



WHAT'S ON AT BODYSGALLEN

Summer and Autumn 2024

A Historic House Hotel of the National Trust

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



National
Trust



HOTELS



Explore the latest Summer and Autumn edition of special offers and events. Lunchtime talks, themed dinners, garden tours and Spa offers to entertain and give pleasure - something for everyone to look forward to.



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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 at bodysgallen.com or call 01492 584466 and we will do the rest.

Foreword

I am pleased to welcome you through Bodysgallen's Summer and Autumn "What's On", filled with reasons to visit and enjoy an authentic country house experience set in the outstanding natural beauty of North Wales.

Discover the rich history and distinctive culture of North Wales, choosing an active break, relaxation or both, and for a curious mind looking for new experiences, you will find a variety of indoor and outdoor attractions nearby, and always a very warm welcome at Bodysgallen Hall.

While staying with us you may enjoy complimentary admission to local National Trust properties such as Bodnant Garden, featuring the largest collection of Champion Trees in Wales among others, and promising a great day out. A scenic drive along the North Wales coast will take you to Penrhyn Castle, a 19th-century marvel showcasing Dutch, Venetian, and Spanish interiors, including a one-ton slate bed crafted for Queen Victoria. There are many remarkable properties waiting for you in North Wales, including a number of World Heritage castles under the care of CADW.

A highlight of Bodysgallen is the award-winning garden. Head Gardener Robert Owen continues to delight guests with monthly guided garden tours followed by a delicious afternoon tea. Take a stroll through the walled rose garden and enter the kitchen garden where you will see much of the fresh produce that becomes incorporated in Chef's menus, and flowers that adorn the Hall.

We have invited local speakers passionate about their subjects to host our themed dinners and lunchtime talks for your enjoyment and entertainment.

Find the break that best suits you - an escape to the country, a spa wellness break, or three nights for the price of two for an extended weekend to make the most of the National Trust Pass. Find these offers and more within this newsletter.

With best wishes from all the team at Bodysgallen,



Elgan Roberts

Director and General Manager



WINTER SAVINGS

Find your comfortable retreat for the winter months

SAVE 35%

Bed & Breakfast

Look forward to a winter escape and to the warm, comfortable rooms and surroundings of Bodysgallen Hall. Plan your break and book now saving 35%. This offer applies to **all categories** of Rooms and Cottages, Snowdonia View and Principal Suites listed in our standard bed & breakfast rate tariff. Included is your overnight accommodation, freshly cooked-to-order breakfast, Wifi, use of the Spa, access to over 200 acres of gardens and wooded parkland, and admission to local National Trust properties (subject to opening times) during your stay.



SAVE 30%

Two-Night Dinner, Bed & Breakfast

The **Bodysgallen Winter break** tempts you to enjoy truly special time when you can sink into plump sofas and relax by the fireside, make use of the Spa, savour the delights of an imaginative, seasonal menu, and return for a good night's sleep in a lovely warm room. Rates are per room per night for a **minimum of two nights**, to include accommodation, cooked-to-order breakfast, two-course dinner, use of the Spa, access to over 200 acres of gardens and wooded parkland, and admission to a local place of interest (National Trust or CADW). Dinner is served every day, with a fine dining menu Wednesday to Sunday, and less formal menu on Monday and Tuesday.

Valid from 1st November 2024 to 28th March 2025,
subject to availability and
not in conjunction with any other offer or discount.

Special Breaks and Offers

Three Nights for the price of Two

From £250
Per Room
Per Night

Valid to 31st December 2024, subject to availability and not in conjunction with any other offer or discount. Dinner must be taken on two nights to qualify for this offer.

Experience quintessential country house living at Bodysgallen Hall. Take a short break and let us look after you. Explore the award-winning gardens, offering seasonal interest throughout the year and discover a labyrinth of paths leading through wooded parkland opening out to views across the Conwy Valley to Llandudno and the Great Orme.



Stay for three nights and we will include complimentary accommodation on the third night. We kindly request that dinner is taken on two nights during your stay to validate this. Enjoy a relaxing break in beautiful surroundings with delicious menus comprising seasonal produce grown on the estate and locally sourced, and a health and beauty Spa to find peace of mind for your wellbeing.

Escape to the Country Break

From
£390.00
Per Night

Valid to 31st October 2024, except for Bank Holidays, subject to availability, and not in conjunction with any other offer or discount.

