



Lodge 102, Retallack Resort & Spa

Winnards Perch

St. Columb Major

Cornwall, TR9 6DE

Welcome to our lodge, we hope you have a fabulous stay.

A little bit about us....We bought the lodge off-plan in 2009 and during the past few years we have already had some wonderful family holidays with special memories. From August 2011, we took the decision to advertise and manage our lodge completely independently from the resort, as we feel we can offer a more personal service at a more competitive price. If you have any feedback which you think would improve your stay, please feel free to drop us a line with your suggestions. We only ask, with respect, that you kindly take care of and look after our lodge during your stay. We hope you enjoy it as much as we do. Have great holiday. Many thanks, Paul and Mel

Useful information

We have put together some information about the lodge, resort and local area that you may find useful during your stay. Should you have any queries about the lodge, please feel free to contact Gene. Gene's number is 07772 603356

Fire Precautions, Procedures

We provide a fire extinguisher (in the downstairs utility cupboard), a fire blanket (in the kitchen) and heat detectors throughout the property. In the event of a fire please vacate the building immediately, closing doors and windows behind you if safe to do so. The nearest assembly point is at reception. Inform reception as quickly as possible or contact the fire brigade yourself if you're able.

Leisure Passes

You will need to visit the resort reception in the main car park to collect your leisure passes for the pool and fitness room. The resort may ask for a £5 refundable deposit on the passes. Occasionally the booking is placed in our names rather than our guest's name. If this happens, just quote our names Paul and Melanie Jack 102 and there should be no problems.

If you wish to walk to the resort facilities from the lodge, follow the resort road back round, but walk straight up the road between lodges 44 and 45, across the road and through the park.



Wifi: Free wifi is available during your stay. This is a basic broadband service, however we have always found this more than sufficient for phones, tablets and laptops. Guests can upgrade to a high speed service by contacting reception for an additional charge.

Resort Bookings: We always recommend booking treatments and the Flowrider in advance to avoid disappointment. Also, if arriving on a Friday or Saturday it is advisable to book the restaurant in advance as it can get busy from people checking in and not wanting to cook...

Mid stay clean: Some guests have requested a mid stay clean. This is possible and can be arranged via Gene and paid directly to her.

TV System: The televisions are automatically set to Digital. To access the Sky package, select input on the main remote (the bigger one) and scroll to YRPB. The smaller remote scrolls through the SKY channels. If a 'no signal' message appears it means the box just needs to be activated using the red power button on the SKY remote (smaller grey one). The remote sensors on the main TVs are dongle like sensors. Sometimes these are tucked behind the tv and just need to be placed on top to receive the signal.

Utilities: As all homeowners know, the price of gas and electricity is rising rapidly. We respectfully ask all guests to be as energy aware as they would at home and ensure that lights, appliances etc. are not left on unnecessarily.

Fishing: Fishing is permitted from the balcony but you must have a landing net which needs to be at least 2.5m in length as there are some fairly big carp and pike in there - 10-15lb. Please take care not to scratch the aluminium balcony rail, you must place e.g. your own towel/cloth over the rail. No live bait e.g. maggots are allowed in the lodge.

Smoking: A gentle reminder that smoking is totally prohibited within the lodge.

Shopping delivery: Tesco and Sainsbury's both deliver frequently to the resort. We've never used Sainsbury's, but with Tesco the web site won't allow you to put in the lodge number and just gives the resort address. The driver will go to the resort reception and ask for your lodge number. We therefore advise that you book a slot allowing you good time to arrive. Once you arrive, let reception know that you have a shopping delivery and they will let the driver know it needs to go to 102 (you can contact reception via the phone in the lodge select concierge and option 0).

Beaches, Pubs and Restaurants

Over the past few years, we have found a few favourite beaches, pubs and restaurants. If you come across anywhere different you would also recommend, we would love to hear about it!

