

Welcome to Praa Sands Holiday Park

You've arrived! Now it's time to relax and enjoy all that our park has to offer. We do hope that you enjoy your holiday with us and find time during your stay to explore the park and its surrounding coast and countryside.

This guide tells you all that you need to know to get the most from your holiday plus a few DOs and DON'Ts that will ensure your stay is as comfortable as possible.

If you require any further assistance please do not hesitate to ask us.

Enjoy your holiday!



**If you haven't already
checked in online, go to**

checkin.haulfrynholidays.co.uk



or scan the QR code below.



Please enjoy your stay!

Did you know you can buy your own Praa Sands Holiday Home?

Pop up to the main reception and ask the Owners Team for more details. We work with a no pressure sales environment, our job is to give you all the information and explain your running costs and income throughout the year.

All of our homes are privately owned. We have a Sublet Scheme to gain income and contribute to running costs.

Subletting

It pays to share when you're not there...

Earn from your holiday home with our 5 Star Subletting Scheme. Book the days you would like to use your home and we'll do the rest!

For more information please call our Ownership Team on 01736 762 201 or email info@praa-sands.co.uk



Buy into the Praa Sands holiday lifestyle and have your holiday on us!

We are so confident that you are going to love your holiday experience with us, that if you purchase a holiday home we will pay back the cost of your holiday.

Terms & conditions apply

Useful Telephone Numbers

Praa Sands Reception	01736 761042
Praa Sands Leisure	01736 761830
Praa Sands Bar Office	01736 761041
Emergency Phone (park)	07919 530107

Helston Medical Centre	01326 569700
Emergency dentist	01872 354375
NHS direct	0845 4647
Police station	0845 277444

Bus Stations	Truronian	01872 273453
	First	08456 001420
	National Express	08705 808080

Train Stations	National Rail	08712 004950
	Train and bus enquiries	09001 200300

Garages	Newtown, Germoe	01736 762387
	Goldsithney	01736 710413
	ATS Helston	01326 562656
	ATS Penzance	01736 362768

Taxis	Good Fellas – Praa Sands	07773 330494
	Abba Cabs – Helston	01326 573000

Cinemas	Penzance (Savoy)	01736 363330
	Helston (Flora)	01326 569977
	Redruth (Regal)	01209 216278
	Truro (Plaza)	01872 272894

Horse Riding	Cury Riding Stables	01326 240591
	Tregurtha Downs Riding	01736 711422
	Bosvathick Farm Riding	01326 340367
	Penhalwyn Trekking Centre	01736 796461
	Wheal Buller Riding Stables	01209 211852

Surfing Schools	Stones Reef	01736 762991
	Smart Surf School	01736 871817

Reception Opening Hours

Our friendly and knowledgeable team are here to help so please don't hesitate to come in and see us. If you have any concerns with your accommodation please let us know straight away – your holiday enjoyment is our prime concern.

Reception Opening Hours:

Daily 9am – 6pm

Telephone: 01736 761042

On Park Shop Opening Hours:

Daily 9am – 6pm

Out of hours assistance:

Between 6pm and 1am please phone the Park Warden on 07918 615356 if you require assistance.

For EXTREME EMERGENCIES after 1am a Duty Manager can be contacted by calling 07918 615356.

Reception re-opens at 9am for general enquiries and assistance.

A large range of leaflets and information booklets are on display and our reception team will be happy to help you plan your days out. In addition, we have been able to negotiate some special discounts for Praa Sands customers at a number of the top attractions in the area so please call in and collect any vouchers we have available.

Should you wish to leave feedback on your stay with us, please fill in the freepost questionnaire in your welcome pack.

Arrival

Ahead of your arrival, please download the 'JustIN Mobile' app from your app store on your smart phone. Approximately two hours before your check in time, your holiday home key will be automatically sent to you via the downloaded app. On arrival, please follow the below instructions to gain access to your holiday home.

How to use your digital door lock

To unlock:

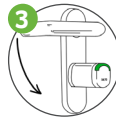
Ensure you have downloaded and opened the **JustIN Mobile** app



1 Activate the key by pressing the big green button and hold your phone against the lock knob until it lights green



2 Turn the knob one rotation, as you would with a key



3 Use the handle to open the door

Use the thumb turn to lock and unlock it from the inside

To lock:



1 Close the door and raise the handle fully as you usually would



2 Open the **JustIN Mobile** app and press the big green key button



3 Hold your phone against the lock knob. When the green light shows, turn the knob until it stops, as you would with a key

If you are not able to download or use the JustIN Mobile app, please visit main reception.

Accommodation

Your accommodation is situated in a wonderful coastal setting and provides a unique and relaxing holiday environment. It is superbly equipped and beautifully styled so what could be more enjoyable than watching the sun set over the beach from your private balcony.

