

National Trust

National Trust Cottages Accessibility Guide



The Captain's Quarter
St Anthony
Roseland Peninsula
TR2 5HA

Ref: 011062 .

Introduction

- The Captain's Quarter is the most southerly of three single storey cottages (formerly officers' quarters) located on St Anthony Head
- The cottage is designated as accessible to accompanied wheelchair users and others with impaired mobility.
- The sitting room, bedroom and kitchen face out to sea.
- The cottage has night storage heating, convector heaters and a multi fuel stove.
- Laundry facilities are in an outbuilding and are shared by all three cottages.



- The land immediately surrounding the cottage is reasonably flat and there is a firm and level footpath running past the cottage.
- The garden is laid to grass front and back and is shared with the other two cottages.
- There is a walk from the headland to an observation point. The route may be muddy in places in wet weather.
- Please note the paths around the cottages and leading to the terrace can be slippery when wet. There are uneven steps in the front lawn and exposed manhole covers in the areas around the cottages

The accommodation is arranged as follows:

- Sitting/dining room, kitchen, double bedroom with 6' bed which can also be a twin on request, bathroom with level access shower and WC.

Pre-Arrival

- See the main webpage for booking and location details.
- Please contact us prior to booking if you have any specific access requirements.
- Directions provided with booking.
- Please bring a torch.

Approach

- The cottage is approached via country lanes and sign posted St Anthony's Head.

Arrival & Parking Facilities

- There is parking for all three cottages at either end of the row of cottages. The parking area is level and reasonably firm.
- The path to the cottage is level and reasonably firm. The front door of the cottage is approximately 9m from the parking area.
- There is a short stone slope (1:12) up to the level of the front door.
- The keysafe box is to the left of the front door at a height of 950mm ffl (from floor level). It is operated by a combination lock mechanism. A torch is recommended, especially if arriving in the dark, as the numbers on the lock can be difficult to see. The keys will need to be returned to the keysafe on departure.



Car parking area



Parking area (to side) and route to front door



Stone slope to front door

Getting in (and out) of the cottage

- The front door has a clear opening width of 780mm
- The door lock is at 1300mm ffl
- There is a chamfered 15mm wooden threshold here
- The front door leads directly into the sitting room
- There are no other doors leading to the outside from the cottage



Getting around the cottage

- Level access throughout the cottage.
- Vinyl flooring in kitchen and bathroom
- Carpet in the sitting/dining room and bedroom
- Internal door clear opening widths range from 775mm (the bathroom) to 800mm (the bedroom)
- Layout of furniture in sitting room allows for 700mm clear space round the back of the chairs to the bedroom. The table to the side of this can be moved out of the way if required.

Sitting/Dining Room

- This is directly within the front door
- Two armchairs with seat height of 460mm
- Multi fuel stove.
- TV/DVD and Radio
- Wall lights, table lamp and standard lamp
- Wooden dining table and two dining chairs
- Table has knee clearance underneath of 600mm
- Dining chairs are 470mm high
- Doors to bathroom, bedroom and kitchen.



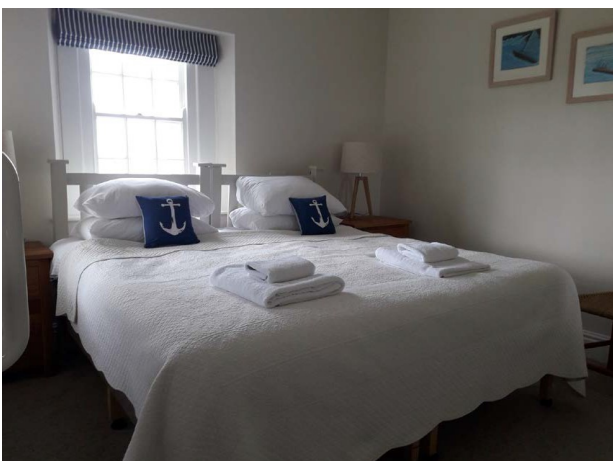
Kitchen

- Directly off the sitting room with sea views
- Door into kitchen is 790mm wide
- The kitchen is 980mm wide at its narrowest point
- Height of worktops is 920mm.
- Table with 730mm clearance underneath
- Two wooden stools with seat height of 515mm
- Sink with lever taps
- Electric oven and electric hob with controls to the front
- Four ceiling spot lights and under cupboard lighting
- Fridge freezer (fridge above freezer drawers) microwave, cordless kettle, toaster
- Store cupboard with immersion tank.



