

July 2019 ~ March 2020

WHAT'S ON AT BODYSGALLEN

Bodysgallen Hall and Spa

'A Historic House Hotel of the National Trust'



National
Trust

"O'r Môr I'r Mynydd" "From the Mountains to the Sea"



The programme of events from Summer 2019 to Spring 2020 to enhance the experience of visitors to this quintessential Welsh Country House.

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GIFT VOUCHERS

The perfect flexible present sure to delight!

A thoughtful gift for any occasion ~ can be redeemed against an overnight stay, dining treat, afternoon tea, spa day, event ticket and more. Simply buy online bodysgallen.com or call 01492 584466 and leave the rest to us.



FOREWORD

It is a pleasure to greet you through our **Bodysgallen “What’s On”** programme, offering good reasons to visit the Hall. With tempting offers and events to entertain you through to the end of March 2020.

The year 2020 gives us many reasons to celebrate – 400 years since the Mayflower set sail on 16th September 1620 to voyage to the New World with its 102 passengers in search of a new life of religious freedom.

And in the same year, **Bodysgallen** became home to the Wynn family witnessed by the stone tablet set in the south-west gable bearing the initials of Robert and his wife Katherine Wynn “1620 R:W:K”.

2020 also marks the 40th Anniversary of the purchase of **Bodysgallen Hall** by Historic House Hotels, following which it underwent total restoration and conversion to the hotel you know it as today.

Whether celebrating a special occasion, enjoying a relaxing break, dining experience, or pampering in the Spa, you can always be assured of a warm welcome from all the team here. We look forward to seeing you soon.



Elgan Roberts

Director and General Manager

PS Please follow us on Facebook, Twitter or Instagram, where you will find the latest special offers, news and pictures. Opt-in to our emails giving you firsthand offers and events – www.bodysgallen.com/newsletter-sign-up. Download our App for ease of booking for dining in the Restaurant or spa treatments in the Spa.

PLENTY GOING ON NEAR BODYSGALLEN

Bodysgallen Hall is the perfect place to spend restorative time, whether exploring the gardens, enjoying the comforts of this historic house, or venturing out along the coast and into the heart of North Wales. Many areas have been designated 'Areas of outstanding beauty' and the view from the top of Snowdon taking in a 'magical' lake, Llyn Llydaw, has been named as the UK's best sight.

Snowdon is one of the legendary locations reputedly linked to King Arthur, his sword Excalibur and the Lady of the Lake. There are a number of ways to get to the top, hikes to suit all levels of fitness, and a train that will take you all the way to the top where you can relax over a cuppa while watching the climbers arrive!

If your pleasures are less energetic, your interest may be sparked by the Conwy Food Festival in October, the Welsh National Opera at Venue Cymru in Autumn and again in Spring, or the Llandudno Jazz Festival. Lots of reasons to take out your diary and book your stay with us! All break offers are subject to availability.



ESCAPE TO THE COUNTRY BREAK!

Bodysgallen is your perfect base to stay – a place to relax and be inspired by. Go exploring, here around the estate or within a short drive to nearby National Trust properties. Enjoy free admission to one local property, such as Bodnant Gardens, Penrhyn Castle, or Plas Newydd on the island of Anglesey. Or to nearby World Heritage Castles at Caernarfon, Beaumaris, Harlech and Conwy.



From £280 per room per night, based on two people sharing a double or twin-bedded room for a **minimum of two nights**, inclusive of cooked breakfast, an allowance of £49pp towards dinner, and full use of the Bodysgallen Spa. *(Available until 31st October 2019)*

SPECIAL BREAK OFFERS

BODYSGALLEN SPA BREAK

(Sunday to Thursday, weekend subject to availability)

The perfect relaxation and pampering break! For one or more consecutive nights enjoy accommodation in a Spa Cottage, cooked breakfast, an allowance of £49 per person towards dinner, a half bottle of chilled Champagne per person in your room on arrival, full use of the Bodysgallen Spa, and a full body massage and a facial treatment from Aromatherapy Associates' on your first day, PLUS a £30 allowance per person towards treatments of your choice for each additional night's stay, for £250 per person per night.



