

The Old Gatehouse Guest Information

www.oldgatehouse.com

Croeso/Welcome

Dear guest

Welcome to the Old Gatehouse! We hope you had a good journey and are starting to settle in. We want you to treat The Old Gatehouse like your home for however long you are staying, and we are on hand if you have any questions or need any help during your stay.

The Old Gatehouse sits in Pembroke a historic medieval town in the heart of Pembrokeshire, close to many unspoilt beaches and the beautiful Pembrokeshire coast yet only a short distance away from local amenities, shops and restaurants.

The cottage likely dates to the 16th century and is linked to Underdown Country House parts of which date back to the Siege of Pembroke Castle where Oliver Cromwell's troops were encamped there. It was also the home of Admiral Tyler the White. Admiral Sir Charles Tyler (1760 - 28 September 1835) was a naval officer in the British Royal Navy who gained fame during the [Napoleonic Wars](#) and the [Battle of Trafalgar](#), becoming one of the [Nelsonic Band of Brothers](#). He was also responsible for introducing maritime training for sea men.

Important House Information

Directions/Address

(The Old Gatehouse), 7 The Grove, Pembroke, Pembrokeshire SA715BP

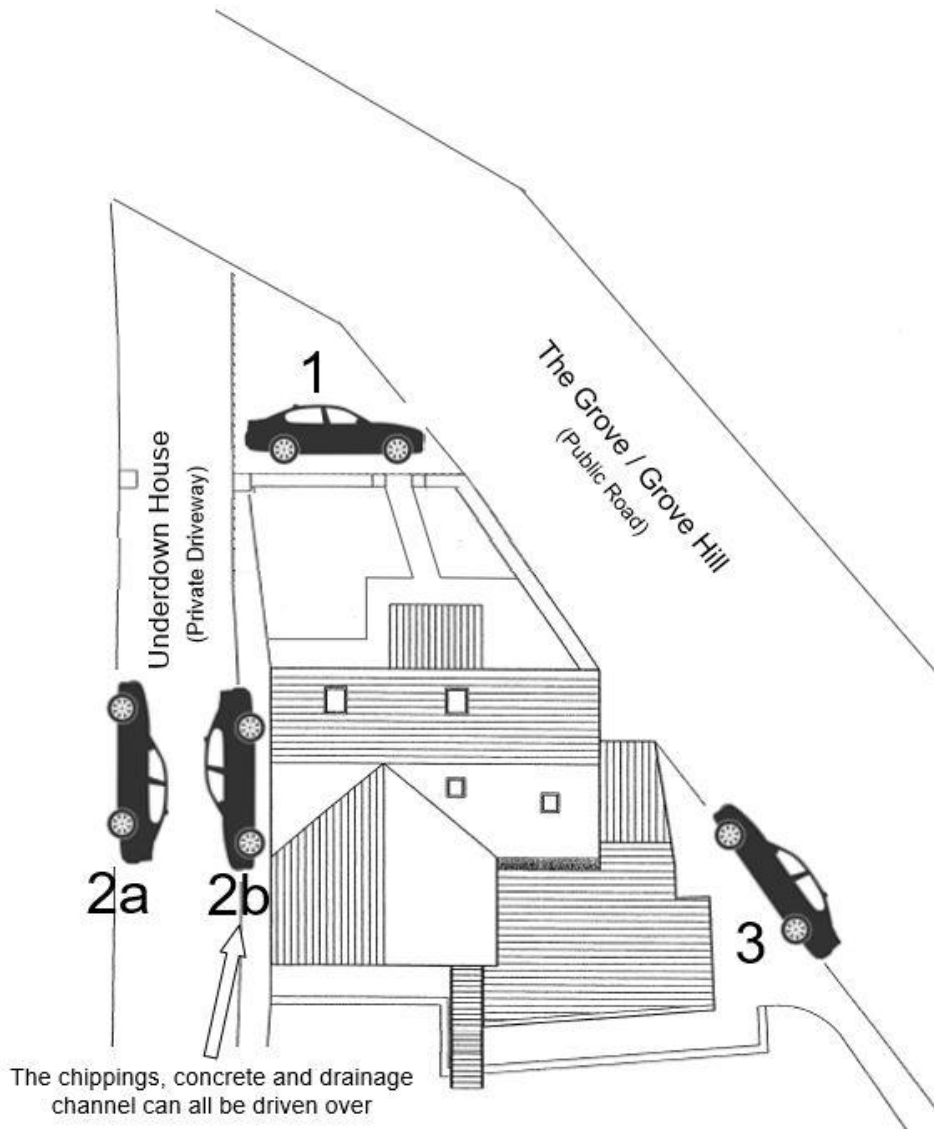
Access arrangements

You will be informed individually of this.

Parking

Parking is available for one car immediately outside the front gate. You can also park on the road next to the property.

If preferred to keep additional vehicles off the road you are very welcome to park on our grounds at Underdown Country House (along the private ¼ mile private drive). You are also very welcome to drive up and turn the car at Underdown which has plenty of room for turning. Additionally, if you park very close to the stone wall at the bottom of Underdown drive/side of the cottage (option 2a or 2b) your car will be off the public road. As this is our private drive it is very quiet.



We just need adequate space to pass your car.

Contact Details

If you need help with anything during your stay, please do not hesitate to call or text myself or John. If there are any problems with the accommodation during your stay, please report this to us immediately so we can rectify them as soon as possible.

Safety

Please take care when entering and exiting the building, especially with children as it sits alongside a road.

