

Useful Information

BANKS & BUILDING SOCIETIES

ALLIANCE & LEICESTER

Launceston: Tel: (01566) 776473 Mon-Fri. 9.00am-4.00pm (Tue 10.00am) Sat. 9.00am-12.00pm
Cash Point: Link

BARCLAYS

Tel: 08457 555555

Bodmin, Bude, Launceston & Wadebridge

Mon-Fri. 9.30am- 4.30pm
Wed. 10.00am-4.30pm
Cash Point: Link

Camelford & Padstow

Mon-Fri. 9.30am -3.30pm
Wed. 10.00am-3.30pm
Cash Point: Link

BRITANNIA

Bude: Tel: (01288) 355555
Mon-Fri. 9.30am - 5.00pm
Tues. 10.00am - 5.00pm
Sat. 9.00am - 12.00pm
Cash Point: No

HBOS

Bodmin: Tel: (01208) 265990
Mon-Fri. 9.00am - 5.00pm
Wed. 9.30am - 5.00pm
Sat. 9.00am - 12.00pm
Cash Point: Link

Bude: Tel: (01288) 352661
Mon, Tue & Fri. 9.00am - 5.00pm
Wed & Thur. 9.30am - 5.00pm
Sat. 9.45am - 12.00pm
Cash Point: No

Launceston: Tel: (01566) 766901
Mon-Fri. 9.00am - 5.00pm
Wed. 9.30am - 5.00pm
Sat. 9.00am - 12.00pm
Cash Point: Link

LLOYDS TSB

Bodmin, Bude: Tel: (0845) 3000 000
Mon-Fri. 9.00am - 1.00pm.
Weds. 10.00am - 1.00pm
Cash Point: Yes

Camelford: Tel: (0845) 3000 000
Mon-Fri. 9.00am- 1.00pm
Wed. 10.00am - 1.00pm
Cash Point: No

Launceston, Wadebridge: Tel: (0845) 3000 000 Mon-Fri. 9.00am - 5.00pm
Wed. 10.00am - 5.00pm
Cash Point: Yes

Padstow: Tel: (0845) 3000 000
Mon-Fri. 9.30am - 3.30pm
Wed. 10.00am-3.30pm
Cash Point: Yes

H.S.B.C.

Bodmin, Launceston, Wadebridge:
Tel: (08457) 404404
Mon-Fri. 9.30am - 4.30pm
Cash Point: Link

Padstow: Tel: (08457) 404404
Mon, Wed & Fri. 9.30am - 3.00pm
Cash Point: Link

NAT WEST

Bodmin, Bude, Launceston and Wadebridge: Tel: (0845) 6101234
Mon-Fri. 9.00am-4.30pm
Wed. 9.30am - 4.30pm
Cash Point: Yes

Camelford: Tel: (0845) 6101234
Mon-Fri. 10.00am - 2.00pm
Cash Point: Yes

NATWEST MOBILE BANK

Every Thursday

Rock - Playing Fields
10.45 - 11.15am

Port Isaac - Cornwall Council Carpark
11.45am - 12.30pm

Tintagel - Cornwall Council Carpark
13.30 - 14.00pm

Bosccastle - Cornwall Council Carpark
14.15 - 15.00pm

POST OFFICE SERVICES

Remember that your local **POST OFFICE** offers the following services:

Buy and sell currency and travellers cheques, cash personal cheques and ATM Services (free of charge) for Alliance & Leicester, Smile, Cahoot, Barclays, Co-op, Lloyds TSB, Nationwide, HBOS and Post Office Card Accounts.

