

Welcome to
**RETALLACK
RESORT & SPA**

The following information has been provided by Retallack Resort, and is correct as of January 2017.

Some of the facilities and services may be seasonal, please check with reception and they will be happy to advise what is available to you during your stay.

THE GREEN ROOM RESTAURANT

Bringing the taste of Cornwall to your plate

From long lazy family lunches to romantic evenings for two sharing spoonfuls and bubbly, let us take you on a journey from the fields of Cornwall to your fork. Pop in for a great steak raised just fields away, relax over classic Cornish fish and chips whilst watching the action on the FlowRider or laze away the afternoon over Sunday lunch. Bring the kids, bring the dog or just hideaway with a book and a glass of wine.

We believe our food is only as good as our ingredients allow us to be, so we make sure we source the best local produce, from growing edible flowers to picking the best seafood from the fishing fleets of Newlyn, our passion for food is shown on every plate.

Opening Hours

Breakfast: 9am – 12pm

Lunch: Monday – Saturday 12pm – 2.30pm

Dinner: Monday – Saturday 5pm – 8.30pm

Sunday Lunch: 12pm – 3pm

Sunday Dinner: 5pm – 8pm

Sandwiches served from 12pm – 5pm Monday – Saturday

Freshly baked pizzas are available every day from 12pm – 9pm



DRIFTWOOD LOUNGE

Sink into deep squishy sofas, relax with a coffee, let the little ones play and tuck into freshly baked pizzas

Let the little ones loose in the Driftwood Lounge, there is plenty of space for everyone. Toys to play with, a starlit nook filled with comfy cushions and a Playstation. Grown ups can sit back in huge sofas and relax over coffee and one of our famous chocolate brownies, use the free WiFi or indulge in a glass of wine or two.

We also offer delicious stone baked pizzas. Combining crispy hand stretched bases with delicious toppings and using only the finest local ingredients you can sit back and enjoy them in the Driftwood Lounge or order them to takeaway and cosy up in your lodge.

LOCAL BEACHES

Cornwall has a beach to suit everyone and Retallack Resort is within easy reach of some of the best.

From long stretches of golden sandy beaches to sheltered estuaries, hidden coves and rugged headlands, the Cornish coast is breathtakingly beautiful. For family friendly beaches, there are countless options within close proximity of the resort; Harlyn's sheltered bay makes it an unbeatable location for a range of watersports: from surfing and sea kayaking to the growing craze of stand up paddleboarding. Backed by sand dunes and surrounded by low cliffs, Treyarnon is a lovely family bay and even boasts its own natural swimming pool. Adjacent to Treyarnon is Constantine – a stunning long sandy beach, popular with both surfers and walkers and perfect for rock-pooling. Also nearby is Daymer Bay, one of the jewels in North Cornwall's crown.

LOCAL ATTRACTIONS

Things to do and see near Retallack Resort and Spa.

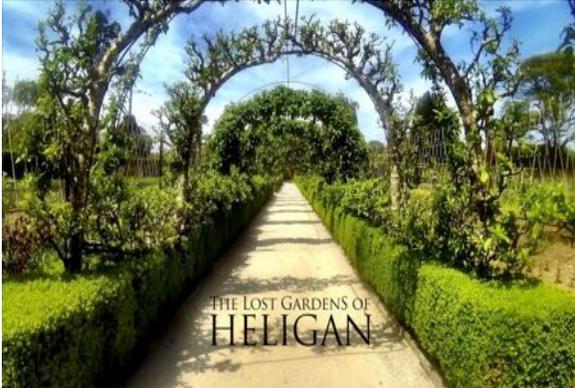
Retallack Resort and Spa provides you with luxury 5* accommodation and is the perfect place to explore the very best of what Cornwall has to offer. Beautiful beaches and magnificent coastline notwithstanding, there is plenty to do in Cornwall and, at Retallack Resort, nowhere is very far away. See the amazing and world renowned Lost Gardens of Heligan, experience the wonders of the Eden Project and explore the largest indoor rainforest in the world or immerse yourself in mystery by visiting Tintagel Castle, said to be the birth place of King Arthur.