Our maintenance and housekeeping teams have fully checked the lodge prior to your arrival so we are confident that you will have a trouble-free stay. However if you do find something amiss, or if something goes wrong during your stay, please advise us as soon as possible.

All our accommodation is NON SMOKING. If you do require a cigarette however, you are cordially requested to smoke outside the lodge.

Activities On Park

Brand New Activities
at Praa Sands



From 20th July

YOGA ON THE GREEN
WILDLIFE ADVENTURE TRAILS
BUG HUNTING
COOKERY SKILLS DEMO
PT SESSIONS
(and more)

PLUS partnerships with **National Trust, Vue Cinemas, Cornish Seal Sanctuary, British Mountaineering Council** and many more



Contact us on **01736 761 042**
or email us at **info@praa-sands.co.uk**
to find out more.

Some activities incur additional charges. Contact us for more information.

Barbecues

Please do not use barbecues in any of our holiday homes.

Boiler

Your boiler operates your hot water system and, unless your lodge has electric heaters, will also power your heating system which is either radiators or under floor heating. If you have any problems with either your heating or your hot water, please contact reception and a member of our maintenance team will have a look for you.

Child Safety

Please do not encourage children to play on the roads; the roads are in constant use. Please ensure that you know where your children are at all times. In the event of a lost or missing child in the first instance please call the reception on 01736 761042. If out of hours please contact the emergency phone on 07918 615356. You will need to provide us with as much information as possible including where the child was last seen and a description of the child and their clothing; we will then send a team out to search for your child.

Departure Time

We would request that you DEPART your lodge by 9am on the last day of your stay.

We trust that you will enjoy your stay with us here at Praa Sands. Your opinion counts so we would be very grateful if you could complete the questionnaire which was enclosed within your welcome information pack. We use the information you provide to improve our performance. Your views are taken extremely seriously so please help us to enhance your future holidays with us by returning the questionnaire.

Dishwasher

Before placing the dishes in the dishwasher, please remove the larger food particles to prevent the filter becoming blocked.

Fire Safety

Please familiarise yourself with the exit route from your lodge. Disposable barbecues are not to be used. All lodges have smoke detectors. We check the batteries regularly however, if you do need a replacement battery during your stay, please contact reception.

In Case of Fire

Only attempt to put the fire out if there is no danger to you. Call 999 and ask for the fire service. Give your lodge number and our address, Praa Sands Holiday Park, Praa Sands, Penzance, Cornwall TR20 9SH.

All our public areas are fitted with fire alarms. If the alarm sounds, please evacuate the building following the instruction of our team members who are fully trained for this eventuality.

Golf Club

Praa Sands holiday home owners receive FREE golf club membership, worth £450. If you wish to see our new membership offers, please click speak to Reception. Holidaymakers receive 1/3 off green fees. Our nine hole golf course is open all year round (weather permitting). The lovely course, with its glorious views over the wide expanse of Mounts Bay, has recently been fully refurbished. You must follow our golf etiquette to play on the course; details of this are available at reception, as are the booking times. No handicap certificate is required. Call 01736 761830 for availability or call in at the club or reception.

Hot Tub

We trust that you will enjoy your hot tub. We are certain that this will be one of your special holiday memories. Our maintenance team have cleaned and checked your hot tub prior to your arrival. A member of the team will check the hot tub at regular intervals during your stay. We would kindly request that you do not enter the accommodation with wet feet.

The hot tubs are set on a heater/filtration timing system which runs daily between 8am and 10.30pm.

Please do not adjust the programme button, please ask maintenance to do this for you.

In case of emergency while using your hot tub the main isolator switch is located on the decking. This large red switch will immediately stop the hot tub.

- To turn the hot tub on press the high power jet button
- To turn the light on press the light button on the keypad
- To add more air bubbles twist the tap to open; close the tap to reduce the bubbles. (On some tubs only)
- To increase the temperature press the up arrow on the key pad until the required temperature is reached. Water temperature will increase at approximately 2 degrees per hour if the hi jets are off and tub lid is closed
- To decrease the temperature press the down arrow. Water temperature will decrease slowly according to the ambient air temperature.

Please DO NOT add bubble bath, or use soap or shampoo whilst in your hot tub.

Hot Tub Health & Safety

We take your health and safety extremely seriously and while we want you to enjoy your hot tub we also want it to be a safe and enjoyable experience.