AUGUST MID~ WEEK 2~NIGHT CASTLE BREAK

Stay at **Bodysgallen Hall** during the month of **August** for a minimum of two nights, and enjoy **two nights** accommodation in a Superior Bedroom or Cottage Suite, cooked breakfast, and an allowance of £49pp towards dinner, a relaxing 30-minute back, neck and shoulder massage, unlimited use of our Spa including indoor pool, gymnasium, Spa bath, and sauna/ steam rooms, PLUS admission into Conwy Castle. The price per person is **£325**, subject to availability (*valid Sunday to Thursday, excluding the Bank Holiday weekend*). Quote **BHAUG19** when making your reservation.



AUGUST BANK HOLIDAY SPECIAL ~3 NIGHTS FOR THE PRICE OF 2!

Stay at **Bodysgallen Hall** during the Bank Holiday week from only **£200** per room per night to include overnight accommodation, cooked breakfast, full use of our award winning Spa, service and VAT. Stay two nights or more and receive a complimentary third night's accommodation! *Dinner must be taken each evening to validate this offer.*



AUGUST BANK HOLIDAY MONDAY NIGHT SPECIAL!

Stay in any Classic or Superior room or cottage on Bank Holiday Monday for just **£170*** including cooked breakfast - *dinner should be taken at the hotel to qualify, dining from the delicious but simpler menu that is served on a Monday evening. *Reservations have to be made by 1st August to qualify for this special offer.*



OCTOBER ~ 3 NIGHTS FOR THE PRICE OF 2!

Make a long weekend of it! Stay Friday and Saturday nights and you will be offered Sunday night free, paying only for dinner and breakfast. We request that Dinner is taken at the hotel on each evening to qualify for the complimentary night's accommodation.



GREAT HALF ~ PRICE BREAK

Book your 'Great Half-Price Break' during November through to end of March and save 50% on accommodation, making your stay even more pleasurable! Available from 1st November 2019 through to 31st March 2020 (excludes 23rd December to 2nd January, 14th-16th February), this break includes accommodation, cooked breakfast, a three-course candlelit dinner, plus full use of the Spa. Tuesday-Sunday from £113pp based on two sharing a double room; single occupancy from £153. Monday night when a simpler menu is served from £84.50pp (double occupancy), from £124.50 (single). No minimum stay required.



WINTER SPECIAL BREAK

The 'Winter Special' offer includes accommodation for two people in a double or twin-bedded room, cooked breakfast, full use of the health Spa, PLUS a £15 allowance each towards the dinner menu in the hotel restaurant per night and 15% discount on pre-booked spa treatments. Also included in this great package, is a free walking map of the local area. All this from £94.50pp per night based on two sharing a double room, single occupancy supplement £50. Please quote Winter19 on booking.



ST VALENTINE'S ROMANTIC BREAK

Bodysgallen Hall is undoubtedly one of the most romantic settings in Wales! Enjoy a romantic one night break to include accommodation, cooked breakfast, a £40 food allowance and a chilled bottle of fizz to share with your loved one. Book soon for this very popular time of year! Available from Friday 14th through to Sunday 16th February. From £250 per room per night, based on two sharing a double/twin room.



SPECIAL DINING OFFERS

AFTERNOON TEA

On warmer days throughout Summer, take tea al fresco on the terrace taking in views of our gardens and beyond to Snowdonia, and on cooler days in one of the cosy historic public rooms – all for the price of £26. Make it a doubly special occasion by adding a glass of Champagne for £11.50pp.

Monday and Tuesday 1pm-5.30pm;
Wednesday to Saturday 3.30pm-5.30pm;
Sunday 4pm-5.30pm



SUNDAY LUNCHEON IN THE MAIN HALL

In a dining room famous for its imaginative menus, Sunday Lunch is no exception. Choose from a three-course menu, then relax with views over our gardens, ever-changing through the seasons, to the majesty of Snowdonia's mountains – all for £32 per person to include canapés on arrival.

EXCLUSIVE EVENTS ~ LUNCHTIME WITH GUEST SPEAKERS

HISTORY TOURS OF BODYSGALLEN

The house and gardens at **Bodysgallen Hall** have a long and interesting past dating back to the 13th century when it is believed to have begun as a watchtower to Conwy Castle. Discover more about the distinguished history of the house and garden by joining us on one of the tours, with a delicious two-course luncheon to follow accompanied by a glass of wine, coffee/tea and **Bodysgallen** fudge priced at **£35 per person**.