DOCTOR SURGERIES

BODMIN CARNEWATER PRACTICE
Tel: (01208) 269988

BOSCASTLE THE BOTTREUX SURGERY
Tel: (01840) 250209 or
Fax: (01840) 250666

Bude Neetside Surgery
Tel: 08448 151358

BUDE MEDICAL CENTRE, STRATTON
Tel: (01288) 352133

CAMELFORD MEDICAL CENTRE
Tel: (01840) 213894 or 213893

DELABOLE SURGERY
Tel: (01840) 213229

PADSTOW MEDICAL CENTRE
Tel: (01841) 532346

PORT ISAAC SURGERY
Tel: (01208) 880222

ROCK SURGERY
Tel: (01208) 862545

St.KEW SURGERY
Tel: (01208) 880222

St. MERRYIN SURGERY
Tel: (01841) 520394

TINTAGEL MEDICAL CENTRE
Tel: (01840) 770214

WADEBRIDGE BRIDGE MEDICAL CENTRE Tel: (01208) 812342

WADEBRIDGE & CAMEL ESTUARY PRACTICE Tel: (01208) 812222

MINOR INJURY UNITS
(minor injuries only)

BODMIN HOSPITAL, Bodmin 8am - 10pm Tel: (01208) 251577

BUDE & STRATTON HOSPITAL, Bude 24hr. Tel: (01288) 287713

LAUNCESTON HOSPITAL, Launceston 8am - 10pm Tel: (01566) 765653

NHS DIRECT
Tel: (0845) 4647

DENTAL HELPLINE
Tel: (01872) 354375

INFORMATION PHONE LINES

WEATHERCALL (Devon and Cornwall)
Tel: 09014722054

SURFLINE (Hayle Bay):
Tel: (01208) 862162

SURFLINE BUDE (Zuma Jays)
Tel: (01288) 354956

BIRD LINE
Tel: 09068884500

LOCAL NEWSPAPERS

These papers give up to date information on events and news. (NB. This is not a comprehensive list.)

THE CORNISH GUARDIAN (Weekly)
Covers the whole area.

THE NORTH CORNWALL ADVERTISER (Monthly)
Mainly covering Padstow, Wadebridge and Bude.

CAMELFORD & DELABOLE POST (Weekly)
Camelford, Delabole, Tintagel, Bosccastle and Launceston.

WESTERN MORNING NEWS (Daily)
covers the South West.

BUDE AND STRATTON POST (Weekly)

CORNISH AND DEVON (Weekly)

PLACES OF HISTORIC INTEREST OPEN TO THE PUBLIC

Lanhydrock House, Bodmin.
Tel: (01208) 265950.

A National Trust property, superbly set in wooded parkland and encircled by a garden of rare shrubs and trees, it is lovely in all seasons.

House open: 28th Feb - 31st March, 11am - 5pm. 1st April - 30th Sept, 11am - 5.30pm. 1st Oct - 1st Nov, 11am - 5pm. Closed Monday except Bank Holiday and August.

Gardens: Open all year 10am - 6pm
Shop & Refreshments: Open daily, 11am - 4pm. Reduced hours Dec & Jan.

Gift Aid Admission: Adults £10.40, Children £5.20, Family (2A + up to 3C) £26.00, Family (1 adult) £15.60
Garden & Grounds only: Adults: £5.90, Child £2.95

Reduced rates when arriving by public transport or cycle & for groups.

PRIDEAUX PLACE, Padstow.
Tel: (01841) 532411

16th Century Elizabethan mansion house.

Open: 10th May - 8th Oct, Sun - Thurs

House Tours: 1.30pm - 4.00pm

Grounds & tearooms: 12.30 - 5.00pm

Admission: House: Adults £7.50, Children £2. Special rates for groups.

Grounds: Adult £2.00 Child £1.00

Groups by appointment all year.

PENCARROW HOUSE, Washaway,
Bodmin. Tel: (01208) 841369

Georgian mansion house, licensed tea

rooms and craft shop

Open: House: 5th April - 30th Sept

Sunday - Thursday, 11am-5pm

Gardens: Daily, 1st March - 31st Oct,

9.30am - 5.30pm

(Last tour 4pm)

Admission: House & Gardens: Adults

£8.50, Children £4.00

Garden only: Adults £4.00, Children

£1.00

THE OLD POST OFFICE, Tintagel.
Tel: (01840) 770024

14th Century building, National Trust.

Open: 15th March - 30th Sept, Daily

11am - 5.30pm. 1st Oct - 2nd Nov, Daily

11am - 4pm

Last admission 30min before closing.

Admission: Adults £3.00, Children £1.50

Families (2A + up to 3C) £7.50 Families

(1adult) £4.50 Groups 10+ Adults £2.50.

National Trust Members Free.