Fire

The Cottage has been completely renovated with care given to maintaining original features such as the double inglenook fireplace. A feature stove is present with electrical flame effect but for safety reasons it is not in use as a log fire. Please do not light matches or attempt to make a fire within the building. We have very recently finished refurbishing the cottage including new plumbing and wiring.

A fire extinguisher can be found in the Kitchen cupboard (next to the cooker) and a large water fire extinguisher in the Inglenook Fireplace. A fire blanket is also included in the kitchen (mounted on the kitchen unit next to the sink). A large water mist fire extinguisher (suitable for any type of fire) is situated at the top of the stairs.

Smoke and Carbon monoxide detectors are fitted throughout the house. The kitchen heat sensor is particularly loud and sensitive. If the alarm goes off due to cooking smoke press the button on the alarm to stop it. If there is a fire out of control, please call 999 and leave the property by the front or back door.

A detailed fire risk assessment can be found in this folder for your viewing

The garden is terraced with some unfenced areas that can be hazardous for young children due to falling or tripping. Careful supervision of young children is essential whilst using the garden. The picket fence gate should be used when young children have access to the patio and very close supervision on the grass area.

Wi Fi

We have free Wi Fi at the property

Shops and Supplies

We have numerous large supermarkets/shops in Pembroke Dock (Aldi, Lidl, Tesco, ASDA, Wilko, B&M, Peacocks, Argos- located 2 miles from Pembroke. We also have a Co-op convenience store which has a good supply of provisions. Open 6am until 11 pm

Household Maintenance

Water

If there is a major leak turn off the water supply as soon as possible at the following stopcocks: airing cupboard outside the upstairs bathroom – hot and cold supply lever valves, which are labelled; if there is still water escape, the main stopcock is in the wall opposite the downstairs WC behind a plastic access panel. Once the water has been stopped please call John or myself for assistance.

If there are any problems with the electrics or one or the electrical appliances during your stay, please let us know as soon as possible so we can try to fix it for you.

Fuse Box

The fuse box is in the wall cupboard in the living/ dining room adjacent to the door. If the lights/ electrics fail, please check the fuse box to see if one of the switches is down and push it to an upright position again. A torch is in the cupboard as well as by the front door and airing cupboard.

Heating and Hot Water

The Old Gatehouse has a mains pressure hot water cylinder, which is set for continuous hot water.

The heating is set to operate between 7am and 10pm, with the overall temperature controlled by the main thermostat on the dining room wall. Each

radiator also has its own thermostat for individual room control. If you would like to change the operating times, the controller is in the airing cupboard outside the upstairs bathroom.

Please do not use the immersion heater, which is intended for boiler breakdowns only.

At the end of your stay, please set the main thermostat in the dining room to 15°C.

Lounge/Diner

TV/DVD

We understand that many people have their own streaming subscriptions. We have therefore recently installed a new interactive TV operated by remote control and a Netflix account for the cottage (profile: @OldGateHouse). We also have a DVD player and a selection of sanitised DVDs will be left for your use. If you need a bigger selection just let us know and we will drop them off to you. We also have a television in the downstairs (king size) bedroom.

Kitchen

Cleaning

A selection of Cleaning liquids are located in the oak effect cupboard under the stairs. Please note, for safety reasons the door has a child lock attached,

Plinth Lights

Can be turned on using the electrical socket in the base kitchen unit next to the cooker. The socket is labelled.

Kitchen appliances

The kitchen is fully equipped with all electrical appliances,

Fridge/Freezer

Dishwasher

See separate instructions

Washer dryer

Detailed instruction can be found in the instructions folder. We would advise setting a wash cycle and drying washing on the line or setting the dry cycle once the wash has finished. The automatic wash / dry cycle tends to be more difficult to set and could result in your washing drying too hot with accompanying shrinkage of clothes.

Range Cooker

Toaster

Coffee Machine

Microwave

Kitchen equipment/ utensils

A variety of kitchen equipment is available for your use including an electric knife and hand mixer (Base kitchen unit next to the cooker)

Iron and ironing board

An ironing board is kept between the wall and the living room display unit. An iron can be found in the display unit drawer.

Bathroom/ en-suite/toilet

Clean foot towel and mats have been provided for your stay.

Bedrooms

The cottage has two king-size bedrooms, a twin bedroom and a small single. All linen and towels are provided.

Shaver plugs

Shaver plugs are available and are in the drawer unit in the porch

Hair straighteners

Most of the bedrooms have a heat mat or holder to prevent burns to the furniture.

Velux Blinds

To open or close push handle at the bottom and raise up or own

Bluetooth Sound bar

Are available in the bedrooms for use with WIFI.

Instructions

Turn on the Bluetooth Soundbar using the on/Off volume control dial in a clockwise direction, until it clicks. Pause track by pressing >II; push it again to resume the track. Adjust the volume of the Mini Bluetooth Soundbar using the on/off/volume control dial. Rotate the on/off/Volume control in a clockwise direction. Decrease the volume by rotating in an anticlockwise direction. Cycle between functions by pressing **M** until the desired option is selected (Bluetooth, Aux, USB, TF. Rotate the on/off /Volume control dial in an anticlockwise direction, until it clicks to turn off the mini Bluetooth Soundbar.

Step 1

Once the Bluetooth Soundbar is turned on the LED indicator light will flash blue in quick bursts to indicate that that the mini Bluetooth soundbar is ready to be aired with a Bluetooth compatible device.

Step 2

Search for the mini Bluetooth Soundbar using a Bluetooth compatible device. Select EE172 and pair. Once a connection has been made, the LED indicator light will remain blue to indicate that the devices are paired.

Once connected, sound can be controlled using either the mini Bluetooth Soundbar or the relevant controls on the Bluetooth compatible device.

