



LA FAMILLE BRETONNE

HOUSE MANUAL

20th Edition – May, 2026



The correct address is:

7 (Rue) Roc'h Du

22740 Lézardrieux

House Mobile: 07 80 28 70 56

For any comments or queries in this manual please contact:

Brian Williamson

janebrian@sky.com

CONTENTS (with links)

EMERGENCY & OTHER IMPORTANT TELEPHONE NUMBERS	3
USEFUL LOCAL TELEPHONE, ADDRESSES AND EMAILS.....	4
NEIGHBOURS & EX-PATRIATES	5
TELEPHONE, INTERNET, MAIL, MUSIC AND TV	6
GOOD NEIGHBOURLINESS	8
OCCUPANCY CHARGE	8
WHERE TO FIND THINGS	8
ELECTRICITY	9
WATER	13
DRAINAGE AND SEPTIC TANK.....	14
POOL AND SPA	15
POOL INSTRUCTIONS	16
SOME NOTES ON THE HEAT PUMP	18
HAYWARD TIGER SHARK QC ROBOT CLEANER.....	19
ESSENTIALS OF THE LFB HOT TUB.....	20
HOUSEKEEPING	23
WASHING MACHINE.....	23
TUMBLE DRYER.....	23
GARDEN.....	24
CHANGEOVER.....	24
MEDICAL PROBLEMS	26
KEYS AND COMBINATION	26
LOGS AND FIREWOOD	26
BREAKAGES.....	27
RUBBISH	27
LOCAL RESTAURANTS.....	30
SHOPPING	34
THINGS TO DO.....	35
LEAVING THE HOUSE EMPTY FOR SOME CONSIDERABLE TIME.....	38
THE INTERNET	39
SWP WORK SKELETON	40

EMERGENCY & OTHER IMPORTANT TELEPHONE NUMBERS

EMERGENCY	All emergency services	15 or 112
FIRE BRIGADE	Pompiers - Fire Brigade - emergency	18
Fire Brigade	Pompiers - Rue L'Hermitage, Lezardrieux	02 96 20 12 29
POLICE	Gendarmerie National - emergency	17
Police	Gendarmerie National - Lezardrieux	02 96 20 10 17
COASTGUARD/LIFEBOAT	Sauvetage en Mer	02 98 89 31 31
PHARMACIST	Pharmacy du Trieux on the roundabout	02 96 20 10 05
DOCTORS		
Lezardrieux	Dr Patrick Deby, Rue Amor	02 96 20 10 30
DENTISTS		
Lezardrieux	M. Gael Lucia, Pl. Centre	02 96 20 15 99
Paimpol	M Patrick Delevaux 11 Rue St Vincent	02 96 20 74 91
HOSPITALS	Paimpol (Kerity) <u>Maison Medical for on-call doctor in evening 8-11pm in season.</u> <u>Cash only</u>	02 96 55 60 00 https://www.ville-paimpol.fr/contacts/maison-medicale-de-garde/
	Treguier	02 96 92 30 72
PARAMEDICS	Service d'aide medicale (SAMU)	15
Avocat - Thierry Clerc	Clerc Di Costanzo & Associes	02 35 59 11 34
	Mobile E-Mail:	06 08 21 40 32 clerc@eurojuris.fr
British Embassy	Paris	01 42 66 91 42
Honorary Consul	Nantes	02 40 48 57 47
SOS-HELP	English language Crisis Line	01 47 23 80 80
Electricity de France (EDF)	French Customer Service English language Hot Line	09 69 32 15 15 09 69 36 63 83
		<u>See page 8</u>
Affairs Maritime	Paimpol	02 96 55 35 09

Please add additional useful numbers and correct any which are incorrect.

USEFUL LOCAL TELEPHONE, ADDRESSES AND EMAILS

Bretagne Marine	www.bretagne-marine.com/	02 96 20 14 71
Builder	Pascal Bourges	02 96 22 94 14 02 96 22 81 48
Builder	John Beswick English – lives fairly local	06 37 68 77 85
Carpet cleaners	Madame Raye, Service Nettoyage de Amorique	02 96 16 44 64
Carpet layer	M. Polivert	02 96 20 91 84
Diver	Yann Goanvic	02 96 20 19 50 Mobile: 06 67 41 53 20
Electrician/Plumber (Speaks good English)	Entreprise Artigaud, Finveo Sylvie et Serge Artigaud Email: Artigaud@Online.FR	02 96 22 12 19 Mobile: 06 75 01 60 95
Electrician	Guenad Rochet	02 96 22 89 14 Mobile: 06 75 00 35 01
Emptier of Septic tank	Xavier le Roux	02 96 55 91 16 Mobile: 06 85 80 11 14
Gardener/ Housekeeper	Jean Francois Le Bideau Marie Jo Le Bideau	02 96 22 83 86 Mobile: 06 48 76 64 45
Harbour Master	Jflb5@wanadoo.fr Lézardrieux	02 96 20 14 22 Mobile: 06 62 74 81 13
Marie	23 Place du Centre, Lezardrieux	02 96 20 10 20
Office de Tourisme	24 Place du Centre, Lezardrieux	02 96 22 14 25
Pool	Armoreal Email: contact@armoreal.fr	02 96 20 94 59
Port de Plaisance, Pontrieux		02 96 95 36 66 <u>02 96 95 36 28</u>
Satellite dish specialist	Trevor Dallas TV Brittany	02 97 27 58 50
Stihl Agent	Eurl Thomas 67 Rue Penvern, 22500 Paimpol	02 96 20 91 24
Vehicle Electrician	Paimpol Electric Auto (Hubert Illien)	02 96 20 85 55
Weather (Local forecast)	(recorded)	08 36 68 02 22
Yacht Club	Lézardrieux	02 96 20 10 39
Yamaha agents - Paimpol	Le Lionnais	02 96 20 85 18

NEIGHBOURS & EX-PATRIATES

Paul Lamande	Ex Oyster man - 11 Roc'h Du	02 96 22 15 54
Mme. Renee Libouban	Immediately to the South - 9 Roc'h Du	02 96 22 10 23
Claire Tardieu	Next door (to the North) - 5 Roc'h Du ClaireTardieu@Wanadoo.fr Children: Nathan & Felix	06 54 14 35 82
Frederique Verley (Works for Vogue)	Opposite - 2 Roc'h Du Fverley@Condast.fr Husband: Hratch Demirdjian (Antiques) Daughter Celina	02 96 22 18 86 06 24 14 35 82
Claudie & Louis Jacob	1 Roc'h Du Claudie.Jacob@Voila.fr One daughter, Charlotte	02 96 22 17 08 06 47 96 94 90
Claire's Air bnb	6 Roc'h Du	
Jean Oulhen	8 Roc'h Du	02 96 20 10 82

No 4 bought by Jacobs. They will soon be moving in

TELEPHONE, INTERNET, MAIL, MUSIC AND TV

TELEPHONE

There is a house mobile phone which can be used when contacting French numbers particularly utility and government departments who often need a call back number.. The number is:

07 80 28 70 56

INTERNET

Wi-Fi is available at the house through a TP Link Archer MR600 4G AC1200 wireless dual band router. There are 2 Wifis available:

- LFB Fibre; password “waterloo”.
- LFB VPN; password “waterloo”.

Note the case when you're typing it in.

4G is also available

MAIL

The postal address for letters, Amazon deliveries etc is:

7 (Rue) Roc'h Du
22740 Lézardrieux

Please **check the post box regularly during your stay** and ensure that any bills sent to the house are forwarded to the Treasurer when you return to the UK. Be aware that articles bigger than the letter box can be delivered!

MUSIC

We have a BOSE CD player in the lounge. This is now set up to be played via Bluetooth. In order to do this the plug needs to be fitted to the adaptor, meaning the standard light plug needs to go to another outlet.

The device i/d is BO6+. This is paired by holding the button on the Bluetooth connector for 2 seconds. The BOSE needs to be set on Aux.

TV

We have a new 48" 4k enabled Samsung TV.

There are 3 handsets:



Sky

TV

Firestick

To view Sky

Sky has a wide range of channels including all the home terrestrial channels, Sky Atlantic, Sky Sports and Sky Cinema. There is a catch-up facility (which downloads quite slowly so use SD option) and recording facility.

To switch on press the Sky button on the Sky Handset. This starts both the TV and Sky box. Then use Sky controls and menus to view what you want. To turn off use the red on/off switch on the TV control

Some programmes ask for a code; it is kept inside the handset and is **1245**

To view Netflix and other streaming platforms

Switch on with Firestick control. Wait for 10-20 seconds then select desired streaming. There are profiles in place for both Netflix and Prime Video. You can add your own profile. iPlayer and ITVX etc may now work. To turn off use the red on/off switch on the TV or Firestick control.

