WHAT'S ON AT BODYSGALLEN
Summer and Autumn 2023
A Historic House Hotel of the National Trust
“O’r Môr I’r Mynydd” “From the Mountains to the Sea”

We are pleased to be offering a programme of events and offers to take you through the Summer and Autumn, and look forward to giving you a warm welcome.
As always, the gardens are brimming with colour and year-round interest, inviting you to explore or take a leisurely stroll. Head through the glorious rose garden into the kitchen garden and find some of the fruit and vegetables growing to be later incorporated into your dinner menu. Head Gardener Robert Owen works closely with our Head Chef Abdalla El Shershaby to grow seasonal produce, herbs and edible flowers to bring delight to every dish. You will discover unusual fruit trees throughout the garden, old medlar and mulberry trees in the rose garden, and espalier pear, apple and plum against the garden walls. Each month Robert gives a guided tour focusing on seasonal highlights, followed by a traditional welsh afternoon tea. Why not join Robert on one of his guided tours of the garden?

Find the break that suits your lifestyle – a get-away with your four-legged friend, a break incorporating a visit to the Welsh whisky Penderyn Distillery, a Great Garden Get-away to include a garden tour with Head Gardener, or an extended weekend. You will find all these and more in this newsletter and on our website.

We look forward to welcoming you soon.

With best wishes

Elgan Roberts
Director and General Manager
Special Breaks and Offers

Escape to the Welsh Countryside

Stop time as you gaze across awesome views of the gardens and beyond to Conwy Castle and Snowdonia. An escape to Bodysgallen Hall offers the break in the country that is truly restorative, with all the comforts, great food that has been locally sourced or grown on the estate and incorporated into creative menus, and service that attends to every detail.

Minimum two nights stay, include accommodation, cooked breakfast, two-course dinner, full use of the Spa and VAT. Also includes free entry into a local place of interest (National Trust and CADW).

Valid to 31st December, except 24th-26th December, 31st December, Bank Holidays, and subject to availability.

The Great Garden Get-away

The 'Great Garden Get-away' three-night break includes accommodation for two people sharing, cooked breakfast each morning, full use of the Spa, plus the hosted Garden Tour and full Welsh Afternoon Tea, parking and Wi-Fi.

See dates for Garden Tours on page 10

This midweek three-night break gives you the opportunity to explore the gardens and wooded parkland at Bodysgallen Hall, enjoy the hosted garden tour and afternoon tea that follows, and time to relax and discover the many attractions nearby, such as complementary admission to National Trust owned Bodnant Garden.
A Taste of Welsh Whisky

From £280.00 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 on our doorstep – just one being a visit to the distillery in Llandudno, home to the distinguished Welsh whisky, Pendry. 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 Pendry 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 £280.00 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 throughout the summer months.

Your long lazy weekend includes accommodation for two nights to include Sunday night, a two-course dinner per person on Sunday 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.
What makes Bodysgallen so special?

Bodysgallen Hall provides all that is best in country house hospitality. Beautiful award winning gardens include a rare 17th century parterre of box hedges filled with sweet-scented herbs, a walled rose garden and several follies. From the gardens step inside the main hall and gain a sense of welcoming comfort of the historic country home.

Rich in history the house started taking shape 600 years ago which is believed to have been a watch tower during the build of Conwy castle. The tower evolved into the hall over time as it was occupied by the Mostyn, Wynn, and the Vaughan families. In 1980 the house and estate was rescued for restoration by Historic House Hotels with conversion to a country house hotel retaining authentic historic integrity. In 2008 the property was donated to the National Trust to preserve the integrity of the historic house.

When you stay with at the Hall you experience the secrets of the hall including the hidden 13th century spiral staircase to the tower, which rewards with 360 degree views of Conwy valley and Llandudno.

Wake up and start your day with a full Welsh breakfast. Explore the many attractions of North Wales or spend the day with us to discover our gardens or enjoy a Spa treatment. End the day with fine dining in our AA 3 Rosette award-winning restaurant. Indulge the carefully curated menu by Head Chef Abdalla El Shershaby.