Please familiarise yourself with the following information:

- Keep the cover on the hot tub when you are not using it.
- Shower before and after use.
- Maximum bathe time 15 minutes.
- Only use your hot tub between 0830 - 2230.
- Excessive use may lead to skin irritation/heat rash/dizziness.
- Cool off & shower before re-entering.
- Never use the hot tub whilst under the influence of alcohol.
- Never use the hot tub during a thunder storm or when lightning is forecast.
- Always tie back long hair – this will stop it getting sucked into filters.
- We strongly recommend children under the age of 8 do not use the hot tub.
- No diving into or ducking under the water.
- Children under the age of 14 must be supervised at all times.
- We strongly advise you not to use the hot tub if you are pregnant.
- We use chlorine and bromine in our hot tubs – if you are allergic to either of these chemicals please do not use the hot tub.
- The jets will supply bubbles - never add any detergents or chemicals to the hot tub. You could damage the hot tub or cause a chemical reaction which could damage you!
- We suggest you remove all jewellery before using your hot tub.

We take the care and cleanliness of your hot tub extremely seriously and we respectfully request that you do the same. This will ensure your enjoyment throughout your stay.

Launderette

Used at your own risk as no refunds available at this time due to not handling money by team members. 60-65% of units have washing machines inside. Please check facilities for your holiday on Hoseason's booking information.

Oven & Grill

The Oven (electric)

The oven is heated by two elements, one at the top of the oven and the other underneath the floor of the oven.

To heat the oven, turn the selector switch to the required function. The control panel illumination and oven light will remain on. Then turn the oven temperature control to the required temperature. The oven indicator light will immediately come on and will remain on until the oven reaches the set temperature. This light will then automatically go on and off during cooking as the oven thermostat maintains the correct temperature.

Food should not be placed on the floor of the oven.

For gas ovens, turn the oven selector to the desired position and depress either the knob or the igniter button to light the gas. Hold the knob for five seconds before releasing.

The Grill (electric)

Select cooking method by turning control knob to select the required grill setting. The interior light will come on and the grill is ready to use.

For grilling and toasting use full width grill setting, half grill is suitable for small quantities of food as only the inner part of the grill will heat up. Once you have chosen the required setting, the indicator will light and remain on until the required internal temperature is reached. The indicator will go on and off throughout cooking although the grill remains on. To turn the grill off turn selector switch to position 0.

For gas grills, follow the procedure for gas ovens using the grill selector.

Parking

Each holiday home has a parking bay for one vehicle only. If you have additional vehicles please park them in one of the public parking areas. Please do not park on the grass or try to squeeze a second vehicle onto your parking place – we will ask you to move it.

Electric Vehicles parked alongside your accommodation should not be charged from the accommodation power supply. Please charge your vehicles at an appropriate EV charging point either on park or in the local area. Thank you.

Park and Beach

Whilst the area is widely regarded as one of outstanding natural beauty we would remind guests that extreme care should be taken when walking. You should always keep to the established footpaths and keep clear of the edge of the highlands. Small children should be supervised at all times.

Pets

Praa Sands is a wonderful place for you to holiday with your dogs. Not only do they have the opportunity of enjoying the park, there is also so much for them to do in the local area including walking on the beach and exploring all around.

In order to ensure the enjoyment of everyone we would ask that you adhere to the following:

Keep your dog on a lead

You must keep your dog on a lead at all times when walking through the park and on the golf course. This applies to all dogs irrespective of how well trained they are!

Do not allow your dog to foul indiscriminately

Please ensure you always pick up any deposits left by your dog and place in the appropriate bins.

Dogs are not permitted in the following areas:

- In any of the holiday lodges on hire unless a designated pet unit
- In the bar and restaurant (dogs are permitted on the sun terrace outside)

Do not allow your dog to be a nuisance

We would ask that dogs do not sit on the furniture or the beds. Dogs should only be left alone in the accommodation if you are sure that they will not bark to the point of annoying other customers or cause any damage to the lodge.

Swimming Pool & Gym

All our leisure facilities are now open. All gym and pool sessions must be booked in advance to maintain social distancing. Please call us on 01736 761830 to book.

Television

All our televisions are linked to Freeview so you have a full choice of channels available. Remote controls are provided for both TVs and DVD players.

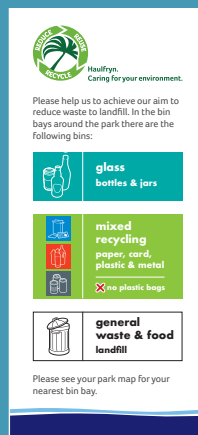
Waste & Recycling Information

Waste Collection

Our waste bins are located in wooden bin bays throughout the park. We would ask that rubbish bags are placed directly into the lidded bins and any items that are recyclable can be placed in the separate bins provided.

Recycling

As part of our commitment to the environment and our desire to preserve the beauty of this part of the country we are committed to reducing waste and recycling as much of our rubbish as possible. If you would like to join us we have the following recycling available:



Haulfron.
Caring for your environment.

Please help us to achieve our aim to reduce waste to landfill. In the bin bays around the park there are the following bins:

- glass bottles & jars**
- mixed recycling**
paper, card, plastic & metal
 no plastic bags
- general waste & food landfill**

Please see your park map for your nearest bin bay.