There are other options if you bring your own Firestick

NOTE! There is another TV control. We have decided that it is not necessary and have not set it up.

GOOD NEIGHBOURLINESS

We consider it to be of paramount importance that we foster the best possible relations with our neighbours, all of whom are both friendly and welcoming.

While you are at Roc'h Du do consider inviting any neighbours with whom you have established a rapport to join you for a drink on the terrace or to use the pool.

Please remember that sound travels exceptionally well, particularly over water and that many of our neighbours either speak or understand English. Please ensure that music, radio and television are not operated at an excessive volume.

Please be courteous to the locals and drive slowly in the lane and the vicinity of the house.

Likewise in the estuary please exercise good seamanship. When using the RIB, navigate at a reasonable speed, showing consideration to other traffic and those on the shore.

At night when all are at home and no visitors are expected, please ensure that all outside lights are extinguished when they are no longer required and before retiring to bed.

Our neighbours have complained that children have in the past played in the area outside the sous-sol and that washing has been put out to dry in this area. We have agreed not to do this in future.

OCCUPANCY CHARGE

Do ensure that you have paid the occupancy charge and any other sums owing to our treasurer (presently Anne Malcolm-Green) before your holiday at Roc'h Du. The occupancy charges per day for 2026 are as follows:

£35	1 – 2 people
£45	3 – 4 people
£50	5 – 6 people
£70	7 + people

WHERE TO FIND THINGS

The First Aid Kit, with instructions, is in the wardrobe in the master bedroom. If we are running short of any items, then please re-stock.

Spare light bulbs, lavatory paper and soap are in the airing cupboard at the top of the stairs, adjacent to the electrical distribution board, where you should also find a small torch.

ELECTRICITY

Client number: 5018185672

Identification: ANNE.M-G@VIRGIN.NET

No. de compte: 4 06 7 017 606 694

Website: edf.fr

EDF's regular customer service number (in French) is **09 69 32 15 15**. There is an **EDF English-speaking** customer service helpline **09 69 36 63 83**. Press 1 for technical support or press 2 for customer service questions.

The EDF electricity supply comes in via the 2 grey glass fibre boxes adjoining the hedge near the junction of the drive and the road:



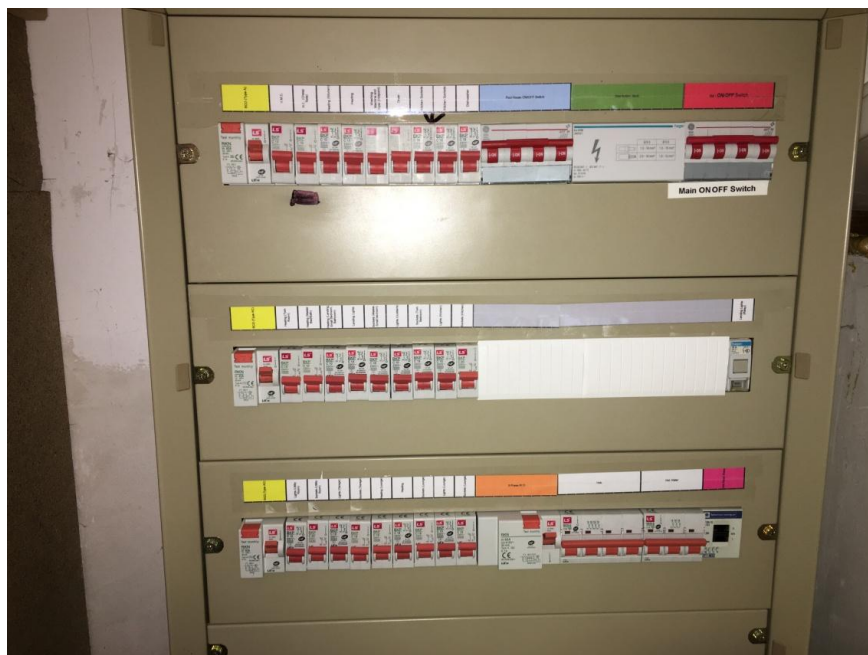
The EDF main circuit breaker and reset buttons are in the left-hand box and the smart meter is in the other:



The supply does trip from time to time. To reset, open the box at the top of the drive and push the switch on the left-hand side from down to up. You may also have to reset the circuit breaker by pushing in the grey button that will cause the red button to pop out. From time to time there are power outages particularly during electrical storms, so if a total lack of electricity is not cured by resetting the circuit breaker check that the other houses in the locality have power before calling an electrician or EDF.

If there is a power failure of any nature please remember to check and adjust all the time clocks, including the one in the pool house and the cooker.

The **distribution board** and circuit breakers are in the linen cupboard at the top of the stairs; there is a secondary distribution board and further circuit breakers for the pool and spa in the pool house.



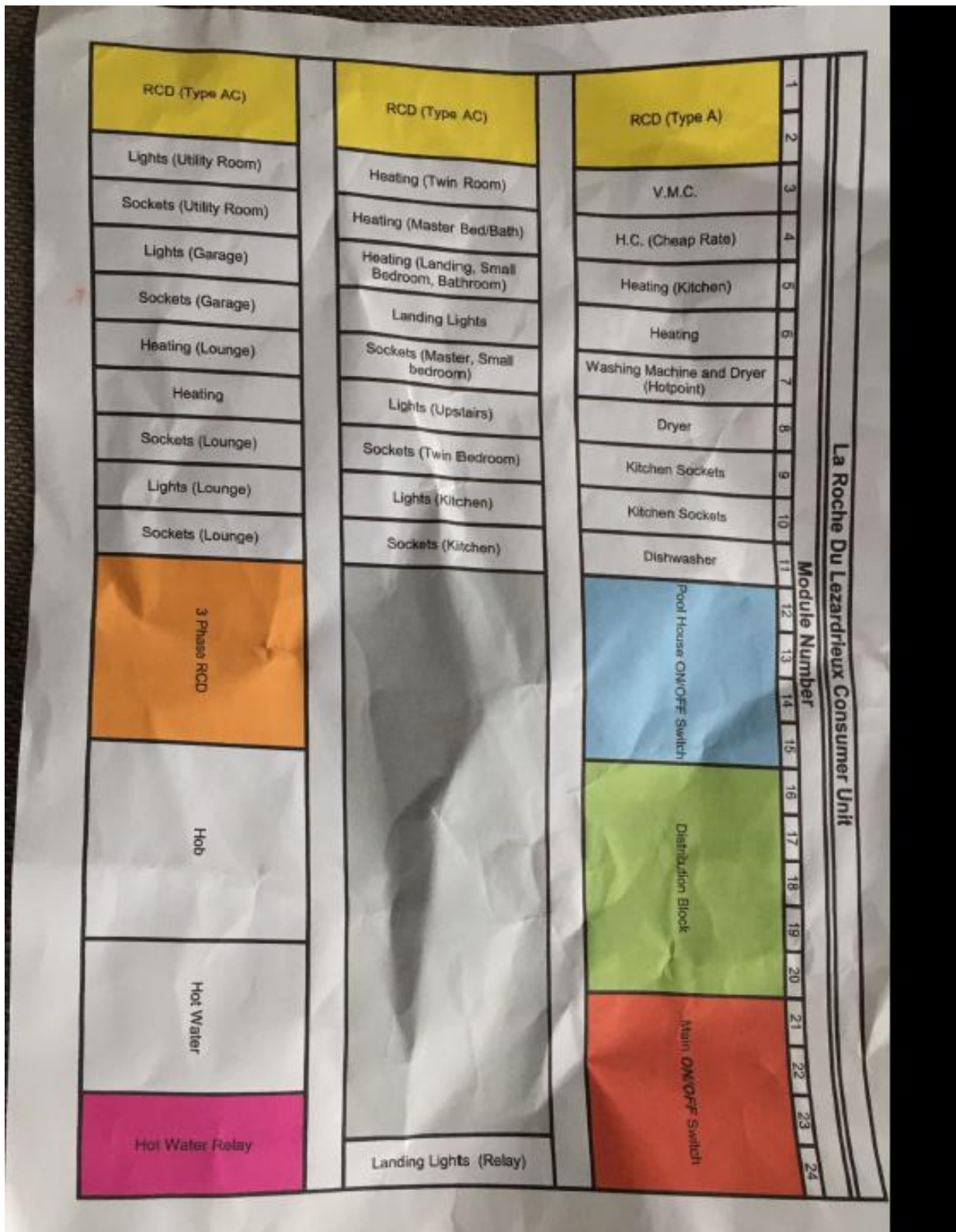
The board is well labelled and easy to reset by pushing the offending circuit breaker up. The main isolator is top right but remember the EDF main isolator for the house is in the grey box at the top of the drive. The switch at the left of each row controls one phase and isolates all other switches in that row. The 3 phase controls the hot water and the hob and is just right of middle at the bottom.

