

OUTDOOR ACTIVITIES

WALKS:

There are some beautiful and interesting walks in the area both out along the coast and inland. A number of maps are available at Reception and we would be happy to give you guidance.

WATERSPORTS:

From the Old Lifeboat House on the beach you can hire sailing dinghies, Hobie Cats, canoes, wet suits, and book water skiing. Tuition in sailing, Power boating and water skiing is also available. The Watersports Company (South Sands Sailing) can be contacted in the Boathouse or by telephoning 843451 or 07812 146353. This facility is only available from early April until early October.

GOLF:

There are three courses in the area:

Thurlestone (6 miles)

Bigbury (15 miles)

Dartmouth Golf and Country Club (16 miles)

We can organise discounted Green Fees at Dartmouth, please contact Reception for details.

TENNIS:

There are courts at North Sands operated by Salcombe Tennis School, (contact Chris Stidson-Nott Tel 560926 or 0378 743722)

SEA FISHING:

Sea Fishing is excellent in the waters off Salcombe and in the Estuary. There are a number of companies operating Charters out of Salcombe and a few doing just mackerel trips – details available from Reception.

FOR YOUR GUIDANCE

TIMES OF MEAL SERVICE:

Breakfast: 8.30am to 10.00am in the Garden Room Restaurant
(8.00am – 8.30 am by arrangement with Restaurant Manager)

Snacks: 12.15 pm to 5.00 pm in the Bar, Lounges, Garden and Leisure Complex.

Afternoon Teas: 3.00pm to 5.30pm in the Bar, Lounges, Garden and Leisure Complex.

Dinner: 7.00 pm to 9.00 pm in the Garden Room Restaurant.
Orders are preferably taken in the Bar and Lounges prior to guests entering the Restaurant.

USE OF THE TELEPHONE:

To make an outside call:

Lift handset and dial **9**, wait for B.T. dial tone before dialling.

To make an internal call:

Lift handset and dial extension number – for other guest rooms the room number is prefixed by 2 – for example the extension number for room 40 is 240 and for 2 is 202.

Service numbers:

0.....Reception and Room Service

224.... Leisure Complex

AQUARIUM BAR:

Open from 11.00hrs each day throughout the day and evening for cocktails and other drinks. There is in the bar a large seawater aquarium containing a variety of locally caught fishes, lobsters and crabs.

DEPARTURE TIME:

Guests are requested to vacate their rooms by 11.00hrs on the day of their departure but are welcome to continue using the hotel facilities for the rest of the day.

ROOM KEYS:

For security we would be obliged if you would leave your room key at reception whenever leaving the Hotel.

NIGHT EMERGENCY:

In the event that you require assistance during the night, please dial **0** on the telephone to contact the Night Porter. If no answer is received (he goes on periodical patrols of the grounds) dial **208** for the Night Manager.

LETTERS, FAXES and TELEPHONE MESSAGES:

These will be delivered to your room on receipt.

Fax charges: Receiving.....85p the first page then 40p
Sending.....£1.40 first page then 75p

Post is collected at approx. 11.30am from Reception.

ROOM SERVICE:

07:00 to 10:00 Early Morning Tea.....£3.75 per person
07:00 to 10:00 Continental Breakfast..... £4.70 per person
08:30 to 10:00 Cooked Breakfast.....£ 7.50 per person

Please order the above with Reception the previous night.

To order the following please dial **0** for Reception

10:00 to 23:00 Tea or Coffee.....£3.75 per person

12:15 to 17:00 Sandwiches and Snacks from our Lounge Menu
are charged at the Menu Price with a
room Service charge of £2.00 per item.

14:30 to 17:30 Devon Cream Teas.....£7.50 per person

19:00 to 21:00 Dinner from our Evening Menu
Guests on Dinner-Inclusive Terms£10.00 per person
Guests on B & B Terms..... £42.50 per person
(We ask you to kindly inform Reception before 4pm)

On finishing with your Room Service tray please call Reception to arrange for its collection.

SHOE CLEANING:

We offer a shoe cleaning service during the night.
Please leave shoes outside your door on retiring for the night.

LAUNDRY SERVICE:

We offer a washing and pressing service (return in 24 hours).
Please ask at reception for a form on which to record the garments
and your room no. and for a bag to put the items in.

RUBBER BATH MATS:

These are found in the bathroom cabinets
'Grab Handles' are available, please ask at reception

IRON AND IRONING BOARDS:

These are available by phoning down to Reception (dial **0**) or asking at
Reception. The Hall Porter will then bring one to your room.
We would be obliged if you would leave it outside your room after use.

