



WHAT'S ON AT BODYSGALLEN

Winter to Spring 2024

A Historic House Hotel of the National Trust

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



National
Trust



We invite you to browse our programme of special offers and events to inspire and entertain you, from lunchtime talks, themed dinners, to garden tours - there is something for every taste!



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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, afternoon tea, spa day, event tickets and more.

Simply buy online or call 01492 584466 and we will do the rest.

Foreword

It gives me great pleasure to greet you through Bodysgallen's "What's On" with great reasons to visit and enjoy a country house experience set in magnificent and historic surroundings.

By this new year, we look forward to fresh beginnings, and caring for wellbeing is at the core of quality of life. A peaceful and calm environment is our focus at Bodysgallen Hall and Spa. Here is a place where you can relax in comfort, feel at home with an attentive and friendly staff, and enjoy experiences that re-awaken your senses.

Much of wellbeing is about food – its quality, freshness and imaginative presentation to stimulate senses of taste, smell and sight. Bodysgallen's fine dining menus have been praised and awarded 3 AA Rosettes for achieving standards of recognition beyond the local area. Working closely together, with the Head Gardener who grows much of the seasonal vegetables, fruit, herbs and flowers organically on the estate, which are then utilised by Head Chef in his menus throughout the year. All other ingredients are sourced locally.

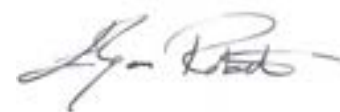
You can join Head Gardener, Robert Owen, on one of his themed garden tours that focus on the highlights of the season – snowdrops in February, daffodils in March, Spring bulbs and herbaceous borders springing to life in April and May.

Enjoy the, relaxing atmosphere of the Spa. Book a beauty or aromatherapy treatment to restore energy and feel revitalised. While staying at Bodysgallen, you will have full use of the Spa, to take a dip in the swimming pool, relax in the sauna and steam room, or work out in the gymnasium.

We very much look forward to welcoming you to Bodysgallen Hall.

Elgan Roberts

Director and General Manager



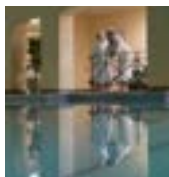
Special Breaks and Offers

SAVE 35% on Bed & Breakfast rate

From £227
Per Room
Per Night

Valid to 28th March 2024, subject to availability, and not in conjunction with any other offer or discount.

Find your comfortable retreat from the winter months at Bodysgallen Hall and enjoy the attention to detail in a bedroom or cottage at a great discount! Wake to a hearty Welsh breakfast, relax in the Spa, and explore the wonderful amenities the hotel has to offer, both indoors and out.



This offer applies to **all categories** of Rooms and Cottages, Snowdonia View and Principal Suites listed in our standard bed & breakfast rate tariff. Valid through to 28th March, subject to availability, cannot be used in conjunction with any other offer or discount.

SAVE 30% on Two-Night Dinner, Bed & Breakfast break

From £259
Per Room
Per Night

Valid to 28th March 2024, subject to availability, and not in conjunction with any other offer or discount.

Bodysgallen Hall offers the country break that is truly restorative. Stay for a couple of nights and enjoy a special 30% DISCOUNT. Included is overnight accommodation, cooked breakfast, two-course dinner, full use of the health Spa, and free entry to a local place of interest (National Trust or CADW).



'Escape to the Country' rates are per room per night for a **minimum of two nights**. Dinner is served every day, with a less formal menu on Monday and Tuesday, valid through to 28th March 2024, subject to availability, cannot be used in conjunction with any other offer or discount.

Special Breaks and Offers

National Trust Winter Break

From £129.50
Per Person
Per night

Valid Sunday to Thursday, through to 28th March 2024, subject to availability, and cannot be used in conjunction with any other offer or discount.

With over 200 acres of wooded parkland and gardens to explore, and open fires to return to, this historic house offers an escape - whatever the weather! Enjoy accommodation for two people in a double or twin-bed room, cooked breakfast, use of the health spa, a £25 allowance each towards dinner food, and one £20 voucher each per stay towards pre-booked spa treatments. plus free entry to local National Trust properties during your stay.