The perfect place to escape, relax, then venture out and explore this area of 'Outstanding Natural Beauty'. Bodysgallen Hall offers the break in the country that is truly restorative, set in over 200 acres of gardens and wooded parkland. Experience exceptional food, with ingredients sourced locally or grown on the estate and service that attends to every detail.



'Escape to the Country' rates are per room per night for a **minimum of two nights**. 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).

Special Breaks and Offers

National Trust Winter Break



From
£135.00
Per Person
Per night

Valid Sunday to Thursday, from 1st October through to 28th March 2025, subject to availability, and cannot be used in conjunction with any other offer or discount.

With over 220 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.



The 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.



Wellness Spa Break

From
£250.00
Per Person

Valid to 31st December 2024, available Sunday to Thursday except 24th-26th December, Bank Holidays, subject to availability, and not in conjunction with any other offer or discount.

Immerse yourself in the tranquillity and beauty of the Welsh countryside. Adapted from former farm buildings, your Spa Cottage is surrounded by parkland and meadows offering a quiet retreat. This truly relaxing break provides a place to relieve the stresses of everyday life. With the Spa on your doorstep, you can enjoy access to the facilities during the time of your stay.



Wellness Spa Break rates are per person per night and include Spa accommodation, cooked breakfast, light Club Room lunch and a cleansing tea. Your break also includes a choice of either the Ultimate Aromatherapy Experience or Forest Therapy treatment by Aromatherapy Associates, to leave you feeling deeply relaxed and recharged.

Christmas House Party

Three Nights
From £2,140.00
for 2 people

Arrival date 24th-27th December. Rates are priced per double or twin room, and include accommodation, cooked breakfast and all of the below mentioned.

Bodysgallen Hall is the best place to enjoy a traditional Christmas with a Welsh flavour in country house style, with plenty of time to explore the countryside or relax in a quiet corner of the house. Christmas Eve festivities commence with mulled wine and mince pies on arrival. A Champagne reception opens the evening prior to dinner. Transport can be arranged if you wish to attend Midnight Mass and you will be welcomed with port and mince pies on return.



On Christmas Day, a traditional lunch will be served and in the evening a light buffet supper. Boxing Day is a time to relax, swim in the pool or be pampered in the Spa, go for a drive or sit by the fire in the Hall. A Champagne farewell reception in the evening with music from a Welsh harp followed by a gala dinner.

Welcome in the New Year

New Year's Eve
From £1,150.00
for 2 people

Rates are priced per double or twin room and include accommodation, all of the below, and full use of the Bodysgallen Spa, service and VAT. Bookings for New Years Eve are for a maximum party size of eight guests.

Celebrating New Year's Eve at Bodysgallen Hall makes a special occasion truly memorable. Arrive on 31st December in time to enjoy a delicious afternoon tea including freshly baked scones, clotted cream and jam. In the evening there will be a Champagne reception followed by a pre-dinner firework display. Then make your way to the dining rooms to enjoy a five-course celebration dinner with accompanying wines.



The countdown to midnight continues after dinner with the Bodysgallen Casino. Try your hand at Roulette and Black Jack enjoying the thrill and excitement of playing for a prize. You will also be captivated with astonishing magic by Nick Barnes and his unique style of comedy up-close magic. Recover and relax over New Year's Day Brunch, to get 2025 off to a good start.

Complimentary Access to National Trust Properties

While staying at Bodysgallen Hall, one of the three Historic House Hotels of the National Trust, you may enjoy complimentary access to all National Trust Properties in the area.

In September 2008, Bodysgallen Hall along with Middlethorpe Hall, York, and Hartwell House, Vale of Aylesbury, the three properties of Historic House Hotels, were donated to the National Trust to ensure their long-term protection.

Places to add to your itinerary include, Bodnant Garden (1), Conwy Suspension Bridge (2), Erddig (3), Penrhyn Castle (4), Powis Castle (5), Plas Newydd (6), Chirk Castle (7)



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

MEET THE AUTHOR LUNCHEON

Vera Wilson

Friday, 28th

June 2024

£50.00 Per Person



We welcome our speaker, Vera Wilson, local author, who has put her varied and interesting life in education and charitable support, together with careful observation of people, into a series of imaginative thrillers.

Arrive for morning coffee at 11:00am, with Vera Wilson's talk starting at 11:15am. This will be followed by a two-course luncheon to include a glass of wine, coffee or tea and Bodysgallen fudge to finish.