Please see website for dates in October and November.

LUNCHTIME WITH GUEST SPEAKERS

Why not join one of our lunchtime events, when we invite a guest speaker to talk about his subject. Arrive at **11am** for coffee in the Drawing room with the talk starting at **11.30am**, followed by a two-course lunch served in the South Dining Room, accompanied by a glass of wine and coffee or tea and **Bodysgallen** fudge to finish. Price **£45**



‘History of Llandudno and my Family’ by Lord Mostyn ~ Friday 12th July



Llandudno has been around for centuries and the Mostyn family has played a large part in developing the town and surrounds over the past 150 years. Gregory Mostyn inherited the title of Lord Mostyn in 2011 at 26 years old, and takes his responsibilities as landowner

in Llandudno and the region seriously. His talk will offer a unique history of his heritage and the family relationship with **Bodysgallen Hall**.

‘Lifting the lid of secrecy surrounding Rhydymwyn’

by Colin Barber

~ Thursday 12th September

Colin Barber, Chairman of Rhydymwyn Valley History Society, will lift the lid of secrecy surrounding Rhydymwyn Valley Works near Mold, now a nature reserve but once the source of wild rumours about the secret role it played in World War II. Today the site is considered historically important and some buildings are protected by Welsh heritage society, CADW.

‘Uneasy lies the Head that wears the Crown’

by David ‘Dai’ Seaborn Davies

~ Friday 4th October



Dai Davies, former Operational Commander of Scotland Yard’s Royalty Protection Command, will give a historical insight into the formation and history of the world famous specialist unit. Covering the period from George III to present day, illustrating details of some of the attacks and incidents that have laid the foundations for the present day command.

‘NORTH WALES WILDLIFE TRUST’

by Iwan Edwards ~ Friday 6th March

Iwan will guide us through some of the inspirational projects being delivered by the Wildlife Trust in North Wales, from promoting Wildlife gardening to orchard habitat restoration and nature conservation in churchyards. Find out how the Wildlife Trust are engaging with communities to create a landscape rich in wildlife and valued by all.



‘A HISTORY OF HAFODUNOS HALL’

by Dr Mark Baker ~ Friday 15th November

After his talk on Gwrych Castle earlier in the year, Dr Mark Baker returns to talk about Hafodunos Hall near Llangernyw, and its rise from the ashes. He is the leading historian of this important Grade 1 listed mansion designed by Sir George Gilbert Scott, which was gutted in an arson attack and left for derelict.



‘THE GREAT ORME COASTAL ARTILLERY SCHOOL’

by Major Merfyn Thomas ~ Wednesday 19th February

In 1940 the school was moved from Shoeburyness in Essex to land owned by the Mostyn Estate on the Great Orme, and by August the site had been pegged out and the first course run in September.

Between September 1940 -1944 some 15,500 personnel were trained at the school.



Why not stay over at **Bodysgallen**? For guests attending our exclusive dining evenings, special overnight rates with **50% off accommodation** are available, and include cooked breakfast and use of the **Bodysgallen Spa**.

'Taste of Game' Evenings with BASC



Friday 25th October at 7.30pm

Friday 24th January at 7.30pm

We are delighted to be teaming up with Derek Williams of BASC again to offer you two 'Taste of Game' dinners. A guest speaker will entertain us with their expertise and anecdotes and our Head Chef John Williams has created exquisite four-course tasting menus where 'game' is the star ingredient, but carefully designed to appeal alike to the 'converted' and the 'non-converted' game gourmet. These special dinners will take place at the start and end of the game season, and will commence with a glass of Champagne and canapés on arrival at 7.30pm before your introduction to the best of local game, with selected wines to accompany. All-inclusive price is £75 per person.