This National Trust Winter Break is valid Sunday to Thursday through to the 28th March 2024, subject to availability, and cannot be used in conjunction with other offers or discounts. A less formal menu is served Monday and Tuesday, with a more elaborate fine dining menu on Wednesday to Sunday.

'4 Nights for the Price of 3'

'4 for 3'
From
£275 Per Room
Per Night

Easter Break 29th March to 1st April 2024

The perfect Easter Staycation! Stay in beautiful surroundings and enjoy an Easter Break in the early Spring. This is a lovely time of year to wander through the gardens, daffodils in flower as you drive up to the hotel. Spring bulbs bringing the first colour to the garden after the winter. Stay four nights with comfortable accommodation, breakfast and use of the Spa, and pay for only three nights.



Valid from 29th March through to the 1st April 2024, subject to availability, excludes Byre Cottage. We request that Dinner is taken on three nights to qualify for this offer. Complimentary accommodation on the fourth nights. Not valid in conjunction with any other offer.

A Taste of Welsh Whisky



From £280
for 2 people
Per night

Valid to 31st December, except 24th-26th December, 31st December, Bank Holidays, and subject to availability. Minimum 2 nights - Midweek only

Take a two-night midweek break at Bodysgallen Hall and discover the many attractions nearby – one being a visit to the distillery in Llandudno, home to the distinguished Welsh whisky, Penderyn. Learn about the history of Penderyn, how whisky is distilled, the water being brought down from its source deep within the Great Orme, and then aged in oak barrels giving the whisky its unique authentic flavour.



This two-night midweek break includes accommodation for two people sharing, full Welsh breakfast, full use of the Spa and a guided tour of Penderyn Whisky Distillery. Return back to Bodysgallen to enjoy a delicious dinner (not included in the package) in the award-winning AA 3-Rosette dining room with views over the garden.

Long Lazy Weekend



From £280
for 2 people
Per night

Valid to 31st December, except 24th-26th December, 31st December, Bank Holidays, and subject to availability. Minimum 2 nights to include Sunday only

Need a break away, and can't face driving home on Sunday night? Why not make Sunday evening special? Let us look after you on a two-night break that includes Sunday night. Look forward to relaxing and enjoying the fine dining experience that Bodysgallen Hall is renowned for, with a delicious two-course dinner in our 3 AA Rosette dining room. This break is available every weekend except for Easter weekend and Bank Holiday weekends.



Your long lazy weekend includes accommodation for two nights to include Sunday night, a two-course dinner per person each evening, cooked breakfast on both mornings, full use of the Spa, Wi-Fi and car parking. Please visit our website for full details and rates.



The Bodysgallen Experience

Bodysgallen Hall offers a warm welcome as you pass through its ancient front door into the oak-panelled hall, where sofas invite you to relax in comfort by the fireside. This historic house is filled with antique furniture and eclectic objects, enjoying a sense of well-being.

The approach to the Hall is along a winding drive lined with snowdrops in February and daffodils in March. As this opens out to gardens and parkland, the Hall comes into view guarded by an ancient Stone Pine.

From within, the stone mullioned windows reveal views of the award-winning gardens, once over-grown through neglect but now totally restored to present all-year-round interest. Through the parted bank of trees beyond the gardens, Conwy Castle can be seen, with a backdrop of the majestic Eryri (Snowdonia) mountain range. Commanding the side of Mount Pydew, Bodysgallen Hall's location offers a panoramic view from Conwy Valley to the Llandudno corniche, with the Great and Little Orme on either side.

Bodysgallen's unique microclimate nurtures a flourishing kitchen garden, providing an abundance of seasonal produce. The close collaboration between the Head Chef and the Head Gardener ensures that fresh fruit and vegetables are incorporated into the menus to provide seasonal delights. While much is cultivated on-site, other ingredients are sourced from local suppliers, the emphasis on provenance enhancing the fine dining experience, and offering a taste of Welsh cuisine inspired by the estate gardens and surroundings.

