



CODY SAILING CLUB

Helford River Summer Camp -2005

Introduction

As many of you are no doubt aware, this year is the 30th anniversary of the Cody Sailing Club Summer Camp. It is probably fitting, therefore, that we are returning once again to the Helford River site, a favourite site featuring beautiful scenery with excellent sailing, walks and pubs close to hand. As before, we will be staying at:

Lower Calamansack Farm, Porth Navas,
Constantine, Falmouth, Cornwall.

Map Reference OS sheet 204 / 743 267

Our contact at the farm is Mrs H.R. Collins. For those who've not been before, the field is reasonably flat at the bottom end and a steep slipway has been cut down to the foreshore in the SW corner. A water supply is available in the field. Nearby public telephones can be found in Constantine or Porth Navas and several of the participants will have their mobile phones with them, however, most of these will not pick up a signal on the campsite and a walk 400yds up the hill may be necessary to get reception.

The site is available to us from **Saturday 30 July** to the **Sunday 14 August** inclusive. Throughout our stay we will need to remember that the unspoilt character of the Helford River area is carefully monitored by the local conservationists, and that there are oyster beds below the low water mark near our camp site. On previous visits we have found that we can avoid conflict with the oyster bailiffs by refraining from launching and recovering our boats during the two hour periods around low water. As with all our camps, we will need to leave the site as we would wish to find it.

No dogs or pets of any description are permitted at camp.

Members are reminded that they participate in the Camp and the Camp activities at their own risk.

Route

The suggested route is to approach Falmouth on the A39 and when you are 2 miles from Falmouth on the Penryn bypass turn right at the "Hillhead roundabout" signposted "Budock Water". After about a quarter of a mile, turn right towards Constantine. After 200yds turn left at the "T" junction. Continue for another 2.5 miles then turn left towards "High Cross" just before reaching "Treverva". After another 1.5 miles and whilst still in High Cross bear round to the right and follow this with a left turn after about 0.5 miles down a narrow lane that becomes single track in

places. At the end of this lane a "T" junction is reached with the farm track leading to the campsite directly opposite across the road, hopefully with a Cody Sailing Club sign on or near the gate. You will now be on farmland so if you have to open any gates please shut them after you. Carry straight on where the main track turns left up towards Upper Calamansack until you reach Lower Calamansack Farm. At the farmhouse, turn left past some cottages and immediately afterwards turn right into the field. Look for the yellow Cody Sailing Club signs over the final few miles provided you have not arrived too soon! All being well, the club signs will be deployed by 12pm on **Saturday 30 July**.

30th Camp Celebrations

As it is the 30th anniversary of the first of these camps, we hope to have a few special events in the programme - precise details still to be defined. In addition, the committee have suggested that it would be nice to make up something commemorative such as coasters or mugs. Alison will bring some appropriate samples to the camp, so could you please bring along your best photos - from any of the camps between 1975 to 2005. We will then run a competition with the intention of choosing the best six to be used on the memorabilia. Orders will be taken at camp and the items will be made up in time for a winter social event.

Camp organization

Advance organizer	Gareth and Christine Jones
Camp coordinators	Gareth Jones
Purser	Dave Nicholls
Weather forecasts	Dave Nicholls / Alan Whitehead (reserve)
First Aiders	Nigel Comfort, Alison Newman, Dave Nicholls
Wood for camp fire	Jamie Keyte
Spades, saws, pickaxes	Gordon Keyte
Gazebos	Roy Chilvers
Rope and pulley	Gordon Keyte
Club boat tow co-ordinator	Roy Chilvers
Club toilet organiser	Roy Chilvers

Club Camp Toilets: Users should note that the Club provides the necessary chemical toilet fluid (for which contributions will be collected) but not toilet rolls, Roy Chilvers is the coordinator of the use of the club toilets. Please liaise with him **in advance of camp** on rdchilvers@ginetiq.com (work tel 01252 393018) to arrange collection of a toilet and tent from the boat store (Y46J)

