

Welcome

24 Ocean Gate

Guest Guide 2026

Welcome!

We're thrilled you've chosen our apartment by Fistral Beach for your Newquay getaway. With stunning sea views from your private balcony, allocated parking, and easy access to surf, town, and walks, you're in for a treat. We've put together this friendly guest guide to help you settle in and make the most of your stay. If anything's unclear, just message us - we're here to help!



Address: Apartment 24, Ocean Gate, 1 Esplanade Road, Newquay,
Cornwall, TR7 1PY

Mobile/Whatsapp: 07562 835451
Email: edward@fistralbreaks.co.uk

Check-in: Aim for after 3 PM arrival
Check-out: 11 AM departure

What is in this guide?

[A Few House Guidelines](#)

Please respect these simple rules to keep the house safe and enjoyable for everyone.

[How to Guide](#)

Quick instructions for heating, Wi-Fi, bins, keys and everything else you need to know.

[Important Local Information](#)

Information on parking, emergency contacts, nearest shops and useful numbers.

[Local Favourites & Hidden Gems](#)

Our personal recommendations for the best pubs, walks, restaurants, beaches and secret spots nearby.

[Rebook With Us!](#)

Love it here? Secure your next stay with our easy repeat guest discount.

A Few House Guidelines

A Few House Guidelines

We love hosting relaxed, happy stays, so these are just to keep things smooth for you, our neighbours, and the apartment itself. Most are common-sense coastal living tips!

Guests: Only those on your booking, for insurance and everyone's comfort.

Heading Out: Please shut all windows and lock the doors behind you.

Smoking & Vaping: No smoking or vaping inside the apartment (helps keep the fresh sea air... fresh!). Feel free to use the balcony with the door shut if needed, just dispose of everything properly.

Noise & Good Neighbour Vibes: Newquay's got a lively energy, but let's keep things peaceful after 11 PM (especially on the balcony or near open windows). No big parties, please

BBQs: Not allowed at the building or on the balcony due to fire safety,

Balconies & Windows: No hanging towels/clothes/wetsuits over the edge (there is a local bylaw to keep the views beautiful for all).

Rubbish & Recycling: Pop everything in black bin liners and use the bin store which you can find in the basement.

Beach Sand: Give shoes/feet a quick shake before coming in (we all love the beach, but drains don't!). Avoid rinsing big amounts in the shower.

Dogs: Always on lead in shared areas, and please pick up after them. Never leave them alone in the apartment.

Toilets: Only flush the usual stuff—no wipes, nappies, etc. (keeps the system happy).

Dryer: If using, leave the utility room doors open for safety, and switch off if you're heading out or to bed.

Heating & Electrics: Turn off lights when leaving rooms. Please don't switch off the fridge/freezer, cooker, dishwasher, or hot water. Pop the thermostat to low (~10°C) if the place is empty for a bit.

Leaving Tidy: A quick dishwasher load and general tidy-up is much appreciated before your departure, it helps our team get ready for the next guests smoothly.

How to Guide

How to Guide

Parking Gates

Bins

WIFI

Heating

Keys

TVs

Sonus Music System

Coffee Machine

Microwave

Dishwasher Easy to use just turn on, put washing tablet in and close the door, you should hear the water start up.

Oven

Washing Machine

On Departure

Take bins to bin store in car park basement

Put the key back in the keybox with a cartoon shark on, spin the numbers so it is secure

If you want to help us out strip bed linen and place in the shared bathroom bath, put everything in dishwasher and put it on

Lost Something? Double-check before you go! Get in touch, we'll happily post it back.

Important Local Information

Important Local Information

Emergency Contacts (Just in Case):

Emergencies: 999

Non-emergency: 101

Gas leak: 0800 111 999 (leave immediately)

NHS advice: 111

Minor Injuries (Newquay): 01637 834820

A&E (Truro): 01872 250000

Doctors: Newquay Health Centre (01637 850002)

Doctors: Narrowcliffe Surgery (01637 854433)

Getting Around:

- **Taxis:**

Go2Cabs (01637 222888)

A2B (01637 877777)

123 (01637 851234)

- **Buses:**

Number 58 goes from the Bus Stop on the corner of Esplanade Road which you can see out your balcony to Newquay town centre as well as the main bus station where you can bus hop to go further afield. (gocornwallbus.co.uk)

- **Airport:**

Cornwall Newquay (cornwallairportnewquay.com)

- **Beryl E-Bikes:**

Public e-bike hire scheme by Beryl, a docking station can be seen just off your balcony. Green e-bikes available for short hires via app. Unlock with Beryl app, pay per minute or pass. Ride anywhere in the Newquay zone, return to any bay.

