



# PARK FOOT HOLIDAY PARK

ULLSWATER - LAKE DISTRICT

Dear Guests,

Hello and welcome to Swallow's Barn at Seat Farm!

We know that you are looking forward to your holiday and we hope that you have a lovely time with us.

Please take a few minutes to browse through this Holiday Information file – we think it will help you settle in and feel at home.

Should you experience any problems please visit or call Reception where our dedicated staff will do their best to help you.

Should you find anything missing or broken from your inventory (attached) please notify our Reception on the day of your arrival so that we can have the item replaced as soon as possible.

We know you will be eager to be in contact with the outside world and let everyone know you have arrived safely! The Wi-Fi connection details for your property can be found in this file.

We hope you enjoy your stay!

The Park Foot Team



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## History of Park Foot

Park Foot has a long established history within the community of Pooley Bridge and Lake Ullswater, dating back five generations to the late 1800's. Originally a working farmstead, the Allen family also ran a Bed and Breakfast, collection guests from Penrith railway station by horse and trap. During the war the B & B opened its doors to Belgian and French evacuees.

After the war life gradually returned to normal and Park Foot Mini-Market opened in the 1950's, offering a wide variety of products to holiday makers. Fresh milk was delivered to each camper by the local milkman who navigated the fields in his van.

In 1964 Park Foot closed its farming business to focus solely on tourism. Over the ensuing years Park Foot has grown and evolved and now offers holiday makers a wide selection of accommodation ranging from Camping and Caravanning fields, Holiday Homes and high quality Self-Catering cottages & houses which sleep between 4 and 10 people.

The Clubhouse is open seasonally. (see opening times enclosed). This is a large, recently renovated Clubhouse providing a restaurant and bar together with a new take away. The restaurant offers a wide variety of high quality home-made food, as does the take-away. Free entertainment, including children's discos and magic shows, as well as arcade games and pool tables, guarantee to keep the family cheerful on rainy days! During the summer school holidays the Clubhouse provides live entertainment and weekly events.

Outdoors, Park Foot has private access to Ullswater directly from one of our camping fields and there is a lovely lakeside foot path into Pooley Bridge. We offer a range of activities to ensure that our holiday makers' days are packed with fun and diversity. There are currently **two adventure playgrounds** for under and over 8's, a **children's outdoor activity club** during the summer season and daily **pony trekking** up onto the fells. A **tennis court**, **table tennis** facilities and a **multi games play area** are provided, and the more adventurous can **hire mountain bikes and e-bikes** from Reception.

The Allen family remain 100% committed to Park Foot, with three generations currently being involved in the development, management and running of the business.



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## Clubhouse

Our clubhouse is open for breakfast and evening meals every day, however in order to comply with social distancing measures it will now operate slightly differently to normal. It will be closed during the day time for cleaning.

All tables inside TJs bar and restaurant must be pre-booked online at <https://parkfootullswater.co.uk/tjs-restaurant/>, where you are able to choose a specific time and date. Tables can be booked for up to 5 people, as per government guidelines. There will also be an app coming soon to order food and drink to your table. Outdoor tables in the beer garden remain on a first come first served basis.

## Opening Times

Breakfasts run daily from 8.30-11am in the clubhouse.

The clubhouse will be closed during the day to allow for extra cleaning due to covid-19.

Restaurant is open for evening meals from 5-9pm, with the bar closing at 11pm.

The takeaway will be open from 12pm until 9pm.



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## **Play Areas**

We have two children's play areas on site: one for 2 – 8 year olds and the other for 8 years and upwards. We ask that your children are supervised at all times, to ensure social distancing is maintained.

## **Pony Trekking**

Park Foot Pony Trekking offers rides on the open fells, giving fabulous views overlooking Ullswater. To book, or for more information, call 017684 86696.

## **Mountain Bikes**

Electric and mountain bikes can be booked at reception. Hire prices for mountain bikes are £7 for a half day (4 hours) or £11 for a full day (8 hours). Electric bikes are £10 per hour, for a maximum of 4 hours. You must provide your own helmets, due to covid-19.

## **Tennis Courts and Multi-Games Area**

These are temporarily closed due to covid-19.

## **Table Tennis**

Table tennis is still available for use; however you must provide your own equipment.

## **Activity Centre**

Unfortunately, due to covid-19, the adventure and activity centre will not be open this summer.



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## Emergency Information

Our **FIRST AID** station is located at **RECEPTION**. Please call 017684 86309 for assistance. Out of office hours visit the A & E in Penrith (details below).