We recycle	Description	Location of recycling point
Glass Bottles	All types and colours of glass	In bin bays around the park.
Cardboard	All thickness of cardboard / boxes	In bin bays around the park.
Paper	Newspaper and magazines, all other types of paper.	In bin bays around the park.
Tins	Any tins or cans, please rinse	In bin bays around the park.
Plastic Containers	Any plastic bottles, please rinse	In bin bays around the park.
Plastic Bags	Carrier bags	In bin bays around the park.

PLEASE help us to recycle and ensure that items are placed in the correct collection point. If we contaminate our recycling waste by putting incorrect items into the bins it is refused and the whole load is then taken to a landfill site!

Wi-Fi

As a holidaymaker, we know how important internet access is. That's why we provide free Wi-Fi across the park, with a guarantee of 16MBs per device. Simply connect your device to the Haulfryn Wi-Fi network, register your email address to create an account, and you'll enjoy unlimited data use at up to 0.5MBps on your chosen device; ideal for general leisure use.

Please follow the details below in order to connect:

Search for Wi-Fi networks on your device and connect to **Haulfryn Wi-Fi**.

Once connection is confirmed the Haulfryn Wi-Fi login page will automatically appear.

If the login page does not automatically load then please open your web browser and go to **logmeoff.net**

From this page you will be able to create a free account by registering your email address, some additional security information and creating a password.

Once your details have been confirmed a connection information page will be displayed and you will be able to browse as normal.

What if Haulfryn Wi-Fi is not discoverable on my device?

In this case search for and connect to the network of the same name as your lodge number e.g. Lodge 01.

Then follow the log in requirements as detailed above.

When using Wi-Fi around the rest of the park you can use your username and password to log onto the network called Haulfryn Wi-Fi.

Our Wi-Fi service allows you to connect one device per registered email address. However you can register multiple email addresses whilst on park.

If you wish to connect a different device you will need to log off the device already online.

To do this browse to 'logmeoff.net' and click to log your device off from the network.

Please note that after one hour of inactivity you will automatically be logged off. Simply re-enter your username and password to connect.

HELPLINE NUMBER: 0333 200 1211

Security Deposit

Your security deposit is taken through the booking system and will be returned to you 10 days after departure. We will ring fence just £1 to help you manage your money. By doing this your bank has pre-authorised Haulfryn to debit your account £100 should we see fit. Rest assured no monies were taken at check-in although it may affect your account balance; this is our security deposit.

Within 24hrs of check-out, this holiday home shall be checked by a member of Haulfryn staff; if you leave the holiday home in the condition you found it then Haulfryn shall not claim the security deposit. If there are any damages, breakages or missing items above the normal wear & tear of a holiday maker, then Haulfryn shall claim the £100 security deposit you have authorised. Should Haulfryn feel it necessary to claim the security deposit post check-out, you shall be notified as soon as possible as to the reason.

Terms and Conditions

1. Your accommodation will be in a clean, tidy and well-presented manner for your arrival. If you believe this is not the case, please notify a member of the team on the day of arrival so we can rectify any issues or make a note of anything that you have brought to our attention. Written confirmation of any issues raised should be obtained from the team member it was reported to.
2. Any issues that were not highlighted to a member of park staff on the day of arrival after check-in will be included in the post departure assessment of the holiday home & may result in a claim against the holiday makers security deposit.
3. At check in, a security deposit of £100 (one hundred British Pounds) will be required. This will be taken by pre-authorising your credit or debit card upon arrival at the park. You shall be responsible for all damages or breakages caused by you and/or members of your party to the property or its contents (including the cost of any work needed to rectify any issues, damage or breakages). Reasons for monies being taken from your account are not exclusive to but could include:
 - 3.1. Contents of the property are found to be missing, broken or have been damaged beyond the normal wear and tear;
 - 3.2. Damage has been caused to the property itself;
 - 3.3. Cleaning charges in excess of the normal level of cleaning;
 - 3.4. Smoking has occurred inside the property;
 - 3.5. Animals have been inside a non-pet friendly holiday home;
 - 3.6. Any outstanding monies on your account, including late check out fees;
 - 3.7. One or more lost Digital Locks for your Holiday Home;
4. For any claims against your security deposit;
 - 4.1. Haulfryn shall obtain a quote for the damage repair or replacement, after which you shall be notified of the full amount due.
 - 4.2. If the full value of damage repair or replacement does not total the full value of the security deposit you shall be contacted by Haulfryn and have seventy two (72) hours to settle the sum due, after which, if the balance has not been settled, Haulfryn will claim the full security deposit.
 - 4.3. If the full value of damage repair or replacement totals more than the full value of the security deposit, you will be contacted for any additional payment.