TASTE OF GAME



Menu

Friday 25th October at 7.30pm

Venison Apricot and caper Terrine
with smoked Date Ketchup

Warm truffled Duck Sausage with
a Parsnip Cream

Slow cooked Loin of Wild Boar with
Butternut Squash, glazed Chestnut
and sticky Red Cabbage

White Chocolate and Mango Parfait,
Coconut and Lime Cream

Coffee and sweetmeats

Menu

Friday 24th January at 7.30pm

Lacquered Duck salad with Beetroot
elements, Truffle and smoked Lentils

Onion Broth with Pigeon Toast

Slow cooked Venison Loin with
salt baked Carrot, Blackberries
and Cassis Jus

Passionfruit Baba with Banana and
Peanut Butter Ice Cream

Coffee and sweetmeats



THEMED DINNERS

Taittinger Champagne Dinner

Friday 22nd November
at 7.30pm

An entertaining evening is promised, with Jeremy Platt of Ffarm Vintners introducing Champagne wines from Taittinger. Head Chef John Williams, has created an inspired four-course menu which will be accompanied by selected wines, with coffee and sweetmeats to finish. **All-inclusive price is £85 per person.**



Menu

Friday 22nd November at 7.30pm

Roasted Sea Scallops with caramelised
yeasted cauliflower cream and Dukkah spice

Crispy Crackelberry hen egg with leek
and truffle soup

Poached and grilled saddle of Welsh lamb,
braised lamb bonbon, thyme jus

Tonka bean parfait poached Mirabelle plums,
chocolate crisp

Coffee and sweetmeats

Gin Tasting Dinner

Friday 21st February at 7.30pm

Hosted by Jeremy Platt of Ffarm Vintners, a great opportunity to try some fantastic, individual gins and learn the ins and outs of what makes a good gin. The tasting will be followed by a stunning three-course menu designed by Head Chef, John Williams, accompanied by selected wines. **All-inclusive price is £75.**



Menu

Friday 21st February at 7.30pm

Warm Smoked Salmon, Gingerbread Crust,
Cucumber Pickle

Poached and roasted Saddle of Rose Veal,
caramelised Onion Puree, salt baked
Butternut Squash and Tarragon Juices

Poached and grilled saddle of Welsh lamb,
braised lamb bonbon, thyme jus

Lime Baba with Butterscotch Ice Cream

Coffee and sweetmeats

FLORISTRY

Demonstrations with Lunch from Tulipa Blodau

Sioned Rowlands and Jenny Wallis of Tulipa Blodau return to **Bodysgallen** to entertain and inspire us with their fresh ideas in floral design. Jenny complements Sioned's demonstrations with an informative and amusing commentary. Arrive for a welcome coffee at **11am prompt** in the Drawing Room followed by the floristry demonstration, after which the arrangements will be raffled to take away with you.

A delicious two-course lunch complements this event and is accompanied by a glass of wine, coffee or tea and home-made fudge. Always popular, so book early to avoid disappointment! Price £43.



EXCLUSIVE EVENTS

AUTUMN INSPIRATION

Thursday 10th October

Autumn brings a richness of colour through in fruits, berries and foliage, and these are captured through the artistry of Tulipa's original and imaginative floral designs. Weather permitting, Sioned will guide you on a walk in the gardens pointing out flowers and foliage suitable for flower arranging.

ADVENT CREATIONS

Friday 8th November

Start early with inspiration for your Advent floral arrangements and gather tips and ideas from Sioned's unique designs.

CHRISTMAS MAGIC

Thursday 12th December

Gather inspiration and tips from Tulipa's floral designs to create your own Christmas arrangements at home. Always an entertaining demonstration full of fresh ideas.



MOTHER'S DAY GIFT

Tuesday 24th March 2020

With Mothering Sunday in mind, floristry demonstrations to inspire.

CHRISTMAS WORKSHOPS

Saturday 14th December

Thursday 19th December

Following the popularity of last year's Christmas Workshop, Sioned will hold two Christmas floristry workshops. She will demonstrate how to make two designs, after which try your hand at making your own festive floral arrangements to take home with you.

All materials are provided. Includes a delicious two-course festive lunch with a glass of wine, coffee/tea and **Bodysgallen** fudge.

Book early, as numbers are restricted (max. 15).

Price £105 includes all materials and lunch.



GARDENING TOURS WITH ROBERT OWEN, Head Gardener

Our gardening team, led by Head Gardener Robert Owen, have planned an informative programme of tours providing you with an insight into the seasonal work and on-going restoration that continues in the gardens of Bodysgallen Hall.

