

BUDOCK VEAN

THE HOTEL ON THE RIVER



Sporty Family Fun at BV this Summer

Here is your handy guide to family friendly sporting activities right here on site at Budock Vean. There's plenty to choose from on land and sea and family friendly coaching options if you fancy polishing up your skills while you are on holiday.

Whether you're trying something for the first time or using your holiday time to up your skills and game play, give our coaches a call and get booked in during your stay, there are options for all ages and all levels of experience.

Golf

Whether you're totally new to golf, have tried your hand at pitch and putt or have had a few rounds but the years have passed by as work and family life take centre stage, come and give it a go. Our resident golf pros Tony and Chris are on hand for some expert tuition. Give them a call to chat through what you need and they can let you know costs. As a guide a 45 minute session is £35.

BOOK: golf@budockvean.co.uk or call 01326 252102

Tennis

No summer sports programme would be complete without tennis. We are extra lucky to have not one but 2 tennis coaches in our team ... just as well because they're all super busy over the summer. Des and Will can help take your game to the next level or get you and yours started on their tennis journey. As a guide a 1 hour session with Des, a LTA Level 5 coach, is £60.

BOOK: Falmouthtenniscompany@gmail.com or call 07941572115 Will: accesstennis@hotmail.com or call 07989 777594

Swimming

Len Hatcher is a bit of a swimming legend round these parts! Hundreds of local children and adults have learnt to swim with Len, so if you need a bit of a boost with your backstroke, some flying tips for your freestyle or some baby steps for a first time swimmer he's your man. Last year, Len successfully ran swimming sessions from our foreshore and also has plenty of experience coaching those looking to take up wild or open water swimming for the first time.

BOOK: lenswim@hotmail.co.uk or call 01326 378437

Kayaking

Our team down at the hotel's foreshore run kayaking adventures every day except Sunday or if the tide is out all day (which can happen!). Armed with life jackets and paddles you'll set off with a guide to explore the beautiful coves, nooks and crannies of the Helford River with plenty of wildlife and fun along the way.

BOOK: <https://widget.eola.co/qf3dw/activities/the-helford-kayak-adventure>

Stand-up Paddleboarding

Our kayaking team also run paddleboarding adventures. Perhaps more challenging than kayaking, the paddleboards demand beautiful balance as you travel around from the hotels foreshore. It's a great experience and a wonderful way to get close to the river.

BOOK: <https://widget.eola.co/qf3dw/activities/the-helford-sup-adventure>

Croquet

Never had a go? Talk to our team at Reception who can point you in the direction of the kit and give you the instructions so you can try your hand at this beautiful lawn game that stems all the way back to 1856.

Tutorial: <https://www.youtube.com/watch?v=aYoDnafoyQo>

Personal Training

If you're looking to be put through your paces or want to keep up your training while you're on holiday with us we've got just the right person up our sleeve. Locally based PT Emily Trewin is no stranger to outdoor training and runs several bootcamp classes in and around the local area. You can either drop her a line for a session at the hotel or, space allowing, join one of the classes that are taking place.

BOOK: emilytrewin.personaltrainer@gmail.com

Sailing

Why not make this the year you give sailing a go. The Children's Sailing Trust offer a range of courses for adults and children, including in the school holidays, plus improver sailing and bespoke tuition that help improve skills and confidence. Learn to sail on the Helford River as part of a holiday to remember.

BOOK: <https://childrenssailingtrust.org.uk/helford-river/sailing/bespoke-tuition/>