Camp charges - per person per night

Members and their children over 16 years old	£3.00
Members' children over 3 and under 16 years old	£1.00
Non-members	£5.00
Non-members' children over 3 and under 16 years old	£2.00
Children under 3 years old	free

Please settle with the camp purser (preferably in cash) before leaving

Weather information

Local Radio. Radio Cornwall is the local BBC station. (103.9FM, 95.2FM, 96FM). The weather is broadcast at the following times: weekdays at 0610, 0715, 0745, 0815, 0845, 1030, 1225 & 1725; Saturdays at 0615, 0715, 0745, 0815, 0845, 0930, 1130 & 1310; and, Sundays at 0615, 0715, 0745, 0815, 0845, 0930, 1130 & 1310.

National Radio. Radio 4 FM 92 - 95 and LW 198. Shipping forecast times are 0048, 0536, 1201 and 1754 (local time). All broadcasts are on LW on 1515m (198 kHz) and some transmissions are on FM. Frequent and easily missed, especially the ones in the wee-small hours.

Marine Call. Marinecall offer an extensive range of Met Office Inshore Coastal and Offshore forecasts available by telephone. 5-day forecasts are written by Met Office forecasters exclusively for Marinecall, and are updated by 7am. Coastal location forecasts are updated hourly. The forecast for Lyme Regis - Hartland Point can be obtained on 09068 500 458. Calls cost 60p per minute from UK landlines, calls from mobiles may vary.

Provisional programme

The programme below is only a suggestion and may / will be amended during the camp. A sailing activity has been planned for each day and there are also a couple of walks planned (OOD Alison Newman) that can be incorporated into the programme if required. The programme may be changed in the light of the prevailing circumstances and alternative suggestions would be welcomed both at the morning meetings and in advance of the event.

Day	Date	High water		Low water		Event	OOD
		Time	Ht	Time	Ht		
Sat	30/7	1319	4.2	1941*	2.1	Camp opens, local sailing	
Sun	31/7	1430	4.2	0818*	2.1	Lunch at Gweek	N Comfort
Mon	1/8	1533	4.4	0941*	2.0	Porthoustock & the Manacles(D0927)	P Mullins
Tue	2/8	1626	4.6	1048*	1.8	Gillan Creek (and reserve for above)(D1027)	J Keyte
Wed	3/8	1710	4.8	1139*	1.6	Walk day and evening local sailing	A Newman
Thur	4/8	1749	5.0	1222**	1.4	Porthallow	A Whitehead
Fri	5/8	1826	5.1	1301**	1.3	'Chicken Run' to the Ferry Boat Inn. Lunch at the pub.	J Anderson
Sat	6/8	0652	4.8	1336**	1.2	Pirate's breakfast for the young at heart. Free day (to stock up) and evening trip to Polwheveral	A Stocks
Sun	7/8	0730	4.8	1407**	1.2	30 th Camp Olympics and Evening Races	C Jones
Mon	8/8	0807	4.8	1435**	1.2	St Anthony's Head/St Mawes (D1401)	G Keyte
Tue	9/8	0840	4.8	1501**	1.3	Swanpool Beach (and reserve for above)	D Nicholls
Wed	10/8	0910	4.7	1526**	1.4	Walk day and cream tea, followed by Quiz night	A Newman C Keyte
Thur	11/8	0939	4.6	1554**	1.5	Carrick Roads/Falmouth(D1526)	J Austin
Fri	12/8	1012	4.5	1628*	1.6	Maenporth	G Jones
Sat	13/8	1057	4.4	1715*	1.8	Regatta and bonfire	Gordon Keyte
Sun	14/8	1203	4.2	1829*	2.1	Camp closes	

Notes:

- * can launch/recover 1 hr either side low water
- ** can launch/recover 2 hours either side low water
- August 8th to 10th Falmouth Classics
- August 11th to 16th Falmouth Regatta
- August: Tall Ship Sedov at Falmouth plus possibly Tenacious

Local Amenities

Chandlery.