MENU

Slow cooked Welsh lamb Henry - herb gnocchi, caramelised onion, seasonal vegetables, Madeira sauce

Dark chocolate mousse with honeycomb, chocolate twirl, Bodysgallen Japanese wine berry sorbet

D-DAY FROM THE GERMAN PERSPECTIVE

Major Merfyn Thomas

Wednesday, 16th

October 2024

£50.00 Per Person



Following a recent trip to Normandy, France, Major Merfyn Thomas will discuss D-Day from the German situation, the quality and quantity of the troops, politics, fortifications and the problems the commanders faced.

Arrive for morning coffee at 11:00am, with Major Thomas' talk starting at 11:15am. This will be followed by a two-course luncheon to include a glass of wine, coffee or tea and Bodysgallen fudge to finish.

MENU

Grilled fillet of salmon, new potatoes, polenta fritter, seasonal vegetables, tomato butter sauce

Trinity College, homemade shortbread biscuit, Bodysgallen blackcurrant sorbet

'EAT GAME' DINNER HOSTED BY BASC

Friday, 8th
November 2024

£95.00 Per Person



We are pleased to welcome Dave Boden of BASC, The British Association for Shooting and Conservation, who will host the 'Eat Game' evening at Bodysgallen Hall. 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.

Arrive for a Champagne Reception at 7:00pm, before enjoying a four-course tasting menu, with wines paired to accompany the menu.

MENU

Warm pressing of partridge and pheasant boudin, mushroom coleslaw, crispy bacon

-

Pressing of pigeon and guinea fowl terrine, Bodysgallen gooseberry chutney,
pigeon croquette

-

Mallard duck breast, maple glaze, dauphinoise potato, caramelised onion,
king oyster mushroom, seasonal vegetables, Madeira sauce

-

Vanilla panna cotta, Bodysgallen Estate fruit sorbet, almond twirl

LUNCHTIME TALK ON THE PROGRESS OF GWRYCH CASTLE

With Dr Mark Baker & Lady Marina Cochrane

Wednesday, 13th
November 2024

£50.00 Per Person



Introducing Dr. Mark Baker and Lady Marina Cochrane, who will present a compelling lunchtime lecture on the past, present and future of Gwrych Castle. The talk will explore the castle's history and the legacies of the Dundonald and Cochrane families, highlighting how their legacies are contributing to the restoration efforts.

Arrive for 11:00am prompt for morning coffee with the talk beginning at 11:15am. The talk will be followed by a two-course luncheon served in the private dining room and will include a glass of wine, finishing with coffee or tea and Bodysgallen fudge.

MENU

Slow cooked chicken breast, king oyster mushroom, caramelised onion, roasted carrot,
seasonal vegetables, mushroom sauce

-

White chocolate parfait, fresh raspberries, Bodysgallen redcurrant sorbet

'BATTLE OF THE BUBBLES' DINNER with Jeremy Platt of Ffarm Vintners

Friday, 6th
December 2024

£125.00 Per Person



An evening of fizz from the northern and southern hemispheres to include the areas of Champagne, France, Spain, South Africa, Italy and Argentina. Will Champagne be the winner or will there be a surprise?

Arrive for 7:00pm for a Champagne reception with canapes before an informative and entertaining evening accompanied by an inspired four-course menu.

MENU

Chicken liver pate with homemade toasted brioche, caramelised chutney

-

Lobster and crab filled ravioli with lobster bisque

-

Argentinian fillet steak, sweet potato mash, caramelised onion, red wine vinegar jus

-

Light custard and cinnamon tart, vanilla ice cream

FESTIVE WREATH MAKING with Luncheon

Wednesday, 11th
December 2024

£110.00 Per Person



We are pleased to welcome Emily Berry of 'Linden Lea', for a full day workshop during which you will make your own festive wreath to take home, which will be something luxurious that you could not buy in a shop or online. You will pick up ideas and tips for table decorations to enhance your festive spread. Refreshments, lunch and all materials will be provided.

Starting at 10:30am with coffee in the Drawing Room, Emily will then start the workshop with a short demonstration before taking you step-by-step through the construction of your own creation. There will be a break at 1:00pm for a festive two-course lunch with a glass of wine, coffee or tea and Bodysgallen fudge in the South Dining Room. After lunch you will be able to finish your creation and learn about table scaping.

