

# Guest Information

Below is some information about the Lodge and its' equipment - we hope you find this useful.

## Parking

Please park in the designated space next to your lodge. We would appreciate it if you would not park on the grass.

## Keys

You will have been advised of the code at the time of booking or on arrival. Please lock your key in the safe when leaving - lost keys carry a charge of £10

## Check-In / Check-Out

Check-in is 5pm and check-out is 9am on your day of departure. This is due to the extra cleaning required to ensure the guests safety.

## Smoking / Burning of Candles

Smoking is STRICTLY forbidden in any lodge. If there is evidence of guests having smoked we will charge £250 for a deep clean. This also applies to the burning of candles. We have Hoseasons support in this and they will pursue the monies. We appreciate your co-operation in adhering to this rule for your own safety and for the comfort of incoming guests.

## Heating and Hot Water

Please do not touch the boilers. The lodges have room thermostats that you can adjust accordingly. Please contact us if you need any help with this. Please respect the environment by not leaving the heating on if not needed, or when you go out for the day. The lodges only drop 1 or 2 degrees during the day.

## Lights

Similarly to heating and hot water. Please do not leave unnecessary lighting when you are not in the lodge.

## Lodge Equipment

If you have any problems please call the duty warden. Cleaning materials can be found under the sink

## Rubbish Collection and Recycling

Please put all rubbish in the black bin - our wardens will recycle on your behalf. The nearest local recycling site is in Grange-over-Sands should you need to recycle anything large.

## Logs

Logs are available to purchase from Stewart Barber (our groundsman) 07867 312631. Or alternatively Lancasters or Spar in Grange-over-Sands and many local shops & petrol stations.

## Accidents

We appreciate that accidents happen. However, we would be really grateful if you would inform us or leave a note if you do have one. This is to enable us to rectify things prior to the next guests arriving. NB: If a glass breaks in the dishwasher PLEASE try to remove all the broken glass safely, OR do not use it again until we have removed it for you. We have had several instances where pieces of broken glass have not been removed and have ended up in the water pump. This results in an engineering call, but most importantly means the next guests cannot use the dishwasher until the glass is removed.

## Fire Safety

All lodges are fitted with smoke and carbon monoxide alarms. A fire extinguisher or fire blanket can be found in the kitchen. In the event of a fire please vacate the lodge immediately and call 999 to report the fire. Please also inform the warden. For insurance and fire safety purpose, only guests stated at the time of booking are permitted to stop overnight in the lodge.

## Dog Friendly Lodges Only

Please ensure dogs are kept on a lead at all times. For the comfort and hygiene of other guests, pets are STRICTLY not allowed in bedrooms or on the furniture. We appreciate your help in ensuring our furnishings are kept in good condition for other guests who may stay in this lodge without pets. Under no circumstances should your pet be left alone in the lodge.

## Hot Tub Maintenance

The hot tubs are checked daily. It will be necessary for us to check your hot tub during your stay in the lodge. On changeover days (Monday /Friday), the hot tub will be emptied from 8am. If you wish to use it on the day of departure, please let us know. We apologise in advance for any disturbance or disruption this may cause.

## Left Items

We are more than happy to return left/lost items to guests. However, there is minimum charge of £10 to return an item. This is to cover retrieval of the item, packaging, travel to the post office to mail and any postal charges. Payment is required before we post



If you have any general enquiries or non urgent maintenance issues, you can contact our duty warden between these times on **07585 973536** or via [meadowsendlodges@gmail.com](mailto:meadowsendlodges@gmail.com)