There is nothing quite like Bodysgallen Hall & Spa.
Dining Experiences

Bodysgallen Hall is renowned for its quality hospitality, exquisite food, tradition and style, just as you would expect from a house with such a long and distinguished history. Join us to enjoy your own experience at one of our dining events. Please go to our website for further information and to book.

**Dining Experiences**

Afternoon Tea is served every day Monday to Saturday: 1.00pm to 5.00pm

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

Fine dining dinner menu is offered Wednesday to Sunday, with a less formal menu on Monday and Tuesday 6.30pm-8.30pm
We are pleased to welcome back Lord Mostyn, who will talk about the close relationship between the Mostyn family and Bodysgallen Hall.

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.

The Mostyn family has played a large part in developing Llandudno and surrounds over the past 150 years. Assuming the title in 2011 at just 26 years old, Lord Mostyn has taken his responsibilities as Landowner in the region very seriously.

Renowned for his restoration of Gwrych Castle, Dr Mark Baker, Architectural Historian and conservationist returns to talk about the importance of 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.

Arrive for 3 pm in the Upper Wynn Room where Dr Mark Baker will talk on why the revival of Hafodunos Hall is of such importance. This will be followed by full traditional Welsh afternoon tea, served in the upstairs Drawing Room.
What promises to be a lively evening hosted by Kevin McKee of Taittinger and Jeremy Platt of Ffarm Vintners. The evening starts with a Champagne reception with canapes, followed by an inspired 4-course menu created by Head Chef Abdalla El Shershaby, which will be accompanied by selected wines, with coffee and sweetmeats to finish.

**MENU**
- Roasted Sea Scallops, parsnip cream and brown crab mousse
- Poached Arlington Egg, white onion veloute and season truffle
- Slow cooked rump of Conwy Lamb, carrot puree, dauphinoise potato, salsify and Madeira sauce
- Dark chocolate mousse, milk sorbet and honeycomb

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Hosted by Dave Boden of BASC, The British Association for Shooting and Conservation, join us to experience an 'Eat Game' evening. Head Chef Abdalla El Shershaby has created a delicious four-course tasting menu where 'game' is the star ingredient, but carefully designed for the enjoyment of the 'converted' and the 'non-converted' game gourmet. Champagne and canapés on arrival, before your introduction to the best of local Welsh game, with selected wines to accompany.

**MENU**
- Warm truffle, wild duck and pheasant boudin, mushroom deuxelle
- Saddle of venison terrine with apple relish and homemade brioche toast
- Slow cooked saddle of rabbit, herb gnocchi, parsnip puree, caramelised onion and a port jus
- Iced Tonka bean parfait, scorched banana, Bodysgallen red currant sorbet

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**TAITTINGER CHAMPAGNE DINNER**
**HOSTED BY KEVIN MCKEE**
Friday, 6th October 2023
£125.00 Per person

**‘EAT GAME' DINNER**
**HOSTED BY BASC**
Friday, 10th November 2023
£85.00 Per person
We are delighted to be welcoming Colin and Charlotte Bennett to introduce their wines from the Gwinllan Vineyard in the Conwy Valley. It was their passion for wine that inspired planting the vineyard in 2012. They now have over 3000 vines over 3 acres, nestling on the south side of Bryn Pydew. Gaining valuable know-how over the years, has led to much recognition and winning awards. Our four-course ‘Taste of Wales’ menu, has been paired with Gwinllan’s wines to give you a true taste of Wales! See the website for more details.