Friday 19th July ~
'The Flowers of Summer'

Friday 16th August ~
'The Edible Garden Tour'

Friday 20th September ~
'Harvest Time'

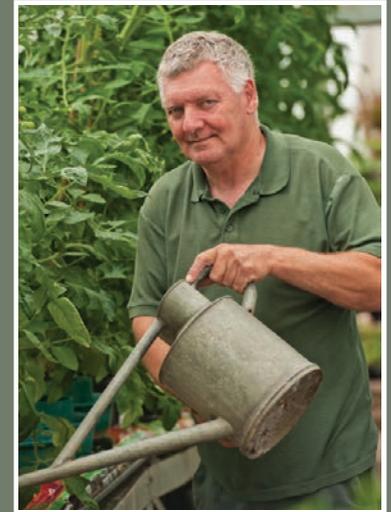
Friday 25th October ~
'Nature's Palette ~ Colour in Leaves and Berries'

Friday 28th February ~
'Galantophile Carpet Tour' (Snowdrops)

Friday 27th March ~
'Early Colour in Spring Bulbs'

Our garden tours will commence with coffee on arrival at 11.00am prompt in the Drawing Room. Following the tour, which will begin at 11.15am, a two-course luncheon including a glass of wine, coffee or tea and home-made Bodysgallen fudge, will be served in the South Dining Room. The price is £38 per person. RHS members £30.40 (*valid card must be shown*).

Book online or as a gift at bodysgallen.com/what's-on/events



THINGS TO DO

EXPLORING NORTH WALES

National Trust Gems

Visit historic Penrhyn Castle near Bangor, Bodnant Garden, and Plas Newydd



Zip World in Bethesda

Fly with speeds up to 75mph above the quarry lake, forward mounted like Superman, on the longest zip wire in Europe, or explore the caverns by zip-wire at Blaenau Ffestiniog.



Ffestiniog & Welsh Highland Railway

The chance to experience the beauty of Snowdonia National Park in comfort from over 40 miles of scenic railway.



World Heritage Sites

16th century Plas Mawr in Conwy, Conwy Castle, Beaumaris Castle on Anglesey, Harlech Castle and Caernarfon Castle, all in the care of CADW.



Surf Snowdonia in Dolgarrog

A world-first Wavegarden with the longest man-made surfable waves. A 300 metre surf lagoon.



The Great Orme and the Wales Coastal Path

A wildlife paradise regarded as one of the top five most important botanical sites in Britain. And the world's longest continuous coastal path passing through areas of Outstanding Natural Beauty and marine nature reserves.



For further news and upcoming events in and around North Wales, please visit our website www.bodysgallen.com/things-to-do/

Conwy Food Festival ~ Gwledd Conwy Feast

Weekend 25th to 27th October

Set within the world heritage site of Conwy, with its 13th century castle, town walls and working quayside backdrop, this is no ordinary food festival! The festival includes music, art, farming and showcases Wales' makers, artists and those using traditional building skills. Conwy is also the last rake-only mussel fishing community in the UK and the Feast is held in October to coincide with their season.



The Welsh National Opera

Visit Llandudno ~ Autumn 2019 and Spring 2020

Opera lovers throughout the country eagerly await the Welsh National Opera's visit to Llandudno at Venue Cymru. Why not stay at Bodysgallen on our special 'Opera Break' from £130pp, based on two sharing a double room, to include half-price accommodation, cooked breakfast, an Opera Afternoon Tea and full use of the Spa.

Then ready to relax and enjoy the following performances:-

AUTUMN 2019

| | | |
|---|--------------------------------------|-------------------------------------|
| <i>Carmen ~ Bizet</i> | <i>Tuesday 29th October 7.15pm</i> | <i>Saturday 2nd November 7.15pm</i> |
| <i>Rigoletto ~ Verdi</i> | <i>Wednesday 30th October 7.15pm</i> | <i>Friday 1st November 2.15pm</i> |
| <i>The Cunning Little Vixen ~ Janacek</i> | | <i>Thursday 31st October 7.30pm</i> |

SPRING 2020

| | |
|--|-----------------------------------|
| <i>The Marriage of Figaro ~ Mozart</i> | <i>Wednesday 4th March 7.00pm</i> |
| | <i>Friday 6th March 7.00pm</i> |
| <i>Carmen ~ Bizet</i> | <i>Thursday 5th March 7.15pm</i> |
| <i>Les Vepres Siciliennes ~ Verdi</i> | <i>Saturday 7th March 7.15pm</i> |

