



# Let's get *exploring*

All our trusty *how-tos*  
and *where-tos* in  
this handy hotel guide.

BEDRUTHAN

Welcome to our  
hotel. We've been  
here since 1959,  
long struck by  
the beauty of this  
coastal stretch.

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*We hope you see  
its charm too.*

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DISCOVERY

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Some  
nearby places  
we like.

# Find

A map to help you explore our hotel, sunshine terraces, sliding doors and colourful Scandi-style touches.

## Rest

- A Main Hotel Rooms
- B Villas
- C Apartments

## Feast

- D Bar & Terrace
- E Wild Café  
Plant, Fish & Grill
- F Ogo

## Social

- G Cocktail Bar
- H Lounge

## Event Spaces

- I Conference and Events

## Sanctuary

- J Lanai Spa Lounge
- K Sensory Spa Garden
- L Bedruthan Spa  
and Indoor Pool
- M Wellbeing Studio
- N Adult Outdoor Pool
- O Children's Outdoor Pools

## Get Creative

- P Create Store  
and Art Gallery
- Q Craft Rooms

## Play

- R Tennis Court
- S Outdoor Playgrounds

 MAIN ENTRANCE	 RECEPTION	 LOWER LEVEL
 OUTDOOR SHOWER	 LIFT	 UPPER LEVEL



# Helpful

Our reception team is always happy to help in any way they can. *Here for you 24 hours a day.*

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Reception	01637 860 555
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Doctors	
Petroc	01637 880 359
Narrowcliff	01637 854 433

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Pharmacies	
Narrowcliff	01637 872 957
Boots	01637 872 014

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Taxis	
A2B	01637 877 777
Coastline	01637 860 006

## Checkout Time

*Please checkout by 11.00am.*  
However, feel free to continue enjoying the hotel facilities.

# Connect

## Mobile Signal

There are quirks to living out on the Cornish coastline. Here, phone reception can often come and go, though no one seems to mind too much. (There are times when it's nice to be unreachable.) If you need signal while staying with us, *we find Bedruthan's front car park often has the strongest reception.*

## Door Key Code

Type "C6790" when entering the main hotel from the rear entrance near to *Bedruthan Spa*.



# Feast

## Wild Café

A friendly, homely place serving food that suits the day's coastal view. If heading out, call through here for a picnic basket.

### Breakfast

Artisan bakery breakfast delivered to your room or enjoyed in the Wild Café.

7am to 11am.

### Lunch

Natural, nourishing savoury dishes and sweet treats.

12pm to 3pm.

Sunday Lunch served 12pm to 3pm.

### Dinner

Heartwarming cooking from the kitchen for after adventurous days.

4.45pm to 9pm.

## Ogo

A feast of sea, garden and field. Enjoy seasonal veg, grown locally with sustainably caught fish & farmed meat in a picturesque dining experience.

Lunch served 12pm to 3pm.

Dinner served 5.30pm to late.

### Afternoon Tea

Our talented chefs invite you to try their version of a traditional Afternoon Tea.

2pm to 4pm.

£22 per person.

**24 hours chef's preparation notice required.**



Ogo



Wild Café

Ogo



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Plant, Fish & Grill



Bar & Terrace

## Bar & Terrace

Serving cocktails or  
your favourite tippie.

Available 11am to 11pm.

# Feast



Bar & Terrace



Cocktails

# Sanctuary

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## Bedruthan Spa

Call upon this laid-back place of calm and relaxation whenever you need some slow time in the steam room, sauna, caldarium or hydropool.

## Sensory Spa Garden

A place for opening your senses to nature. Step through the gate and find an outdoor spa experience amongst the herbs and flowers.

£45 per person.

## Spa Treatments

A new thoughtful approach to wellbeing. Our philosophy is inspired by Ayurveda, an Indian holistic health system that offers a wide collection of treatments customised for you to help you achieve a natural balance.

## Wellbeing Studio

Home to Bedruthan's wellbeing programme of guided yoga and meditation.

