

## National Trust Cottages Accessibility Guide

### Penrose Stables

Penrose Estate  
Helston  
TR13 0RD

Ref: 011096



### Introduction

The Stables is a large apartment conversion on the first floor of the old stable block for the Penrose Estate. It has views over parkland towards Loe Pool. Below is an office/store used by the Penrose Ranger/Property Team and a take-away refreshment kiosk with a courtyard at the front. There is an internal emergency exit in the cottage down a staircase and out to the courtyard below.

The cottage is arranged on one level as follows:

Entrance hall, single bedroom, bathroom, kitchen/diner/sitting room, corridor to double and twin bedrooms.

### 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

### Arrival & Parking Facilities

- The apartment is on the Penrose estate just off the B3304 Helston to Porthleven road. Guests drive along the estate road and through a gate marked private (sometimes this gate is padlocked shut so you will be given the padlock code in advance). The road runs parallel to a tall boundary wall to the estate gardens and the apartment is just beyond with a designated parking space on the left.

### Getting in (and out) of the cottage

- The apartment is lower than the road so there is no level access from the parking space. You will need to carry luggage and groceries down the zigzag garden path. Similarly, on departure luggage needs to be moved up the path through the garden to your vehicle.

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- The gate to the garden is next to the parking space. There is a push light switch at the start of the path which operates the low-level lamps illuminating the path down to the cottage. This is a two-way switch with the other one just inside the apartment.
- From the garden gate, a winding zigzag path runs down through the garden and across a short bridge to the front door (picture page 1). This bridge has metal guardrails which are 980mm high. The key safe is on the right of the door. We recommend you bring a torch so that you can see the combination lock clearly.



*L-R  
Entrance road and gateway marked private  
Parking space just beyond the garden  
Garden gate which is to the left of parking space*

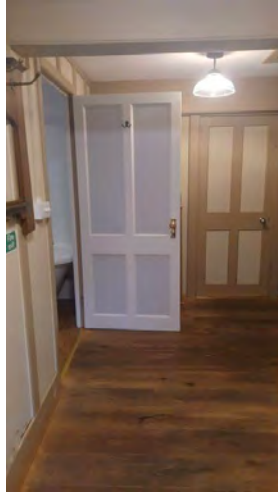
## Getting around the cottage

### First Floor

- This apartment is all on one level internally, but it is on the first floor of the old stables building.
- Part-glazed front door opens into a hall with doors off to single bedroom, bathroom, kitchen/diner/sitting room plus a door to an internal corridor leading to two further bedrooms
- From the internal corridor are two solid wooden doors to the double and twin bedrooms plus a part-glazed door to an emergency exit staircase down the ground floor.

### Entrance Hallway

- 780mm wide entrance doorway into hall
- Wooden floor
- Two ceiling lights on a two-way switch
- Rointe, wall-mounted electric heater
- Cupboard 1050mm high
- Wall mounted coat rack with seven hooks
- Solid wooden doors off to bedroom, bathroom, and combined kitchen/diner/sitting room plus door to internal corridor
- Built-in storage cupboard



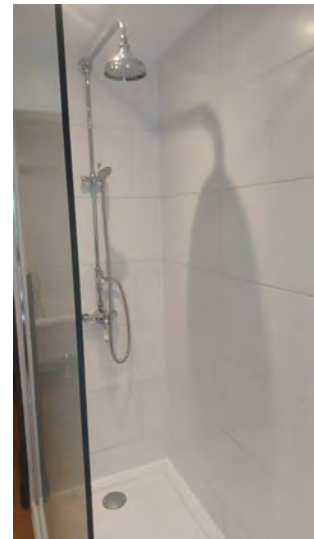
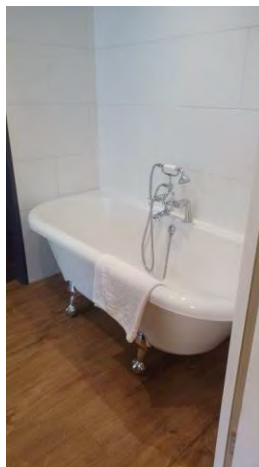
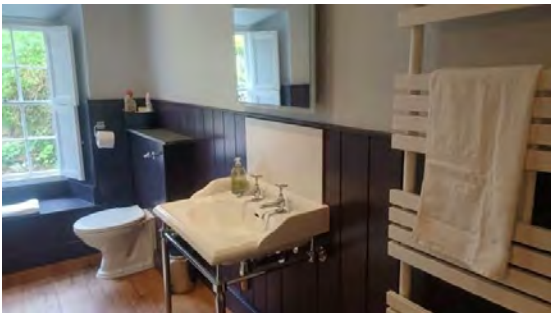
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*Hall looking to front door*

*Hall looking to door to bathroom with door to kitchen/diner/sitting room beyond*

## Bathroom (single aspect)

- 780mm wide doorway opens outwards into hall
- Wood effect vinyl flooring
- Freestanding bath (620mm high) with shower attachment and twist taps. No grips
- Wall-mounted electric towel rail
- Wash hand basin 820mm high with twist taps
- Mirror above basin with concealed shaver socket
- WC 400mm high
- Large walk-in shower
- Four recessed downlighters





## Kitchen/diner/sitting room (dual aspect)

- 740mm doorway opens inwards from hall
- Low ceiling beam in room (1870mm)
- Wood floor with large rug to sitting room area
- Rointe, wall-mounted electric heater
- Log burner style electric fire
- Two ceiling lights on a two-way switch. One standard lamp
- Two small pane sash windows with deep sills to side aspect (380mm seat height)
- Small pane sash window overlooking courtyard below. Deep sill/seat 440mm high
- 2 x two-seater sofas 440mm seat height)
- Armchair (440mm seat height)
- Low wooden coffee table
- Chest with two deep drawers under TV (710mm high)
- 42-inch TV with separate DVD player
- Pine chest with three drawers 1004mm high near dining table
- Pine dining table (1350mm wide x 790mm long x 600mm knee clearance)
- Six wooden “chapel style” chairs (460mm seat height)