If you love wildlife and enjoy animal encounters, then Newquay Zoo and the Blue Reef Aquarium are musts as is the Cornish Birds of Prey centre which is right on our doorstep! A fun family day out can also be found at Dairyland, near Newquay. Right on our doorstep is Cornwall's Crealy Great Adventure Park – perfect for families with youngsters of all ages, whatever the weather. Children will also love Lappa Valley Steam Railway, The Bodmin and Wenford Steam Railway is just the ticket too!



Tintagel Castle

Lost Gardens of Heligan



Eden Project



Lappa Valley Railway

Crealey Adventure Park

CORNWALL'S
full steam ahead for... **BIG**

LVR

LIVE STEAM EVERY DAY!

LITTLE RAILWAY

With three different railways to travel and a whole valley of fun to explore, you're in for a **Big Day Out**.

Open: Easter to Late October (contact us for details)
We are signposted from A10, A3075 & A3058
St Newlyn East, Newquay Cornwall TR8 5LX

01872 510317
www.lappavalley.co.uk



RETREAT SPA

A haven of relaxation where you'll discover an absence of stress and an abundance of time

Make time for you. Slip into a warm robe, close your eyes and let your senses drift away as our expert therapists take you on a journey from feeling frazzled, to fantastic. From freshening facials to mind melting massages, twinkly toes to nifty nails, we have treatments to pamper, primp and preen. Whether you have a quick 30 minutes away from the kids or an indulgent afternoon off, our therapists will weave their magic for you.



FITNESS CLASSES

Feel good and have fun at one of our fitness classes run by professional instructors who will help you reach your goals

With so many classes to choose from every week you'll never get bored, but you will get fit, toned and feeling good. From hard core classes like Boot Camp and Spinning to zenning out in a Yoga class or having fun with the little ones in the pool, we have something for all ages and fitness levels.

After an invigorating swim, immerse yourself in our Scandinavian Sauna and mood lit Eucalyptus Steam room, an enchanting place to relax and unwind.



Alternatively, if running is your thing, we've mapped out a brilliant 5k run route around the resort which takes in some fabulous views of the countryside and lakes.

RETALLACK AQUA PARK



This huge inflatable Aqua Park has a giant trampoline, climbing wall, slides, blast bag and challenging balance beam. Race your friends around the course, try and beat the obstacles and hurl yourself into the water - more watery fun than you could dream of.

Wetsuits, buoyancy aids and lifeguards will be provided for a warm, safe and fun experience. The Aqua Park will be open to anyone over the age of 8. Under 11's need adult supervision in the water!

WAKE BOARDS & BEACH

Hit the lake and carve up the waves on our lake. Learn to wakeboard as our instructors show you some easy tricks and jumps to learn.

RETALLACK
**WAKE
PARK**
CORNWALL



Retallack Beach

Feel the sand between your toes just steps from your lodge at Retallack Beach. Space for little ones to play and while the big ones catch some sun, play beach volleyball and table tennis, enjoy a drink or a chilled out lunch from the Fish Bar.



FLOWRIDER

Now you can surf the perfect wave every day of the year on Cornwall's only FlowRider.

FlowRider brings the waves to you. Combining the experience of surfing, snowboarding and skateboarding, this is the coolest new sport around. By generating a sheet of water no more than 3 inches deep, the FlowRider's waves are safe and easy to ride, giving you and the little ones a chance to learn to surf in totally safe surroundings. Our instructors will have you standing up in no time and riding the waves like a pro.



Farm Shop

Our farm shop is just across from the Reception building and is packed full of local produce and all the essentials. Pick up all your need for a picnic and head to the beach.

Tennis

Teach the little ones or challenge a partner to a fast paced game. Our two tennis courts are free for guests, with equipment hire at £1.50 per racket and £4 for balls.

Fishing

Whether it's catching a tiddler with the kids to hooking a big one, fishing is fun for all the family. Lessons are available by emailing fishing@retallackresort.com



Golf

Our 8 hole golf course gives you the chance to improve your swing on holiday. £2.50 per person including the hire of 2 clubs and balls.