Daily yoga session 9.30am



Sensory Spa Garden

Bedruthan Spa



Spa Treatments

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Sensory Spa Garden



Bedruthan Spa



Outdoor Pools



Outdoor Pools

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Lanai Spa Lounge

# Sanctuary

## Outdoor Pools

Three pools in the sunshine, one of which is shallower for smaller swimmers. Plenty of loungers too for lost afternoons lying poolside under the Cornish palms.

*Closed during the winter months.*

## Indoor Pool

Find the large indoor pool down by *Bedruthan Spa*.

# Get Creative

## Create Store and Art Gallery

Our little shop stocking sketch books, independent magazines and modern homewares. Next door, find a space exhibiting up-and-coming artists who call Cornwall home.

## Arts and Crafts Rooms

Drop-in rooms for everyone to get creative, including supplies for painting, drawing and modelling.

Drop-in craft sessions available on certain days. Check online for the latest activities and times.  
[bedruthan.com/events](https://bedruthan.com/events)

## Workshops

Learn something new: artist-led sessions and relaxed bakery lessons regularly take place in our sea-view studio.





Workshops



Workshops



Create Store and Art Gallery

Workshops



# Play

## The Meadow

Young explorers can head outside to find our play areas.

## Tennis

Anyone for tennis? Book a 60 minute session with reception.

Tennis racquets available from reception. 10am to 5pm.

## Cinema Room

Film nights with new friends or just play some Xbox. Collect DVDs at reception. Each cinema session is 2 hours long.

Drop in anytime.



Outdoor Play



Anyone for tennis?



## Pets

At Bedruthan, dogs are welcome in the Wild Café, Tranquility Space, Lounge and Cocktail Bar. Please keep four-legged friends on a lead in the hotel and around the grounds. We'd appreciate it if they stayed off furniture too.

Woof!

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*Nawgan Porth Beach  
is dog-friendly year-round.*



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## Scarlet

Walk down the hill or  
call 01637 861800

A little closer to the cliffs, *the Scarlet* is a restorative eco-sanctuary only for adults. Here, there's an outdoor natural reed pool, clifftop hot tubs and holistic spa treatments. Walk down the hill for a pre-booked day spa package or an Atlantic sunset supper.

[scarlethotel.co.uk](http://scarlethotel.co.uk)

Stroll down to the  
soft Cornish sand

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Scarlet and Mawgan Porth Beach

# Beach Days

## Route to the Beach

Simply follow the corridor to *Bedruthan Spa* but head outside through the door at the front of the spa. Continue on the path down past the fields to the road. Take the lane to the right of the Scarlet. This will take you onto the South West Coast path – beautiful, but rocky and uneven. Turn left and follow to the beach.

## Alternative Route to the Beach

A more level, sturdier route. Exit through the front entrance and turn right. Walk along the car park, take the footpath on the right-hand side at the edge of the hotel (you'll see the swimming pools through the fence). Follow to the Scarlet then turn left along Tredragon Road. At the junction, head down the hill.

*Caution: there isn't pavement for a stretch of road here.*

## Coast Path

Step out towards Mawgan Porth beach and you'll soon come across the coast path. Ramble north for Bedruthan Steps, Booby's Bay and the lighthouse at Trevoise Head. South leads to Watergate Bay and Newquay. Once on the path, the acorn signs mark the way.

# Discovery

## Newlyn

Head west to Cornwall's original artist colony: a picture-perfect fishing port around the corner from Penzance. *The village still has an artistic spirit – look into the Newlyn Art Gallery.*

## Porthcothan Beach

Drive the coast road north from Mawgan Porth and soon reach the valley village of Porthcothan. Find a huge beach at low tide, framed by sun-draped houses perched along the cliffs.

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## St Ives

Drift through quaint cobbled lanes towards *Tate St Ives*. The gallery's permanent collection features works by cornerstone twentieth century artists who spent time around these inspiring parts.

## Helford Passage

Find two old villages on either side of the quiet Helford River, connected by a short ferry ride. Each has its own great pub: try both while watching the boats sail by.

## St Agnes

Trek the path between “*St Aggy*” and Chapel Porth to see Cornwall's true windswept wilderness. You'll come across the iconic weather beaten engine house of the old Wheal Coates tin mine.





Newlyn



St Agnes

St Ives



Porthcothan Beach

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Bedruthan Steps



Helford Passage