

# Information Guide for Cyclists Staying at Cary Fitzpaine House

**Introduction:** There is cycling to suit all from the very serious cyclist, to the most leisurely of cyclist around Cary Fitzpaine. Being on the edge of the Somerset Levels we have some easy, yet very scenic cycling around the levels. To the other side of us we have some more challenging and undulating cycling. We have plenty of maps and route information available, and are very happy to work a circular route out with you. We can also help with advice on good refreshment spots along the way if required. We are keen cyclists ourselves and have a good supply of tools and spares which may be needed to keep on the road. For any more serious maintenance we can easily point you in the direction of some very enthusiastic and helpful experts.

**Information:** We do have plenty of information and maps available. Also South Somerset District Council ([www.visitsouthsomerset.com](http://www.visitsouthsomerset.com)), produce a very helpful leaflet, 80 Mile Cycle Route Around South Somerset, the route can be lengthened or shortened with ease. There are also marked cycle routes around South Somerset in beautiful rural areas, taking in some special sights. The Tourist Information Centre in Yeovil also have more extensive books and information of routes in all directions! We have a weekly local weather forecast in the rooms for guests to gauge their activities by. There is no public transport to Cary Fitzpaine – our nearest trains are Castle Cary (Exeter/Bristol/Paddington Line) 8 miles or Yeovil Junction (Exeter/Salisbury/Waterloo Line) 8 miles our nearest buses Berrys Coaches come from London Victoria to Yeovilton and take bikes. Or Nippy buses from Yeovil, Ilchester, Street, Lydford and Wincanton also take bikes.

**Facilities And Services At Cary Fitzpaine For Cyclists:** As previously mentioned we hold many cycling spares and repair equipment on site and are always happy to offer help or advice. We also have a First Aid Kit on site. There is a cycle rack in our lockable garage for bikes. With hot and cold water for cleaning available. Any wet clothes or panniers can be dried or stored in our utility/boiler room next to the garage. We can also provide packed lunches, snacks, energy drinks and bars (they may help!) early breakfasts, and also a meal in a dining room in the evening for weary cyclists. (pre-booking will be necessary). The nearest shop/cashpoint/Post Office is at Lydford on the Fosse (approx 2 miles from Cary Fitzpaine). (Turn out of our lane to the right on A37 – follow to traffic lights at Lydford – Budgens and Post Office are by the traffic lights).

## Helpful Numbers:

<b>Emergency:</b>	Dial 999 or 112 from a mobile.
<b>Doctor:</b>	<i>Queen Camel Health Centre</i> , 01935 850225.
<b>Accident and Emergency:</b>	<i>Yeovil District Hospital</i> . Turn left onto A37 at the end of our road. Follow A37 to Yeovil. The Hospital is on A37 and well-marked in Yeovil.
<b>24 Hour Chemist:</b>	<i>Boots Chemist</i> , 01935454621, Babylon Hill, Yeovil (At end of our road turn left onto A37 – follow A37 to Yeovil. At large roundabout by the hospital in Yeovil follow A30 signed to Sherborne. Boots Chemist is on the last small roundabout as you leave Yeovil on the right on A30.
<b>Dentist:</b>	<i>Apex Partnership</i> , Somerton, 01458 272813.
<b>Bike Hire and Repair:</b>	Langport and River Parret Bow Bridge Cycles, 01459 250350. TriUK, Lyde Road, Yeovil, 01935 422000.
<b>Tourist Information Centre:</b>	Yeovil, 01935 845950.
<a href="http://www.metcheck.co.uk">www.metcheck.co.uk</a>	For up to date weather reports.

Guests are very welcome to use our computer for information, we also have Wifi.

**Happy, Healthy and Safe Cycling to You All**