The isolator for the water heater is on the right of the bottom row: When in the 'up' position the water heater operates automatically. Push the switch down to turn the water heater 'off'. This should be done at the end of the season.

Spare light bulbs and fuses are stored in the airing cupboard

The Switch marked "**Aldes**" which is on the wall at the end of the island unit in the kitchen controls the two speed house ventilation system for exhausting any radon gas seeping into the house from the adjoining granite. After many complaints from Claire about noise, we have not to operate this fan during the peak summer months. This is achieved by turning the VMC switch down on the distribution board

Distribution Board Layout



WATER

The main stop cock, along with the meter, is in a vertical concrete manhole sunk in the ground by the road boundary directly above the house in line with and close to Claire's white B&B.



Apart from the occasional need to read the meter, this should not normally need attention. The stop cock within the house is at the left-hand side of the hot water tank, which is in the cupboard under the stairs. The stop cock is the yellow handled lever that should be rotated, (slowly - as the water pressure is very high), through ninety degrees.

A new hot water tank was installed in June 2025.

French mains water is considered highly potable and probably of better quality than much bottled spa water.

During the Summer, if not year-round, there is usually a hose pipe ban - so please take care when watering the garden.

DRAINAGE AND SEPTIC TANK

The house drains to a septic tank, and this should present no problems provided we comply with the following procedure:

The septic tank should be "fed" by flushing a packet of EPARCYL down the downstairs loo once a week (on Friday). Marie-Jo will ensure that we have a supply of EPARCYL in stock but it is the responsibility of members and guests to ensure that the EPARCYL is flushed down the downstairs loo.

Please do not flush anything down the lavatory other than bodily wastes and soft lavatory paper. There are bins in each bathroom - please use them. The loos should only be cleaned with a cleaner that is compatible with a septic tank – J-F has been asked to buy and use CLARCYL, which is suitable.

If you do encounter problems, they are usually preceded by unfortunate odours; soon after you can expect the sewage to back up into the shower tray in the downstairs bathroom. If this happens you must cease using the drains immediately, and if possible, unblock them yourself - there are rods in the sous-sol.

If you decide to unblock them yourself the blockage will almost certainly be between one and one and a half metres from the septic tank and can usually be shifted with a powerful jet of water.

If professional assistance is required call [Xavier le Roux](#) whose number is in the list on page 4. Whilst he is on site it may be prudent to ask him to empty the septic tank if he considers it necessary.

The tank should be emptied every two years at the Spring Working Party. It was last emptied in March 2025. When the tank is emptied Xavier le Roux should be asked if it is necessary to change the volcanic stone filter. If he is unable to do this, Pascal Bourges will arrange for it to be done. It takes a little less than two bags, so there may be a part bag on site.

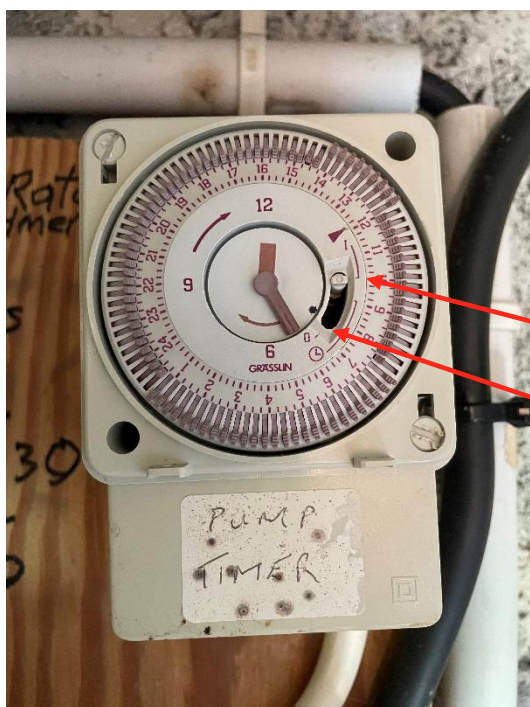
POOL AND SPA

Please read the detailed instructions regarding both pool and spa before using them. Detailed pool instructions are set out below and are also reproduced on a laminated card kept in the pool house. The water in both the pool and the spa should be tested daily and the required changes made at that time.

The chemical balance of the water in the pool and spa is extremely important. Both use the same chemicals and testing kit. The acid/alkali balance (pH level) should always be within the range 7.4 to 7.6. Experience shows that the water generally tends to drift towards the acidic (low pH), which adding alkali or pH increaser rectifies.

The pool heater is now a heat pump and is set by default to run on cheap rate electricity. This timing is known as Heure Creuse and works during the following hours:

00:30 to 07:30 and 12:30 to 14:30



The pool should only be heated to a reasonable temperature (normally 28) and should not be set above 30 degrees centigrade. In certain weather conditions running at Heure Creuse may not be sufficient so the heat pump can be set to run 24/7 by setting the pump timer switch to "1".

Return to the normal "clock" setting when the temperature has returned to the set temperature or on departure.

The spa is heated by normal electricity and its time clock allows for a number of on/off cycles every day.

Even if you will not be using the pool, please ensure that it is kept clean and carry out the daily checks listed below.

If we are running short of pool chemicals, eg Chlorine, Dry Alkali, Dry Acid, or testing tablets, then please advise Simon who will arrange for the next occupier to bring an adequate supply from the UK. Alternatively, pool chemicals can be purchased from Brigand Horticulture in Paimpol. Chlorine tablets and granules for Shock are now also available in Carrefour in Paimpol.

POOL INSTRUCTIONS

Pool volume: 14,000 gallons or 63,000 litres

Normal filter pressure: 13 psi or 0.9 Bar

- The pool should always be left covered when not in use to conserve heat, especially overnight.
- Whenever the pool is open the roll should be wrapped with the white plastic cover. This protects the bubble material from the sun.
- Valves are open when handles point along pipes
- Valves are numbered with black marker pen
- The multiport valve next to the large blue filter in the pumphouse must NEVER be moved while the filter pump is running
- To switch the pump off use the labelled rotary switch on the wall at the back of the pool house.
- All heating is automatic and there should be no need to make any adjustments apart from temperature.

Daily Checks and on arrival

- i. Check valves are correctly set as per “Normal Filter Mode” (see later)
- ii. Check and, if necessary, add water until the level is at the top inside edge of the skimmers
- iii. Check filter pressure. If over 14psi then reduce the pressure by running briefly in “Backwash Mode” (see later)
- iv. Check pH using the testing kit in the pool house. The correct levels are marked on the testing kit used but for reference the pH should be 7.4 to 7.6 (Tendency is for pH to drop). If less than 7.2 adjust by dissolving 1 cupful of pH increaser (or alkali) in 1 bucketful of water and pouring in slowly around perimeter of pool at the deep end. If the pH is less than 6.8 add 2 cupfuls per bucketful.
- v. Once the pH is balanced check chlorine levels. The correct levels are marked on the testing kit used but for reference the chlorine content should be 2 to 3 ppm. Ensure Chlorinator tube is kept full with tablets particularly if the pool is green. Simply add chlorine by adding more chlorine tablets to the chlorinator.

NB. To add chlorine. Switch off the pump, carefully open the top of the white chlorinator (on the right of the pump house) using the black “tennis racket” spanner. Half fill with chlorine tablets. Close top. DO NOT OVERTIGHTEN. Switch on pump. Leave chlorinator on setting “5” unless chlorine levels are very low.

- vi. Re-check chlorine level 24 hours later and add chlorine tablets to the chlorinator as appropriate
- vii. If the pool is really green, proceed as above but leave the pump running continuously, backwashing for one minute every other day until clear again. Add 500g of Chlorine shock to the skimmer basket at south end of pool

WEEKLY CHECKS

- a. Check that the skimmer baskets are empty
- b. Check filter pump strainer basket - empty as necessary
- c. Check Chlorinator for tablets

LESS FREQUENT CHECKS - at least once during your stay

On the last full day of your stay, and if you are at the house for more than five days, when necessary during your stay please:

Clean out the skimmer baskets and the filter pump strainer basket.

Clean the pool using the robot (see later) and skim any debris from the surface.