Dining Experiences

Bodysgallen Hall is renowned for its hospitality and fine fork, worthy of a house with such a long and distinguished history. It is therefore not surprising that Bodysgallen Hall has been awarded 3 AA Rosettes, setting standards of food quality, presentation, and innovation outstanding in the local area.



Afternoon Tea

Traditional Afternoon Tea is served Monday to Saturday from 1.00pm to 5.00pm



Luncheon

Sunday Luncheon is served from 12.30pm with last sitting at 1.45pm



Dinner

Fine dining dinner menu is offered Wednesday to Sunday, with a less formal menu on Monday and Tuesday 6.30pm-8.30pm

'TASTE OF WALES' EVENING WITH GWINLLAN VINEYARD

Friday, 23rd
February 2024

£85.00 Per Person



We are delighted to welcome back Colin and Charlotte Bennett from Gwinllan Vineyard in the Conwy Valley, by popular demand following the success of our last "Taste of Wales" evening. Head Chef Abdalla Shershaby has created a delicious four-course menu, which has been carefully paired with Gwinllan's award-winning wines to give you a true taste of Wales!

MENU

Light broccoli, poached hen's egg, winter truffle

Roasted Aberdeen sea scallop, smoked haddock mousse, salted baked turnip, Bodysgallen wild garlic mayonnaise

Poached and roasted fillet of Conwy Valley beef, beef croquette, artichoke, caramelised onion, red cabbage, spinach purée, port sauce

Lemon tart, Japanese berry sorbet, estate garden fruits, fruit gel

SOUTH AFRICAN WINE EVENING

Friday, 26th
April 2024

£85.00 Per Person



What promises to be a lively evening hosted by Jeremy Platt of Ffarm Vintners, who will be introducing a selection of wines following his recent visit to South Africa. Head Chef Abdalla El Shershaby has created an inspired four-course menu, which will be accompanied by selected wines from South Africa, with coffee and sweetmeats to finish.

MENU

Pressed terrine of venison, croquette, Bodysgallen tomato relish and Estate wild garlic mayonnaise

Lobster and smoked salmon dumpling with caramelised onion tea

Slow cooked saddle of rabbit wrapped in smoked bacon, heritage carrots, red cabbage, herb gnocchi and madeira sauce

Free range hen's egg custard tart with nutmeg and Bodysgallen Japanese wine berry

A LUNCHTIME TALK BY
PAM GOODALL
“Solo Bike Ride around the World”

Friday, 22nd
March 2024

£45.00 Per person



“Grown up Gap Year - Solo Bike Ride around the World, aged almost 60”. In 2000, Pam spent over a year cycling 1000's of miles through Europe, Asia and America. Join us to hear her story - why, where and how she met the many challenges along the way.

After a varied career, and having given up riding a bike on the day she left school, everything changed in 1996 when Pam invested £60 in a second hand bicycle to ride to work. This led to a spontaneous decision - aged almost sixty, to bike around the world, along 10,000 miles, 22 countries.

Arrive for morning coffee at 11:00 am prior to the talk, which will be followed by a two-course lunch, accompanied by a glass of wine, and concludes with coffee or tea and Bodysgallen fudge.

A LUNCHTIME TALK BY
DR ELIZABETH GREEN
Author “60 Remarkable Buildings”

Friday, 19th
April 2024

£45.00 Per person



Elizabeth will enthral us with the stories behind 60 remarkable buildings in the National Trust's care, chosen by expert curators from the many thousands of National Trust properties across England, Wales and Northern Ireland. So diverse, each with their own story.

Spanning 900 years of history, the selection ranges from a 13th-century tithe barn in Oxfordshire to a 20th-century suburban semi in Liverpool; a medieval manor house in Herefordshire to a Victorian lighthouse in Tyne & Wear; from an Arts & Crafts village in County Antrim to an atomic research facility in Suffolk.

Dr Elizabeth Green is the National Trust's Senior National Curator for Architectural History.

