Hotel, St Mawes

01326 270771

Great location, four star service and price. Non-residents very welcome

### The Lugger, Portloe

01872 501322

Not cheap, limited space for non-residents

### The Quarterdeck, The Nare Hotel, Veryan

01872 501111

Very pleasant cliff-top location. Uses Cornish produce in a imaginative style.

### Driftwood, Rosevine

01872 580644

Fantastic location, not cheap though

### The Boathouse, Postscatho

01872 580326

Very basic

### The Old Watch House, St Mawes

01326 270279

Very basic

### Rising Sun Hotel, St Mawes

01326 270233

Stunning waterside location with huge terrace. Classic English cuisine.

### Roseland Inn

0871 8114427

Top quality food and service with a 'keep it local' ethos. Reservations required during peak season

### The St Mawes Hotel, St Mawes

01326 270266

Great value for families offering brasserie classics

**The Tresanton, St Mawes**

01326 270055

Well reviewed restaurant, reflected in the price

**Victory Inn, St Mawes**

01326 270324

16th Century former fishermans' haunt. The fish is the freshest and the variety amazing.

**Castaways, Mylor**

01326 377710

Great Mediterranean food prepared by a well known chef

**Unusual locations**

**Pendower Beach Hotel, on Pendower Beach**

01872 501241

Enjoys a tucked-away position right on the beach - sunny day, good food, need we say more.

**Melinsey Mill, on the road to Veryan**

Lunches and teas only

**Smugglers Cottage, near the King Harry Ferry**

A beautiful thatched cottage and small tea room dating back to the 15th Century. A fine collection of malt whisky.

Lunches and teas only

**The Seafood Restaurant, Mylor (via Aquacab from ST Mawes)**

Including the Aquacab trip from St Mawes it's a great lunchtime treat, not cheap though

**Public houses on the Roseland**

**Kings Head**

Ruan Laniorne

01872 501263

**Plume of Feathers**

Portscatho

01872 580321

**Rising Sun**

St Mawes

01326 270233

**The New Inn**

Veryan

01872 501362

**The Roseland**

Philleigh  
01872 580254

**The Royal Standard**

Gerrans  
01872 580271

**The Ship**

Portloe  
01872 501356

**The Victory**

St Mawes  
01326 270324

**Local shops**

The following information is offered as a guide only.

**St Mawes offers:**

Spar shop – loo rolls to rocket salad!

Chandlers deli

Gill's Deli

Butcher

Bakery

Post Office and ATM machine

Chemist

Grace and Favour – gifts

Onda - gifts

Emporium – Aladin's cave!

**Portscatho offers:**

Today store – general groceries, bakery, newspapers and ATM machine

Butcher

Post Office

W.I. Market – every Friday afternoon March to November – Portscatho Memorial Hall at 2.30pm

**Veryan offers:**

Londis store – general groceries, some newspapers, fresh bread

Post Office

WI market

**Truro offers:**

Truro has a full range of supermarkets and independent stores including

**Marks and Spencer****Debenhams**

*Please see the following list for specialist shops in Truro and beyond*

## **Foodie heaven**

Beyond the Roseland there are a great variety of food suppliers many specialising in local produce.

### **Farm shops and outlets**

#### **Atlantis Foods - Truro**

*Smoked fish and meats*

Fore Street, Grampound, Truro TR2 4UR

01726 883201

[www.atlantisfoods.co.uk](http://www.atlantisfoods.co.uk)

#### **Carley's of Cornwall Limited**

*Organic and local food supermarket*

34-36 St Austell Street, Truro TR1 1SE

01872 277686

[www.carleys.co.uk](http://www.carleys.co.uk)

#### **Chyreen Fruit Farm**

*Farm shop, fresh local produce, P-Y-O fruit, honey, cream. Open April-October.*

Quenchwell Road, Carnon Downs, Truro TR3 6LN

01872 862317

[www.chyreen.ukf.net](http://www.chyreen.ukf.net)

#### **Cornish Farmhouse Cheeses**

*Traditional farmhouse cheeses from cow, goat, sheep and buffalo milks*

Menallack Farm, Treverva, Penryn TR10 9BP

01326 340333

#### **The Courtyard Deli**

*Wide selection of local cheeses*

2 Bells Court, Falmouth TR11 3AZ

01326 319526

#### **Cugurral Farm**

*Fresh crab and lobsters*

Rosevine, off the main road between Ruanhighlanes and Trewithian

01872 580243

#### **Humfrey's Farm Shop**

*Vegetables, cheese, ice cream and dairy products*

Pittsdown Farm, Tregony, Truro TR2 5SQ

01872 530417

#### **The Quay Deli**

Discovery Quay, Falmouth TR11 3XP

01326 210808

**Tregew Farm**

*Fresh vegetables, lamb and beef for the freezer*

Flushing, Falmouth TR11 5UQ

01326 374369

**Trudgian Farm Shop**

*Own beef and lamb. Range of local produce.*

1 Church Terrace, Probus, Truro TR2 4JN

01726 883946

**Truro's markets****Lemon Street Market**

*Award winning market home to some of Truro's most exciting and innovative small businesses.*