Below is a list of the local chandlers and their opening times. All these shops are at least 30 minutes drive from camp. The Boathouse is closest, easiest to find and used to have the largest range of stock and services.

- **Mylor Chandlery and Rigging.** Mylor Yacht Harbour, Mylor Quay, Nr. Falmouth, Cornwall TR11 5UF. Tel: 01326 375482. Mon - Fri 8.30 - 17:30; Sat 09.00 - 17:30, Sun 10:00 - 16:00.
- **The Boathouse** - (also offering top class sail repairs). Commercial Road, Penryn, Cornwall, TR10 8AE. Tel: 01326 374177. Mon - Sat 09:00 - 17:30; Sun 10:00 - 14:00. www.theboathouse.com
- **The Bosuns Locker.** Upton Slip, Falmouth, Cornwall, TR11 3DQ. Tel: 01326 312212. Mon - Fri 09:00 - 17:30; Sat 09:00 - 17:00; Sun 10:00 - 13:00.

Grocery Shopping.

The nearest grocery shop is approximately 3 miles away in Constantine. The store is an off-licence, hardware store, post office, bakery, dairy, butchers, video rental and general grocers. It is also very small.

Large 'superstores' are available in Penryn (the closest) and Falmouth. The Co-op store, in Penryn (open Mon- Fri 08:00 - 22:00; Sat 08:00 - 21:00; Sun 10.00 -16:00) at the bottom of the Bypass road, and the ASDA store (24 hour opening Mon 08:00 to Sat 20:00; Sun: 10:30 to 16:30) on the Penryn bypass, are the closest to camp and probably the cheapest. Falmouth also has a Tesco, Iceland, Co-op, M&S, and there is a Sainsbury's in Truro.

General.

Falmouth has some wonderful Cornish Pasties on sale and the fish mongers are definitely worth a visit if you're having a BBQ. It also has most of the stores you'd expect to find in a large town, such as Boots, WHSmith, M&S, etc.

Doctors / Hospitals

Falmouth Health Centre, Tel: (01326) 210090. Falmouth Health Centre is a 6 doctor practice located at the rear of Falmouth Hospital on Trevaylor Rd. Appointments can be made from 08:00 to 11:30 and 14:30 to 17:00 (Mon to Fri). It is closed on Saturdays. It welcomes visitors.

Falmouth Hospital, Telephone numbers: Switchboard / Reception: (01326) 434 700. At the hospital is a minor injuries unit (**open 8 am to 8 pm every day**). The Hospital has its own car parking and can be accessed either via Trescobeas Rd or The Health Centre in Trevaylor Rd.

Chemists in Falmouth & Penryn

- **Inns & Taylor**, Situated near the top of Killigrew St, Falmouth Tel: (01326) 312074. (Open: Mon - Fri 09:00 - 13:00, 13:30 to 18:00; Sat 09:00 - 13:00)
- **Superdrug**, Market St, Falmouth Tel: (01326) 312445 (Open: Mon - Sat 08:30 - 17:30)

- Boots, Market St, Falmouth Tel: (01326) 312373. (Open: Mon - Sat 09:00 - 17:30)
- **Trescobeas**, Trescobeas Rd next to Falmouth Hospital, Tel: (01326) 315579. (Open: Mon - Fri 08:30 - 13:30, 14:00 - 18:00; Sat 09:00 - 13:00)
- **Hendra Pharmacy**, Market St, Penryn, Tel : (01326) 373357. (Open: Mon - Sat 08:30 - 17:30)
- **Turton's Pharmacy**, Lower Market St, Penryn, Tel: (01326) 372233. (Open: Mon - Fri 09:00 - 17:30; Sat 09:00 - 13:00)

Lifeboat Station/ Coastguard

The RNLI has 2 lifeboats stationed in Falmouth; one inshore and one off-shore. The coastguard station is at Pendennis at the entrance to the Fal Estuary.