5. If a holiday home requires numerous smaller repairs, Haulfryn may keep the full value of the security deposit.
6. Monies could also be held by Haulfryn Group Limited as a result of a breach by you and/or members of your party of any of the following rules in connection with a Hot Tub on Park:
 - 6.1. Keep the cover on the hot tub when you are not using it. Shower before and after use. Maximum bathe time 15 minutes. Only use your hot tub between 0830 – 2230.
 - 6.2. Never use the hot tub whilst under the influence of alcohol. Never use the hot tub during a thunder storm or when lightning is forecast.
 - 6.3. If any of the above are found to be true, Haulfryn Group Ltd will retain your Security deposit as appropriate at their sole discretion.
7. Haulfryn will attempt to notify all holiday makers within 72 (Seventy-Two) hours of finding any damaged or missing items if Haulfryn feel there is reason to make any claims against a Security deposit.
8. You are not permitted to charge your electric vehicle (EV) from the power supply within your accommodation. EVs should only be charged at professionally installed charging points either on the park or in the local area. Haulfryn will seek to recover from you recompense to cover any damages caused through a breach of this policy.
9. A 20% maintenance charge will be applied to any product, works or service carried out by Haulfryn or a third party.
10. The pre-authorised amount is set aside by your card issuer for period of at least 10 (ten) days from the date of pre-authorisation. The pre-authorisation will affect your available funds, balance or spending limit. For more information please contact your card issuer.
11. Once a Pre-authorisation has been made, Haulfryn Group Ltd cannot release, remove or lower the pre-authorised amount. This is a restriction imposed by the card issuer, and cannot be negotiated.
12. No card details are stored by Haulfryn.

Food & Drink

The Boathouse Bar & Restaurant

Indoor and outdoor table service will be available along with takeaway and delivery options, with reduced capacity to maintain social distancing and rigorous sanitisation and monitoring regimes in place. Opening times: 12-5pm & 6-11pm every day.

Take-Away Service

For our takeaway or delivery service to your holiday home please visit haultfryn.co.uk/takeaway

The Bar

Will be open for indoor and outdoor table service along with takeaway and delivery options, with reduced capacity to maintain social distancing and rigorous sanitisation and monitoring regimes in place. Opening times: 12-5pm & 6-11pm every day.

Opening times

Opening times vary between high and low season. See our opening times leaflet or speak to a member of our team to check opening times and food service times.

Disabled Facilities

Our main complex building is all on one level and a disabled toilet is situated within the leisure club area.

**Online Food Ordering
Now Available at Praa Sands**

To order delicious food for collection or for delivery straight to your holiday home just **scan the QR code below** and follow the on-screen instructions.

Available 12-3.30pm & 5.30-9pm

When ordering for delivery, please use **TR20 9SH** as the postcode and follow the instructions at the checkout stage to give your location on the park.

To order scan the QR code above.

ADD TO ORDER

Google Pay | Apple Pay

Off Park Activities

Local Heritage

Cornwall's vibrant image has evolved from a rich history and culture which still lives and breathes through the sites and scenery scattered throughout the county today. And with over fifty miles of heritage coastline, stone circles, castles and a rich maritime heritage, it's a history worthy of discovery and celebration. Here is just a small selection worthy of a detour.

Pengersick Castle, TR20 9SJ

01736 762579

There is evidence of 5,000 years of history at Pengersick, going back to the Bronze Age. The Pengersicks were amongst the most notorious families in the county and their exploits have given rise to the numerous legends associated with the name.

St Michael's Mount, TR17 0EF

01736 710507

St Michael's Mount - The jewel in Cornwall's crown. This magical island has a church, a medieval castle, an exotic garden clinging to the steep flanks and an ancient harbour where you will find shops, restaurants and an audio-visual presentation on the history of the Mount.

Pendennis Castle, TR11 4LP

01326 316594

Discover the war-time secrets of Cornwall's greatest fortress. Pendennis Castle was built by King Henry VIII to defend against possible attack by Spain and France. Throughout its 450 year history, Pendennis Castle has faced new enemies, right up to the Second World War. Take a trip to Pendennis Castle to explore centuries of war-time history or simply relax and enjoy the scenery and magnificent views of Falmouth.

Levant Mine & Beam Engine, TR19 7SX

01736 786156

The only Cornish beam engine anywhere in the world that is still 'in steam' at a tin and copper mine, the famous Levant engine is housed in a small engine house on the edge of the cliffs.

Cornish Mines and Engines, TR15 3NP

01209 315027

Discover the secrets of the dramatic Cornish landscape. See how these engine houses functioned, for pumping the mines dry or for winding men and materials out of the depths.

Beaches

Here in the South West we are blessed with some of the finest, cleanest beaches in the UK. Below is a list of some of the most popular beaches in the area, although there are many more waiting to be found. For safety's sake, please check tide times and note that some beaches have no lifeguards.