NORMAL FILTER MODE

The multiport valve in the pump house should be in filter position. There should be no need to alter these valve settings:

Valve Nos. 2 & 4 (skimmers)	should be fully open
Valve No. 3 (bottom suction)	should be closed
Valve No. 1 (Vacuum)	line closed
Valve Nos. 8 & 9 (chlorinator isolating)	should be fully open

BACKWASH MODE (Necessary when pressure gauge reads 14 psi or more)

As the filter sand becomes dirty, pressure builds in the filter tank. When the pressure reaches 14psi it is necessary to backwash This should be carried out weekly

- a. Turn off pump (Multiport valve must NEVER be moved while pump is running)
- b. Turn Multiport valve to backwash position
- c. Switch on pump and run until water in sight glass is clear (approx 1 minute)
- d. Switch off pump - turn multiport valve to rinse position and switch on pump - run for 30 seconds
- e. Switch off pump - turn multiport valve to filter position
- f. Switch on pump and check pressure has returned to normal - if not then repeat the operation
- g. Top up water in pool as necessary. The correct water level is above the middle of the skimmers.

To Clean the Basket

Switch off filter pump and remove lid by unscrewing carefully. When replacing lid, always check that it is positioned correctly - do not overtighten

SOME NOTES ON THE HEAT PUMP

Utilisation & fonctionnement

RÉGLAGES DE LA FONCTION TIMER *Timing function*

Le réglage de cette fonction est nécessaire dès lors que vous souhaitez faire fonctionner votre pompe à chaleur sur une plus courte période que celle définie par l'horloge de filtration. Ainsi vous pourrez programmer un départ différé et un arrêt anticipé ou simplement interdire une plage horaire de fonctionnement (par exemple la nuit). *If you wish to run it for a shorter period than that defined by filtration clock or if you wish to stop it during a certain period, such as night time.*

Programmation Départ (Timer ON) / Marche

- 1) Presser 2s, Timer "ON" clignote (flashes)
- 2) Presser pour régler les heures à l'aide des boutons
- 3) Presser pour régler les minutes à l'aide des boutons

L'enregistrement est automatique au bout de 5 s sans action
Setting is made after 5 secs

Programmation Arrêt (Timer OFF) / Arrêt

- 1) Presser 2s, Timer "ON" clignote, puis presser 3 fois successivement jusqu'à ce que timer "OFF" clignote. *flashes, then press 3 times in a row until timer flashes OFF*
- 2) Presser pour régler les heures à l'aide des boutons *change the hours*
- 3) Presser pour régler les minutes à l'aide des boutons

Suppression des Timer (Timer ON et OFF) / Arrêt et Marche

- 1) Presser 2 s, le timer "ON" clignote.
- 2) Presser pour ^{stop}supprimer la programmation.
- 3) Presser 4 s, le timer "OFF" clignote.
- 4) Presser pour supprimer la programmation.

Stopping the Timer

MODE DE FONCTIONNEMENT : CHAUFFAGE / REFROIDISSEMENT

En Mode "OFF" ou "ON" ou "AUTO" *in the Auto function, the pump will go from heating to cooling to best maintain good function of the pump*

Presser le bouton pour basculer du mode chauffage en mode refroidissement, puis en mode automatique. En mode AUTO la PAC basculera d'elle même en mode chauffage ou refroidissement pour maintenir sa valeur de consigne.

Note! There is a high level of condensation when the heat pump is heating some of which drips down the front of the pool shed. We have tried a number of fixes but without complete success. Currently we have set up a half pipe which seems to deal with about half the problem. We have involved Amoreal but so far not helpful.

HAYWARD TIGER SHARK QC ROBOT CLEANER

We have purchased the above to replace the vacuum cleaning of the pool. It is important that you familiarize yourself with the operation of the robot. There is a good 5 minute YouTube video:

https://www.youtube.com/watch?v=A9_hTVuhlvA

Some points to note:

The robot is kept on a special trolley which stops the rollers developing flat spots. The trolley is positioned in the pool house in such a way as you should not need to move it until we put it in the sous sol at the end of the season. In its current position the mains lead is just long enough to reach the plug by the side of the shelving. The robot should be unplugged from the mains when not in use.

The rollers are foam as recommended for mosaic tiled pools (not “flappy” plastic as demonstrated on the YouTube video which are for liner pools. You should immerse the robot in the pool for 10 minutes before switching on. If you don't press the “Full Cycle” button it will do a shorter clean of around 45 minutes.

Try to avoid placing the robot on the hard pool surrounds which could flat spot the rollers and scratch the plastic. Lay it on its side on the grass to remove the filters for cleaning (see video).

You should clean the filter after each use.

You will notice that the blue handle is on the skew. This is deliberate so as to give the robot a bias as it trundles about. You should get into the habit of reversing the skew every time you remove the robot after a cleaning session. This will prevent the 24v DC protected cable from over curling.

While the cable is robust it will not take the weight of the robot when it is not supported in the water so while it is OK to gently pull the cable to get the robot to the surface, once it starts to lose its buoyancy lift it out of the pool by the blue handle only.

You should consider deploying the robot a minimum of once a week.

It will climb the walls and we observed it climbing at least two of the steps. You may have to brush the upper steps.

Please feel free to call Khalid if you are unsure about its use.

ESSENTIALS OF THE LFB HOT TUB

Although the hot tub is quite sophisticated it is relatively simple to use. It should be left drained after each occupancy unless by mutual agreement with the incoming occupiers.

Normally we will fill it from the pool not from the mains water supply for two reasons:

1. The pool water is already chemically sanitised and should be of the right balance.
2. The pool water will be of a much higher temperature (normally at least 26 degrees C) than the mains water which is less than 10 degrees C which means the tub will heat to its operating temperature much faster.

To operate the tub from empty, here are the basics:

1. Unclip the two front stays from the cover (there is no need to unclip the rear stays). Fold the front half of the cover back and then the whole cover which with the cover lift device will rotate back and sit behind the tub off the ground. Whilst it is possible to do this single handed it is better to have someone each side to avoid straining the mechanism or distorting the cover.
2. Fill the tub from the pool using the submersible pump which can be found in the pump house. **Note: If you need to hold the hose in position with a brick or paver, use a cloth to protect the surface of the tub**
3. The outlet tap should have been left closed but if you see water running out of the bottom of the tub, stop filling it, remove the front step, remove the two knurled knobs at the front of the tub and remove the inspection cover. Check the outlet tap at the bottom is switched off. Close and secure the inspection cover, replace the step and continue filling the tub.
4. Fill the tub with water to the base of the head rests, roughly 6 inches from the top of the tub.
5. In the pump house switch on the circuit breaker marked “Jacuzzi” at the top left of the fuse board (you may have to open the metal door of the fuse box to access the switch)
6. The LCD display on the tub (inside just above the waterline at the front) should read “Pr” showing that it is in priming mode.
7. After 2 to 5 minutes the pumps should start and water should begin to circulate. You may see the two jets at the front of the tub (the so called “waterfall” feature) rise up and spout depending on whether they have been left switched on.
8. The LCD display should show the temperature of the water in the tub.

9. If nothing happens after say 10 minutes or if you get any other message on the LCD display immediately switch off the tub and refer to the manual (in the house) and if necessary call either Rollo or Khalid.
10. Once the water is circulating close the top and secure the front straps.
11. The default temperature is set at 38 degrees C and the tub heats at approximately 3 degrees per hour (depending on outside temperatures) so if the starting temperature of the water is 26 degrees it should take about 4 hours to heat to 38 degrees. You can increase or decrease the top temperature using the TEMP + or TEMP – buttons on the control pad. The maximum temperature is 40 degrees C.
12. Note that the jets switch off automatically after 15 minutes but you can switch them back on again.
13. The tub has an automatic circulating and heating cycle so when you have finished using it just close the lid to keep the heat in.
14. Sanitising is via a cartridge contained under a screw cap at the back left hand side of the tub as you look at it with your back to the river. It takes two - one for bromine the other for minerals. Replacement cartridges are kept in the pool house. For pH use the pool chemicals, using just a table spoonful diluted in a bucket of water.
15. The FILTERS need removing and washing at least once a month. We suggest you do this at the start of your stay. Note that they can be difficult to unscrew. Using mole grips to provide extra leverage to get them unstuck seems to work. Do not use the mole grips as grips or you will damage the plastic of the filters. Use the shower or tap by the terrace to “blast” flies and other foreign objects out of the fins of the filters. Once a season they will need changing and deep cleaning. Allegedly the display will advise when this is necessary although this has yet to be observed. There should always be a spare set of deep cleaned filters in the pump house. If the filters need changing refer to the manual. When replacing filters do not over tighten.
16. Deep clean the removed filters as above and then soak them in diluted (5%) spa filter cleaner for 24 hours. As the filters are quite tall place them in the green ex roll-top rubbish bin which is kept in the pool house. Covering them with water from the tap takes about 27 litres so 1 litre of spa cleaner concentrate provides roughly the right dilution. **Always add the concentrate to the water not the other way round.** After 24 hours soaking drain away the liquid, thoroughly rinse the filters in fresh water and allow to dry. The cleaned filters should be stored in the pump house labelled as “clean” with the date. We will aim to ensure this is a Spring Working Party Job.

