



The MARINERS

Welcome to The Mariners Guest House

Guest Information

*James and Marie Kay would like to give you a warm welcome
to the Mariners Guest House
which prides itself of being 4 star appointed.*





Welcome to The Mariners Guest House

Guest Information

We hope you will enjoy your stay in Plymouth and we will endeavour to give you an informative and enjoyable stay with us. We can help with sightseeing, shopping trails, information on excursions and places of interests as well as advice on the brilliant selection of good quality restaurants that are available within walking distance and in the surrounding area

If you require any assistance please ring the bell on the ground floor outside Room 1, ring or the guest house landline 01752 261778

Your key fob has a room key and also keys for the front door of the guest house, giving access at all times but please remember to hand the keys in on departure. The front door locks on closure when you leave the building, if you are nipping out, even just to the car, please carry your front door key with you.

Parking is on street parking opposite our building or on the left next to the park. Parking is payable on the machine with cash or it is possible to download the app and payment is taken on your phone the app will also remind you when your parking is due to run out and give you the option to extend for further hours. We can also sell you a 24 hour parking permit for a small fee these run from 10am to 10 am

As you expect, there is **no smoking** throughout the entirety of the guest house.

Ironing facilities are available outside room 4

Our check out time is 10.00am

Our breakfast is served on weekdays from 7.30 am to 8.30 am and at weekends 7.45am to 9.00 am.

Please help yourself to fruit juice and cereals and then you can choose from our delicious full English breakfast or vegetarian breakfast cooked to your preferences. Please don't be afraid to talk to us about any dietary requirements, we will do our best to meet your needs.

Please enjoy our complementary wifi, the wifi password is – barbican



The guest house is perfectly placed within the historic city of Plymouth. The Hoe and Barbican are within ease of walking, the Hoe sea front is left out the guest house at the end of Pier Street. You can enjoy the stunning views of Plymouth sound.

The Barbican is a walk down from the Hoe sea front. Here you enjoy quaint bijoux shops and lovely independent eateries and bars.

The city centre is within easy walking distance and takes about 10 minutes to the city centre where there is a large selection of high street shops and a shopping mall at the top of the city centre. We have a helpful map to guide you on the surrounding area.

Public Transport - The number 25 bus runs from West Hoe Road. At about 5 minutes past and 25 minutes to the hour which take you into the city centre

Need a taxi– To the city centre is approximately £4.50, please ask and we will order you one. The reliable local taxi firm can be contacted on 01752 222222 if you wish to book a taxi yourself.

Doctor – There is a doctor surgery immediately across the small car park in front of the Guest House at the corner of the junction. Telephone 01752 660105

Dentist – The Dental Access Centre 0845 1558070, the is appointment service

Chemist – A chemist shop is 600 yards across the car park to junction turn right 200 yards on your right hand side.

Newspapers and closet corner shop- Out of the building and turn right, at junction turn left up to junction turn right 300 yards on the right on West Hoe Road, where you will find a local shop



The Mariners Guest House Breakfast

Fruit Juice
Cereals & Yoghurt

Fresh fruit

Grapefruit Segments

Porridge

-0-

Full English Breakfast

Bacon, Sausage, Egg, Tomato, Mushrooms

Baked Beans

-0-

Vegetarian Full English Breakfast

Vegetarian sausage, egg, tomato, mushrooms

baked beans

-0-

Egg Options

Fried, scrambled, poached, boiled

-0-

Tea, Coffee, Earl Grey, selection of fruit or herbal teas, hot chocolate

(de-caffinated available)

Pain Au Chocolate

White or Brown toast and a selection of

Marmalades and Jams Peanut Butter and a selection of Honey

Breakfast is now by arrangement speak to James or Marie



Attractions in the Local Area

There are many different attractions and places to go in Plymouth and the surrounding area. We have selected some of the most popular

The National Marine Aquarium- The closest you can get to real sharks and sea-life without getting wet!

The Barbican- A small but very popular fishing harbour with shops, restaurants, public houses and much more. There's also the old fishing docks and yachting marina. This is where the Pilgrim Fathers sailed to America from the Mayflower steps. The Barbican is within walking distance from the guest house. **Plymouth Gin** factory and tour is worth a visit

Smeaton's Tower- This is the third and most notable Eddystone Lighthouse. It is marked a major step forward in the design of the lighthouse. In use until 1877, it was dismantled and rebuilt on Plymouth Hoe where it now stands as a memorial to the Civil Engineer and Designer John Smeaton.

Plymouth Hoe- Best known for being the place where Sir Francis Drake in 1588, played bowls, before sailing out with the English Fleet to engage with the Spanish Armada. There are superb views across Plymouth Sound. The Eddystone lighthouse can be seen on a clear day, 3 miles out. Drake's Island guards the entrance to the River Tamar and the Royal Citadel sits on the Eastern side of the Hoe.

Tinside Pool- An original Lido, is situated on the front of the Hoe and is open in the summer months for open air swimming and sunbathing.

