



Tree Meadow Trout Fishery

The fishery consists of two lakes – 3 acres and 1 acre – which are spring fed and give the lakes a quality of water clarity not often seen in this part of the country. Both lakes carry a good head of fish, stocking on an “as and when needed” basis, but there are never less than 120 fish per acre. Rainbows and Browns are stocked in both lakes. **For bookings and information telephone John Hodge at the Fishery 01736 850899.**

Climbing in Cornwall

Cornish Sea Cliff courses take place amongst some of the finest coastal scenery the world has to offer. The rock quality is generally immaculate, the locations sensational and the holiday atmosphere really helps to make a great course. In addition to learning to climb, the course is useful for anyone wanting to learn about the specific problems associated with sea cliff climbing. Many of the crags we use are of the very finest granite - rough, secure and with striking natural lines. Climbs vary from single pitch gems at accessible crags such as Sennen, to high quality multi pitch climbs such as Land’s End Long Climb or Commando Ridge at Bosigran. **For further details contact John White on 07970 138591 info@mountainguides.co.uk or visit www.mountainguides.co.uk**

Cycling

Cornwall offers families a great way to enjoy the local area with a variety of cycling routes. Cycle past majestic cliffs and Atlantic breakers, quiet country lanes which meander through picturesque villages and ancient harbours with distinctive flora and fauna, along the way. **Local Cycle routes/maps can be obtained from hotel Reception or please contact Bissoe tramways cycle hire on 01872 870341 for information on hiring bicycles**

Camel Valley – Vineyard

Tasting wines and seeing how they are made is great fun at Camel Valley. Guided tours take place at 2.30pm between April and September. You will be shown around the vineyard and the winery, seeing how their grapes are transformed into award winning wines and have the opportunity to taste. Camel Valley offer a variety of tours, **please contact the vineyard on 01208 77959 info@camelvalley.com or visit www.camelvalley.com**

Horse Riding

Bosvathick Riding Stables, a friendly family run yard, offers riding for all. Whether you are young or old, looking for a relaxing pastime or just want to improve your riding technique, they can provide the training you need in a safe and comfortable environment. Set on a 92 acre farm, Bosvathick has 50 horses and ponies, 30 of which are owned and are used for lessons and escorted hacking. They have a selection of horses and ponies for all ages and abilities of rider. Lessons are held in our purpose-built arena, taught by BHS qualified staff. Alternatively, you may ride out with experienced and friendly escorts, along fields, lanes and woodland. **For further information please call 01326 340367 or email bosvathick@aol.com**

Spiezia Organics – Made for Life

We are based in one of the most beautiful parts of the country in Cornwall. Tucked away in a barn on the organic Gear Farm we are part of a small co-operative group, with a farm shop on site selling delicious organic food including organic pasties.

Our doors are open should you ever be in the area and want to visit us to see how and why we make our products in the way we do. Our opening hours are Monday – Friday 9.00 – 5.30.

EVENTS 2010

There are many events taking place in the local area.

June

10th – 12th Royal Cornwall Show, Wadebridge

Details: 01208 812183

19th – 27th Polperro Festival

Details: 01503 272604

20th Helston Motor Show,

Plus stalls and entertainment.

26th Maze Day (part of Golowan Festival)

July

12th Stithians Show

Details: Mrs Y Toms 01209 861073

17th Camborne Show

Details: 01209 717691

25th Cornish Dragon Boat Challenge, Falmouth

Details: 07811 493956

28th RNAS Culdrose Air Day, Helston

Details: 01326 574121 (ext 2460/1)