17. All the normal rules about hot tub use (alcohol, time in tub etc.) should be noted and then no doubt ignored save for the one about NO GLASS in the tub or surrounding area.

WHEN LEAVING THE HOUSE AND RETURNING HOME, THE TUB SHOULD BE DRAINED FOR HYGIENE AND SECURITY REASONS

1. Switch off the circuit breaker marked “Jacuzzi” in the pool house.
2. Remove the step and the inspection panel. Open the tap on the outlet pipe.
3. Pump the water from the tub into the pool using the large submersible pump. N.B. It’s not possible to pump the last drops out with the pump but this can be done with a sponge and/or a towel.
4. Clean the inside of the tub with a sponge and a very little washing up liquid.
5. Once the tub has drained switch the outlet pipe tap to off. Replace the inspection cover and the step
6. If the next visitors request that the hot tub is required then go through the start-up procedure again leaving it ready for them.

A laminated copy of this guide is available in the pool house

HOUSEKEEPING

Our housekeepers are Jean-Francois and Marie-Jo Le Bideau:

Mobile: 06 48 76 64 45
Email: Jflb5@wanadoo.fr

Unless you have made other arrangements with them, they should arrive on changeover days at 8:00 am to clean through the house. They are responsible for "maintenance cleaning", changing and washing linen etc; please do not leave the house in a mess for them to sort out.

Well before you arrive at Roc'h Du please let them know, by text or e-mail, your anticipated dates and times of arrival and departure. Do remember that if someone is arriving at the house on the day of your departure J-F and M-J need sufficient time to get everything done before they arrive. It would be helpful if you also liaise with whoever precedes and follows you at the house to deal with any hand-over issues.

On the morning of your departure please strip the beds that have been used and put on a load of washing as early as possible. With the capacity of the washing machine and the time available M-J and J-F cannot finish their allocated tasks if as much as is possible of the washing is not put in hand by the out goers.

Eileen and Jane supervise Housekeeping - please report any problems to them.

WASHING MACHINE

The current washing machine is typical of most modern designs but you should consult the manufacturer's instructions for use. Some general points:

1. Use only low sudsing detergent designed for automatic washing machines.
2. Best setting to use is MIX 30 followed by SPIN/ PUMP
3. MAINTENANCE – The filter is situated bottom right of the machine should be cleaned from time to time; it catches objects that have been put into the machine by mistake (p.14 of the instruction book).
4. IF THE MACHINE DOES NOT WORK CHECK INSTRUCTION BOOK BEFORE CALLING ELECTRICIAN.

TUMBLE DRYER

There are two tumble dryers. Please refer to the manuals.

Check filter and water condenser during your visit.

GARDEN

The gardener (J-F Le Bideau) is employed to do SOME gardening for us. He should deal with the heavier work such as hedge cutting, strimming the bank etc. In the summer J-F normally comes weekly on a Tuesday. Please tolerate his session or go out if you are inconvenienced by his activities. He does his best to avoid lunchtimes.

If the weather is bad, he cannot do much. Accordingly, if necessary, please mow the lawn. When you mow the lawn please do not "scalp" it. Pile lawn mowings neatly at the bottom of the garden on the compost heap. DO NOT throw them over the cliff.

Please carry out at least some routine maintenance on the garden during your stay, such as weeding and in particular please **water all plants**, daily, if necessary, in Summer but bear in mind that in Summer there is normally a hose-pipe ban.

If you use the various power tools, please ensure that you are aware of the safety precautions that you should take, and how to use the tool properly. Please ensure that they are clean before putting them away.

If strimming, please ensure that you do not "slash" shrubs and ground cover plants.

CHANGEOVER

It is worthwhile liaising with those who precede and follow you at Roc'h Du; you may be able to vary the changeover arrangements to mutual advantage. Do discuss arrangements regarding heating the pool, spa and house.

Unless otherwise arranged with those following please vacate the house by 10:00 am on the changeover day. This gives J-F and M-J time to clean the house without interruption. Please ensure that they are aware of any variation to normal procedure.

We have asked that M-J keeps the house well stocked with consumables for the washing and washing up machines, cleaning materials, lavatory paper, soap, bin liners - 50 Litre is the correct size

Please ensure that when you leave the house it is adequately supplied with other basic necessities and replace what you have used. This particularly applies to staple items some of which are listed below:

Tea bags	Coffee	Sugar	Salt	Pepper	Rice
Spaghetti	Oil	Firewood	Matches	Firelighters	Charcoal
Cling-film	Foil	Paper Towels			

Please also ensure that when you leave ALL fuel tanks for both outboards, are full. If this is impossible, please leave them as full as you can, and an adequate sum in Euros for whoever follows you to purchase the fuel required to fill the tanks.

NB The reserve tank for the RIB (inside the cuddy) should only be filled if needed for a long trip.

If you arrive at the house and find that the fuel tanks are not full, or there is an insufficient sum in Euros left to fill them - please fill the tanks and claim the (additional)

cost from the person who occupied the house immediately before you.

If the cans of fuel and oil for garden machinery run low during your stay, please refill them, and reclaim the cost from the Treasurer.

Unless arranged with those who are following you, the Wanderer should be safely parked in the parking area. In any event the Wanderer outboard should be stowed upright in the sous sol; and never left on the boat where it is liable to be stolen. The RIB is berthed in Lezardrieux marina.

If the weather is dry please ensure that any plants needing water are really well watered before you leave, particularly any recently planted and those in the planters on the terrace, and the wall alongside the kitchen window.

MEDICAL PROBLEMS

Pharmacists in France appear much better qualified and helpful than those in England. For minor problems going to a pharmacist may be best - the one in Lézardrieux. Pharmacie du Trieux at the roundabout is probably the best option.

The local hospitals are at Paimpol (Kerity) in Chemin de Malabry and at Treguier at Tour St Michel. There is a walk-in surgery by the hospital in the evening (check online). This needs to be paid in € cash (about €60).

J-F has advised that it is difficult to request a GP appointment

The Maison Médicale de Garde de Paimpol (www.ville-paimpol.fr/contacts/maison-medicale-de-garde/) has premises located within the Paimpol hospital site. Signposted access to the right of the main entrance of the establishment, accessible directly from the car park. Hours are:

September to June:
Saturday: 2:30pm to 9 pm;
Sundays and holidays: 9am to 9pm.

July to August:
Weekdays: 8pm to 11pm;
Saturday: 2:30pm to 11pm;
Sundays and public holidays: 9 a.m. to 11 p.m

KEYS AND COMBINATION

Keys to everything are kept on hooks below the notice-board. The front door has a digital combination lock.

LOGS AND FIREWOOD

Logs can be purchased from the wood seller at the top of the road; his prices are high and be prepared to barter. If anyone finds an alternative and better supplier PLEASE note in the log. LeClerc sometimes has firewood for sale.

Throughout the year PLEASE collect any suitable logs or firewood you see on the beach, and leave to dry in the sous-sol - they will be useful to and much appreciated by those using the house in the Winter.

BREAKAGES

Please remember your overriding obligation to leave the house in as good, or preferably better condition than when you arrived. Breakages will occur from time to time; please ensure that items that are broken are replaced before you leave. If this is impossible please leave an appropriate sum in Euros and a note for whoever follows you so that they can deal with the replacement.

If the replacement is a major one then please speak first on the telephone with the member responsible for insurances. Email them with any problems or text their mobile, marking urgent if it really is. Keep the receipts in case an insurance claim can and should be made.