Extra Pillows

Additional pillows can be found in the downstairs bedroom cupboard.

Children

Bed guard, highchair, child toilet seat and child step will be left out on request. A child gate is available for the stairs. Additional child gates on request.

Nappies

A very special request to all guests with babies. Please dispose of nappies and wipes in the **nappy sack bags** provided and use the nappy bin. If you need to empty the nappy bin place in the household waste bag. **(The refuse needs to be carefully sorted with Pembrokeshire Council and we do not want to be handling dirty nappies)** Baby Wipes, wet wipes or face wipes will block the plumbing, and this is an old building

Smoking

The house is a strictly no smoking property. If you would like to smoke, please do so outside.

Shoes

We have provided a hallway basket for shoes. New carpets have recently been fitted upstairs and in the bedrooms. We would be grateful if you would remove your shoes when going upstairs. Due to the floor being tiled it would be more comfortable for you to bring along slippers.

Pets

We do not allow pets.

Garden

Take extreme care with very young children as the garden is terraced. Very young children should always be supervised.

Barbecue

A gas barbecue is available for guests to use. Please take care with children and leave as you find it. A cleaning spray/ degreaser “Deepio” that is safe for catering establishments has been provided in the outside garden container. A plastic rectangular container has also been provided to soak any metal items. Sprinkle Deepio into the water, leave for a few hours and the grease should fall away. Please don’t wash barbecue items in the kitchen as it is quite difficult to remove the grease from surfaces etc. Please contact us if the gas runs empty and we will replace it for you.

Patio Furniture

Cushions for the garden furniture are stored in the large plastic storage box. Cushions should be stored here between use to keep them dry.

When leaving the property

(Please note- additional duties have been included to ensure compliance with Covid 19 requirements)

- Leave the property promptly on your day of departure at **9am** so that a full Covid 19 cleaning regime can be undertaken to protect the incoming guests.
- Place all crockery, cutlery and dishes in the dishwasher and set it for a high temperature wash.
- Ensure all rubbish is correctly sorted and place tied bags into the outside bins.
- Make sure all doors are locked and leave windows ajar.

- Place the front door key onto the key hook next to the front door.

Rubbish

Waste in Pembrokeshire is now operating a very strict recycling policy for all waste and rubbish. This is a new requirement and household waste is now only collected every 3 weeks. We Incorrect recycling means the owners will need to sort through your rubbish putting them at risk therefore require you to separate all items for recycling. The additional risk of Covid 19 means that careful management of waste is essential.

Bins to separate waste have been provided in the kitchen area and can then be emptied into the larger **dedicated bins have been provided in the garden area for food waste, glass, recycling and general waste.** **Card and Paper Separation**





Paper

thanks **X** Wallpaper, foil gift wrapping paper or bags, tissues, kitchen roll and card.



Plastics, cans, empty aerosols, foil and food and drink cartons

No thanks **X** Black or brown plastic, wrappers, plastic bags and film, crisps packets, bubble wrap, polystyrene, toys and other hard plastics, food pouches, gas cannisters, lighters and batteries.



Food waste

Continue to use your food waste caddies and bags every week. Please do not put food packaging or liquids in your food caddy.

Please place all rubbish and recycling in the bins during your stay and when leaving. You do not need to move the bins for collection, this will be managed by the owners.

Large upright green bin

General waste bags and recycling bags. Please remember to ensure the recycling has been sorted and cleaned.

Black bin

Bottles/ glass

Small green food bin.

A small worktop cream food bin has been provided disposal and recycling of food waste. Food recycling bags can be found in the kitchen cupboard.

Emergency Numbers

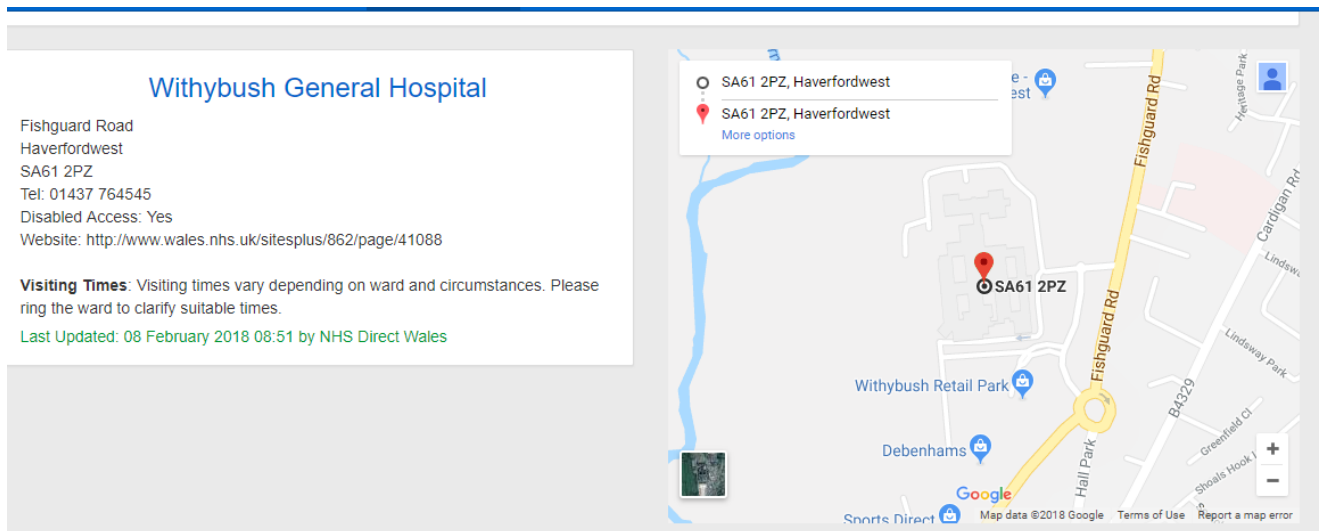
Accident and Emergency

A first aid kit is provided at the property in the living room display unit drawer.