Praa Sands

A huge sandy beach popular with families and surfers. There are also excellent views from the coast path to the west and east of Praa Sands. Note there is a slipway down to the beach.

- **Parking:** 2 car parks at the western end of the beach. Also 1 very small car park half-way down the beach for short stays
- **Toilets:** Yes
- **Facilities:** Beach shops, café and a restaurant/bar
- **Activities:** Surfing
- **Safety:** Lifeguards on duty. Warning signs. Risk of soft sand due to shifting sands
- **Dogs:** Dogs are banned on the beach from Easter Day to October 1st
- **Postcode:** TR20 9TQ

St. Ives

A large wide sandy beach on the western side of St. Ives known as Porthmeor. There are facilities close to the beach including the Tate St Ives Gallery. On the north side of St. Ives there is a small but popular sandy beach.

- **Parking:** 1 car park by Porthmeor, 2 car parks by Porthgwidden and plenty of other car parks in St. Ives
- **Toilets:** Yes
- **Facilities:** Shops and cafés and changing rooms by the beach at Porthgwidden
- **Activities:** Surfing
- **Dogs:** Dogs are not allowed on the beach from May 1st to September 30th (8am to 7pm)
- **Postcode:** TR26 1LF

Hayle

Hayle Sands is an excellent 3 mile sandy beach that stretches from the Hayle Estuary to Gwithian Towans and Godrevy Point. The lower half is close to the town of Hayle and comprises different sections of beach known as Hayle Towans, Black Cliff and Mexico Towans.

- **Parking:** 1 car park near the beach
- **Toilets:** Yes
- **Facilities:** Pub nearby
- **Activities:** Surfing
- **Safety:** Lifeguards in the summer
- **Dogs:** Dogs are not allowed on the beach from Hayle Towans to Black Cliff from May 1st to September 30th (8am to 7pm). Dogs are allowed at Mexico Towans all year round
- **Postcode:** TR27 4BQ

Porthcurno

A perfect sandy beach with superb coastal scenery, there is a small flight of steps to the beach. The nearby Minack Theatre can be visited during the day. Pedn Vounder beach can also be reached via the coast path, but note that access is difficult.

- **Parking:** 1 main car park and also a car park for the Minack Theatre
- **Toilets:** Toilets in the main car park
- **Facilities:** Café
- **Safety:** Lifeguards operate in the summer
- **Dogs:** Dogs are not allowed on the beach from May 1st to September 30th (8am to 7pm)
- **Postcode:** TR19 6JU

Portreath

A small port with a pleasant wide sandy beach to the west of the harbour and rock pools.

- **Parking:** 1 medium sized car park by the beach. There is also some road parking
- **Toilets:** Yes
- **Facilities:** Shops, pub and café
- **Activities:** Surfing
- **Dogs:** Dogs are not allowed on the beach from Easter Day to October 1st
- **Postcode:** TR16 4LW

Kynance Cove

A picturesque cove with a pleasant sandy beach at low tide. The final steps down to the beach are steep.

- **Parking:** National Trust parking 10 minutes from beach
- **Toilets:** Yes, by car park.
- **Facilities:** Café near to beach
- **Safety:** There is a danger of being cut off by the tide on this beach.
- **Dogs:** Dogs are not allowed on the beach from Easter Day to October 1st
- **Postcode:** TR12 7PF

Porthleven

A long sand & shingle beach starting at the fishing port of Porthleven and stretching three miles south east to the Loe Bar and Gunwalloe Fishing Cove.

- **Parking:** A few small car parks in Porthleven
- **Toilets:** By the pier
- **Facilities:** Shops, cafés and restaurants nearby
- **Safety:** There are lifeguards in summer at Porthleven, with a red flag system
- **Dogs:** Dogs allowed all year at Loe Bar and Gunwalloe Fishing Cove, but not allowed Easter Day to October 1st at Porthleven
- **Postcode:** TR13 9JA

Cycling

The Cornish Way, TR1 3AY

01872 322320

The Cornish Way runs for 180 miles from Land's End to Holsworthy, passing through historic towns, fishing villages and beautiful countryside on the way. This route can be shortened at many points throughout the journey. Cycle hire available.

The Camel Trail, PL28 8BL

01872 327310

The Camel Trail winds through some of Cornwall's most beautiful and little known countryside. Cornwall County Council converted 11 miles of disused railway beside the River Camel from track bed to trail, linking the towns of Bodmin, Wadebridge and Padstow. Travel along the Camel Trail and enjoy the spectacular scenery of the Camel Valley. The track is virtually level all the way. Cycle hire available.

Cardinham Woods, EX6 7XR

01392 832262

Four and a half miles of mainly level off road cycling in Forestry Commission owned woods through the Glynn Valley near Bodmin. Particularly suited to families. Other trails within the Woods are open for walkers, horse riders and experienced cycle riders. Even picnic tables and refreshments are available when it's time for a break. There is a barbecue area too! Cycle hire available.