## Open plan kitchen area

- Waist-high divider to open-plan kitchen
- Textured, non-slip flooring to kitchen
- 2 sets of 4 adjustable spotlights
- Built-in electric oven with ceramic hob
- Extractor hood and light above hob

- Kitchen floor cupboards with drawers
- Worktops 902mm high
- Wall cupboards 360mm above worktops
- Concealed lights under wall units
- Sink and drainer inset into worktop overlooking sitting room area
- Washer/dryer
- Under counter fridge and freezer
- Compact dishwasher
- Microwave, Toaster, Kettle



## Internal hallway single aspect

- Door from hall
- Windows with deep sills/seats (360mm high) overlooking courtyard below
- Rointe wall mounted electric heater
- Fitted carpet
- Two ceiling lights on a two-way switch
- Solid wooden doors off to double and twin bedroom
- Fire door to emergency staircase to ground floor

## Double bedroom (single aspect)

- 750mm wide door inwards from inner hall
- Low central ceiling beam (1900mm high)
- Fitted carpet

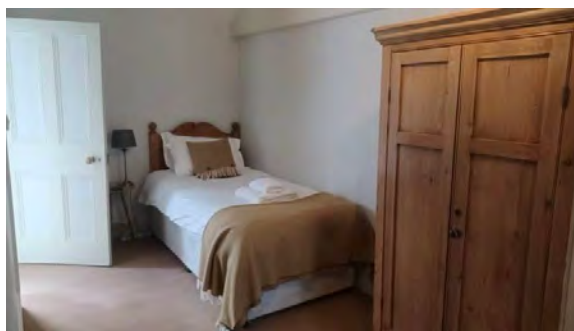
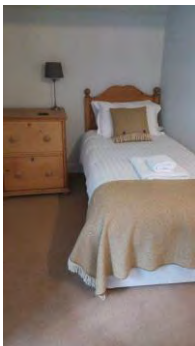
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- Ceiling light and two bedside lamps
- Rointe, wall-mounted electric heater
- Sash window with deep sill/seat (320mm high)
- Pine table/desk (920mm wide x 500mm deep x 750mm high)
- Freestanding wardrobe (1300mm wide x 540mm deep x 1950mm high)
- Wooden chair (seat height 450mm)
- Round bedside table (600mm diameter x 730mm high)
- Double bed with large fixed headboard (1500mm wide x 2000mm long x 600mm high)



## **Twin bedroom (single aspect)**

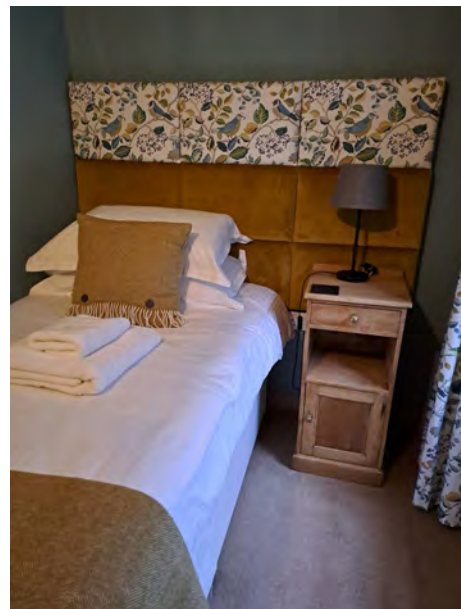
- L-shaped room with 720mm wide door opening inwards from inner hall
- Low ceiling beam (1900mm high)
- Fitted carpet
- Ceiling light. Pair of bedside lamps
- Rointe, wall-mounted electric heater
- Sash window with deep sill/seat (350mm high)
- Round bedside table (360mm diameter x 540mm high)
- Freestanding wardrobe (900mm wide x 600mm deep x 1670mm high)
- Wooden chair with arms (seat height 430mm)
- Two single beds (1000mm wide x 2000mm long x 600mm high)





## Single bedroom (single aspect)

- 640mm wide door opens outwards into entrance hall
- Fitted carpet
- Rointe, wall-mounted electric heater
- Sash window with deep sill/seat (380mm high)
- Window with deep sill (650mm high)
- Bedside table (760mm high x 350mm deep x 360mm wide)
- Freestanding wardrobe (1060mm wide x 550mm deep x 1720mm high)
- Single bed with large fixed headboard (1000mm wide x 2000mm long x 600mm high)



## Garden

- A rockery-style garden borders the sloping zigzag path from the top gate down to a decked area near the front door
- On the deck is a picnic table and chairs with fixed, bench style seating and a metal handrail protecting the drop down behind the building
- In one corner of the garden is a small, grassed area up a couple of rough stone steps with a rotary dryer



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*Decking with picnic table*

*Small, grassed area with rotary dryer*

*The bridge to the front door is near to deck with picnic table – see picture on page 1*

## Additional Information

### 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 National Trust Holiday Accommodation

- We are currently in the process of writing accessibility guides for all our holiday cottages and bunkhouses 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. 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 accommodation 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](mailto: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 accommodation and properties. The office welcomes comments and ideas on improving access.

Phone: 01793 818531

Email: [accessforall@nationaltrust.org.uk](mailto:accessforall@nationaltrust.org.uk)

February 2024