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, 24th July 2024

‘Fruit ladder bushes, roses and perennials’

Wednesday, 14th August 2024

‘Wild flowers, woodland walk and their views’

Wednesday, 25th September 2024

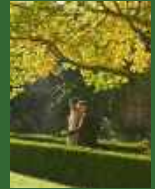
‘First signs of Autumn, late perennials’

Wednesday, 23rd October 2024

‘Autumn leaves in colour’

Wednesday, 20th November 2024

‘The colour of fruits and berries on shrubs and trees’



Price £50.00 per person

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

The Spa

Introducing the "Spa Treatment of the Month"



Gift Experience Vouchers

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, events and exquisite dining experiences.

Purchase your gift vouchers today online or at Spa Reception, and give a gift that will always be appreciated.



ENVIRON® 25% OFF Environ Facials JULY

Environ's pioneering dual electro-sonic technology sets the benchmark for professional skin care.

The Environ facial treatment combines sonophoresis and iontophoresis used with the Environ skincare products to deliver more of what your skin needs to make a real difference. Skin is left feeling softened, plumped, hydrated, toned and glowing after just one treatment.



£40.00

Aroma Skin Brush & Polish AUGUST

This treatment leaves your skin radiant, soft, fresh and smooth. It is the perfect quick treatment for summer. The body is skin brushed and then exfoliated removing any dead skin cells helping to prep the body for that summer tan.

Purchase your own skin brush with 50% off when booked with this treatment.



Forest Therapy Body & Scalp SEPTEMBER

Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness and agitation.

The Forest Therapy essential oil blend highlights the calming properties of ho wood, the uplifting scent of pink pepper and the grounding essence of cypress, helping to clear your mind and transport you to a tranquil, serene forest.

£65.00

5D Anti Ageing Facial OCTOBER

This facial treatment is specially formulated to decrease the appearance of wrinkles, while repairing and brightening the skin, instantly giving you a younger look.

Restores luminosity, helps with the appearance of dark spots and fine lines. Removes dry, dull skin helping to even out the tone.

Helps generate new collagen. Skin is smoother, nourished and renewed by 45%

50 min
£65.00



Memberships

Individual and Joint Memberships available. Contact the Spa for more information

Email: spa@bodysgallen.com
Tel: 01492 562500

Spa Member Benefits

- Full use of the Spa - 50ft swimming pool, sauna, steam room, spa pool, gymnasium and Club Room.
- Saving on all food and beverages in the Spa Club Room, spa treatments and products.
- FREE Aqua Fit sessions.
- The services of our qualified Personal Fitness Instructor.
- 15% saving in our restaurants on pre-booked afternoon tea, luncheon and dinner.
- £104 worth of guest passes per year.
- Invitations and preferential booking for events at Bodysgallen Hall, including wine tastings, gourmet dinners, luncheons, garden tours etc.

Christmas Bonanza

Thursday 16th November 2023

Come and join us at the Spa for shopping, fizz and mince pies. The perfect opportunity to do all your Christmas shopping, chat and meet other Spa members and the Spa team.



Discounted treatments to book on the day, special offers and a goody bag with every purchase per person. You will also be entered into the complimentary raffle for some fabulous prizes.

and there's more...

25% off all 50 / 80 minute treatments booked on the evening of this event, valid until 1st March 2025.

Mii

Mii Nails NOVEMBER

Make time to get your nails in tiptop condition ready for the festive period.

Book a Mii file and polish on fingers and toes for a truly professional finish!



Mii polish
fingers or toes £20

Mii Gel polish
fingers or toes £30



Tranquility Cryo Back & Face Treatment DECEMBER

50 min
£65.00



This treatment begins with a luxurious back treatment, followed by a non-surgical face-lift, using cryotherapy cold massage treatment on the face to stimulate collagen, help reduce fine lines, and boost microcirculation

Contact The Spa

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

www.bodysgallen.com

The Venue for All Occasions

Planning an Event?

Next to the Hall 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, receptions, civil ceremonies, and cocktail parties. The Tack Room is well suited for small meetings or interviews, where privacy and discretion are paramount.



The Events Team are qualified 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



Say "I DO" at Bodysgallen

Bodysgallen Hall has the perfect romantic setting for your wedding, tailored to your wishes, offering a range of licensed rooms to accommodate the ceremony according to guest numbers. From planning your special day to menu and wine selection, arranging flowers, photographers, a honeymoon suite, and chauffeurs, our dedicated team will guide you through each stage with attention to detail, ensuring you and your guests 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 once 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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