Family Attractions

Flambards, TR13 0QA

01326 573404

The Flambards Experience is one of the most popular tourist attractions in the South West of England, with unique undercover exhibitions including the Flambards Victorian Village, Britain in The Blitz and Memory Lane exhibitions. There is a fabulous undercover soft play area for young children.

Eden Project, PL24 2SG

01726 811911

The Eden Project is world renowned for its Biomes (biggest greenhouses in the world) filled with exotic plants, crops and landscapes which reflect the diversity of our planet.

Newquay Zoo, TR7 2LZ

01637 873342

Newquay Zoo offers you the chance to see over 130 different species of wildlife along with subtropical lakeside gardens, oriental gardens and an open rainforest exhibition. There are many facilities available for the children including a tarzan trail, face painting, animal encounters and play areas.

Blue Reef Aquarium, TR7 1DU

01637 878134

This has a stunning collection of marine displays, recreating a variety of underwater habitats including recreations of warmer Mediterranean waters and the tropical splendour of the Caribbean and coral reefs.

Crealy Adventure Park, PL27 7RA

0870 116 3333

At Cornwall's Crealy you will discover the wildest rides and the biggest events, entertainment and characters plus Cornwall's biggest indoor and outdoor adventures. Meet the friendliest animals contained within 100 acres of countryside and enjoy delicious locally-sourced food.

Paradise Park, TR27 4HB

01736 753365

Paradise Park offers the chance to view shows of many animals including tropical birds, otters, red pandas and the rare Cornish Chough with a fun farm for the children to explore and an indoor jungle barn for when the weather is poor.

Gardens

Trebah, TR11 5JZ

01326 252200

A subtropical paradise with a stunning coastal backdrop. Open every day of the year, from 10am. Discover the magic of this beautiful Cornish valley garden with over four miles of footpath. Explore under canopies bursting with exotic blooms. Follow vibrant tunnels of colour that cascade down to our very own secluded beach on the Helford River.

Trevarno, TR13 0AB

01326 574274

At Trevarno you can visit the enchanting gardens and grounds, explore the estate walk, and view the National Daffodil Collection and the National Museum of Gardening. There is also an adventure play area for the children and the opportunity to buy organic skincare products and popular and unusual plants.

Bonython Estate Gardens, TR12 7BA

01326 240550

Bonython Estate Gardens offer excitement and surprises with colour and interest in all seasons. View the contemporary water feature around the delightful Georgian Manor with small lakes, all with a different atmosphere and planting.

Golf

Praa Sands Golf and Country Club

01736 761830

Our 9-hole golf course is open all year round (weather permitting). The lovely course, with its glorious views over the wide expanse of Mounts Bay, has recently been fully refurbished. All park residents get a 1/3 off green fees and equipment hire charges. You must follow our golf etiquette to play on the course; details of this are available at reception, as are the booking times. No handicap certificate is required.

Cape Cornwall Golf and Country Club, TR19 7NL

01736 188611

An 18-hole golf course overlooking the only Cape in England and the rugged North Cornwall coastline. Buggy hire available. No handicap certificate is required.

Tehidy Park Golf Club, TR14 0HH**01209 842914**

Tehidy Park is a superb parkland 18-hole course with a number of tree lined fairways. There are also three lakes which come into play on three holes. A current valid handicap certificate is required from your home club to play this course.

Mullion Golf Club, TR12 7BP**01326 240685**

Mullion Golf Club is situated on the cliffs of the Lizard and is the most southerly course in the West Country. It is framed by sandy coves and protected reed beds. This 18-hole course has brilliant sea views. A handicap certificate is required.

Killiw Park Golf Club, TR3 6AG**01872 270246**

A delightful and challenging 18-hole course. Set in the magnificent grounds of Killiw Estate, it boasts many water hazards and mature trees. This golf course has an eight bay floodlit driving range.

West Cornwall Golf Club, TR26 3DZ**01736 753401**

This 18-hole golf course overlooking St. Ives has the unusual charm of being a test for both lower and higher handicap players alike. There is a driving range at this golf club. A handicap certificate is required to play on this course.

Falmouth Golf Club, TR11 5BQ**01326 317783**

A mature and beautifully maintained 18-hole course. It has stunning sea and coastal views, excellent greens, a well-drained course and a friendly atmosphere in the clubhouse.

Walking

Cornwall offers many walks along the coast all with spectacular views. All around the coastline there are coastal walks of varying difficulties waiting to be found. Listed below are some of the many walks available.

Penzance to Marazion

This coastal walk from Penzance to Marazion is virtually level along a sea wall on a surfaced path which is suitable for pushchairs and wheelchairs.

