

# Guest Information

We hope you enjoy your stay at Meadows End. 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 Out

Check-out is 9am on your day of departure.

## BBQ's

Please do not use BBQ's on the wooden decking or on the grass. We have provided 2 breeze blocks outside on the slate for you to put the BBQ on. Please do not move the blocks.

## 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. All 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.

## Domestic Appliances

If you have any problems, please call the duty warden. An ironing board, vacuum, mop and bucket etc can be found in the coat cupboard. Cleaning materials can be found under the sink.

## TV's & DVD

Although some of our newer TV's are smart TV's, our wifi system is not generally strong enough to support streaming services such as Netflix etc. We supply a DVD player and we hold a small selection of DVD's please contact us if you wish to borrow some.

## Rubbish Collection and Recycling

Please put glass bottles in a separate bag and all other rubbish in the black bins. The nearest local recycling site is in Grange-over-Sands should you need to recycle anything large. All bins are emptied every Monday and Friday.

## Logs

Logs are available to purchase from Stewart Barber (our groundsman) 07867 312631, If you wish to order logs to use join your stay from Stewart we advise you do so on arrival. Or alternatively Lancasters, Spar in Grange Over Sands or Londis in Cark. Many local shops & petrol stations also sell logs and kindling

## 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.

## Pets (*Romney, Teesdale, Vendeen, Ryeland 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

It will be necessary for us to check your hot tub during your stay in the lodge we carry this out daily between 7am and 7pm. On changeover days (Monday /Friday), the hot tub will be emptied from 8am. 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 plus the cost of posting to return an item. This is to cover retrieval of the item, packaging, travel to the post office and any postal charges. Payment is required before we post items back. Left items will be held for 2 weeks before being disposed of.



We have a warden on site 24 hours a day. Our wardens normal working hours are 9am till 7pm. 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** If an emergency arises out of normal working hours, please call the duty phone immediately.

# Local Information

## Our Top 10 Recommended Local Eating Places

- Hampsfell House Hotel**  
Grange Over Sands "Fish Friday deal", Sunday Roasts, Afternoon Tea etc 015395 32567
- Keg & Kitchen**  
Grange Over Sands - pizzas, burgers etc. 015395 83003
- At Home Cafe & Bistro**  
Grange Over Sands 015395 34400
- Clare House Hotel**  
Grange Over Sands 015395 33026
- Cartmel Coffee**  
Cartmel – sandwiches, yummy homemade cakes 015395 35353
- Caramel Square**  
Cartmel - yummy breakfast and cakes 0777 044449
- Cartmel food shed**  
Cartmel - take away sandwiches, cakes etc. 07900 805585
- Thyme Out**  
Grange Over Sands - 15395 34079
- Uplands Inn Cartmel**  
Cartmel - 015395 36848
- The Pheasant Inn**  
Allithwaite – 015395 32239

## 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

### Procters Butchers

Grange Over Sands (LA11 7HF) – 2 miles

## 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

## 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

### Grizdale Forest (Bike Hire /GoApe Centre) (LA22 0QJ)

<https://www.forestryengland.uk/grizedale>

0845 643 9215

### Lakes Aquarium

<https://lakesaquarium.co.uk/>  
015395 30153

### Safari 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. We advise you not to wear jewellery as the chlorine in the water can damage the items. It is recommended that contact lens are removed before using the hot tub.
- 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 swallowing the water or putting your face or head under the water.
- DO NOT sit, stand or place items on the hot tub lids.



- 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.



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

- We recommend that the removal or replacement of the hot tub cover should not be carried out alone.
- Please be aware that wet or icy decking maybe be slippery.
- Hot Tubs MUST NOT be used between 11.30pm and 7am
- 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.

**We provide plastic glasses to be used in and around the hot tub area.**

- If blood, vomit, excreta or glass, food or debris of any other type is present contact the DUTY WARDEN on 07585 973536 IMMEDIATELY.