

The Gallivant

Your personal itinerary

Day 1

15:00

YOU'VE ARRIVED
take a look round, sit in the garden, relax

GO TO THE BEACH
beach towels are in the lobby

PRE-ORDER **DRINKS IN THE DUNES**
to watch the sunset - menu overleaf

BOOK A **BAMFORD SPA TREATMENT**
see Spa Guide in your room
book using the QR code overleaf

ORDER A **BEACH TAKE OUT** FOR TOMORROW
fish and chips on the beach? - menu overleaf

17:00

ENGLISH WINE AT FIVE

Bar

17:30 -
18:30

OYSTER HAPPY HOUR

Bar

18:30 -
21:00

DINNER

Dining Room

21:00

HOT TODDY'S ON THE TERRACE

Terrace

22:00

WE HAVE DRIFT OFF
waiting for you in your bedroom

Bedroom

Day 2

08:00 -
11:00

BREAKFAST

Dining Room or
Terrace

08:00

MORNING YOGA CLASS
just bring yourself

The Open Space

11:00

DEPART
or repeat above

THESE ITEMS ARE INCLUDED IN YOUR STAY
THESE ITEMS CAN BE PURCHASED

the Gallivant

HAPPINESS IS A PLACE

Welcome to your home by the sea.

Here are some useful things to know while staying with us.

Speaking to one of us

The best number to call is 01797 338 903 or come to the lobby.

Beach

It's across the road, over the dunes. The beach bag in your room is for your use when here. We have beach towels, gumboots and sowesters in the lobby as well.

Food and drink

There is always flavoured filtered water, fresh fruit and a bowl of nuts in the Sitting room and a freshly baked cake appears everyday at 4pm, it's all on the house. The bar is open from breakfast through to late in the evening for hot and cold drinks.

Happy water

You have been given a Gallivant water bottle to use during their stay. You can re-fill this as many times as you like with filtered Belu water from taps at the end of the bar. We'll add a flat £5 to your room bill at the end of your stay and we donate all of this money to Blood Cancer UK. There is no additional charge at meal times.

Yoga

There is a yoga class in The Open Space across the terrace every morning at 8am. We supply all the mats and anything else that is needed. Private lessons are also available. If interested, please ask if staying for more than one night.

Exercise

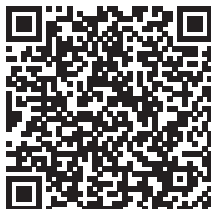
We have a Peloton cycle and Concept 2 rowing machine in The Open Space across the terrace. Please reserve a time with someone in the lobby.

Blood Cancer UK - our nominated charity partner

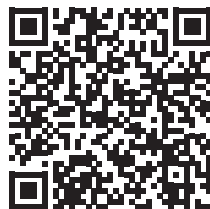
With your help we donate a lot of money to this charity through filtered water and picture sales (all the oil paintings are for sale and we give any profit to the charity). If you'd like to donate more please tell someone in the lobby.



**BOOK A
BAMFORD
TREATMENT**



**DRINKS IN THE
DUNES (order
in the lobby)**



**BEACH
TAKE OUT (order
in the lobby)**