



# Trevanion House HOLIDAYS



## Holiday Guide

Trevanion House Holidays has a superb reputation for its supported holidays for adults with a learning disability.

**A holiday for all seasons!**



## Where you will be staying

Trevanion House, based in Wadebridge, in picturesque North Cornwall, offers en-suite full board hotel standard accommodation. Activities are planned on arrival and staff accompany guests on our own transport.

Phone us to make your holiday booking and discuss any individual care requirements and we will send you everything that you need.

We are open all year so choose to visit us anytime. Spring through to Autumn there is so much to do and see. Our winter programme makes sure that you experience the best of Cornwall. So whenever you come Cornwall and Trevanion House make the perfect package.

### Your Holiday - Your Choice!

You may choose to join in with our full evening entertainment programme - activities include Bingo, Karaoke, the Trevanion Quiz Night or a dance at the Disco! You can relax and watch television in one of our comfortable lounges or in your room.

## A Holiday at Trevanion

Holidays usually start on a Thursday. If you are travelling by coach, train or plane, we are able to meet you and bring you to Trevanion House (by prior arrangement). Here you will be welcomed with a hot drink and a homemade cake or biscuit before being taken through registration.

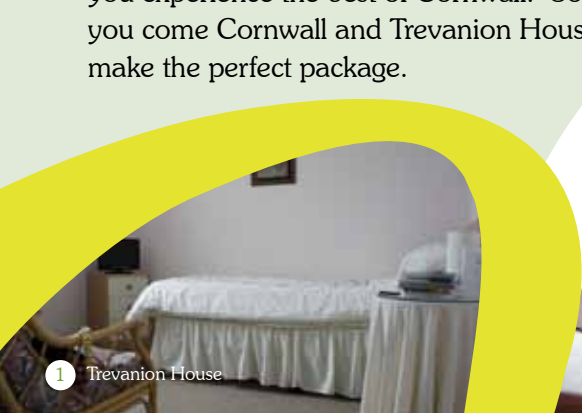
This is a time to check through your details, give us any medication with which we maybe supporting you and any money that you would like banked. For guests not using our bank service a deposit of £20 will be requested at check in. This is to cover purchases such as drinks from the bar, souvenirs and items from Cafe Trevanion.

Our friendly staff can help you to unpack if needed. We will show you around the hotel and introduce you to other guests.



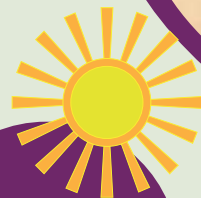
*Dinner is normally at 6.30pm each evening. We try to make this a very special experience. Our chefs can cater for dietary needs if you let us know in advance. Our bar licence offers you the chance to purchase drinks of your choice.*

*Most days you will enjoy a picnic lunch whilst out. This is your chance to try a real Cornish pasty or a sandwich of your choice*



On your first night, you and all the other guests have a meeting to decide where you want to go and what you want to do. A plan is drawn up for the first three days. Our 'state of the art' visual presentation will help you to make choices.

Each day you will be taken out to places planned during your meeting. You may have chosen to visit the Cornish Cyder Farm or the National Seal Sanctuary at Gweek! Whatever the day's activity, there is always time for a spot of shopping and more often than not a cup of tea - you may even indulge in a Cornish Cream Tea!



## Summer

Guests are normally out from 10am - 5pm.



*Visit the Royal Cornwall Show - Cornwall's biggest agricultural show, held in June each year. Book early as this is always a popular trip and fills very quickly.*



## Spring

Guests are normally out from 10.30am - 4.30pm



# Things you can do on your holiday

It is beautiful in Cornwall during the Spring. Fresh and bright, it is still quiet before the main summer season. This is an ideal time to visit if you are looking for a quieter holiday but still would like to enjoy the beauty of Cornwall.

Cornwall is renowned for its beautiful gardens, especially during spring time. Some gardens that you may like to visit could be the Lost Gardens of Heligan or the Eden Project.



From early Summer Cornwall attracts more tourists and all attractions are now open. Holidays during this time of year normally involve longer days out at your chosen destination.

*Lots of places have animals to see. One particular favourite is Paradise Park where you can watch the penguins being fed or find yourself hand feeding the Lorikeets pots of honey.*





Visit one of Cornwall's many sun drenched, sandy beaches and enjoy a cooling ice cream as you paddle along at the water's edge.