Arrive for morning coffee at 11:00 am prior to the talk, which will be followed by a two-course lunch, accompanied by a glass of wine, and concludes with coffee or tea and Bodysgallen fudge.

Guided Garden Tours with the Head Gardener

Bodysgallen Hall is set in over 220 acres of magnificent gardens and wooded parkland, tended by Head Gardener Robert Owen and his team of gardeners and volunteers. The gardens have won awards for their restoration, which continues throughout the seasons.



Wednesday, 21st February 2024

‘Snow Drops for Galanthophiles’

The first sign of Spring

Wednesday, 6th March 2024

‘The Arrival of Spring’

Hellebores, hardy Cyclamen and other early bulbs

Wednesday, 10th April 2024

‘Beautiful Blossom’

Magnolia, Prunus and early blossom of fruit trees

Wednesday, 1st May 2024

‘Early Blooms’

Peonies at their best

Wednesday, 5th June 2024

‘The month of Roses’

Climbers, ramblers and rose beds - the start of Summer



Price £45.00 per person

Arrive at 2:00pm for coffee prior to joining Robert on a guided tour, that will conclude at 3:15pm with full Welsh Afternoon Tea in the upstairs Drawing Room.

The Spa




Valentine's for Two February



Throughout the month of February, enjoy full use of the spa for two hours followed by a relaxing, de-stressing body massage this treatment releases tension and eases away life's everyday stresses, leaving you feeling deeply relaxed and recharged.

£190
per couple



Once your treatment is finished, relax in our relaxation room or Club room with a complimentary glass of fizz.



Relaxing at Bodysgallen Hall

Introducing our "Spa Treatment of the month"

Environ Focus on Skin

January

£70 3x Areas
£80 10x Areas

This treatment starts with a personalised consultation to establish you and your skin's needs.

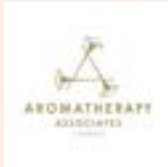
Low frequency, sonophoresis together with pulsed iontophoresis in combination with **Environ** unique skincare products, which offer vitamin A in increasing levels in its creams for optimal results and advanced nutrition programme.

Combine the treatment, products and advanced nutrition programme to achieve your ultimate skin care goals!



ENVIRON®

Scientific skincare that really does make a difference, outstanding results for all skin types and ages. Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous.



Mothering Sunday 10th March 2024



Ultimate Wellbeing Aromatherapy Associates Facial

A 'thank-you to Mothers and Grandmothers everywhere. Treat that special person to one of the Spa's Aromatherapy Associates Wellbeing Facials.

50 mins
£65.00

Ultimate Rebalancing

A soothing facial crafted for skin under stress, powered by aromatherapy, the treatment is designed to calm your skin and mind

Ultimate Glow

A revitalising facial designed to support the skins natural defences and combat the pressure of a busy lifestyle.

Also enjoy 25% off any of the Aromatherapy Associates range purchased on the day.



Tranquility Cryo Back & Face Treatment April

£65.00

Beginning with a luxurious back treatment, followed by a non-surgical face-lift cryotherapy cold massage treatment to stimulate collagen, help reduce fine lines, and boost microcirculation.



Holiday Ready with Mii Nails May

Let us get your nails into tiptop condition ready for summer. Book a Mii file and polish on your fingers or toes for a professional finish!

Mii polish
fingers or toes £20

Mii Gel polish
fingers or toes £30



Mii

Gift Experience Voucher



Treat someone to a quality experience with one of our spa and hotel gift vouchers. Whether it is for a special occasion, a well-deserved break, or just a moment of self-indulgence, our vouchers can be redeemed at a time of their choosing. Vouchers are available for spa treatments, overnight stays, and exquisite dining experiences.

Purchase your gift vouchers today and give a gift that will be always appreciated.



50 mins £65

Happy Fathers Day! 16th June 2024

Celebrate the special man in your life and treat him to a spa experience at Bodysgallen Spa. The Father's Day spa treatment is designed specially for men and includes a back massage and men's revitalising facial.