Lemon Street Market, Lemon Street, Truro

Open 6 days a week 9.00am – 5.30pm

01872 273031

**The Pannier Market**

*Recently refurbished the market offers a wide variety of goods and produce*

The Pannier Market, Back Quay, Truro TR1 2LW

Open 6 days a week 9.00am – 5.30pm

01872 272323

**Truro Farmers Market**

*Here you will find some of the finest foods available from local Cornish producers: meat, vegetables, preserves, cheeses, breads, cakes and smoked foods*

Lemon Quay, Truro

Every Wednesday and Saturday 9.00am – 4.00pm

01637 830958

The following websites offer more information on food from around the area:

**[www.cornwalltasteofthewest.co.uk](http://www.cornwalltasteofthewest.co.uk)**

**[www.country-markets.co.uk](http://www.country-markets.co.uk)**

**[www.foodtrails.co.uk](http://www.foodtrails.co.uk)**

**[www.foodfromcornwall.co.uk](http://www.foodfromcornwall.co.uk)**

**[www.regionalfoodanddrink.com](http://www.regionalfoodanddrink.com)**

## **Local ferries and water taxis**

The following information is offered as a guide only. Ferry timetables can change without notice, please contact the operator for up-to-date details.

### **St Mawes Ferry Company**

The St Mawes Ferry Company provides regular ferry trips from St Mawes to Falmouth. The trips depart from St Mawes and arrive at either Custom House Quay or Prince of Wales in Falmouth.

**Summer timetable – 1 June to 31 October** Correct at time of publication

#### **Prince of Wales to St Mawes**

Monday – Friday

0830, 0945 1015, 1045....1815

Saturday and Sunday

1000, 1100... 1700

#### **St Mawes to Prince of Wales**

Monday – Friday

0900, 0945 1015, 1045....1815

Saturday and Sunday

1030, 1130... 1730

#### **Custom House Quay to St Mawes**

Monday – Sunday

0930\*, 1030...1730

\* Not Saturday and Sunday

#### **St Mawes to Custom House Quay**

Monday – Sunday

1000\*, 1100....1800

\* Not Saturday and Sunday

**01872 861910**

**[www.stmawesferry.co.uk](http://www.stmawesferry.co.uk)**

### **King Harry Ferry**

The ferry crosses King Harry Passage which is on the pilgrims' way to St Micheal's Mount. It can take 45 minutes off your journey from St Mawes and the Roseland to Falmouth and Truro, and saves 27.2 miles on a round trip by road between St Mawes and Falmouth via Tresillian and Truro.

**Summer service – every 20 minutes** Correct at time of publication

Monday to Saturday – 7.20am – 21.30pm

Sundays and Bank Holidays – 9.50am – 21.30pm

**01872 862312**

**[www.kingharry-info.co.uk](http://www.kingharry-info.co.uk)**

### **Enterprise Boats Limited**

C M Berryman operate pleasure boats that can carry 127 passengers to and from Malpas, Truro, Falmouth and St Mawes as the tide permits

C M Berryman

01326 374241 Mobile 07745 297978

[www.enterprise-boats.co.uk](http://www.enterprise-boats.co.uk)

### **Trips**

#### **Aqua Cab** – Falmouth's fast water taxi

07970 242258

[www.falbayexpress.co.uk](http://www.falbayexpress.co.uk)

Aqua cab to a pub or restaurant, secluded beaches; leisure tours or fast harbour trips

#### **Smugglers Cottage**, Tolverne

Take a ferry trip from the cottage to Falmouth and back for a cream tea.