RUBBISH

Please take the bins to the roadside on collection days or there is a strong likelihood that the bin will not be emptied

There are 2 large wheelie bins for rubbish collection:

1. Brown for general rubbish (separate bags will not be picked up)
2. Yellow for all recycling except glass. Just tip into the bin – there is no need to bag

Collections are on Fridays all year:

- Odd weeks for collecting general rubbish
- Even weeks for the collection of recyclable waste

In July and August general waste is collected every week. A schedule is posted on the utility room notice board and can be found at:

Waste - Lannion-Tregor Community

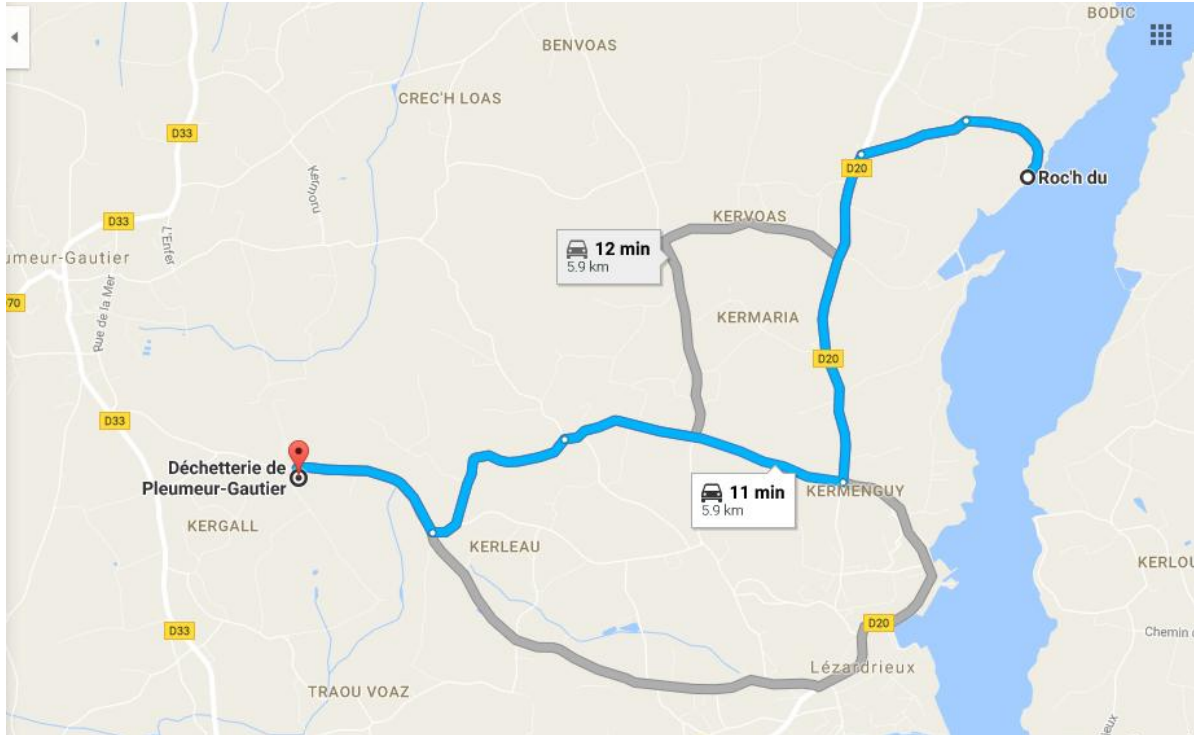
The Commune is very firm about recycling and complains if the instructions are not followed. In summary:

- The yellow bin for plastic bottles and containers (but not rigid pots including dairy products such as yoghurt or crème fraiche, plastic bags or films, or polystyrene), cardboard, and all metal packaging. Ensure they are all empty and washed if appropriate
- The yellow bin for paper including newspapers and magazines
- Vegetable matter should be home composted or taken to the déchetterie if a large volume (Jean-Francois can help with this)
- Glass needs to be taken to a recycling point. Remember to remove the lid. There are recycling points at the port and at Leclerc
- Electrical goods should go to the déchetterie

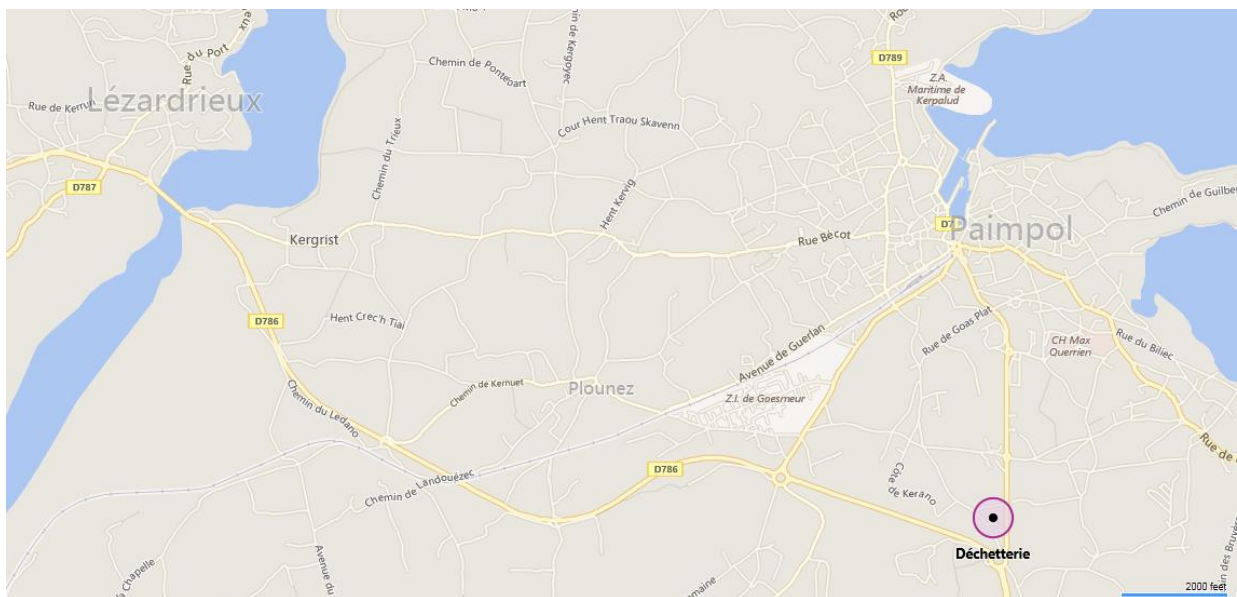
These arrangements do alter from time to time so please add notes here and on the notice board and advise Brian Williamson by e-mail of any changes of which you become aware.

Large waste/ Déchèterie

Larger waste can be taken to the Déchèterie. There is one near Pleumeur-Gautier which is easily reached by following the map below. The address is Kerlogoden, 22740 Pleumeur-Gautier



There is also a Déchèterie in Paimpol on the roundabout at the end of the bypass on the way to St Briec



KARCHER HIGH PRESSURE CLEANER

Before using the Karcher High Pressure Cleaner ("HPC") please read these notes and also the Manufacturers Operating Care and Maintenance and Troubleshooting brochure, a copy of which is on the bookshelves, and a further copy of which is with the HPC. HPCs can be dangerous unless handled in a careful and responsible manner. The HPC must not be operated by children or juveniles, and must never be left unsupervised whilst running. Never under any circumstances direct the water jet at people, animals, the HPC itself or electrical components.

Be aware that vehicle tyres and tyre valves should only be cleaned from a minimum distance of 30 cm, otherwise the vehicle tyre or valve could be damaged by the high-pressure jet. Tyres and valves damaged in this way could fail and be deadly dangerous.

Before using the HPC ensure that the mains cable is in good condition, and any plugs and connectors are protected against splashed water. Such connectors must not be in a position where they are likely to be sprayed or lie in standing water. Always wear safety glasses or goggles when using the HPC.

If using detergents or other fluids, always follow the manufacturer's directions. It is worthwhile experimenting by diluting any other fluid supplied by the manufacturer before putting it in the detergent tank. Experience with other Karcher HPCs indicates that in the interests of economy, many of the Karcher supplied fluids can be diluted to 50% or more with water and still remain equally effective.

The HPC is stored in the sous-sol, but before it is put away the detergent tank and the HPC itself should be rinsed clear of detergent, and as frost will cause irreparable damage, the HPC must be completely emptied of water before being stored.

Periodically, monthly or more frequently, the Care and Maintenance instructions in the Karcher handbook should be followed, in particular cleaning the filter in the detergent tank, the high-pressure nozzle and the strainer in the water connection.

Please be very careful when using the HPC. Water pressure is variable between 200 and 2,000 lbs per square inch. Too high a pressure can cause irreparable damage, for instance to the flotation tubes of the RIB, tyres and tyre valves on the RIB trailer and other surfaces being cleaned. Use of an excessive pressure might, for instance, strip mosaic tiles from the pool. The HPC could also strip the paint from your car if used inappropriately - you have been warned.