The nearest accident and Emergency Unit is at Withybush Hospital Haverfordwest. Withybush General Hospital Emergency Service (A&E) treats critically injured people and those with major illness or injury.

Address:

The emergency service is based at Withybush Hospital, Fishguard Road, Haverfordwest, Pembrokeshire, SA61 2PZ. Tel: 01437 764545



Directions to reach the hospital:

Doctors Surgery

We have a large group practice at Pembroke Dock and a smaller satellite surgery in Pembroke. Appointments are same day only and can only be made

first thing in the morning at 8 o'clock. You must ring the practice on [01646 624198](tel:01646624198) but for a guaranteed appointment go to St Oswald's surgery at 8 o'clock and queue for an appointment.

If you require a doctor during your stay the nearest GP practice is at St Oswald's Medical centre located at: **PEMBROKE**

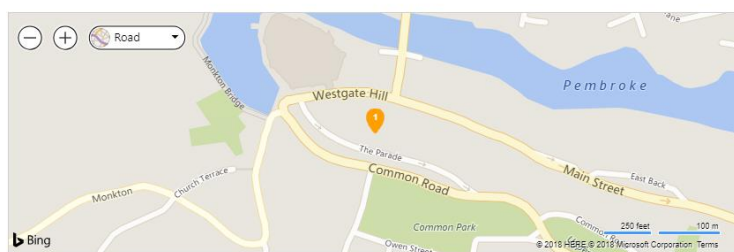
DOCTORS' SURGERIES

St Oswalds Surgery

The Parade

Pembroke, SA71 4LD

[01646 624198](tel:01646624198)



[Pembroke](#) > [Health & Beauty](#) > [Doctors' Surgeries](#)

Or Argyle Medical Centre located at: Pembroke Dock

[01646 624198](tel:01646624198)



A pharmacy is located adjacent to both surgeries and there are several located in Pembroke high street.

Dental services

If you need of a dentist during your stay pleased contact Hywel Dda University Health Board has arranged emergency dental sessions for acute dental problems.

Treatment is by appointment only and patients should ring NHS Direct on 0845 46 47 or visit www.nhsdirect.wales.nhs.uk for information on how to access services. Patients who receive regular care from a dental practice are advised to contact their practice if they require emergency care on normal working days.

Amenities in Pembroke High Street

Butchers

Mr Motts-

Banks

Hairdressers

Post Office

Delicatessens

“Wise buys”



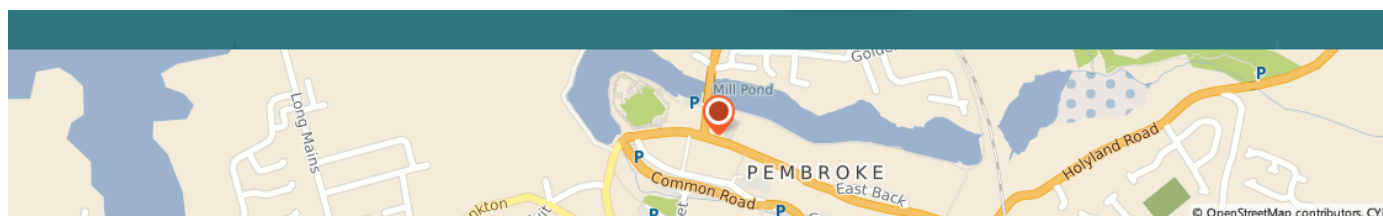
Pharmacy

We have two pharmacies in Pembroke High Street

Mendes



Lloyds Pharmacy Pembroke High Street



HEALTH & MEDICINE PEMBROKE > PHARMACY PEMBROKE

LLOYDS PHARMACY, Pembroke

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LLOYDS PHARMACY
9 Main Street [↗](#)
SA71 4JS Pembroke [↗](#)
Pembrokeshire Wales

☎ 01646 682865

🌐 www.lloydspharmacy.com

OPENING TIMES

THURSDAY 09:00 – 18:00

FRIDAY 09:00 – 18:00

SATURDAY 09:00 – 17:30

SUNDAY Closed

MONDAY 09:00 – 18:00

📢 Spring Bank Holiday might affect these hours

TUESDAY 09:00 – 18:00

Getting out and about

You can walk directly into Pembroke and walk around the Mill Pond of Pembroke Castle.

A large supply of attraction leaflets has been provided in the porch area for your information.

Pembroke high street is walking distance, but parking is available at the commons Pembroke using pay and display and on at the top of the town close to the castle, again using pay and display.

Eating Out

Takeaways

We have several takeaways in Pembroke

- **Rowlies- Fish and Chips**
- **Mehfils- Indian**
- **Pembroke Chicken and Pizza Takeaway**
- **Pembroke Carvery (Chinese)-** Based on the ring road next to the commons

Family Friendly

For eating out with young children - we have a Marston's in Pembroke Dock which can be less stressful and more economical. Much of the year it is two meals for the price of one. Basic food but good for families.

Y Cerrig Glas Is this your business?