Tourist Information

Local offices are in Falmouth. Tel. (01326) 312300, Fax: 313457

Local Attractions

Gardens

- **Glendurgan Garden** - 4 miles SW of Falmouth the garden is above Helford River. National Trust. Open: 10:00 - 17:30. Closed Sundays and Mondays, except Bank Holidays. Tel: 01326 250906 (Opening hours only); 01326 250247 (Tea-room)
- **Lost Gardens of Heligan** - on B3273 at Pentewan. 80 acres of Garden and 2.5 miles of footpaths. Open everyday 10:00 - 18:00, last entry at 16:30. Tel: 01726 845100.
- **Trebah Gardens** - 4 miles SW of Falmouth the garden falls 200ft to River Helford. Open everyday 10:30 - 17:00. Tel: 01326 250448.
- **Trelissick** - 4 miles S of Truro above King Harry Ferry. Garden is at head of Fal Estuary. National Trust. Open everyday 10:30 - 17:30. Tel: 01872 862090.

Museums etc

- **Eden Project**: N of St Austell. Opened in March 2001. 2 Biomes: Humid Tropics and Temperate. Wednesdays are noted as being busy; it is quieter at weekends. Not a good place to visit on a wet day. Admission is £12.50 (adults), £9.50 (seniors), £4.50 (children under 15). Open every day 09:30 - 18:00, last entry at 16:30. Tel: 01726 811911
- **National Maritime Museum of Cornwall**. Opened December 2002 the museum is on Falmouth's waterfront. Houses a series of exhibits of all things boating from galleries to audio visual displays. Admission is £6.50 (adults), £4.30 (seniors, students and children 5-15), £17.00 (family). Open every day 10:00 - 17:00.

Regattas

- **Falmouth Regatta**: 11 -16 August. The sailing regatta provides action on the water but there are also shore events during the day and evening. The full programme of events will be available at Camp.
- **Falmouth Classics Rally**: 8-10 August

And then there is always a cream tea to be had somewhere!

Public Houses. (most importantly)

The following information has been updated from previous camp notes using various sources - no guarantees are given as to its accuracy!

Trengilly Wartha Inn. Nancenoy, Constantine Falmouth. Tel: 01326 340 332

Based around an old farm building, this inn is tucked down a wooded valley in an area of outstanding natural beauty. A varied bar and restaurant menu, real ales, over 200 wines. Can eat inside or out. Large car park that tends usually to be 95% full.

Directions: From the end of the farm track turn left on the public road, follow for about $\frac{1}{2}$ mile to a turn right down a steep hill. Follow to the bottom and a short distance up the other side, the Pub will be found on the right hand side.

Ferry Boat Inn. Helford Passage, Falmouth. Tel: 01326 250625

The Ferry Boat provides a selection of Cornish Ales, brewed locally by St Austell Brewery. Accessible by boat at all states of the tide, it is a much longer way around to go by car (parking is provided in a car park up behind the pub). There is usually a BBQ serving burgers, hot dogs etc for quick food, as well as a bar menu with a selection of homemade specials using local fish, meat and other produce.

Directions: Float downstream with ebbing tide. Pull dinghy a safe distance up the beach (easy with ebbing tide). Drink until suitable flood tide is observed to be almost floating dinghy. Return to camp on flood tide.

Shipwright Arms. Helford, Helston. Tel: 01326 231235

Superbly situated on the banks of the Helford River in an idyllic village, this small thatched pub is especially popular in summer when customers relax on the three delightful terraces, complete with palm trees and glorious flowers, which lead down to the water's edge. Heavy nautical theme inside. Summer buffet offers crab and lobster subject to availability, alongside various ploughman's lunches, salads, home-made pies, steaks and a wide range of international dishes. Barbecues in summer on the terrace. Principal Beers - Castle Eden, Flowers IPA, Sharp's Doom Bar Biiter. Children welcome.

