

An underwater photograph showing a rocky seabed with various types of seaweed and small white particles floating in the water. The water is clear, and the lighting is bright, creating a vibrant scene.

Is there parking?

Yes! We have secure off street parking for up to 8 cars available.

An underwater photograph showing a rocky seabed covered in green seaweed. The water is clear, and sunlight filters through from above, creating a dappled light effect on the rocks and seaweed. Two speech bubbles are overlaid on the image.

Is there Wi-Fi?

Yes, we have high-speed Fibre
Broadband at the house.

An underwater photograph showing a rocky seabed with green seaweed and white sand or coral fragments. The water is clear and blue-green. Two speech bubbles are overlaid on the image.

Do I need to bring anything?

All you need to bring is your personal essentials, the rest is provided. Duvets & pillows are all anti-allergy. Hand towels, bath towels & beach towels are provided.




How do I get there?

You can find the retreat house at
this address: Rockpools,
Tregurrian, Watergate Bay, TR8
4AD

By Airport - Use NQY Newquay
Airport, the house is a 8 minute
taxi from the airport, there is
also car hire available at the
airport.

By Bus - From Newquay Center,
use the Padstow line. From the
Airport use the Newquay Line.

An underwater photograph showing a dense field of green seaweed or algae in the upper half, with numerous white bubbles or air pockets scattered throughout the water. The lower half of the image shows a rocky seabed with more seaweed and some small fish or crustaceans visible.

Can I come to the retreat
by myself?

Yes! Most guests come to us
as solo travellers, making the
retreat a fantastic place to
make new connections. We
always aim to make our
retreat as welcoming as
possible.

An underwater scene with clear blue water, green coral, and white bubbles. Two speech bubbles are overlaid on the image. The first bubble is dark brown with white text, and the second bubble is light beige with dark blue text.

Do you cater to dietary requirements & allergies?

Yes! We will ask each guest at the time of booking if they have any dietary requirements or allergies & we can easily adjust the menu to accommodate!

The background of the entire image is an underwater scene. It shows a variety of coral reefs in shades of green, brown, and grey. Numerous small, white bubbles are scattered throughout the water, which has a blue-green tint. The lighting appears to be coming from above, creating a dappled effect on the coral.

What level of fitness do I need?

Although we are able to accommodate for any level of fitness, guests are more than welcome to skip any activity they don't feel suited to. We do recommend that you have a base level of physical fitness to allow you to get the absolute most out of your visit.