Harlyn Bay



Heading towards Padstow, and about 10 minutes from the lodge, you will find Harlyn Bay. This is a large and beautiful beach. The expanse of sand, shallow water and rock pools make it especially ideal for young children, however it is worth noting that the toilet facilities are a little walk away. In the summer months there are usually ice cream and catering vans in the car park.

Trevone Bay



You can find Trevone Bay at the turning just before Harlyn. It is a small, but no less beautiful beach. The waves are ideal for body boarding, which we have experienced there frequently! Next to the bay, there is a small surf shop and café, along with a pub in the village.

Constantine Bay



Constantine, is just further along from Harlyn, and is simply stunning with huge waves. The current can be quite strong here, so take extra care if you go into the water.

Mawgan Porth



Mawgan Porth is a large beach with rock pool and caves, and can be found by driving a few miles on from Constantine. You will pass **Bedruthan Steps**, where you can park up at the National Trust car park and café. From here you can take a breath taking cliff walk towards Mawgan Porth, or back towards Constantine. There is also a pub on the opposite side of the road for a welcome break! By driving on to Mawgan Porth, there is ample parking near to the beach, and in season offers cafes, fish and chips and a local restaurant. The Merryman Inn is adjacent to the beach and offers food all year round. For a special occasion, The Scarlet restaurant offers excellent food, although please note they do not allow children.

Crantock Bay



Crantock Bay has won Best Beach a number of times, and is simply stunning with large sand dunes. Crantock can be found by driving past Newquay. There are shower and toilet facilities in the National Trust car park. There are three pubs in the village, The Cornishman, The Old Albion and the Bowgie Inn, however we are unable to vouch for them, as we've only ever visited the beach.

Newquay



Newquay offers the famous Watergate and Fistral beaches, among many others. Surf lessons are available on Fistral Beach, and we have been recommended 'Fistral Surf School' for all year round lessons. You can book for very beginners through to advanced. Please see further details at www.fistralbeach.co.uk.

Daymer Bay



Daymer is located just past Rock. A huge beach with lots of rock pools and views towards Padstow. If you walk up to the top of the hill you can see for miles on a good day. Pubs, cafes and restaurants are all available in Rock.

Padstow



Padstow is a bustling harbour town with many cafes, restaurants and boutiques. If you park up in Padstow, and take a walk past the harbour and over the hill towards the monument, there is a fantastic cliff walk with stunning views across to Rock. Follow the trail for around 30 minutes and you will reach Smugglers Cove. A tranquil, often deserted beach with small waves ideal for paddling. The walk however would be unsuitable for pushchairs.

Porthtowan



If you head further afield towards Truro, you can find Porthtowan. This is one of our favourites due to the large beach, waves and Blue bar. Blue is situated right on the beach and is Cornwall's original beach bar and kitchen, which offers good food all day. It's child friendly, and overlooks the whole bay.



As an alternative to Blue, we also like to park up at the Victory Inn, which is located on the road before you drive down to the beach. If you book a table, the landlord has been happy to let us park there for a few hours to go on the fabulous walk across the fields, and down the cliffs towards the bay. The walk back works up an appetite to enjoy the fantastic home cooked food, we can especially recommend the pies!

Pubs, Restaurants & Takeaways

We can recommend the **Green Room** restaurant on site. It offers a great range of good quality, locally sourced dining options with a full childrens menu. The Driftwood bar offers freshly cooked pizzas throughout the day, which can also be taken away to the lodge. We have provided more information about the Green Room and Bar further on.



The Cornish Arms – St Merryn



Driving towards Padstow is the village of St Merryn. The Cornish Arms is Rick Steins pub, which serves good, locally sourced pub food and local ales. We've always had consistently good meals here, although they've recently changed the menu and the prices have gone up a little. You're unable to book (unless for Sunday lunch), so be prepared for a short wait for a table. Children are welcome.

The Quarryman Inn - Wadebridge



The Quarryman can be found on the way to Wadebridge. A family run pub that offers excellent homemade lunches, evening meals and Sunday roasts. It's quite small, so definitely worth booking.

The Pickwick Inn – St Issey



A lovely pub with views towards Rock and Padstow. Ideal for an everyday family meal or Sunday lunch.