The Elizabethan House- 32 New Street, The Barbican. This is truly a step back in time! This 16th century house is set with the original carved oak features and period furniture. Open April-September.

The Merchants House- 33 St Andrews Street. Tucked away in the heart of the city, this is a hidden gem indeed! Experience a Victorian school room, an old fashioned chemist shop and memoirs of the Plymouth Blitz. Open April-September



Places to go out of Plymouth

Dartmoor National Park – A stunning land of heather and moss and beautiful views, ancient stone circles. Particularly nice locations are Burrator, Cadover Bridge, Postbridge and the stannary town of Tavistock with its lovely shops and tea houses. Not forgetting Princetown, which has the famous Dartmoor prison, small rivers wind down to the sea from here such as the river Dart which goes on to Dartmouth and into the sea. And not forgetting the wild Dartmoor ponies that can be found all over Dartmoor. We happy to assist you with planning your trip to Dartmoor to make the most of it and guiding your understanding of Dartmoor's own unique micro climate! Dartmoor Zoo is an enjoyable day out especially with the new lions and feeding time is spectacular worth a visit

Looe and Polperro– Across the Tamar Bridge from Plymouth into Cornwall about 10 miles lies a pretty little fishing village and sandy beach. A daily train service to Looe is available from Plymouth in the summer season. A very popular visit, a popular visit is to pair it with Polperro – a mall pretty fishing village in the next bay over from Looe, cobbled streets where smugglers used to land their rum and other goods, nice pubs and restaurants, well worth a visit.

Dartmouth - 15 miles up the coast lies a picture post card village with lots of sailing yachts and boats in the harbour. It is also the home of the Royal Naval College where young officers do there training. Two small car ferries run across the river dart to Kingswear taking you onwards to Brixham, Paignton, and Torquay.



Kindsands and Cawsand- Lovely, quaint fishing villages that you can drive to via the Tamar bridge, or a local ferry by Plymouth Boating can be caught from the Mayflower steps on the Barbican.

Totnes- Along from Dartmouth, this Glastonbury style ancient town, with alternative shops and farm and organic produce, along the river from here is the Sharpham estate where you can enjoy a local vineyard.

Devon and Cornwall have a stunning choice of country houses and gardens to enjoy.

Some of particular interest are-

Saltram House and Gardens-A National Trust property in Plympton, Plymouth, an exquisite Georgian property that hosted Royal visitors with stunning gardens and walks.

Cotehele House - A National Trust property, Tudor in origin, on the river Tamar. A water taxi from Plymouth can be used to travel there to extend your day, or it can be reached by vehicle over the Tamar Bridge. Further water taxi's leave from Cotehele Quay and travel up to Calstock and Morwellam Quay, another historic part of Devon and Cornwall, rich in mining history. Cotehele grounds and gardens are open dawn till dusk, the quay hosts The Edgecombe Tea Room. A beautiful area on the boundary of Devon and Cornwall to explore.



A little further on, are The Lost Gardens of Heligan in Pentewan, St Austell. You are able to explore the stunning gardens that were lost during the world wars and how they have been unearthed and brought back to life.

Lanhydrock House, A National Trust property and a masterpiece housing in Bodmin, Cornwall with fantastic gardens.

For the Poldark fans, The historic port and set of Poldark-Georgetown is situated in Cornwall

For Doc Martin fans Port Isaac is a must a sleepy village with superb views and coastal walks .

The Eden Project @ Bodelva Par PL24 2SG is a bit further a field but worth a visit consisting of two biomes with diverse climates and plants it is located 2Km from St Blazey why not explore the largest indoor rainforest in the world.

There are some lovely coastal train journeys Looe Estuary is particularly beautiful and has a wide selection of birds

There is a further selection of leaflets and guide books in the breakfast room all we ask is that the books are returned so future guests can also enjoy them



Entertainment and Eating

The Theatre Royal is at the end of the royal parade and hosts many top shows and plays, surrounded by restaurants that offer pre theatre meal deals.

Plymouth Pavilions – A music venue where top pop groups perform their acts, along with an Ice Rink. Currently not open

Barbican Theatre – Local productions, performing arts and comedy nights, an independent small theatre. Currently not open

Cinemas – The VUE is a multi screenplex also mega bowl in the Warner village, with a host of eateries, ABC cinema – situated in the middle of town Currently not open

Live music [Currently not available](#)

- Barbican Jazz Café – Barbican
- Kitty O’Hanlons– St Andrews Street
- The Cider Press – Barbican
- The Three Crowns – Barbican

Recommended Restaurants please check before booking

- The Fig Tree @36 an every occasion restaurant 36 Admiralty Street PL1 3RU 253247
- Salumi, a short work out of the guest house, 18 Milbay Road, 01752 267538
- The Dock -King Point Marina, Millbay
- Platters Restaurant a fresh fish experience 12 the Barbican 227262
- Wet Wok Restaurant - 75 Hoe Rd 664456 (takeaway available)
- Quay 33 in the Barbican 229345
- Pasta Pizza – Italian on the Barbican,
- The Boat House Commercial Wharf PL1 2NX 600560
- Fish and chips – There are two or three good fish shops Platters comes highly recommended in the Barbican Village also in the next street across from Guest House there is an excellent fish and chip shop.