August

1st – 15th Cornwall Wildlife Trust National Marine Week

7th Port Navas Regatta

Details: 01326 340065

7th – 14th Falmouth Regatta Week

Details: 01326 211555

7th Falmouth Marching Carnival

Details: 01326 312300

15th – 21st Fowey Regatta

Details: 01726 833616

20th – 22nd West of England Steam Rally

Details: 07729 816888

23rd Newlyn Fish Festival

Details: 01736 363499

27th – 30th Wadebridge Folk Festival

Details: www.folkweekend.co.uk

September

11th – 25th St Ives September Festival

Details: 01736 796297

26th – 3rd Oct Budock Vean Golf Competition Week

Details: 01326 252100

October

3rd Mawnan Fun Run

Details: 01326 252114

3rd – 9th Budock Vean Residents Golf Week

Details: 01326 252100

13th – 17th Lowender Peran Festival

14th – 17th Falmouth Oyster Festival

Details: 01872 224367

31st – 4th Nov Budock Vean Bridge and Golf Weekends

Details: 01326 252100

November

5th – 7th Budock Vean Gourmet Weekend

Details: 01326 252100

7th – 9th Budock Vean Crossword Week

Details: 01326 252100

8th – 13th Camborne Music Festival

21st – 26th Budock Vean Bridge and Golf Week

Details: 01326 252100

December

3rd – 5th Budock Vean Gourmet Weekend

Details: 01326 252100

10th Budock Vean Christmas Party Night

Details: 01326 252100

17th Budock Vean Christmas Party Night

Details: 01326 252100

18th Mousehole Christmas lights switch on



BUDOCK VEAN

THE HOTEL ON THE RIVER



ACTIVITY HOLIDAYS 2010



RESERVATIONS TEL: 01326 252100

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Nr Helford Passage, Mawnan Smith, Falmouth, Cornwall TR11 5LG
Reservations Tel: 01326 252100 Email: reservations@budockvean.co.uk
www.budockvean.co.uk



BUDOCK VEAN ACTIVITIES

A unique combination of outdoor and sports activities combined with a selection of more relaxing events and the opportunity to sample local home-produced goods and wares.

WE CAN ARRANGE FOR YOU TO ENJOY VARIOUS ACTIVITIES BY PRIOR ARRANGEMENT

Activities based at Budock Vean

Hotel River Trips aboard the “HannahMolly”

Explore the Helford River aboard the hotel's own river boat, the HannahMolly, on one of our two hour skippered river trips, subject to tide and weather. Why not charter the boat for fishing trips or a day out to a secluded cove on the Helford with a picnic. Please contact hotel Reception to book your river trip.

Helford River Trips and Days out on the River by Ferry

When the tide's in, all you need to do is pick up the telephone in the Foreshore Lounge and Reception will arrange for Helford River Boats to come and pick you up from our own private jetty. From here, you can cross the river to Helford village and the beautiful Frenchman's Creek or simply go to the Ferry Boat Inn, where you can hire your own sailing dinghy or motorboat. Reception can provide more information about timetables and prices.

Golf

Budock Vean has a spectacular parkland golf course, playable throughout the year such is the equanimity of the climate in this most southerly part of the British Isles. During the summer months we are able to offer golf lessons for adults and children. Please contact the hotel Reception for more details.

Residents' Golf Competitions

These friendly golf competitions (usually a nine-hole Texas Scramble or Stableford) are organised by Tony Ramsden, our Golf Manager, every Tuesday and Friday. They provide guests with the ideal opportunity to relax and enjoy meeting fellow golfers on the course and afterwards in the Bar.

Tennis

The hotel has two all weather tennis courts and tennis rackets and balls are available for hire. **Contact the hotel Reception for more details.**

Croquet Lawn

The hotel has its own Croquet lawn and we can provide all the equipment and instructions required.

Laser Clay Pigeon Shooting and Archery

These activities are held weekly at the hotel. Laser Clay Pigeon Shooting uses de-activated 12-bore shotguns and a conventional clay launcher. This system avoids the recoil and excessive noise and each shot and successful 'hits' are transmitted to a control module and electronic scoreboard so both players and spectators can see who is the best shot! (£15 for 100 shots). Please contact hotel Reception for more information.

Gardens

Within walking distance are two beautiful natural Cornish Gardens; Glendurgan and Trebah. Tickets are available at Reception. Weekly guided walks around the gardens at Budock Vean with our Head Gardener are also available to all guests. Please contact hotel Reception for more information.

Guided walks

Scenic tours by car and guided walks. Monday to Friday, all year round. Paul is your resident pianist and a professional guide providing light hearted, informative and entertaining scenic tours and short walks five days a week in his new 8 seater VW Caravelle.