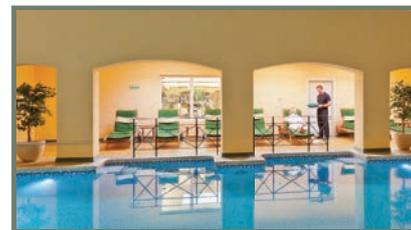


For further news and upcoming events in and around North Wales, please visit our website www.bodysgallen.com/things-to-do/

SPECIAL SPA OFFERS

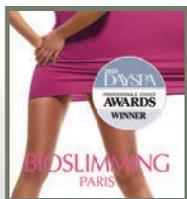


THE SPA AT BODYSGALLEN HALL



Aromatherapy Associates, a truly British brand, offers a range of products using the finest natural ingredients, purest extracts and essential oils, which is highly effective in enhancing the state of your physical, mental and emotional wellbeing. Luxurious treatments are available for both female and male guests.

In addition, Environ spa treatments and products, featuring active ingredients such as Vitamin A, pentapeptides and potent protective antioxidants, address the effects of UV radiation and pollution combatting environmental and physical ageing of the skin.



JULY Bioslimming Wrap ~ £75

With the launch of our new Bioslimming body wrap we are offering during the month of July the full Bodywrap hourglass, arms and bust treatment for £75. This paraben free fat burning and slimming body wrap enhances weight loss and firms and tones the skin. The wrap is extremely effective at producing visible, instant and long lasting results. Receive 10% discount on any Bioslimming products purchased on your visit.

AUGUST Caci Buy 5 get 5 free ~ £310

The Caci facial treatment works to restore and redefine the facial muscles, reduces lines and wrinkles. One of our most popular offers. *(Caci facials must be taken by 30th October).*



SEPTEMBER 5D Anti-Ageing Facial ~ £55

Anti-wrinkle, lightening, oxygenating, hydrating and skin regenerating effects. Decreases appearance of wrinkles, repairs and brightens the skin. Instantly gives you a younger look. Receive 10% discount on any Provence Cosmetics purchased on your visit.



OCTOBER Environ 3 for 2 ~ £134



This electrical Active Vitamin Facial is suitable for all skin types and is particularly effective at addressing sun damage, pigmentation premature ageing, dryness, uneven skin tone and scarring. Packed with nourishing anti-ageing ingredients, the treatment will leave your skin looking radiant and dewy. *(Environ facials must be taken by 30th December 2019).*

NOVEMBER 29th Spa Christmas bonanza ~ 3.00pm-7.00pm

Come and join us for our Spa Christmas bonanza on Friday 29th November, the perfect event to do all your Christmas shopping. Mince pies and fizz, treatment demonstrations, raffle, gift ideas and vouchers, goodie bags with every purchase. Complimentary taster treatments with every £20 spend per treatment. *Please book your slots at Spa reception.*

DECEMBER Quick Luxuries ~ Choose ~ 2 for £62 3 for £85 or 4 for £110

- Instant Eye Repair
- Bespoke skin polish
- Quick fix facial
- Back massage
- File & polish



JANUARY Environ 3 for 2 price ~ £134

This electrical Active Vitamin Facial is suitable for all skin types and is particularly effective at addressing sun damage, pigmentation, premature ageing, dryness, uneven skin tone and scarring. Packed with nourishing anti-ageing ingredients, the treatment will leave your skin looking radiant and dewy. *(Environ facials must be taken by 31st March 2020).*



FEBRUARY Caci Buy 5 get 5 free ~ £310

The Caci facial treatment works to restore and redefine the facial muscles, reduces lines and wrinkles. One of our most popular offers. *(Caci facials must be taken by 30th April 2020).*



MARCH Mother's Day Month

Treat you and your mum to some pamper time ~ Enjoy some relaxation and full use of the Spa together for two hours, then you will both receive a back, neck and shoulder and a 'quick-fix' facial. Following your treatments enjoy a light lunch in our Spa Clubroom and a glass of bubbly.

Price for two ~ £170



CHRISTMAS HOUSE PARTY 2019

Offering great comfort and tradition of hospitality, Bodysgallen is the ideal place to enjoy Christmas with a Welsh flavour. The festivities commence on Christmas Eve, with a sumptuous dinner, finishing with port and mince pies. Christmas Day includes a traditional lunch, with a light buffet supper in the evening. Boxing Day is a day to relax, swim in the Spa or have a pampering treatment, before a Champagne farewell reception in the evening with music from a Welsh harp followed by a gala dinner.



