



Dear Guests,

Hello and welcome to Swallows Barn

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.

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



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.

TJ's Bar and restaurant is open all year round (closed January). This is a large, recently renovated restaurant and bar together with a takeaway. The restaurant offers a wide variety of high-quality home-made food, as does the takeaway.

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 is one **adventure playground** for under and over 8's and one Ninja park. There is also **pony trekking** up onto the fells and paddleboarding/ activities down at the lake. **Table tennis** facilities and a multi **games play area** are provided and the more adventurous can **hire mountain 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.



TJ's Bar & Restaurant

Menu's and opening times can be found here;
<https://parkfootullswater.co.uk/tjs-restaurant/>,

There are two pool tables in TJs.

We also have two beer gardens .



Play Areas

We have two children's play areas including our Ninja playground. We ask that your children are supervised at all times.

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

Mountain bikes can be booked at reception. Hire prices for mountain bikes are £25 for a half day (4 hours) or £35 for a full day (8 hours).

Multi-Games Area

Please bring your own equipment.

Table Tennis

Table tennis racquets can be hired from reception.

Activity Centre

Ullswater wake and surf (down at our lake access)

<https://wakeandsurf.co.uk/>



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



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 systems for Swallows barn is run from gas-fired system. The property has its own thermostat per room and the temperature can be adjusted by turning this up or down. We suggest that a temperature of between 15 and 20 degrees should keep you comfortable.

Refuse

Silver refuse bins are available in the courtyard where Swallows Barn is at Seat Farm.

Otherwise, silver refuse bins are available at Park Foot opposite TJ's Bar & restaurant along with the re-cycling centre.



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:

Password: parkfoot



Eating

Our own TJ's Bar and Restaurant offers an excellent range of home-made meals, and we have a 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 Pooley Bridge Inn	017684 86215
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.



Shopping

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

Should you require larger supermarkets & Food halls 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.



Things to Do

Mountain Bike Hire, Park Foot. (Book at 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.

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

Golf Driving Range, Redhills

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