Late Summer and Autumn is still action packed in Cornwall. A full diary of events include Summer Regattas, Steam Rallies, Folk Festivals and even the Circus! Other popular trips include...



*National Trust properties are fantastic places to visit. In Cornwall we have quite a number to choose from.*



Flambards is a theme park with lots to do, a fantastic place to visit with something for everyone. Experience those white-knuckle rides or have a quiet, interesting walk through the Victorian village or you could try your hand in the experimental area and play a tune on the stepping keyboard!

Take advantage of our long summer days with an evening picnic at the beach or on the moors and watch as the sun sets over the horizon.



A ride on a steam train along the branch lines of the Bodmin and Wenford Railway is a chance to go back in time. Travel was much grander and there was always time to call at the Station Buffet especially one that sells delicious cakes!



*Alternatively you can take a gamble and go on one of our Mystery Tours - a chance to explore the Cornish countryside and legends.*



*Ten pin bowling is a great way to have fun during the day or in an evening. Those skittles just will not fall down!*



## Autumn

Guests are normally out from 10.30am - 4.30pm.

Heading into Autumn why not try our Haunted Halloween break and join us as we visit some of Cornwall's most haunted attractions...

Bodmin Jail - Used to be the home of the Crown Jewels and the Domesday Book in wartime. Bodmin Jail is reputed to be one of the most haunted places in Britain!

Jamaica Inn on Bodmin Moor - Was a smugglers' haven as they crossed our county from North to South.

Early November sees us visiting the world famous Bridgwater Carnival, the largest light carnival in Europe!

November and December see the grand opening of the Cornish Christmas Markets and the ice rink at the Eden Project. During December you may choose to visit the switch-on of the Christmas lights and take part in some late night Christmas shopping.

## Winter

Guests are normally out from 10.45am - 4pm.

All eyes then look forward to our winter and especially our Christmas holidays. Many of our guests enjoy the opportunity to visit Trevanion House for Christmas and New Year. It is a chance to celebrate in a fine traditional manner, often with friends made on other holidays.

As well as the fortnight Christmas and New Year holiday, we offer separate weeks with different programmes including many of the seasonal festive activities.

## Winter & Christmas Holidays

There is a Special Christmas brochure which will be available early February. To request a brochure please call 01208 814903.



After a long winter it is always nice to get out and about and where better than on the moors in Cornwall or to be among the first to dip your toes into the sea during your visit to the beach.





## Other details you need to know

We ask that you arrive at Trevanion House after 3.00pm when staff will be here to greet you. Arrival by 5.30pm means that you will have time to settle into your room before the evening meal. On departure days we ask that guests leave before 11.00am.

If you are not able to make travel arrangements to fit into these times, we can offer day care services (for which we will make a charge) to look after you if you are arriving early or leaving late.

*It is very helpful if you can let us know in advance whether this day care will be needed. If so, you will need to tell us if an invoice should be sent to your holiday organiser, otherwise we will assume that you will settle the account yourself during your visit.*



## Notes for visitors

**Laundry Service:** We do not normally do your laundry but if you find that you need to have some clothes washed we can do this, adding a charge to your guest account.

**Drinks:** You can make yourself tea and coffee at any time or help yourself to chilled mineral water, free of charge. The hotel has a residential licence which means you can purchase alcoholic or soft drinks at any time. Your account is settled on your final day.

**Towels:** Towels are provided in your room, but you will need to bring your own towel for visiting the beach or swimming pool.

**Smoking:** Trevanion House operates a no smoking policy. Smokers are catered for in our garden area. Smoking is not permitted in our transport.

**Meals:** All your meals are provided, from the first evening to your final breakfast. If you need a packed lunch for your journey home we can provide this. A small charge is made.



*It is a good idea to bring a waterproof coat or anorak in case it rains! You should also bring comfortable shoes or trainers, especially if you want to walk on the cliffs and beaches or in the countryside.*





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**Directions**  
By Car: - You will receive detailed instructions on how to get to us. If coming by Train, Coach or Plane... Guests can be collected by prior arrangement from the train station at Bodmin Parkway, from the coach stop in Wadebridge, or the airport at Newquay. Check with us before booking your tickets