Always start by keeping the high-pressure nozzle a fairly substantial distance away from the item being cleaned and using low pressure, then increase the pressure by stages and reduce the distance from the nozzle to the item being cleaned, watching carefully at all times for damage however slight, until the job can be done both efficiently and safely. DO NOT start any cleaning job at or near maximum pressure.

LOCAL RESTAURANTS

This varies by year and this is a snapshot of the current view of members. More recent views should be included in the Social Logbook which you should consult.

Before booking it is always worth checking:

<http://www.tripadvisor.co.uk/> which lists most of the restaurants listed below.

LEZARDRIEUX

AUBERGE DU TRIEUX
Tel 02 96 20 10 70

Formerly a bar this restaurant has raised its standards and is now very acceptable and getting better & better year by year. Closed Tuesdays - off season. Proprietors Dominique and Maudez Le Corre

<http://www.auberge-du-trieux.com/presentation.htm>

LEZ AR DREO
Tel: 07 67 08 20 82
<https://creperie-lezardreo.com/>

Creperie run by same family as Auberge du Trieux

DU MOULIN A MER
Tel: 0296 20 19 49

The nearest creperie to the house on the road to Roc'h Du from Lezardrieux (Route Lanmodez), proprietors Nicole & Bernard Seite. Excellent food, try their local cider, often necessary to book in high season.

LANMODEZ

BAR A HUITRES

Open Tuesday to Sunday 11:00 to 17:00
Degustation in a pleasant setting

PAIMPOL

HOTEL DE LA MARNE

30 Rue de la Marne - Tel 029 6 16 33 41.

<http://www.hoteldelamarne-paimpol.fr/>

An excellent restaurant well worth a visit. Booking essential in Summer and often necessary off-season, particularly on Sundays. Check the website for opening hours which do change from time to time:

L' ESCALE and L'ISLANDAIS

L'Escale: 27 Quay Morand.Tel: 02 96 20 81 88

Creperie L'Islandais: 18 Quai Morand. Tel 02 96 20 93 80.

<https://www.paimpol-restaurant-lislandais.com/en/>

Separate establishments on the quay, with similar menus and prices, take your pick on ambience. L'Escale might be preferred where the proprietor's speak English and are very welcoming. Specialities Sea food and Crepes. Try their mussels with a hint of curry in the sauce.

RESTAURANT DU PORT

Quai Morand - 22500 PAIMPOL.0296 20 82 76.

<https://www.paimpol-restaurant-du-port.com/en/>

Often used by LFB members

LE NEPTUNE

On the port. 22 quai Morand Paimpol 02 96 20 53 03

<https://www.facebook.com/leneptunepaimpol>

LA SERRE

4 rue de Poulgoic, Paimpol,

Tel:09 52 49 36 17 or 06 15 11 19 59

<https://www.laserrepaimpol.fr/>

Lovely light conservatory. In the Michelin Guide. Bookable through The Fork as well

AUX VIEUX GREEMENTS

6 Quai de Kernoa Le Port, 22500, Paimpol

Creperie on other side of the port.

LOGUIVY-DE-LA-MER

AU GRAND LARGE

5 Rue Jetee - adjoining the harbour. Tel 02 96 20 90 18

The restaurant on the first floor of this rather gaunt modern black & white tiled hotel is well worth a visit - the food is generally agreed to be excellent. It is essential to book in season and at weekends, and worthwhile telephoning well in advance to reserve a table near the window with a view over the harbour and out to the Isle de Brehat; or on the terrace if the weather is set fair.

RESTAURANT LA VIEILLE AUBERGE

13 Rue Port Loguivy Tel 02 96 20 94 23

Before you arrive at the port on the left. The proprietors Jacques and Regine (who speaks reasonable English) are very hospitable and offer excellent seafood. Much favoured by the locals which I take to be a good sign!

TREGUIER

LA POISSONNIERIE DU TREGOR

2 Rue Renan. Tel 02 96 92 30 27

The restaurant is over the fish shop close to the cathedral, only open from July to the end of September. Not a place for a grand dinner, but unsurprisingly the fish is excellent; try it for lunch or supper sometime - no pudding though! They also do "take away" fish dishes and platters which are excellent.

LA TABLE DU MARCHE

30 Rue St Andre, 22220 Treguier

Tel:02 96 92 93 22

Recommended by Khalid at bottom of Treguier. Open every day except Sunday. Evenings Friday, Saturday

SILON de TALBERT

BIGOUDEN BLUES

Tel: 02 96 22 94 97; <http://bigouden.blues.free.fr/>

Great location. Classic Breizh food

POUBAZLANEC/ PORS-EVEN

LE CRUSTACE

Place de l'Eglise - PENEVENAN - Tel 02 96 92 67 46

Closed Tuesday evening and Wednesday; again reported as offering really good value food. Formerly there have been reports of slipping standards and poor service, probably due to its increasing popularity.

PLOUGRESCANT

LE Gourmel

Tel: 02 96 92 55 26

<https://www.le-gouermel.com/>

Usually open Thurs lunch to Sunday evening. Highly recommended. German/ French owned – the German has excellent English

BREHAT

Restaurant Le 22

More high end

Le Crech Kerio

Le Bistrot de L'Allegoat

SHOPPING

Market Days

Mondays	St Quay-Portrieux, Pontrieux, Tregastel
Tuesdays	Paimpol, Pleneuf (in season only)
Wednesdays	Treguier, Plouha, St Brieuc
Thursdays	Lannion, Lamballe, Binic
Fridays	Lézardrieux, La Roche-Derrien, Guingamp, St Quay-Portrieux
Saturdays	Pleubian, Plouezec, St Brieuc
Sundays	Poubazlanec

Also Brehat every day in July and August.

Sundays

Some shops may be open but most close around noon.

Mondays

Banks and many shops and restaurants close on Mondays.

Supermarkets

LEZARDRIEUX

Utile - 0296 20 14 60, open Sundays 09:30 to 12:30 in season

MINIHY TREGUIER

Intermarche - 02.96.92.25.14 - Chemin de la Corderie - 08:45 to 12:15 and 14:15 to 19:15 six days - Closed Sundays.

PAIMPOL

Carrefour - 0296 20 83 35 - Rue Raymond Pellier, generally open six days a week from 09:00 to 20:00 (21:00 on Fridays) - closed on Sundays.

E. Le Clerc- 0296 55 30 00 - generally the preferred local supermarket, particularly for wines and sea food. They will often cook crab and lobster while you wait if requested. Open from 08:30 to 19:30 Monday to Saturday (20:00 on Fridays): - closed Sunday

Intermarche - 0296 55 32 80 - 56 avenue du Général de Gaulle (opposite the Railway Station). Open 08:45 to 12:15 and 14:30 to 19:15 Monday to Friday, 08:45 to 19:15 on Saturday - and 09:00 to 12:30 on Sundays.

ST BRIEUC

Carrefour - 0296 62 51 52.

The largest supermarket in the region on a large out of town retail estate at St. Brieuc - open from 08:30 to 21:30 six days a week - closed Sundays. Although some 27 miles away well worth a visit for "serious supermarket shopping". Carrefour is just off the N12 2 km East of St Brieuc and can clearly be seen from the road as you travel towards Rennes, take the "Commercial Espace" Exit.

THINGS TO DO

Please do add to the ideas below. I have only given brief details except where the attractions are not generally listed or available from the brochures readily available from Offices de Tourisme.

Visit Isle de Brehat <https://www.vedettesdebrehat.com>

By now we must all have been to the Isle de Brehat by RIB, where here are markets every day in July and August. Don't forget though that another option if the tides are not favourable is to go on the passenger ferry from Pointe-de-L'Arcouest, their website has full timetables is:

For an unpretentious meal when visiting Brehat such as moules, frites or other fresh seafood try La Potiniere on the Plage de Guerziod (0296 20 00 29),

An excellent meal can generally be had at Hotel BelleVue, very near the port at Le Port Clos. It is advisable to book at most times, and certainly at high season (0 2 96 20 00 05).

Do not however under any circumstances eat at Le Chardon Bleu !!!

Visit Pontrieux

Access to (& egress from) Pontrieux is through a lock which is operated from 2:15 hours before to 1:45 hours after high tide between 1st June and 30th September. Between October and May the lock is operated from 2:00 hours before to 1:15 hours after high tide.

Marina : 0296953487

Lock : 0296956070.

