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## GENERAL INFORMATION

We live on site so are available 24 hours a day

### ACCESS

The main entrance has 1 step down into the ground floor area. There will be a ramp access for wheelchairs from April 2023.

The front door leads to the kitchen/living room/bathroom (all with level tiled access)



Front door from the outside

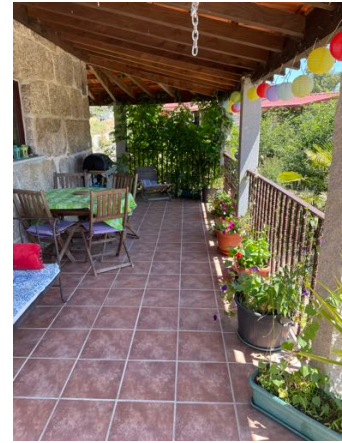


Front door from the inside

There is a small step down to the shower area - There will be a ramp access for wheelchairs from April 2023.



There is level access (partly across granite cobbles) to the guest terrace



There is a staircase with a 90° bend to the bedrooms, the staircase has railings. There is no lift



bedroom door to the outside  
wheelchairs from April 2023.

Has 3 steps down, There will be a ramp access for

Both bedrooms are level

All guest information is available in English and Portuguese and is also available in large print. We are currently working on an audible description of the house, the surroundings and the history of our Quinta.

## GETTING HERE

Our address is:  
Quinta do Cobral  
Rua 21 Junho  
Lagares da Beira  
3405-157  
Coimbra region

When our guests make a booking they are sent a map with coordinates to the top of our driveway (shown on this map) and full instructions on how to find us by car.



## TRAVEL BY PUBLIC TRANSPORT

### BUS

You can get to our local town 3.5km distance from the guest house by bus. To find out more about timetables and booking go to:

<https://rede-expressos.pt/pt>

This site is available in Portuguese, English and Spanish. You can book and pay online  
You will need to book a bus to OLIVEIRA DO HOSPITAL

Let us know what time you are due to arrive and we will arrange a pick up from the coach station.

### TRAIN

The main train line in Portugal runs from North to South and connects up both Porto Airport and Lisbon Airport - both of which are the best airports to fly to if you are planning to arrive from outside Portugal.

You will need to change at Coimbra station and get the train to SANTA COMBA DAO there are currently 3 trains a day. To find our more about timetables and booking go to:

<https://www.cp.pt/passageiros/en>

This site is available in Portuguese and English. You can book and pay online

Let us know what time you are due to arrive and we can arrange to collect you

## TAXI

If for any reason we cannot collect you it is possible to organise a taxi from either the coach station or the train station. Our preferred taxi is:

TAXI LUIS - Rua General Santos Costa N°9, 3400-124 Oliveira do Hospital

Telephone 00351 - 964005549 or 913356152

Luis knows us and knows where our quinta is. Luis has a wheelchair accessible vehicle

## PARKING

We have a dedicated, shaded, covered parking space for our guests.

There is a drop off point near the main entrance with a slight slope to the front door over granite cobbles with no steps.

## GETTING AROUND INSIDE THE HOUSE

### BEDROOMS

- Both bedrooms have velux window
- The main bedroom has a glazed door to the outside with 3 steps - no cil and there will be a ramp access for wheelchairs from April 2023.
- The main bedroom has a ceiling light with built in fan, bedside lamps and a desk lamp as well as lots of natural daylight
- The second bedroom has spotlights, a small window and bedside lights
- All lights are energy saving
- All bedrooms (indeed the whole house) is non smoking
- We have non allergic bedding and pets are not allowed in the bedrooms
- Both bedrooms have varnished pine floorboards and pine ceilings
- The bedrooms are accessed via a staircase with a 90° bend and railings (no lift)

### BATHROOM

- The bathroom has overhead lights, spot lights and a light over the sink mirror
- There is a small 10cm step into the walk in shower - There will be a ramp access for wheelchairs from April 2023.
- There is no bath

### OPEN PLAN LIVING ROOM AND KITCHEN

- The whole room is level with no steps - there is a sofa bed in this room making it unnecessary to use the bedrooms upstairs if mobility is a problem.
- There is no TV but we have very good fibre broadband access throughout the house
- The table is a pull out table, we have a breakfast bar with stool seating
- The table/breakfast bar and plates have high colour contrast
- We cater for sugar free (diabetic), vegetarian, gluten free (celiacs), lactose free (dairy free), nut free, low fat, low potassium, low sodium, high fibre, vegan, kosher, halal specific diets. We will try to cater for other specific diets when notified in advance.
- Breakfast on the first morning is available free of charge and is served in the cottage
- We can cater for evening meals, booked in advance by 11am, these can be served at out outdoor table (a short, level walk away), on the guest terrace or in the cottage.

## GETTING AROUND OUTSIDE

We are a working farm in a fairly steep valley. The house is built on a huge granite rock so access can be difficult although the access around the house and the private terrace has no steps and is almost level.

## GARDENS

We have extensive gardens all around the guest house, we are happy for visitors to wander around to the various different seating areas outside however access is not always easy and definitely not level. We do have good solar lighting on all paths and walkways.

## CUSTOMER CARE SUPPORT

- The nearest toilet area for assistance dogs is located right next to the guest terrace. Please ensure that you clean up after your dog, biodegradable dog bags are provided free of charge and kept under the sink in the guest house kitchen.
- We have an area to charge mobility scooters and battery powered wheelchairs, charged using our solar power system
- We live on site and so are available 24 hours a day
- Emergency numbers and contacts are kept on the notice board in the guest house (including vets and our own personal mobile numbers)
- We can provide support in reading the breakfast menu, understanding local transport and a familiarisation session of the local area.

This guide was last updated in November 2022  
Ishbel Ramsay