486 Reviews

#25 of 35 Restaurants in Pembroke Dock

££ - £££

Bar, British, Vegetarian Friendly



Y Cerrig Glas Front Street | Pembroke Dock, Pembroke Dock SA72 6JY, Wales



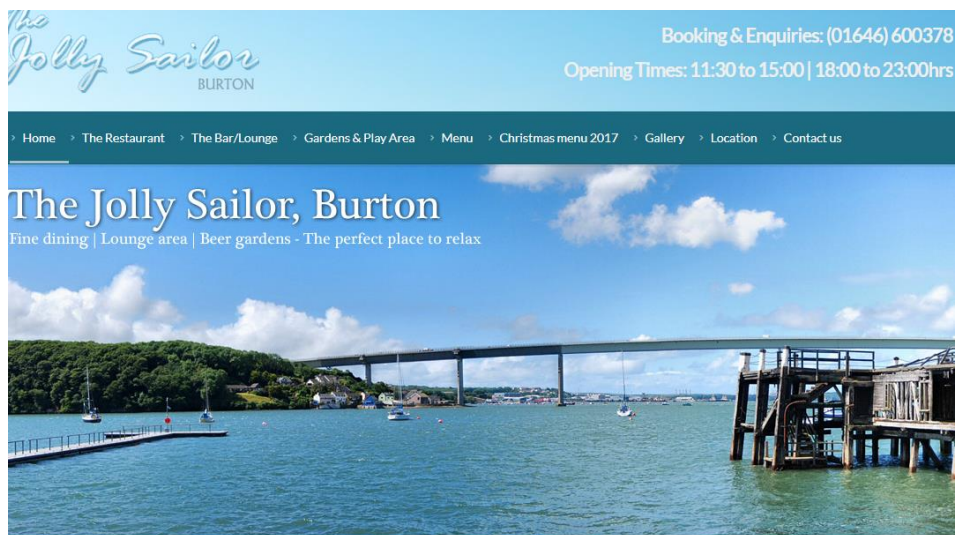
+44 1646 684435



Website



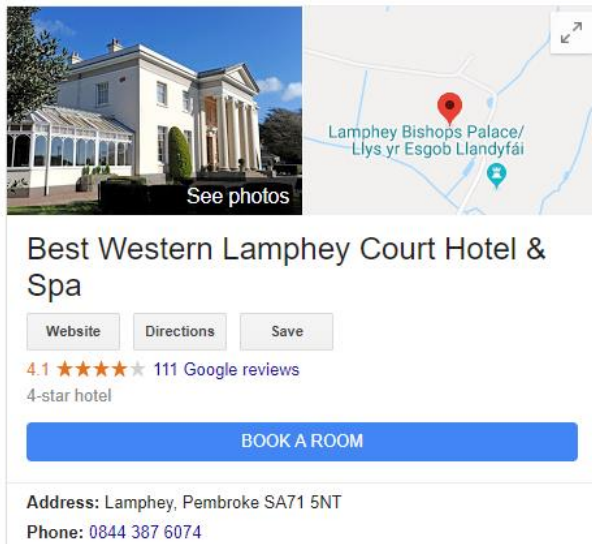
Jolly Sailor- Burton- Neyland



Restaurants

There are plenty of places if you want to go further afield but two places I would recommend are based in Lamphey. 2 miles away and about 5 mins by car.

Lamphey Court appears very grand but is standard restaurant prices.



This screenshot shows the Google Maps listing for the Best Western Lamphey Court Hotel & Spa. At the top, there is a photograph of the hotel's grand facade and a map snippet showing its location near Lamphey Bishops Palace. The listing includes the hotel's name, a 'See photos' link, and buttons for 'Website', 'Directions', and 'Save'. It features a 4.1-star rating from 111 Google reviews and is identified as a 4-star hotel. A prominent blue button labeled 'BOOK A ROOM' is visible. The address 'Lamphey, Pembroke SA71 5NT' and phone number '0844 387 6074' are listed at the bottom.

Best Western Lamphey Court Hotel & Spa

Website Directions Save

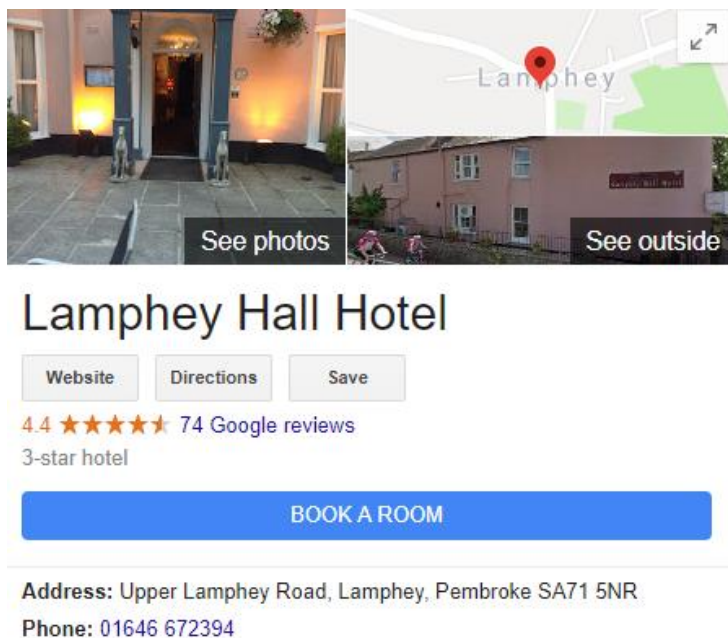
4.1 ★★★★★ 111 Google reviews

4-star hotel

BOOK A ROOM

Address: Lamphey, Pembroke SA71 5NT
Phone: 0844 387 6074

Lamphey Hall- More intimate



This screenshot displays the Google Maps listing for the Lamphey Hall Hotel. It features a photograph of the hotel's entrance and a map snippet. The listing includes the hotel's name, a 'See photos' link, and buttons for 'Website', 'Directions', and 'Save'. It shows a 4.4-star rating from 74 Google reviews and is classified as a 3-star hotel. A blue 'BOOK A ROOM' button is present. The address 'Upper Lamphey Road, Lamphey, Pembroke SA71 5NR' and phone number '01646 672394' are provided at the bottom.