MISCELLANEOUS ITEMS AND INFORMATION:

Available from Reception:

- Salcombe Teddy Bears
- Ramblers and O.S. Maps of the local area
- Local Guides and Booklets
- Postcards and stamps
- Basic Toiletries
- Church Service Times and Directions
- Prescription Services
- Sun Tan Lotion (Pool)
- Swimming Costumes (Pool)

WEATHER REPORTS:

Each morning we compile a weather report for the following day from
the Met. Office in Exeter and display it on the Porters Desk at Reception
Unfortunately we cannot guarantee its accuracy!

DOGS:

Dogs are accepted in the Hotel but we request that guests do not have
them with them when using the public rooms or the leisure complex. We
would also be obliged if they did not do their "business" in the Hotel
Gardens. The beach is designated Dog Free by local Council Byelaw
from 1st of May until the end of September. However North Sands Beach
just over the hill towards Salcombe does not have any restrictions and
is a nice sandy beach when the tide is out. There is a handy short walk-
immediately to the left, outside the front driveway, where a footpath leads
past the side of the Hotel. It takes you a short way up the valley, through
the farm at the top of the caravans to a road, turn left on to the road and it
will bring you in a loop back to the Hotel.

RADIO AND TELEVISION:

The television is tuned to BBC 1 & 2, ITV, Channel 4, Channel 5, BBC
News 24, BBC 3, ITV 2, ITV 3, ITV 4 and a Hotel Information Channel.
There is a switch for the television on the headboard.

The radio is multi-programmable and has a wake-up alarm.

**It would be appreciated in the interest of other guests if these
appliances were used on low volume.**

If any controls need adjusting please call Reception.

CAR PARKING:

Residents' Car Park is at the side and rear of the Hotel over the little
stream. We would be obliged if you would park here as opposed to in
front of the Hotel which needs to be kept free for guests arriving and
departing. In the instance that there are no spaces in the main car park
please use the other car park between the road and the
stream which also belongs to the hotel.

LEISURE COMPLEX

The Leisure Complex is situated at the rear of the Hotel. Internal access is from the corridor of the lower floor of the Estuary Wing. To get there from rooms in the main part of the Hotel, take the rear staircase (at the end of the corridors from the lift) and go down as far as you can go. If you are on the second or third floors you can alternatively take the lift to the first floor and then take the rear staircase down one flight. There is no access from the ground floor at the front of the Hotel. External access is from the staircase directly from the car park at the rear.

Available for your enjoyment in the Complex are:

- Indoor Heated Swimming Pool (approx 31 degs.C)
- Jacuzzi (35 degs. C)
- *Sauna
- *Squash Courts
- *Snooker Table
- Table Tennis
- Licensed Bar
- Hot and Cold Beverages & Snacks

STEPPING STONES GYM:

- Treadmills
- Stepper
- Rowing Machines
- Cycling Machine
- Free weights & Strength Equipment

(* It is advisable to book these facilities in advance on ext. 224)

The Complex is open daily from 08:00 to 20:00 hrs. Pool Attendants are on duty from 10:00 hrs until 20:00 hrs to serve drinks, snacks, take reservations and assist you in enjoying the complex to its fullest extent. Towels are provided and there are changing rooms (with showers) and toilets. There are no charges for using the Complex facilities

Because using the pool means walking with bare feet, glassware and china are not permitted around the pool. We would be grateful if you would respect this ruling.

The pool surround can be slippery when wet, so please take care.

BEAUTY SPA

This is located in the Leisure Complex and is open from 10:00 hrs for Hairdressing, Massage, and a full range of Beauty Treatments. However, availability times do vary and it is advisable to book in advance.

You can contact the Beauty Spa direct: 01548 844439

Please visit the Salon to discuss your requirements and the services on offer with Donna or Sarah - some are listed here:

Hair (Ladies and Gents)

- Wash
- Cut
- Blow Dry, Set
- Highlights
- Perms

Beauty Treatments

- Facials
- Back Massage
- Full Body Massage
- Manicure
- Pedicure
- Acrylic Nails
- Eyelashes & Eye Brows
- Waxing
- Body Wraps
- Ear Piercing
- Indian Head Massage

There are also a number of Combination Packages available with which you can really pamper yourself. Please see also separate Tariff Sheet and Promotional Literature found in your room.