NEW YEAR'S EVE HOUSE PARTY

Celebrate with us as we say goodbye to the old year and welcome in the new! Arrive for Afternoon Cream Tea on 31st December, followed by a Champagne reception and a five-course dinner with selected wines. As midnight strikes, watch the fireworks display from the terrace. On New Year's Day morning, start the New Year with a hearty Brunch.



Please see our website www.bodysgallen.com for further details.

News and Offers from Historic House Hotels: -

Our company websites are regularly updated with news on all that is happening both here at Bodysgallen Hall and our companion hotels. If you would like to be one of the first to receive our offers, special events and news, Visit our website at www.historichousehotels.com, then sign up online updating your preferences according to your interests.

BODYSGALLEN HALL AND SPA



OUR COMPANION HOTELS

MIDDLETHORPE HALL & SPA York, Bishopthorpe Road, YO23 2GB

Standing in 20 acres of its own award-winning gardens and parkland this glorious William and Mary house was formerly the home of the famous 18th century traveller and diarist, Lady Mary Wortley Montagu. It is an ideal base for exploring the many attractions of York, including York Minster, Jorvik Viking experience, The Treasurer's House, Fairfax House, York Railway Museum and the medieval street of The Shambles. Further afield, North Yorkshire is full of romantic and historic places, such as the ruined abbeys of Fountains, Rievaulx and Jervaulx, country houses such as Castle Howard, Newby Hall, and Beningbrough.

The twenty-seven comfortable bedrooms are located in the main house and the adjacent 19th century courtyard, with an additional two cottage suites. The health and fitness Spa is situated in a subtly extended pair of Edwardian cottages opposite the hall, housing an indoor swimming pool, spa bath, steam room, sauna, gymnasium and Club room.

Middlethorpe.com Tel: 01904 641241

HARTWELL HOUSE & SPA Vale of Aylesbury, HP17 8NR

Hartwell House is just forty miles north west of London, and is one of Buckinghamshire's most celebrated country houses. Built in the early 17th century for the Hampden family, the house has both Jacobean and Georgian features with outstanding decorative plasterwork and panelling. Its elegant reception and dining rooms epitomise the ambience of a great country house. The forty-six bedrooms, including those in the adjacent Hartwell Court, are individually furnished with fine prints, paintings and antiques. Hartwell Court, formerly a coach house and located adjacent to the main house, has been restored and extended to provide excellent conference and meeting facilities in the Hartwell Rooms, with Hartwell Spa offering an indoor swimming pool and an extensive range of fitness options and beauty treatments.

Hartwell-house.com Tel: 01296 747444



BODYSGALLEN HALL & SPA

'A Historic House Hotel of the National Trust'

For further information or to make a booking please contact:

MAIN SWITCHBOARD

Tel: 01492 584466

ACCOMMODATION & DINING

Enquiries and bookings

Tel: 01492 584466

Email: info@bodysgallen.com

SPA RESERVATIONS

Tel: 01492 562500

Email: spa@bodysgallen.com

MEETINGS, WEDDINGS & PRIVATE DINING

Enquiries and bookings

Tel: 01492 584466

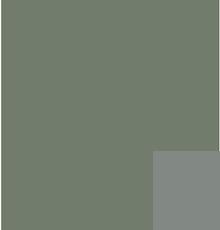
Email: events@bodysgallen.com

BODYSGALLEN HALL & SPA

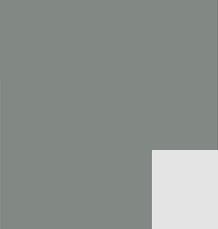
The Royal Welsh Way
Llandudno, North Wales
LL30 1RS

Website: www.bodysgallen.com

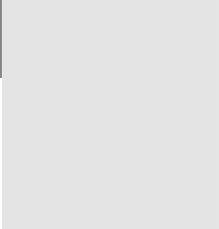




Highlight 596d4d – **CMYK 18,0,29,57** Highlight



Footer 70786c - **CMYK 7,0,10,53** Footer



Top e2e1df – **CMYK 0,0,1,11** Top

BODYSGALLEN