Lamphey Hall Hotel

Website Directions Save

4.4 ★★★★★ 74 Google reviews

3-star hotel

BOOK A ROOM

Address: Upper Lamphey Road, Lamphey, Pembroke SA71 5NR
Phone: 01646 672394

The Waterman Arms- Pembroke



The Longhouse- Freshwater East-



<http://www.lampheyhall.co.uk/the-restaurant/>

Sunday Lunch

We would highly recommend the **Stackpole Inn**, but you would need to book

Telephone 01646 672374



☎ 01646 672324
✉ info@stackpoleinn.co.uk

[OUR ROOMS](#) [BOOK ONLINE](#) [RESTAURANT](#) [ATTRACTIONS](#) [OUR GALLERY](#) [SPECIAL OFFERS](#) [REVIEWS](#) [MORE ▾](#)



Cafes

Williams is an upmarket café in Pembroke High street. **Rowlies** more economical and the **Cake House Tea Shop** for cream tea

Activities

If you are staying in Pembroke you really must visit Pembroke Castle



Pembroke Castle

📍 Pembroke
SA71 4LA

☎ 01646 684585

✉ info@pembrokecastle.co.uk

🌐 <http://pembroke-castle.co.uk/>



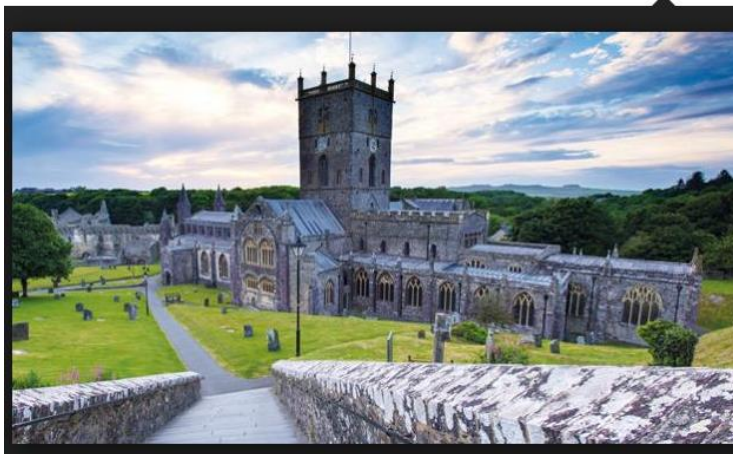
An enormous oval castle, mostly surrounded by a serene mill pond. Extensively restored in Victorian times, it's dominated by the complex gatehouse on the outside and the huge circular keep once you're inside. The walled town of Pembroke which grew up around the castle also contains many ancient and interesting Norman buildings.

History

Adult Activities

Coastal Path Walks- Book available on all the coastal path walks inside the porch drawers

St David's Cathedral- St David's



Lamphey Curt Spa

To book Telephone- Tel : 01646 672273

One day package for use of the spa= £25.00

Use of spa and lunch in the conservatory £ 40.00

You are not required to book but it is advised to ring first to ensure they are not

oversubscribed and enough loungers are available.



There is also a spa at St Brides hotel in Saundersfoot

Picton Castle- (House and grounds)



Picton Castle & Gardens
a magical place
Pembrokeshire's Finest Stately Home

Home For Visitors Events Newsletter Secret Owl Garden Entertaining Castle Gardens Holiday Accommodation Art at Picton Tickets Contact

Home > For Visitors

Opening Times

The Walled Gardens at Picton – Restoration and Appeal

Restaurant: Maria @ Picton

Picton Shop

The Lumsden Collection of Antique & Vintage Lawnmowers

For Visitors

During the Main Season, Picton Castle, Galleries, Gardens, The Secret Owl Garden & Restaurant are open daily



Colby Woodland Gardens



Colby Woodland Garden
Amroth
Narberth
Pembrokeshire
SA67 8PP
01834 811885

Children Activities

Wet Weather Activities

- Blue Lagoon waterpark – Narberth
- Pembroke Swimming pool
- Haverfordwest Swimming pool- with flumes
- Torch Theatre- also have a small cinema (Milford Haven)



Soft Ball play

Phoenix Bowland soft play area- Milford Haven



Ocean Commotion- Frog Street Tenby

Suitable for ages: Young Children (4-8) and Older Children (9-12)

Ocean Commotion ★★★★★ (1 review)

Tenby, Pembrokeshire, Wales

[Home](#) > [Wales](#) > [South Wales](#) > [Pembrokeshire](#) > [Tenby](#) > Ocean Commotion



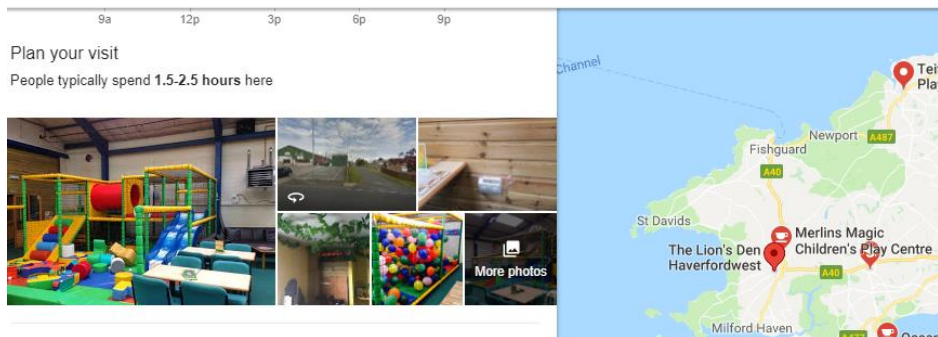
Lower Frog Street, Tenby, Pembrokeshire, SA70 7HU, Wales. 01834 845526