The Borough Arms – Past Wadebridge, towards Bodmin



Serves a full carvery on a Sunday, ideal for families with children

Pescadou – Padstow



We've had a couple of really good child free meals here. Offers excellent steaks and seafood.

Rick Steins Fish and Chips – Padstow



Offers good fish and chips and eat-in restaurant

Takeaways:

Indian – [Green Chilli Newquay](#) (will deliver to the lodge) - 01637 877402

Chinese – [New Garden](#), [Indian Queens](#) – 01726 8608

Fish & Chips – [Port & Starboard](#), [Indian Queens](#)

The next few have been recommended to us by friends, family and guests who have stayed at the lodge. If you find a place where you've had good food, please let us know and we will add it to our list (& look forward to trying it out!)

No.6 Paul Ainsworth – Padstow - A fine dining restaurant



Rick Steins Seafood Restaurant – Padstow - International reputation for outstanding seafood



Waterfront – Polzeath Beach - Al Fresco dining with views across the bay.



Rojanos on the Square – Padstow - Italian restaurant headed up by Paul Ainsworth, offers pizza, pasta plus meat and fish dishes. Takeaways available.



The Glasshouse – Wadebridge - A relaxed family Italian, also serving tapas and traditional English dishes.



The Beach Hut – Watergate Bay, Newquay - Serves everything from breakfast to burgers and Sunday brunch, overlooking the beach.



Jamie Olivers Fifteen - Watergate Bay, Newquay – Disadvantaged youngsters trained by Jamie Oliver. Serves excellent Italian food, where all profits to go the Cornwall Food Foundation charity



Days Out

Crealeys Adventure Park

We have had some lovely family days out at Crealeys Adventure Park, which is only around 10 minutes drive from the lodge. Aimed at younger children, there are mini rollercoasters, vertical drop slides, a log flume and much more. Our ticket allowed us to return for free within 7 days



Tintagel

Tintagel Castle is now an English Heritage Site, with links to the legend of King Arthur. We visited on a very windy day, but the walk to the top was worth it, and the children were given Merlin quiz packs where they had to look for clues along the route. After the walk, we went down to the beach and into Merlins cave. Lovely cream tea's available in the English Heritage café.



Camel Trail

We have hired bikes in from Wadebridge bike hire (01208 813050), and taken the car-free cycle route along the Camel Trail to Padstow, had a spot of lunch then cycled back. Bikes with toddler seats and pull alongs available. If you'd prefer to start the ride in Padstow, contact Padstow bike hire on 01841 533533.



Brown Willy

At 420 meters, Brown Willy is Cornwall's highest peak. You can park up in the Jamaica Inn car park, and start the walk from there. It took us 4 hours there and back (with a 9 & 7 year old), and the views from the top are fantastic.



Cheesewring, Bodmin

For a good walk across Bodmin Moor, you can park in the village of Minions (highest village in Cornwall), not far from Liskard. A circular walk and climb to the Cheesewring stones, takes you back again to the village for a cream tea or lunch. There is also a pub in the village. We managed the walk quite easily when the children were aged 6 & 4.



St Ives

St Ives is a beautiful fishing village, and we spent the day here on Carbis Bay. The beach is especially ideal for young children as the waters are shallow.



St Michaels Mount

We are yet to visit St Michaels Mount, but it has been on our to-do list for a while. You'll need to check tide times before visiting.



Friends and family have also recommended **Lanhydrock** National Trust house and gardens, **Fowey**, **Port Issac** (where Doc Martin was filmed), **Charlestown**, **Falmouth**, and **Lands End**. **St Austell** is also only 12 miles away, with many shops and leisure facilities. **Adrenalin Quarry** near Liskard is home to water sports and the giant zip wire and swing. For more information to go www.adrenalinquarry.co.uk



The lodge is also close to many of the locations where **Poldark** was filmed, from the stunning coastline at Porthcothan and St Agnes Head, to the historic St Breward village.

