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: 07754 313057
Email: edward@fistralbreaks.co.uk

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

WIFI Name: 24OceanGate **Password:** see check-in message

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

We love hosting relaxed, happy stays. 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. Barbecues are allowed down on Fistral Beach.

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 hallways and 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).

Washing Machine/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 going out. Please don't switch off the fridge/freezer, cooker, dishwasher, or hot water. Pop the thermostat to low (~10°C) when checking out.

Leaving Tidy: Please pop your used dishes in the dishwasher before you go. Gathering your used towels into the shared bathroom also helps our team get ready for the next guests smoothly.

How to Guide

Parking Gates & Doors
With your key that you've picked up from the keybox you will find a key fob which opens the car park entrance gates when entering. The parking gates should open automatically when exiting.

The front door and door from the car park can be opened with keycode: see check-in message

Beach Gear
In the hallway cupboard you will find a beach mat and cool bag for beach picnics. In the basement at the far end is a surf cage signed with #24 which contains chairs, parasol, windbreak, and bodyboards.

Feel free to use them during your beach visits. The surf cage is locked with a padlock, same code as the key box. Please put items back and keep locked once you've finished using them.

Bins
There's no need to separate general waste and recycling at Ocean Gate as everything gets sorted and recycled by our bin men. But all rubbish needs to be in bin bags as our bin men don't collect unless it is all in bags. Filled bags should be taken to the basement and placed in the giant bins located behind doors near to the car entrance.

WIFI
Our apartment has its own WIFI connection, to connect your phones and devices use these details are:

WIFI Name: 24OceanGate

Password: see check-in message

Heating
In the hallway you will find the Hive controller for the heating system, we have set up a schedule to keep the apartment warm in the morning and evening.

If you prefer to set it to your own temperature, then change the heating from schedule to manual using the menu button. The dial can then be used to set a target temperature. The heating will now always aim to keep it above that temperature.

TVs
Each of the TVs has a Roku stick attached, you will find a Roku remote in each room. When you first turn on the TV with the Roku stick it will ask for your departure date. This allows you to use your Amazon/Netflix account just like you do at home. Your favourite apps can also be installed.

On the departure date that you set it will automatically delete all apps you installed and any account and passwords you've used on the date of your departure keeping your accounts secure.

Standard TV can also be watched using the TV remotes.

Sonus Music System
In the lounge you will find a Sonus Music System. To use it for your music, download and install the Sonus app and make sure you're connected to our WIFI network.

Using the app you will be able to search for an existing Sonus system and connect to it. You can then use the Sonus app to connect with your favourite music apps such as Spotify, Amazon music or YouTube music to play them through the system.

On Departure

If you're heading down to the car park anyway, please drop any full rubbish bags in the bin store in the basement. It is located behind doors near to the entrance for cars.

Please put your used dishes and cutlery into the dishwasher (feel free to switch it on).

Please gather your used towels and leave them in the shared bathroom, ready for us to bag up for washing.

When leaving, put the key back into the key box with a cartoon shark on, spin the numbers so it is secure.

Lost Something?

Double-check everywhere before you go! Especially for your phone chargers. Get in touch with us if you believe you left something as we'll happily post it back to you.

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:

EV Charging:
There is an EV charging space available in the Ocean Gate car park which is owned by a fellow Ocean Gate resident. This is bookable via JustPark and includes the cost of electric while you park there. You can reserve the space in advance.

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

Beaches, Nature and Places of Interest:

- **Fistral Beach (On 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.
- **Trerice 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:

- **Seaspray Cafe (On your doorstep)** Just down the steps to Fistral Beach, you'll find Sea Spray Cafe, perfect for a morning coffee and a hearty breakfast with stunning ocean views.
- **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!

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 🏄‍♂️🌅