Double (or twin) bedroom

- Sliding door into room allows 800mm clear opening width
- The bed is a zip & link bed which can be made as a double or twins on request.
- The single beds are 900mm wide x 1900mm long x 670mm high or as a double 183cm wide 1900mm long x 670mm high.
- Clearance under beds is 210mm
- Reading lamps on chest of drawers and bedside table with drawers.
- The chest of drawers is 700mm high and the bedside table is 660mm high
- Two ceiling lights
- The space between the beds when made as singles is 650mm and 500mm between the bed and the wall.
- The space between the bed when made as a double and the walls is 600mm and 550mm.
- Built-in wardrobe with clothes rail at 1550mm.
- There is a chair with a seat height of 450mm.
- Two windows with sea views



Bath/shower room and WC

- Sliding door with 775mm clear opening width
- WC at a height of 470mm with two drop down rails (640mm in length) positioned at 670mm high and 320mm from the centre of the seat.
- Hinged shower seat is height-adjustable and has no back or armrests
- Two drop down rails (640mm in length) on either side of the shower seat at 680mm high and 320mm from the centre of the seat.
- Shower controls are at 830mmffl and are on the same wall as the shower seat.
- The shower riser rail is positioned 1060mm from ffl and 1000mm in length.
- The wall hung basin is 780mm high and has lever taps
- Bath is 690mm wide x 1680mm long x 540mm high
- Bath has lever taps and one 320mm horizontal rail on wall in the centre of the length.
- There is a chair with a seat height of 430mm.
- There is a glass shelf at a height of 900mm.





Laundry Room

There is a washing machine and tumble dryer in the out building behind the cottages with external level access.



Garden

- Open garden laid to grass and shared with the other two cottages.
- There is a wooden bench on the veranda.



Additional Information

- Assistance dogs are welcome at all our cottages
- In the event of a fire, it is the responsibility of the guests to evacuate themselves. Vibrating fire/smoke detectors are available if requested at time of booking. Please contact us if you have any other specific access requirements in this respect.

Facilities at all cottages

The National Trust aims to expand the list of accessible /equipment/items available at each cottage and these may include

- Cordless kettle
- Hollowfibre bedding
- Chair with armrests
- Good reading light
- Large handle vegetable peeler
- Easy tin opener
- Non-slip mat for bath/shower
- Non-slip place mat
- Easy jar opener
- Information in alternative formats (on request)

Please note that we cannot guarantee that all items will be available at the time of your visit. Please enquire at the time of booking regarding any particular requests.

Specialist equipment

Other specialist equipment such as wheelchairs, bath seats, toilet frames etc may be available for loan or purchase from the local Red Cross loan centre. Please check this out before booking the Cottage and contact us if you require further information.

<https://www.redcross.org.uk/get-help/borrow-a-wheelchair>

<https://www.redcross.org.uk/get-help/hire-a-toilet-aid>

Future Plans to improve Access to NT Holiday Cottages

- We are currently in the process of writing Accessibility Guides for all our holiday cottages and improving access over time for all our guests. All feedback is very helpful in informing us of ways in which we can improve access to all our cottages. We welcome any comments or ideas from you about access at this cottage and thank you for taking the time to do this. Please do this in the most convenient way for you. See contact details below or information on website.



About the Accessibility Guide

- This Accessibility Guide is intended to provide key information about the cottage that may be particularly relevant to guests with disabilities. Please contact us prior to booking if you would like information that is more specific and we will be happy to oblige.
Email: holiday.enquiries@nationaltrust.org.uk
Phone: 0344 8002070

Access for All at the National Trust

- The Access for All office works to improve access at all National Trust cottages and properties. The office welcomes comments and ideas on improving access.
Phone: 01793 818531
Email: accessforall@nationaltrust.org.uk

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