Ride the "Vapeur du Trieux" <http://www.vapeurdutrieux.com/>

Take the steam train along the beautiful Trieux estuary from Paimpol to Pontrieux; and enjoy Breton cider, crepes and music on the way. Do check the timetable and book in advance as there is usually only one train a day from Paimpol to Pontrieux departing between 10:15 & 11:20 and returning between 14:30 & 17:55 depending on the day of the week. Current fares Adults 21€ return, (16€ Single), Children €10.50 return (€8.50 single), Family (2 adults + 2 children) €59 return. Departure, tickets and timetables all from the railway station in Paimpol. Telephone (33) (0) 923 914 27 or 33(0)8.36.35.35.35

Golf

Pleumeur-Bodu

St Sampson Golf Club which is a par 71 course in 57 hectares close to the sea on the Kerenoc Road at Pleumeur-Bodu is recommended by Pam. The course is about 20 miles away, 7km north of Lannion on the Tregastel road. The hotel has a bar and restaurant. Telephone 0296 23 87 34, Fax 0296 23 84 59.

<https://www.golfhotel-saint-samson.com/golf-en/>

Pleneuf-Val Andre

Pleneuf-Val Andre Golf Club
Rue de la Plage des Vallees,
22370 Pleneuf-Val Andre
Tel : (02) 96 63 01 12 Fax : (02) 96 63 01 06

Near Saint-Quay-Portrieux and Binic

Golf de la Baie de St Brieuc; 18 holes, Par 72 – 6078m

The fairways of this 18-hole golf course open out in wooded surroundings. High quality course in a preserved environment.

Tel: +33 (0)2 96 71 90 74 <http://www.golfbaiedesaintbrieuc.bzh/>

Kerdalo Gardens, Tredarzec - near Treguier <https://lesjardinsdekerdalo.com/>

Prince Pierre Wolkonsky assisted by Nicole des Forets created a world famous garden in what was a small valley off the River Jaudy. The gardens are internationally famous, and well worth a visit.

As you approach Treguier from Lézardrieux take the first major right turn after that to Pleumeur-Gautier which is signed Tredarzec, and follow the signs for Kerdalo Gardens. It is not easy to find but it is worth the search when you get there.

Le Jardin Pellinec

(near Port Blanc). Sunday opening pm – April to September

Abbaye de Beauport <http://www.abbaye-beauport.com/>

A couple of miles out of Paimpol the D786 passes the substantial ruins of the Abbaye de Beauport

Established in 1202 by Count Alain de Goëlo. Its stone walls are covered with wild flowers and ivy, the central cloisters are engulfed by a huge tree, and birds fly everywhere. The Norman Gothic chapterhouse is the most noteworthy building to survive, but wandering through and over the roofless halls you may spot architectural relics from all periods of its history. Footpaths lead down through the salt meadows, where the monks raised their sheep, to the sea, offering the same superb views of the hilltop abbey that must have been appreciated by generations of arriving pilgrims. In summer, the abbey reopens for late-night visits, with imaginative lighting effects.

Château & Park - La Roche-Jagu <https://larochejagu.fr/>

You can get to Roche-Jagu in the RIB (subject to tides) or by road . The Park itself is open all year round, without charge, and there are a number of walking trails in the grounds.

The fifteenth-century château is open between June and October; the admission charge varies depending on whether there is a special exhibition. Opening hours also vary throughout the season, so it's advisable to telephone in advance - 0296 95 62 35. They don't (yet) have a website but you could also contact them by e-mail at:-

Visit Perros-Guirec <https://www.perros-guirec.com/>

In the heart of the "Pink Granite Coast" (Côte de Granit Rose), Perros-Guirec is an interesting town to visit with dramatic views, a host of places to explore and interesting places to eat & drink.

A Boat trip to Les Sept Isles

Reserve a seat on Vedettes des Sept-Isles (0296 91 11 13)
<https://armor-navigation.bzh/>

for a 1 ½ hour trip from the beach at Perros-Guirec. You should see gannets, puffins (most likely between Spring & mid-July), and possibly grey seals. On calm days the boats stop at Ile aux Moines in which case the trip will take an hour longer at 2 ½ hours.

Zooparc de Tregomeur
Tel: 02 96 79 01 07

30 minutes drive. Good for young families

Crazy Golf – Dinard

Good, if hanging around waiting for the ferry

Old town of Caen

Good to walk around and eat

Sports Centre

Forum de Trégastel, Plage du Coz-Pors at Tregastel-Plage is an indoor sports centre which boasts (an expensive) heated pool, with Jacuzzi and jet sprays, which might be worth a visit in winter; telephone 02 96 15 30 44

LEAVING THE HOUSE EMPTY FOR SOME CONSIDERABLE TIME

If the house will be empty for some considerable time after your departure, normally only at the end of the season please do the following:

Turn off water to washing machine and prop its door open.

Turn off electricity to hot water heater in cupboard or at distribution board (see "Electricity")

Clean refrigerator and throw away all perishables. If house is to be empty for some weeks turn it off and prop door open.

Unplug all electrical appliances.

Empty spa into the pool and turn off electricity to spa.

If pool is in commission ensure that pool cover is securely fitted. Turn pool heater down to 20 degrees except at the end of the season when the pool is unlikely to be used again, when the heater should be turned off.

Ensure that the RIB trailer is immobilised and the Wanderer outboard is stored in the Sous Sol.

Turn off all electric heaters; except in winter when one heater in the lounge by the stairs and the kitchen heater should be left on with the thermostats set at level 1.

Leave internet on

Move box for cushions into the sous-sol and the cushions themselves into the lounge storage under the window.

THESE NOTES

Brian Williamson maintains the manual. Please feel free to make any necessary or desirable additions or corrections in writing in the hard copies. These will be incorporated in the next version. Please e-mail any suggestions to Brian (janebrian@sky.com).

We are particularly keen to add more good restaurants within travelling distance, and ensure that the comments are updated from recent experience. It would be good to have details of more restaurants, shops and over-night stops en route to and from St. Malo, Roscoff, Ouistreham and Cherbourg.

THE INTERNET

These links may be of interest:

http://www.brittanytourism.com/ (English)	Official site for Brittany Tourism
http://about-france.com/	A Guide to France - worth a visit
http://www.france-voyage.com/cities-towns/lezardrieux-5167.htm	Local Tourism info
http://www.digimap.gg/lezardrieux	Nice photographs & local information
http://www.vedettesdebrehat.com/	Isle de Brehat
http://www.mairie-lezardrieux.fr/	Lezardrieux Marie
https://figaronautisme.meteoconsult.fr/	Lezardrieux Port and marina details
https://www.meteox.com/	Local weather forecast (in English)

SWP WORK SKELETON

	Task	Comment
Standard actions		
1	Clear path to beach (both sides). Fill and tamp down any holes in steps. Some riser boards need repositioning and anchoring. Replace steel rods as required. Overhanging foliage should be cleared.	
2	Check condition of septic tank lid	
3	Organise emptying of Septic tank if necessary. M Le Roux.	
4	Check Internet, TV, radio and CD player all operational and switches work.	
5	Woodstain (Sikkens) exterior windows, doors and fascia boards. There are several tins of Sikkens, brushes and white spirit in the cellar. Rub down woodwork with light sandpaper (180 or more). Use lightest colour of Sikkens available (usually Pine).	
6	Clean gutters on both sides of the house	
7	Check condition of garden fence. Re-tension and replace wires as necessary	
8	Weed killer to patio, pavers around pool and to loose stones on path	
9	Clean out and wipe down all cupboards in house; clean all windows; clear all cobwebs and woodlice	
10	Major vacuum around house including under all beds, chairs etc, round windows and doors	
11	Tidy airing cupboard and check all towels and sheets	
12	Deep clean both showers	
13	Check and repair patio furniture as necessary. Wet and Forget or pressure wash the patio furniture to remove algae	
14	Clean drain holes on exterior sills using small drill bit	
15	Pool actions: Remove winter cover Start pump and filter Connect heat pump	
16	Clean, fill and test hot tub	
17	Clean out pool house Review pool house door – condition and locking	
18	Record reading of new water meter in House log	
19	Clear channel at top of drive	

	Task	Comment
20	Check mooring buoy still afloat, and arrange diver to check riser rope and shackles if possible	
21	Clear, sort and sweep sous-sol	
22	Gardening; General tidy up, weeding and sweeping on borders around pool and patio	
23	Trim and clear gap between utility foundations and footpath on North elevation	
24	Wash out bins with antiseptic.	
25	Check/replace lightbulbs throughout the house and cellar.	
26	Arrange for chimney sweep	
27	Check First Aid Kit	
28	Match and source paint to repaint stairs and landing as required; touch up painting.	
29	Clean windows inside and out. Use extended pole for main bedroom window	
30	Review comments in manual and logs for incorporation into manual	