Distance: 2 miles

Circular walk: No

Telephone number: 01736 362207

Postcode: TR18 2LT

Rinsey Head Circular

This coastal walk is a moderate walk on an undulating coast path with a firm surface. There is one moderately strenuous climb.

Distance: 4 miles

Circular walk: Yes

Telephone number: 01326 565431

Postcode: TR13 9SQ

Three Sides of the Lizard

This walk is fairly level with a few short climbs and rougher sections. There is a network of paths radiating like spokes between the village and the coast path so it is easy to make this walk shorter or longer.

Distance: 4 miles

Circular walk: Yes

Telephone number: 01326 565431

St Anthony Head and Place

This circular walk is mostly easy walking; however there are a few steep sections along the route.

Distance: 5 miles

Circular walk: Yes

Mullion Cove to Lizard Point

This walk starts with a fairly steep climb after which the path is mainly along the cliff tops but with descents and ascents where valleys meet the coast.

Distance: 8 miles

Circular walk: No

Telephone number: 01326 565431

Postcode: TR12 7EP

Constantine Bay to Mawgan Porth

This walk is fairly level with only a couple of hills to ascend. There is a bus service that runs along this section of the coast so this walk can easily be extended or shortened.

Distance: 8 miles

Circular walk: No

Postcode: TR8 4BA

Geevor Tin Mine Circular

This walk is on a coast path with some climbing and stepping stones over the stream at Portheras. The end of the walk crosses common land which can be very wet in the winter.

Distance: 6 miles

Circular walk: Yes

Postcode: TR19 7EW

In the Village

Praa Sands P.O. and Stores is the quintessential village shop stocking all your everyday essentials, and is situated less than a minutes' walk from the main entrance to the Park on the right. It sells bread, milk, fruit and vegetables together with a wide range of groceries. It has a small bakery counter and off licence, and also sells newspapers and lottery tickets.

Post Office

An extensive range of services is available in the Post Office and Bureau de Change, open from 9am-12.30pm Monday to Friday, and 9am-5.30pm on Saturdays.

R & J Supplies sells everything from hardware to household and beach essentials in the summer to Christmas decorations in the winter. As you leave the main park entrance it is almost next door on the right. They are open seven days a week from 9am to 5pm.

Chemist

Boots Pharmacy 01326 562252

Fore Street, Porthleven, Helston TR13 9HJ

Baden House Pharmacy 01326 572030

The Square, Marazion, Cornwall TR17 0AP

Churches

All Saints Church, Marazion 01736 740784

Doctors Surgery

Marazion Surgery 01736 710505

Gwallon Lane, Marazion, TR17 0HW

Farm Shops

A visit to a farm shop will show you some of the best products that Cornwall has to offer. Listed below are a few farm shops available in the area.

Trevelyan Farm, TR20 9PP

01736 710410

An organic farm shop located in Marazion offering meat, dairy, vegetables, fruit, preserves and baking.

Vicarage Farm Shop, TR13 0EJ

01326 340484

The Vicarage Farm Shop in Wendron offers a range of their own produce as well as an extensive range of local produce.

The Grange Fruit Farm Shop, TR12 6BE

01326 221718

The Grange Fruit Farm near Helston are specialist strawberry growers. In strawberry season you can even pick your own. Cream teas and light lunches are available.

Petrol Stations

Newtown Garage (on the main road behind the park)

Sainsbury's (Helston & Penzance)

Tesco (Helston & Penzance) 24HR

Morrison's (Penzance)

Texaco (Helston)

Shell (just off A30 near Hayle)

Supermarkets

Tesco Penzance

Branwell Lane, Penzance, TR18 3DU

Telephone number: 0845 6779542

Opening times: 24 hours

Sainsbury's Penzance

Eastern Green, Penzance, Cornwall, TR18 3AP

Telephone number: 01736 575000

Opening times:

Mon – Sat 7am - 10pm

Sun 11am - 5pm

Asda Hayle Harbour Superstore

1 South Quay, Hayle Cornwall, TR27 4EP

Telephone number: 01872 248615

Opening times:

Mon – Sat 7am – 11pm

Sun 10am – 4pm

Can't wait to come back!

Save 10% off your next holiday

Praa Sands is the perfect place in both winter and summer. Book your next holiday before you leave and get 10% off the brochure price of your chosen lodge type.

Call into reception to arrange your next stay with us whatever the time of year.

We look forward to welcoming you back again soon.

If you enjoyed your stay please spread the word - just search Praa Sands Holiday Park, Cornwall on TripAdvisor to leave us a review.

If something about your stay was less than satisfactory, please email **info@praa-sands.co.uk** which will go directly to the General Manager.

Why not visit another of our parks for your next break? See all our options throughout the UK at **www.haulfrynholidays.co.uk/our-parks**

On behalf of all of The Praa Sands Team have a pleasant journey home and we look forward to seeing you again very soon.