The Royal William Yard

The Guest house is in close proximity to The Royal William yard, an historic viticuling yard which has been renovated into apartments and a host of wonderful restaurants. An excellent place to explore history and to eat. It can be reached by taxi or car. It hosts a water taxi that can be caught from the Mayflower steps on the barbican. Some of these are still closed due to COVID 19

Restaurants are

- Las Iguanas
- Le Bistrot Pierre
- Le Vignoble-Wine Bar
- Prezzo Restaurant
- Seco Lounge
- Wagamama
- Royal William Bakery

And If You Only Want A Drink

The West Hoe - A friendly pub on West Hoe Road

The Three Crowns – A friendly pub in the heart of the Barbican.

Barbican Jazz Café – A nice wine bistro where you can sit out and listen to live Jazz music.

The Navy – An old world type pub where they do nice steaks and good beer on the Barbican.

The Cider Press – A nice pub with good scrumpy cider.



Facilities not already mentioned

The windows have a mirror affect from the outside for your privacy

There is a guest fridge in the dining room should you need to store provisions or medicines

Plates and crockery can be requested for take away meals

There is a cool filtered water machine in the dining room to top up water bottles

Fresh Milk can be requested

Hot water bottles are available

We have a selection of items such as tooth brushes adapters etc should you forget something

By arrangement luggage can be left after check out and collected later in the day (times must be agreed as we need to run errands)

Clock radios are in all rooms

Please ask should you need anything and we will do our very best to assist you

AA

This is to certify that

Mariners Guest House

*has completed an assessment
and is accredited as*



Handwritten signature of Simon Numphud in black ink.

Simon Numphud FIH
Managing Director
AA Media Ltd

Handwritten signature of Paul Hackett in black ink.

Paul Hackett
Head of Inspections
AA Hotel & Hospitality Services

3rd July 2020



British Assessment Bureau

CERTIFICATE of ACHIEVEMENT

Awarded to:

Marie Kay

for the successful completion of

Coronavirus (COVID-19) Awareness course

with a score of 100% on 17/06/20

Ref: GRF7924

06/06/20

This is to certify that:

Name: Marie Kay
Company: Mariners guest house
Position: Housekeeping

Has completed the following schulke training course on
Understanding coronaviruses

This course meets the educational criteria of the schulke UK and represents 45 minutes verifiable CPD hours.
We confirm that the information provided on this certificate is full and accurate.

Learning content:

This online course aims to educate on the background of SARS-CoV-2, how it spreads and the steps which can be taken to protect healthcare staff and patients.

Aims & objectives:

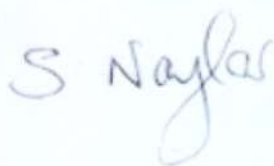
- On completion of this course trainees will:
1. Gain a helpful understanding of the family of viruses called coronaviruses
 2. Acquire the latest knowledge about COVID-19 symptoms and transmission risks and routes.
 3. Be able to implement evidence-based steps to help protect healthcare staff and patients.

Course content:

Module 1 - Understanding coronaviruses

GDC Development Outcome C

This certificate is subject to quality assurance by



General Manager, schulke UK

06/06/20

This is to certify that:

Name: Marie Kay
Company: Mariners guest house
Position: Housekeeping

Has completed the following schülke training course on

Environmental cleaning during the COVID-19 outbreak

This course meets the educational criteria of the CPD Accreditation Service and represents 30 minutes verifiable CPD hours. We confirm that the information provided on this certificate is full and accurate.

Learning content:

This online course, written by Thomas OH, Ph.D, from Medical & Scientific Affairs at Schülke & Mayr, gives an overview of effective environmental cleaning in healthcare settings in relation to risks posed by coronavirus.

Aims & objectives:

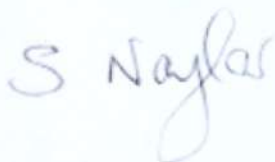
1. Gain an understanding of COVID-19, including how it is transmitted and its classification.
2. Understand how to disinfect surfaces to help prevent the transmission of the virus.
3. Be aware of which types of cleaning and disinfection products are effective against the virus
4. Learn about the importance of the different EN tests relevant to surface disinfection and what to look for.

Course content:

Module 1 - Environmental cleaning during COVID-19 outbreak

GDC Development Outcome C

This certificate is subject to quality assurance by



General Manager, schülke UK

CPD
CERTIFIED
The CPD Certification
Service

we protect lives
worldwide





Valid 2020

COVID-19 Industry Standard

In Partnership with;

The National Tourist Organisations of Great Britain and Northern Ireland

In recognition that this business has confirmed that they have followed government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

VisitEngland 

 tourism
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