01872 580309

#### **Fal River Links**

Great days out on the river

This links all of the area's best attractions, activities and scenery by a seamless transport network

01872 861914

[www.falriverlinks.co.uk](http://www.falriverlinks.co.uk)

### **Travel operators**

#### **Air travel**

Air Southwest

Reservations 0870 241 8202

General enquiries 0870 241 6830

[www.airsouthwest.com](http://www.airsouthwest.com)

Ryanair

Reservations 0906 270 5656

[www.ryanair.com](http://www.ryanair.com)

Newquay International Airport

01637 860600

[www.newquay-airport.co.uk](http://www.newquay-airport.co.uk)

British International – helicopter flights to the Isles of Scilly

01736 363871

[www.islesofscillyhelicopter.com](http://www.islesofscillyhelicopter.com)

## **Bus and train operators**

National Express  
08705 80 80 80  
[www.nationalexpress.com](http://www.nationalexpress.com)

Truronian  
01782 273453

First and Travel line  
0870 608 2680  
[www.traveline.org.uk](http://www.traveline.org.uk)

Wessex Trains  
08457 484950  
[www.wessextrains.co.uk](http://www.wessextrains.co.uk)

National Rail Enquiries  
08457 48 49 50  
**[www.nationalrail.co.uk](http://www.nationalrail.co.uk)**

### **For more travel information visit:**

[www.visitsouthwest.co.uk](http://www.visitsouthwest.co.uk)  
[www.cornwalltouristboard.co.uk](http://www.cornwalltouristboard.co.uk)

## Holiday safety guides

### Beaches

**Lifeguards** – only swim between the flags. Talk to the lifeguard about dangers on that particular beach. **Not all beaches have a lifeguard**

**Tide rips and Undertows** – these are dangerous and they exist off many beaches in the South West. Speak to the Lifeguard.

**Inflatables** – ensure that children on inflatables are tethered to an adult on the shore. If there is an offshore wind **DO NOT PUT THEM IN THE WATER.**

**Cliffs** – beware of rock falls if you site at the cliff base. Do not attempt to climb cliffs.

**Tides** – be aware of the high water times and do not become cut off by the tide.

**Children** – watch your children and know where they are and what they are doing.

**Sand Caves** – do not go into them as they are prone to collapse.

**Sunbathing** – sunburn hurts and can be dangerous. Protect yourself and your children.

**Weaver Fish** – stings are painful. Relieve with hot water/liquid and citric acids.

**Surfers and windsurfers** – be aware of other water users and do not surf between the swimming flags. Watch out for tide rips.

**Alcohol** – do not drink and drown

**Beach safety equipment** – make a note of where the emergency telephone is, also liferings, rescue quoits etc

**Talk to Lifeguards – listen to their advice**

### Coastal walks and cliff paths

**Forecast** – listen to the latest weather forecast before you set off.

**Plan** – make a plan and tell someone what you are doing, where you are going and when you expect to return.

**Clothing** – make sure it is suitable for the walk, the weather and the length of time you expect to be gone.

**Dogs** – on a cliff path, keep them on a lead. If they fall over the edge, do not attempt to rescue them – call the Coastguard.

**Telephone** – carry a mobile phone with a fully charged battery.

**Paths** – stay on them. There are many dangers off the path – mineshafts, subsidence, potholes, etc.

**Cliff edges** – STAY AWAY FROM THEM. Cliff edges are dangerous places.

**Rainfall** – erodes paths and cliff edges. Causes subsidence. Makes things slippery underfoot.

**Grassy slopes** – are often very slippery, even when dry, and usually lead to a vertical drop.

### **Sailing and holiday safety**

The following information details hints and tips to make your summer in Cornwall a safe and happy one. The local Coastguard and RNLI branches issue this advice in an attempt to increase awareness of sea and coastal safety and to reduce casualty numbers.

- Be aware of what is going on around you and consciously look out for people or craft in difficulty or danger.
- If you do see anything that makes you think that a person or vessel is in trouble, report your fears to the Coastguard by...

#### **1. 999 EMERGENCY telephone call**

#### **2. Telephone Falmouth Coastguard on 01326 317575**

### **Yachts and boats**

Skippers, you have a responsibility not only to yourself but also to your passengers and crew.

**Passage Plan** – make one, however short the voyage. It doesn't have to be complicated.

**Safety equipment** – is your's adequate and in date? Request a RNLI Sea Check.

**Training** – are you and your crew competent to undertake the intended passage? Have you had training in sea survival, VHF/DSC radio, First Aid, diesel engine maintenance, yachtmaster?

**Radio equipment** – do you have the modern VHF/DSC? Is there a hand held radio on board?

**CG66** – are you registered with the Coastguard Safety Identification Scheme?

**Weather** – listen to the latest weather forecast prior to departure.

**Divers** – plan and prepare for the dive. Advise the Coastguard of your plan. Choose the dive site according to the weather and have an alternative. Ensure divers have high visibility clothing and SMB. Carry oxygen. Carry an emergency checklist (available from the Coastguard).

**Personal Water Craft and Speedboats** – be aware of other water users. Your wash can capsize small boats or wash fishermen off rocks. Wear lifejackets.

**Alcohol** – impairs judgement and reaction times at sea, just as it does on land.

***Enjoy your holiday***