**FIRE:** Call 999, and then our emergency out of hours number: 017684 86309

Penrith has a small **A & E department**, situated at Penrith hospital on Bridge Lane CA11 8HX

**EMERGENCIES** such as accidents, severe chest pain, breathlessness, collapse or trauma call 999

**C.H.O.C.** (Cumbria Health on Call) can be contacted if you need urgent medical advice or care outside surgery hours: Call 111. Alternatively the out of hours doctor can be contacted on 0300 024 7247.

**Emergency unit at Carlisle:** 01228 603900

You will find **Pharmacies** at Booths, Sainsbury's, Morrisons, Joseph Cowper on King Street and Well Penrith in Middlegate, (All Penrith).

**Local G.P.** - Birkbeck Medical Group, Bridge Lane, Penrith CA11 8HW. 01768 214620

For **DENTAL emergencies** out of hours you can call North Cumbria CCG on 01228 603900  
For other non-urgent dental care, local practices are:

Stricklandgate Dental Practice, 32 Stricklandgate, CA11 7NH 01768 865744

Ghyllmount Dental Practice, Hobson Court, Gillan Way, CA11 9GQ 01768 862291

My Dentist, Gloucester Yard, CA11 7DE 01768 895068



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## **No Smoking policy**

Please note that all of our holiday houses have a “No Smoking” policy in force and we ask that you respect this.

## **HEATING AND HOT WATER**

The heating and hot water at **Swallows Cottage, Seat Farm**, is run from an oil-fired system. The heating on the ground floor is under-floor heating. There are various thermostats throughout the property for you to use.

## **Refuse**

Refuse bins are available outside of the property.

There is a **re-cycling centre** opposite the Clubhouse.



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## **Wi-Fi Information**

Unfortunately, due to Band width, Wi-Fi is limited and therefore the system cannot cope with downloading movies, streaming, T.V. catch-up services etc.

Please note that it is ONLY for internet surfing and emails.

Connection details for our houses are as follows:

Swallows Barn, Seat Farm 'Seat Farm W-Fi', then enter your details.



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A selection of Local Restaurants and places to eat.

Our own Clubhouse offers an excellent range of home-made meals (see menu supplied) and we have a new take-away located on the left hand side of reception.

Other local suggestions are:

1863 Bar Bistro, Pooley Bridge	017684 86334
Granny Dowbekins Tea Rooms, Pooley Bridge	017684 86453
The Sun Inn, Pooley Bridge	017684 86205
The Pooley Bridge Inn	017684 86215
Treetops Cafe, Pooley Bridge	017684 86267
The Crown Inn, Pooley Bridge	017684 25869
Queens Head, Tirril	01768 863219
Queens Head, Askham	01931 212350

A good range of eateries including Italian, Indian and Chinese can be found in Penrith.



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## Shopping

We have an excellent well-equipped shop on site, located opposite Reception.

Should you require larger supermarkets & Foodhalls you will find a good range in Penrith town:

Sainsburys – 1 Common Garden Square, CA11 7FG

M & S Food Hall, 20-27 King Street, CA11 7AG

Cranstons Food Hall, Ullswater Road Ca11 7EH

Morrisons, Brunswick Road CA11 7JU

Booths, Brunswick Road, CA11 7JU

Aldi, Cavendish Way, CA11 7GS

Rheged Food Hall, Redhills, CA11 0DQ

## Filling Stations

The nearest filling stations are at the Gulf station in Tirril, on the B5320, and the Esso station at Rheged, on the A6, both within a few minutes' drive from Park Foot. Other stations can be found in Penrith.



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## Things to Do

**Electric & Mountain Bike Hire, Park Foot.** (Book through reception)

(Suggested routes – 1) Roehead to Stone Circle to Howtown and back – about two hours.

2) Road and Fells over Celleron to Helton and back. 3) By Fell to Roe Head, approx. 2 hours.

There are many, many more rides, both on and off road, around the area, of various length and difficulty.

**Ullswater Steamers** – Why not **walk** and **ride** around the lake? for instance, catch the steamer at Pooley Bridge and sail to Howtown, then walk along the footpath home to Park Foot. Currently, you cannot catch the steamer from Howtown, you can only disembark there.

**Bus Rides.** The 508 Bus Route between Penrith and Windermere picks up in Pooley Bridge, outside the Crown Inn. **Why not try an Open-Top Bus Ride?**

**Local Walks from Park Foot** - see our website for suggestions.

**Rheged** – will not be open until early Autumn.

**Golf Driving Range, Redhills**

Scenic **Golf Course** at Penrith. Others nearby at Appleby and Keswick.

**Lowther Castle & Gardens** – Walk through these reclaimed Victoria gardens (child and dog friendly) and perhaps have a picnic. There is also a café here.