**MENU**

Leek and potato soup, smoked Caerphilly beignet

- Tian of Aberdaron crab, laverbread mayonnaise, wholemeal toast

- Roasted saddle of Welsh lamb, Snowdonia shitake mushrooms, creamed leeks, rosemary jus

- Vanilla panna cotta, bara brith ice cream, rum soaked raisins

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**THE PRIDE OF WALES EVENING WITH PENDERYN WHISKY**

Friday, 1st December 2023

£85.00 Per person

Friday, 26th January 2024

£85.00 Per person

We are pleased to welcome Richard Edwards, Brand Ambassador for Penderyn Whisky, from the distillery based here in Llandudno. Penderyn is Wales’ first whisky distillery in over 100 years, producing award-winning single malt whiskies from three distilleries. Coinciding with St Dwynwen’s Day, the evening celebrates the true pride of Wales with a carefully created Welsh four-course menu paired with Penderyn’s whiskies. See the website for more details.

Why not take the opportunity of a guided tour through the Penderyn Whisky Distillery in Llandudno, which can be arranged for the following day. We can book this for you at a discounted rate. Please contact reception.
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.

**Guided Tours with the Head Gardener**

Wednesday, 26th July 2023  
The Brilliance of Hardy Annuals

Wednesday, 16th August 2023  
Fruit and Vegetables, and Wild Flower Border

Wednesday, 27th September 2023  
Start of Autumn Tints, late Perennials and Dahlias

Wednesday, 18th October 2023  
Beauty in Autumn Leaves

Wednesday, 22nd November 2023  
Colorful Fruits and Berries

**Price £45.00 pp**

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

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.

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 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 "pannad" (cup of tea) while watching the climbers arrive!

Visit our website to discover more of North Wales; bodysgallen.com
Relaxing at Bodysgallen Hall

Introducing our "Spa Treatment of the month"

July Holiday Ready with Mii Nails

Get those nails prepped and ready for your summer holidays ahead, book a Mii file and polish on the fingers and toes and take away your chosen nail colour.

Standard polish £54
& take home your color

Gel £78
(no nail colour to take home)

August Ultimate Glow or Re-balancing Facial

A bespoke facial, designed to suit your individual skin needs. To restore and recondition, leaving your complexion smooth and luminous.

Experience Aromatherapy Associates at Bodysgallen Spa
The Ultimate Aromatherapy Experience  
October

£148 Per Couple

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. Then relax in our relaxation room with a complimentary tea or coffee.

Enjoy the Aromatherapy Associates Ultimate 50-minute Experience for two. This treatment releases tension in every part of your body leaving you feeling deeply relaxed and recharged.

Once your treatment is finished, relax in our relaxation room or Clubroom with a complimentary Tea or Coffee.

Contact The Spa
Email: spa@bodysgallen.com Tel: 01492 562500 
www.bodysgallen.com
**Christmas Bonanza**  
**Thursday 16th November 2023**

Join us to do all of your Christmas shopping, be it one of our beautiful gifts or a gift voucher, our spa team will be here to help advise while you enjoy a complimentary glass of fizz and a mince pie.

**and there's more...**

25% off all 50 / 80 minute treatments booked on the evening of this event, valid until 1st March 2024.

Spend over £30 to receive a goody bag with your purchase + entry into our raffle.

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**Little Black Dress Time!**  
**December**  
Bioslimming Wraps

Burns calories for two hours after treatment and works for 12 hours after.

1 Treatment £80  
2 Treatments £150

This slimming body wrap, enhances weight loss and firms the skin. It eliminates toxins, boosts circulation, increases the metabolism of fat cells, reducing stretch marks and stimulating the lymphatic system.

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**TODAY’S FORECAST:**  
**99% CHANCE OF A BIOSLIMMING WRAP**
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 ideal for small meetings or interviews where privacy and discretion are paramount.

Exclusivity

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.

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.

Call or email to Enquire;  Tel: 01492 584466   Email: events@bodysgallen.com

Say "I DO" at Bodysgallen

Bodysgallen Hall has the romantic setting for a dream wedding, offering a range of licensed rooms to accommodate various ceremony sizes and preferences. From assisting with the planning process to arranging flowers, photographers, a honeymoon suite, and chauffeurs, their dedicated service with a personal touch helps you savour 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