Directions: A390 through Truro then A39 to Mabe Burnthouse, A394 to Helston, signs to Helford.

The Gweek Inn. Gweek, Helston. Tel: 01326 221502

Traditional family run village pub and restaurant, situated at the mouth of the Helford River close to the National Seal Sanctuary. Quiz night every Tuesday all year. Can be accessed by dinghy and eaten at over a high tide, with good planning. Varied menu. Real ales served include Flowers IPA, Draught Bass, Smiles Best Bitter, Old Speckled Hen.

Blue Anchor Inn. 50 Coinagehall Street, Helston. Tel: 01326 562821

One of the oldest pubs in Britain to brew its own beer, this unpretentious, thatched pub dates from the 15th century when it was a monks' rest home. The inn has also been the haunt of Victorian tin miners, who collected their wages here. Sample excellent 'Spingo' ales in the low-ceilinged bars, tour the brewery, and tuck into a hearty pie, pan-fried duck, lamb, fishcakes etc.

Directions A30 to Penzance, then Helston signposted

The Ship Inn. Porthleven, Helston. Tel: 01326 564204

17th-century inn built into steep cliffs and approached via a flight of stone steps. Wonderful views over the harbour, especially at night when it is floodlit. Inside is a knocked-through bar with log fires and a family room which has been converted from an old smithy. Specials boards change daily but usually include at least 6 fresh fish dishes. The menu also includes beef or gammon steaks, BBQ chicken as well as a wide range of snacks and children's meals. Beers include Courage Best and Directors, Greene King Abbot Ale, Sharp's Doom Bar.

The Rising Sun. The Square, ST MAWES, Truro. Tel: 01326 270233

Close to the harbour in St Mawes with an upmarket feel inside. Set price 2- or 3-course menus in the restaurant, or a more straightforward blackboard menu in the bar (lasagne, sirloin steak and chips etc). Real ales include HSD and Tinnars. Children welcome.

Participants at time of print

<i>Surname</i>	<i>Names</i>	<i>Arrive</i>	<i>Depart</i>	<i>Loo needed ?</i>	<i>Boats</i>
Austin	Jenny	30-Jul	14-Aug	N	Solo
Anderson	John	30-Jul	14-Aug	N	Topper, Canoe
Bridgwater	John, Ralph	03-Aug	12-Aug	Y	Canoe, Windsurfer
Brocklehurst	Fiona	01-Aug	07-Aug	N	
Chilvers	Roy	04-Aug	14-Aug	Y	Canoe, Windsurfer
Comfort	Nigel, Sarah, Hannah and Matthew	30-Jul	14-Aug	N	Mirror, Canoe
Forrest	Anna	30-Jul	14-Aug	N	
Gillespie	Tony and Pat	30-Jul	06-Aug	N	
Harrell	Peter Harrall and Dawn Knight, Catherine, Emily and Jennifer	30-Jul	14-Aug	N	Dinghy (?), Topper, Tender
Jones	Gareth, Christine, Lauren, Bethan	30-Jul	14-Aug	N	Windsurfer, Canoe
Keyte	Jamie and Claire	6-Aug	14-Aug	N	Javelin
Keyte	Gordon and Jenny	30-Jul	14-Aug	N	GP14, Canoe
Mullins / Newman	Peter, Ali, Matthew, Cara, James + ?	30-Jul	14-Aug	N	7 - 1 GP, 3 Topper, 1 Canadian Canoe, 1 Windsurfer, 1 Inflatable
Nicholls	Dave	30-Jul	14-Aug	Y	Canoe
Reid	Chris and Tess	07-Aug	12-Aug	N	RS200
Stocks	Andy, Vanessa, Robyn, Oliver	30-Jul	08-Aug	N	Mirror
Whitehead	Alan, Dorothy	30-Jul	14-Aug	N	GP14, Canoe