Merlins Magic Play Centre- Haverfordwest

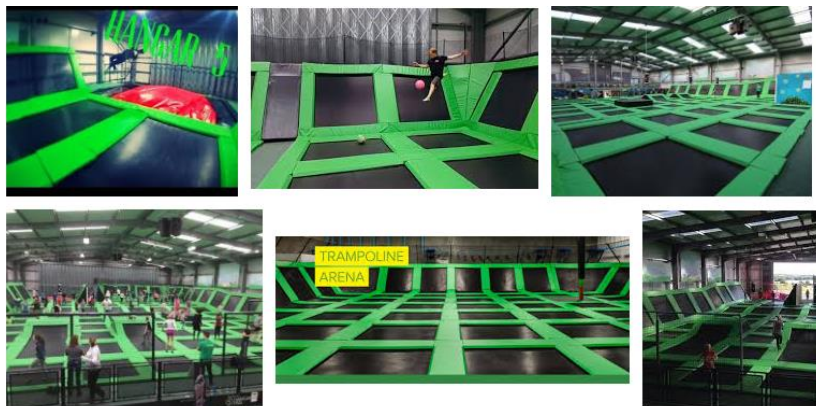
For Under 4yrs



The Lion's Den Playcentre- Haverfordwest



Trampoline play- Hanger 5- Haverfordwest



Outdoor Activities

13 mins away (St Florence)

Manor House <http://www.manorwildlifepark.co.uk/>

Manor Wildlife Park

Our large walkthroughs allow you to come face to face with exotic and endangered animals from across three continents. Whether you love lemurs, have a passion for tigers or want to wander with the wallabies (and feed them with your hand!) our park has something for you.

www.manorwildlifepark.co.uk

13mins away (St Florence)

Heatherton

<https://www.heatherton.co.uk/>

Heatherton • Activities Sports and Theme Park ...

Heatherton is an Award-Winning Attraction with a free admission policy that is open all year, providing a pay as you play facility, allowing customers to choose what they want to partake in before purchasing tickets.

www.heatherton.co.uk

(16 mins away Narberth)

Folly Farm <https://www.folly-farm.co.uk/>

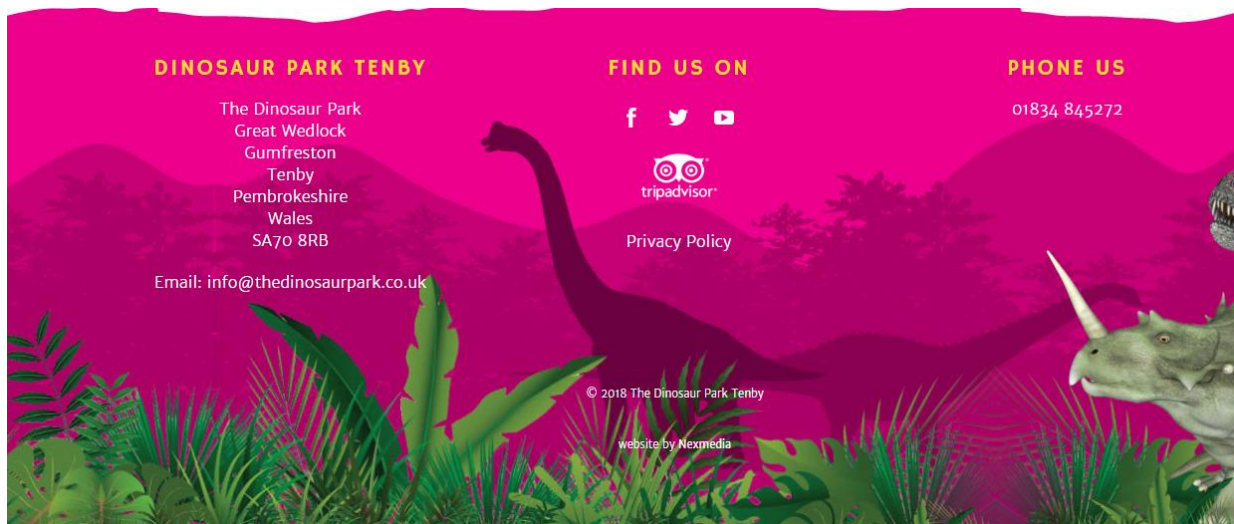


Folly Farm Adventure Park & Zoo - 10th Best Zoo in The World

Everyone in the family likes to do different things, you can choose your own adventure at Folly Farm Adventure Park & Zoo, rated 10th best zoo in the world by TripAdvisor.