**Dalemain Mansion and historic gardens** – The gardens reopen on the 6<sup>th</sup> July, however the house and café remain closed for the foreseeable.



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## Bus Timetables

The 508 bus route between Penrith and Windermere picks up in Pooley Bridge right outside of the Crown Inn.

Why not try an open-top bus ride around the lakes?

**Daily**

	<b>Penrith rail station</b>	0615	0920	1020	1120	1220	1320	1420	1520	1620	1735
	<b>Penrith bus station stand 1</b>	0651	0932	1032	1132	1232	1332	1432	1532	1632	1745
	<b>Eamont Bridge</b>	0659	0940	1040	1140	1240	1340	1440	1540	1640	1753
	<b>Yanwath Cottages</b>	0701	0942	1042	1142	1242	1342	1442	1542	1642	1755
	<b>Tirril</b>	0703	0944	1044	1144	1244	1344	1444	1544	1644	1757
	<b>Pooley Bridge Crown Hotel</b>	0709	0950	1050	1150	1250	1350	1450	1550	1650	1803
	<b>Gowbarrow Cottages</b>	0716	0957	1057	1157	1257	1357	1457	1557	1657	1810
	<b>Park Brow (Aira Force)</b>	0723	1004	1104	1204	1304	1404	1504	1604	1704	1817
	<b>Glenridding Greenside Road</b>	0730	1011	1111	1211	1311	1411	1511	1611	1711	1828
	<b>Patterdale Hotel</b>	0735	1016	1116	1216	1316	1416	1516	1616	1716	1833
	<b>Brotherswater</b>		1023		1223		1423		1623		1840
	<b>Kirkstone Pass Inn</b>		1036		1236		1436		1636		1853
	<b>Troutbeck</b>		1045		1245		1445		1645		1902
	<b>Bowness Pier</b>		1059		1259		1459		1659		1916
	<b>Windermere rail station</b>		1109		1309		1509		1709		1927
	<b>Ings</b>										1932
	<b>Kendal Sandes Avenue</b>										1944



From Sept 2019 this route may be affected by road works - check online for details.

<b>Kitchen</b>	Welcome Pack / Hamper
	Washing up bowl
	Washing up liquid
	Kitchen cleaning cream
	Multicleaning Spray
	Hand Soap Bar
	Fridge
	Freezer
	Ice Cube Trays
	Dishwasher
	Dishwasher Tablets (at least 1 per day)
	Washing machine
	Washing machine tablets (a couple)
	Microwave
	Kitchen Roll
	Kettle
	Toaster
	Chopping Boards
	Kitchen knives set
	Kitchen Scissors
	Potato peeler
	Potato Masher
	Tin opener
	Whisk
	Wooden Spoons
	Spatula
	Oven gloves
	Hand Towels for kitchen and cloakroom
	1 x tea towels
	Dish cloth & scouring pad
	Kitchen swing-top bin
	Fire extinguisher / blanket
	Vacuum Cleaner

Tongs
Cork Screw
Salt & Pepper pots
6 x Egg Cups
6 x saucepans & lids
1 large frying pan
1 small frying pan
Measuring jug
Weighing Scales
Colander
Sieve
Cheese Grater
Tea Tray
Large Place mats
Coasters
Oven dishes (Pyrex or similar) x 2
Vegetable Dishes x 2
6 x Dinner Plates
6 x Side Plates
6 x Cereal Bowls
6 x Soup Bowls
Cafetiere
6 x Coffee Mugs
Tea pot
6 x Tea Cups
6 x Matching Saucers
Butter dish
Milk Jug
Water Jug
6 x Wine Glasses
6 x Water Glasses
6 x Champagne flutes
FULL set of MATCHING cutlery

Dustpan & Brush
Long handled Broom
Cutting Board
Bread Tin

<b>DOGS ALLOWED</b>	Dog bowl
<b>DOGS ALLOWED</b>	dog towel
<b>LIVING/DINING areas</b>	Chairs and settees
	Cushions & covers
	Standard Lamp
	T.V.
	T.V. Unit
	DVD player
	DVDs (particularly kids)
	Coffee table (s)
	Coasters
	Internet / Wi-fi Info
	Dining Table
	Table mats and coasters
	Dining Chairs

Mattress protector
Duvet (s)
2 x pillows for each person
Pillow protectors
Bed side tables
Bedside Lamp(s)
WOODEN coat hangers
Hair dryer (1 x per property)
Small bins
Toilet Brush & Holder
Toilet Cleaner
1 x toilet roll per toilet
Shower/bath mat
Small bins
Bath Towels