Scenic Tour: Sit back and relax in comfort as we chauffeur you around the hidden jewels of the Lizard Peninsula and Helford River. 9.30am to 4.30pm. We often explore the sites we visit. *Two walks and scenic tour:* for the more active, two walks (up to three miles each) plus a scenic tour of the Lizard and Helford River. 9.30am to 4.30pm. £30 per person. Booking essential as space is limited. **Pre book at reception or ring Paul and Ceri at walkitcornwall 0771 408 4644 or 01209 860186.**

Activities based in the local area

Dolphin and Whale watching – Orca Sea Safaris

The Helford river has an abundance of wildlife, including plants, marine mammals and birdlife. Heading out to sea, some of the most exciting marine species can be seen, including Grey Atlantic seals, Bottlenose dolphins and Minke whales. Orca Sea Safaris provide all the waterproofs you need but you would need to bring your wellies. **For more information call: 01326 214928 or visit www.kingharryscornwall.co.uk.**

Scuba Diving – Kennack Diving

Dive here in Cornwall and immerse yourself in the unique atmosphere of the Lizard Peninsula, mainland Britain's most southerly point. Its warm clear GulfStream fed waters and fantastic climate make this Cornwall scuba diving adventure unique whether you are taking your PADI open water course, already a qualified diver or a complete beginner. Prolific marine life including dolphin, basking shark, seals, along with spectacular reefs and wrecks make for a fantastic diving adventure. **If you would like any information on courses, equipment hire or dives available then please contact the school on 07816 903260 or visit www.kennackdiving.co.uk**

Sea Kayaking Cornwall

Cliffs, sandy beaches and the wildlife are just some of the many reasons to sea kayak in Cornwall. Based near the historic town of Falmouth they offer sea kayak courses and instruction to all levels of kayaker. The majestic Atlantic Ocean with beautiful sandy beaches and stunning cliffs provides us a natural playground for sea kayaking. The owners of Sea Kayaking Cornwall, Jeff Allen and Simon Osborne, are both incredibly experienced and enthusiastic about kayaking and keen to show people what captivates them so much. They are both BCU qualified to the highest personal proficiency and leadership and have over 15yrs of coaching experience to offer. **For further information contact info@seakayakingcornwall.com Mobile 07768 382010 or visit www.seakayakingcornwall.com**

Mylor Sailing School

For families with children aged seven and over, the school can put together a complete family package centered around sailing, but leaving you with plenty of leisure time to enjoy the local beaches and other attractions. They realise that each family will have different requirements, so just contact their office with details of numbers, age and experience, and they can prepare a programme to suit all. Also on offer are long courses for adults and young sailors during holiday periods. These run Monday through to Friday. **For more information on courses, availability and pricing call: 01326 377633 or email info@mylorsailingschool.co.uk or visit website www.mylorsailingschool.co.uk**

Surfing Lessons

Surfing is every bit as much fun as it looks and the true Cornish experience is not complete without riding the waves! Falmouth surf school provides the experience, expertise and enthusiasm to ensure that you and your family have the time of your life. Their fully qualified staff will get you cruising on clean Atlantic waves, feeling the rush that only surfing can bring. Transport is provided to wherever the best waves are and all equipment including wetsuits. Falmouth Surf School's coaches are all BSA qualified. **For more information call 01326 212144 or email info@falmouthsurfschool.co.uk or visit website www.falmouthsurfschool.co.uk**

Sailaday – Richard Lannowe Hall

Physis (Greek meaning, life force), is a 33 foot central cockpit, Westerly ketch. Part day skipper charters leave Falmouth Visitors Pontoon at 10am and return at 4pm (longer days are negotiable). For safety and comfort numbers are restricted to a maximum of four. A lunch, soft and hot drinks are included in the price. **Please contact Richard Lannowe on 01736 759129 or 07810 648925 or hall51@btinternet.com or visit website www.sailaday.co.uk**

Sailaway at St Anthony & Helford Village

Explore the Helford river – hire motorboats and sailing dinghies from Sailaway at St Anthony & Helford point. Diesel launches suitable for larger families or fishing further out in Falmouth bay and outboard motorboats better for upper reaches or for lazing in one of the coves. Sailors will enjoy Drascombe longboat, cruisers, wayfarers, lasers and toppers popular with teenagers. **Contact on 01326 231357 or email info@stanthony.co.uk website www.stanthony.co.uk**

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