



Roseland
HOLIDAY BARNs
C O R N W A L L
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

'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
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Portscatho doctor's surgery (Links to out-of-hours service)	01872 580345
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NHS Direct	0845 4647
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Dentist

Roger Metcalfe, St Mawes	01872 580345
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NHS Helplines – Dental Helpline	0800 371192
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Pharmacies

St Mawes	01326 270296
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Truro – Tesco (24 hours)	01872 357400
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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

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

Carley's of Cornwall Limited

Organic and local food supermarket

34-36 St Austell Street, Truro TR1 1SE

01872 277686

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

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

www.country-markets.co.uk

www.foodtrails.co.uk

www.foodfromcornwall.co.uk

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

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

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

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

07970 242258

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

Travel operators**Air travel**

Air Southwest

Reservations 0870 241 8202

General enquiries 0870 241 6830

www.airsouthwest.com

Ryanair

Reservations 0906 270 5656

www.ryanair.com

Newquay International Airport

01637 860600

www.newquay-airport.co.uk

British International – helicopter flights to the Isles of Scilly

01736 363871

www.islesofscillyhelicopter.com

Bus and train operators

National Express
08705 80 80 80
www.nationalexpress.com

Truronian
01782 273453

First and Travel line
0870 608 2680
www.traveline.org.uk

Wessex Trains
08457 484950
www.wessextrains.co.uk

National Rail Enquiries
08457 48 49 50
www.nationalrail.co.uk

For more travel information visit:

www.visitsouthwest.co.uk
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 lifelines, 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