Supermarkets:

- **Sainsbury's** The Whim, Alma Place, Newquay TR7 1NF
- **Asda** Oakleigh Terrace, Newquay TR7 1RN
- **ALDI** Cliff Road, Newquay TR7 1SW
- **Morrisons** Treloggan Road, Newquay TR7 2GZ

Smaller Shops:

- **Spar Tower Road** 93 Tower Road, Newquay TR7 1LX.
- **Tesco Express (East Street)** 54-56 East Street, Newquay TR7 1BE

Local Favourites & Hidden Gems

Local Favourites & Hidden Gems

Beaches, Nature and Places of Interest:

- **Fistral Beach (your doorstep!)** Iconic west-facing sandy beach, home of British surfing. Consistent Atlantic waves, golden sands, dunes, and epic views; perfect for surfing and swimming
- **Little Fistral Beach & Towan Headland** Smaller sandy cove tucked between Fistral and Towan Head. Sheltered spot with caves, rock pools, and exploring the headland.
- **Polly Joke (Porth Joke)** Unspoilt golden sandy bay near Crantock/Holywell. Wild rocky outcrops, turquoise sea, stream, and peaceful vibe; ideal escape from crowds, you might even see the seals.
- **Towan Beach** Central, sheltered town beach below Killacourt. Calm waters for safe paddling/swimming, rock pooling, unique island house, and easy access to town shops and cafes.
- **Newquay Harbour** Working fishing and pleasure harbour in town centre. Picturesque spot with small beach at low tide, boats, food places, and watersports; great for strolls and harbour views.
- **South West Coast Path Walk behind Fistral** Scenic coastal trail section behind Fistral Beach. Offers dramatic cliffs, ocean views, wildlife spotting, and links to nearby beaches; perfect for invigorating walks.
- **Pentire Headland** Dramatic promontory between Gannel Estuary and Fistral. Stunning panoramic views, coastal paths, seabirds, sunsets, and hidden coves; ideal for hiking and nature.

Family & Fun:

- **Newquay Zoo** Cornwall's biggest zoo in sub-tropical gardens. Features lemurs, penguins, red pandas, meerkats, zebra and more with play areas; supports conservation with keeper talks.
- **Blue Reef Aquarium** Seafront aquarium with underwater tunnel. Highlights include tropical sharks, colourful reef fish, loggerhead turtle, octopus, and feeding talks; great for all-weather family fun.
- **Trenance Gardens & Leisure Park** Scenic valley park near town centre. Offers playgrounds, miniature railway, crazy golf, trampolines, skate park, gardens, and tea room for relaxation.
- **Trevice Manor (National Trust)** Elizabethan manor house near Newquay. Features historic rooms, gardens, family activities like brass rubbing and Cornish games; peaceful countryside escape.
- **Rosa Mini Golf** 18-hole mini golf course at Rosa bar/restaurant with cocktails, pizza, and fun vibe; ideal for casual family play.
- **Pirate's Quest Mini Adventure Golf** 12-hole indoor pirate-themed adventure golf. Immersive journey through Cornish myths, legends, smuggling, and piracy tales; perfect for rainy days.

Restaurants:

- **Rick Stein, Fistral** Relaxed beachfront spot overlooking Fistral Beach. Famous for fresh fish & chips, seafood, and curry-inspired dishes with stunning sea views.
- **The Boathouse** Vibrant harbourside street food market and bar. Offers street food options from various small outlets in a relaxed beachside setting.
- **Lewinnick Lodge** Boutique cliff-side restaurant on Pentire Headland with free parking. Serves quality British cuisine with panoramic Atlantic views; great for dining or staying.

Pub Grub & Drinks:

- **The Fort Inn** Family-friendly pub near town centre with coastal views. Offers classic pub food, real ales, and a welcoming atmosphere.
- **Red Lion** Traditional harbour-view pub. Known for good steaks, classic pub meals, cask ales, and a friendly local vibe with regular events in the evening.
- **Bowgie Inn** Scenic pub on West Pentire, just a short drive around the Gannel away with views overlooking Crantock Beach. Serves pub classics, real ales, with unbeatable coastal views from the garden.

Coffee & Cafe:

- **Koffi & Crowst** Popular Fore Street café. Specialises in excellent coffee with pasties and cakes. We love their poached eggs.
- **Retroblast Coffee** Unique coffee shop with retro arcade games and tabletop gaming which is great for kids to visit and play on. Great coffee, snacks, and nostalgic gaming vibe in town centre.
- **Wave House Cafe** Community-focused non-profit café. Offers specialty coffee, homemade brunch/lunch, cakes, and a warm, welcoming atmosphere.

Takeaways:

- **Sawai Thai** Family-run Thai takeaway. Fresh homemade dishes for pickup or delivery around Newquay.

Music & Nights Out:

- **Boardmasters Beach Bar** Beachfront bar on Fistral Beach linked to Boardmasters festival. Offers drinks, food, and occasional live music/DJ sets with epic sea views.
- **Red Lion** Historic harbour pub. Regular live music on Friday/Saturday evenings, focusing on folk, acoustic, and local bands in a cosy, traditional setting.
- **Project 83** Vibrant Wesley Yard bar/venue with moto theme. Hosts frequent live music (Fridays/Saturdays), events, talks, and street food in a community-focused space.
- **Lusty Glaze Beach** Privately-owned cove beach venue. Famous for sundowner sessions, headline live music/DJs, epic sunsets, and events (often ticketed) in a stunning, picturesque spot.
- **Whiskers** Top-rated central bar and live music venue. Features frequent live bands, funky DJs, open mic/jam nights, cocktails, local ales

Rebook With Us!

Rebook With Us!

Loved it?

Book direct next time for the best rates.

fistralbreaks.co.uk

We hope this sets you up for an amazing stay. Relax, enjoy the waves, and make unforgettable memories. Any questions at all? Drop us a message - we're locals!

Warm regards,

The Fistral Breaks Team 