TINTAGEL CASTLE, Tintagel.
Tel: (01840) 770328

Legendary birthplace of King Arthur, 13th

Century Castle and Island community.

English Heritage.

Open: Every day, 31st March - 30th Sept,

10am - 6pm. 1st - 31st Oct, 10am - 5pm.

1st Nov - 31st March, Daily, 10am - 4pm.

Closed 24th, 25th, 26th Dec & 1st Jan.

Admission: £11.50 Family, £4.60 Adult,

£3.70 Concessions, £2.30 Children.

Under 5/Members/OVP admission

free. Discount for groups.

KING ARTHUR'S GREAT HALLS,
Tintagel. Tel: (01840) 770526

Two large halls built in the 1920's,

the centre of a worldwide

fellowship of chivalry. Granite

throne, Round Table, stained glass

windows and the story of King

Arthur light show.

Open: Daily 10am - 5pm Summer,

11am - 3pm Winter.

Admission: Adults £3.50 Children

& Seniors £2.50, Family (2Ad & all

Ch) £10. Dogs, Wheelchairs and

cameras welcome.

MUSEUMS

The Castle Heritage Centre, Gallery & Restaurant - Bude.

Tel: (01288) 357300

Restaurant Tel: (01288) 350543.

Local history displays, art exhibitions & family activities.

Open: Daily.

Davidstow Airfield & Cornwall at War Museum

Near Dairy Crest Cheese Factory.

Tel: 07799 1949 18.

Open: 4th April - 7th Nov. 7 days July, Aug & Sept + school & Bank Holidays. Closed Mon / Tues other times. 10.00am - 5.00pm

North Cornwall Museum & Gallery
The Clease, Camelford

Tel: (01840) 212954. Visit this fascinating

privately owned museum and you will

discover what life was like a hundred

years ago and more. From lace bonnets

to a Stone Age axe there is something of

interest for all the family.

Open: 1st April - 30th Sept, Mon - Sat

10am - 5pm.

WONDER YEARS TOY EXPERIENCE

27 Queens Street, Bude.

Tel: (01288) 359979.

Leave the adult world behind in the time

machine to 1960's, 1970's and 1980's

childhood. Set over five display rooms,

please allow one hour per visit.

Open: All year.

BRADWORTHY TRANSPORT MUSEUM

Tel: (01409) 241597

New museum with over 70 rare, unusual

and precious vehicles on display, together

with a huge collection of memorabilia,

antique signs & machinery from bygone

times. Set in 100 acre natural setting near

Tamar Lakes.

Open: Daily

THE JOHN BETJEMAN CENTRE

Tel: (01208) 812392

The centre stands in the old building of the

Wadebridge Rail Station.

Open Mondays to Fridays 10.00 - 4.00

Free entrance. There is a memorabilia

room dedicated to Sir John displaying

items of interest. Visitors may also view

any one of a number of DVDs about him

and the working railway at Wadebridge

and Padstow.

DUKE OF CORNWALL LIGHT

INFANTRY MUSEUM

Tel: (01208) 72810

The museum of the County Regiment,

displaying uniforms, medals, weapons and

historical artefacts tracing over 300

years of History. Volunteer archivists

are available to assist with research.

Free parking.

Open: Monday - Friday 09:00 - 17:00 hrs

plus bank holiday Mondays.

Cost Adult £2.50.

PUBLIC TRANSPORT

A number of independent firms run regular

buses and coaches within the area.

Bus Timetables are available from the

Visitor Centres

For up to the minute details of times and

services phone:

TRAVEL LINE PUBLIC TRANSPORT INFO

Tel: (0870) 6082608

www.travelinesw.com

NATIONAL RAIL ENQUIRIES

Tel: (08457) 484950

FIRST WESTERN NATIONAL GENERAL

Mainly inland.

Tel: (01209) 719988

www.firstgroup.com

WESTERN GREYHOUND

Mainly coastal from Bude to Newquay.

Tel: (01637) 871871

www.westerngreyhound.com

TILLEY'S COACHES

Crackington - Launceston area.

Tel: (01840) 230244

HOOKEYWAYS JENNINGS

Bude, Morwenstow, Exeter & Barnstaple

areas. Tel: (01288)