www.folly-farm.co.uk

The Dinosaur Park



Older Children

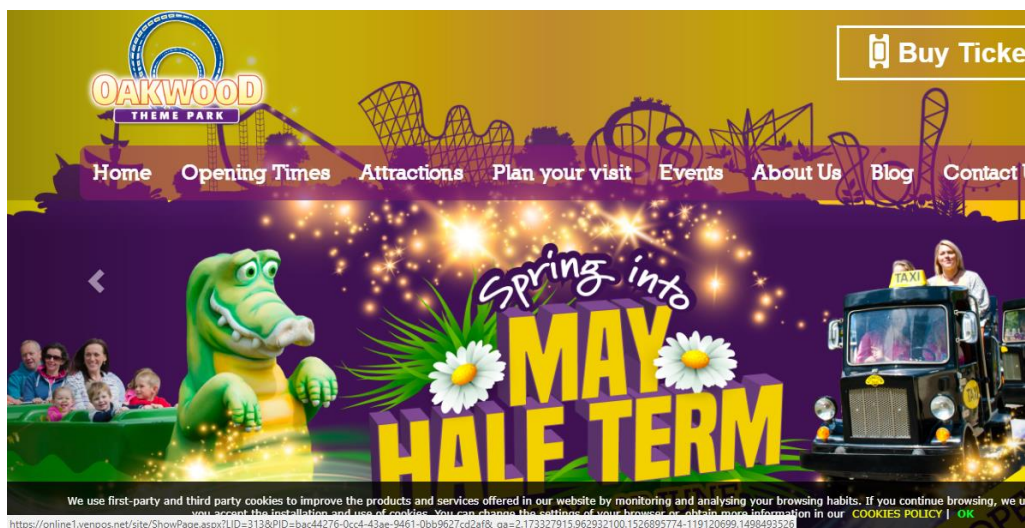
For a bigger and more expensive theme park Oakwood is about 20 mins away

https://www.oakwoodthemepark.co.uk/?gclid=CjwKCAjwxZnYBRAVEiwANMTRXyRuGxmbnbcGXgQXmXl6BZvOtTF-R-IKU9a7IrGXlJlTL_iC4TkinoxCqKgQAvD_BwE

The Best Adventure Park in Wales | Oakwood Theme Park

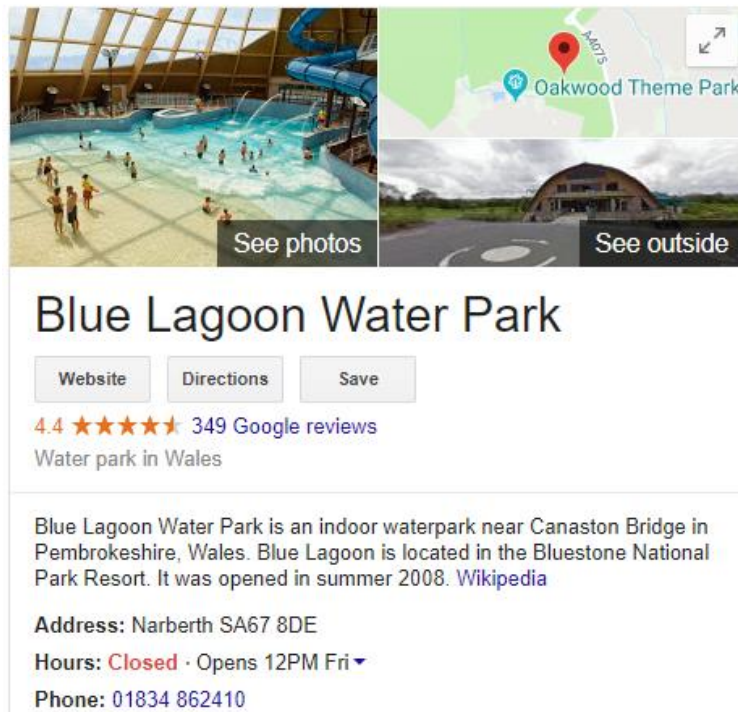
Official Twitter for Oakwood Theme Park, Wales' Biggest Family Adventure!

www.oakwoodthemepark.co.uk



Blue Lagoon

Very popular, Lots of flumes and waves. Ring first to book



Beaches

There are lots of beaches. Most people know of Tenby and Saundersfoot which are quite commercial and will be very busy, but we also have much quieter beaches locally.

Freshwater East- easy to get to for young children

https://www.tripadvisor.co.uk/Attraction_Review-g1142646-d4591380-Reviews-Freshwater_East_Beach-Freshwater_East_Pembroke_Pembrokeshire_Wales.html



[Freshwater East Beach - 2018 All You Need to Know Before ...](#)

Freshwater East Beach, Freshwater East: See 189 reviews, articles, and 38 photos of Freshwater East Beach on TripAdvisor.

www.tripadvisor.co.uk

Barafundel

Probably the most beautiful but there is a walk involved to get there

https://www.tripadvisor.co.uk/Attraction_Review-g1474995-d481159-Reviews-Barafundle_Beach-Stackpole_Pembroke_Pembrokeshire_Wales.html



[Barafundle Beach \(Stackpole\) - 2018 All You Need to Know ...](#)

Barafundle Beach, Stackpole: See 818 reviews, articles, and 434 photos of Barafundle Beach, ranked No.1 on TripAdvisor among 4 attractions in Stackpole.

www.tripadvisor.co.uk

https://www.tripadvisor.co.uk/Attraction_Review-g2643162-d544246-Reviews-Broadhaven_Beach-Bosherston_Pembrokeshire_Wales.html



[Broadhaven Beach \(Bosherston\) - TripAdvisor](#)

Broadhaven Beach, Bosherston: See 229 reviews, articles, and 125 photos of Broadhaven Beach on TripAdvisor.

www.tripadvisor.co.uk

Manorbier Beach- Manorbier, Tenby



West Angle Bay



- Miles from Bluestone: 23
- Time to drive from Bluestone: 44 minutes
- Nearest postcode: SA71 5BE
- Toilets available: No
- Parking available: Yes