# Local Information

## Public Houses (All serve food)

**The Commodore**  
Grange Over Sands – 2 miles

**Cavendish Arms**  
Cartmel – ¾ mile

**Pig and Whistle**  
Cartmel – ½ mile

**The Priory Hotel**  
Cartmel - ¾ mile

**The Pheasant Inn**  
(LA11 7RQ) – Allithwaite – 1 mile

**The Rose and Crown Cark**  
(LA11 7NU) – 1 mile

## Nearest Shops

**Cockles**  
Cartmel (LA11 7NY) – ½ mile

**Spar**  
Grange-over-Sands (LA11 6BA) – 2 miles

**Co-op**  
Grange-over-Sands (LA11 7EY) – 2 miles

**Asda**  
Kendal (LA9 7JA) – 15 miles

**Morrisons**  
Kendal (LA9 6DU) – 17 miles

**Tesco Express**  
Grange-over-Sands (LA11 7EY) – 2 miles

## Cafes/Bistros/Restaurants

### Cafes/Bistros

**Butterfingers**  
Grange-over-Sands

**Cartmel Coffee**  
Cartmel

**Cartmel Village Shop**  
(home of the famous sticky toffee pudding)

**The Hazelmere**  
Grange-over-Sands

**Thyme Out**  
Grange-over-Sands

**At Home**  
Grange-over-Sands

### Restaurants

**L'enclume**  
Cartmel

**Rogan's**  
Cartmel

**Uplands Hotel**  
Cartmel

**The Estuary**  
Grange Over Sands

## Take – Aways

**Chilli-Red (Chinese)**  
015395 36000

**Akhi (Indian)**  
015395 36583

**Amber court (Chinese)**  
015395 35830

**Charcoal Grill (pizzas, kebabs)**  
015395 38853

**Fish over Chips**  
015395 32277

## Tourist Information Office

**Main St, Grange-over-Sands**  
015395 34026

## Swimming Pools

**Grange Hotel**  
Grange Over Sands LA11 6EJ  
charge per day for leisure use

**Whitewater Hotel**  
Newby Bridge LA12 8PX - charge per day  
for leisure use

**Kendal Leisure Centre**  
Kendal LA9 7HX

**Ulverston Leisure Centre**  
Ulverston LA12 9HT

## Petrol Stations

**BP**  
A590 6 miles (towards Kendal)

**Texaco**  
A590 6 miles (towards Ulverston)

## Main Shopping Areas

**Kendal** – 15 miles

**Ulverston** – 15 miles

**Barrow-in-Furness** – 25 miles

**Lancaster** – 25 miles

## Doctors / Hospitals

**Cartmel Surgery**  
(LA11 6PH) 015395 36366

**Nutwood Surgery**  
(LA11 6EG) – 015395 32108 or  
015395 33018

**Westmorland General Hospital**  
(LA9 7RG) - 01539 732288

**Furness General –**  
Barrow-in-Furness (LA14 4LF)  
01229 870870

## Dentist

**Grange Dental Practice**  
(LA11 6ED) – 015395 34554

## Vet

**Archway Veterinary Practice**  
(LA11 6LU) – 015395 32669

## Local Attractions

**Holker Hall and Gardens**  
(LA11 7PL) – <https://www.holker.co.uk/>  
015395 58328

**Lakeland Motor Museum, Backbarrow**  
(LA11 8TA) – <https://www.holker.co.uk/>  
015395 30400

**Haverthwaite and Lakeside Railway**  
(LA12 8AL) – <https://www.lakesiderailway.co.uk/> 015395 31338

**Grizedale Forest (Bike Hire /GoApe Centre)** (LA22 0QJ)  
<https://www.forestryengland.uk/grizedale>  
0845 643 9215

**Lakes Aquarium**  
<https://lakesaquarium.co.uk/>  
015395 30153

**South Lakeland Zoo**  
<https://www.southlakessafarizoo.com/> -  
LA12 0LU  
01229 466086

**Windermere Boat Museum**  
LA23 1BN  
<https://windermerejetty.org/>  
01539 637940

**Windermere Lake Cruises**  
(Bowness, Windermere, Lakeside)  
<https://www.windermere-lakecruises.co.uk/>  
015394 43360

## Taxis

**Cartmel Cars**  
07888 915734

**A Star Taxis**  
015395 58360 /07805 862658

**Economical Taxis**  
015395 58901

**Tony's Taxis**  
07884 463092

**Trevor**  
015395 58950



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# IMPORTANT PLEASE READ

## Hot Tub – Rules and Guidelines for your own Safety

- DO NOT use the hot tub if – you have open wounds or have suffered from diarrhoea or vomiting in the past 14 days.
- Seek medical advice PRIOR to using the hot tub if – you are pregnant, suffer from heart or circulation problems, have a skin condition, suffer a suppressed immune system, are subject to fits or are taking medication for the nervous or cardiovascular system.
- Children under the age of 16 should not use the hot tub unsupervised. It is advised that children under the age of 8 should not use the hot tub. Children should not spend longer than 7½ minutes in the hot tub without a break to cool down.
- SHOWER AND REMOVE COSMETICS – before using the hot tub.
- Children should be encouraged to use the toilet before using the hot tub.
- Keep long hair tied up or contained within a swim cap or similar.
- It is recommended that contact lens are removed before using the hot tub.
- It is recommended that the hot tub is not used after a heavy meal or alcohol.
- It is recommended that continuous emersion in the hot tub be limited to 15 minutes before taking a break to cool down.
- Use of the hot tub implies the acceptance of the below. It should be noted if misuse of the hot tub by the guests causes the need for it to be completely changed and chlorinated then there will be a charge of £25.00 payable to the park before it can be cleaned.
- Avoid putting your face or head under the water.
- Avoid swallowing the water.
- Do not alter the temperature of the water – it is pre-set to 38 degrees centigrade and becomes hazardous above this level.



- Do not attempt to turn off the electricity supply to the tub.
- ALWAYS replace the cover after use to maintain the temperature and avoid wind-blown debris entering the water.
- We recommend that the removal or replacement of the hot tub cover should not be carried out alone.



Flip the cover over the metal bar exposing half of the hot tub



Push up on the metal bar to lift the second half of the cover



Reverse the process to close the hot tub cover

- Please be aware that wet or icy decking maybe be slippery.
- Hot Tubs must not be used between 12am (midnight) and 8am
- Bubble bath, shower gel and essential oils should NOT be added to the water.
- The following are prohibited IN and AROUND the hot tub:
  - ✗ Food and drink including alcohol.
  - ✗ Smoking.
  - ✗ Glass containers of any kind.
  - ✗ Electrical equipment.
  - ✗ Diving or Jumping into the tub.
- If blood, vomit, excreta or glass, food or debris of any other type is present contact the DUTY WARDEN on 07585 973536 IMMEDIATELY.