Enjoy **25% off** any of the men's Refinery range by Aromatherapy Associates purchased on the day.



The Refinery

Contact The Spa

Email: spa@bodysgallen.com **Tel:** 01492 562500

www.bodysgallen.com

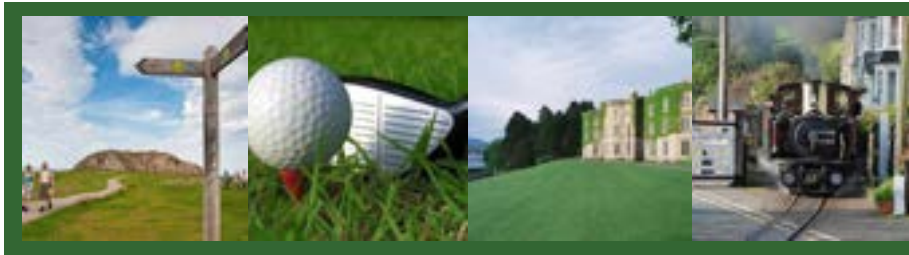
PLENTY GOING ON NEAR BODYSGALLEN HALL

North Wales
'Area of Outstanding Natural Beauty'

Bodysgallen Hall is the perfect place to relax, whether exploring the gardens and over 220 acres of wooded parkland, enjoying the comforts of this historic country house, or venturing out along the coast and into the heart of North Wales.

Many areas have been designated '**Areas of Outstanding Natural Beauty**' and the view from the top of Yr Wyddfa taking in a 'magical' lake, Llyn Llydaw, has been named as the UK's best sight.

Parc Cenedlaethol Eryri (Snowdonia National Park) 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 reach the top, hikes to suit all levels of fitness, and a train that will take you all the way to the peak where you can relax over a "panad" (cup of tea) while watching the climbers arrive!



Visit our website to discover more of North Wales; bodysgallen.com

Meetings and Weddings

Planning an Event?

Next to the hotel is the imaginatively restored 18th century stable block, skilfully converted into a split-level building capable of holding up to 50 people in The Upper Wynn Room, which is ideal for meetings, civil ceremonies, receptions, and cocktail parties. The Tack Room is well suited for small meetings or interviews where privacy and discretion are paramount.

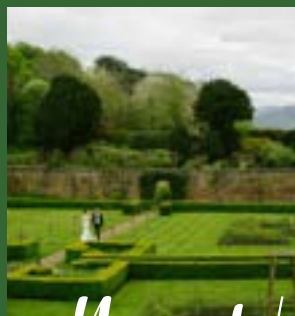


Our special events team are able to deal with every aspect of your group's stay, including private dining, leisure activities, transport and any further requirements you may need.

Exclusive Use

For high profile events or meetings, Bodysgallen Hall is available for exclusive use. The standard of service and attention to detail ensure that each event is managed to your entire satisfaction.

Phone or email to enquire: Tel: 01492 584466 Email: events@bodysgallen.com



Your Wedding Day



Say "I DO" at Bodysgallen

Bodysgallen Hall has the perfect romantic setting for the wedding tailored to your wishes, offering a range of licensed rooms to accommodate your ceremony according to guest numbers. From the planning process to menu and wine selection, arranging flowers, photographers, a honeymoon suite, and chauffeurs, our dedicated team will pay attention to every detail and ensure you both enjoy every moment of this joyous occasion.



Our Companion Hotels

Middlethorpe Hall & Spa

York, 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 18th 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 main hall, housing indoor swimming pool, Spa bath, steam room, sauna, gymnasium, treatment rooms 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 plaster work and panelling. Its elegant reception and dining rooms epitomize the ambiance of the 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, 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

For further information or to make a booking please contact:

Main Switchboard

Tel: 01492 584466

Fax: 01492 582519

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

Tel: 01492 584466

Email: events@bodysgallen.com

Bodysgallen Hall & Spa

The Royal Welsh Way

Llandudno, North Wales

LL30 1RS

Website: www.bodysgallen.com



National Trust
'A Historic House Hotel of the National Trust'

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