



THE BARNSTAPLE HOTEL ★★ ★

rest, relax and recharge

When you need a comfortable place to unwind or a smart place to recharge your **batteries**, the Barnstaple Hotel's friendly atmosphere and warm welcome will soon have you feeling right at home. And whether you're here for business or pleasure, with friends, family or colleagues, we're here to make sure you have everything you need.

You're close to the coast so in less than ten minutes you can be relaxing on the beach. And you're closer still to town, whilst the Tarka Trail, for traffic free cycling, is on our doorstep too.

But what makes the hotel really special is the fantastic on-site Health & Leisure Club, with heated indoor and outdoor pools, cutting edge gym and range of alternative therapies on offer. How refreshing!





Welcome

find some personal space

You'll find plenty of space to make your own here at the Barnstaple Hotel. Your room comes with everything you need for a restful night's sleep, including TV and tea & coffee making facilities, and your ensuite bathroom is stylishly finished with modern fittings. Most rooms have views over the outdoor pool and garden area.

But it's not just in your room that you'll find space to unwind. The hotel's refurbished lounge areas – with leather sofas and contemporary décor – are the perfect place to put your feet up, and serve equally well as an area to catch up with friends, family or colleagues.





Home From Home

fun for everyone

Your family will be made to feel really welcome at the Barnstaple Hotel – and there's plenty of things for you all to do together while you stay with us. The heated indoor and outdoor pools provide a great place for your children to have a fun splash around, and there's ten pin bowling and Go-Karting just a short walk away.

The Tarka Trail cycle path runs right by the Hotel and you can find plenty of places nearby to rent bikes from if you haven't brought your own. And with the beautiful Exmoor National Park nearby, you can go wild in the country in just a few minutes. The beaches of Saunton Sands and Croyde Bay, which boast a variety of shops, cafes and activity schools, are just as easy to reach too. Fun, fun, fun!

Please note children must be supervised in the Health & Leisure Club at all times. Children under 8 must be supervised by an adult in the pool, 2 children per 1 adult maximum.





Families

fine food, stylishly served

You have the option of two excellent eating experiences at the Barnstaple Hotel. The varied restaurant menu makes use of local ingredients and the Sunday carvery is particularly popular among residents and guests alike. The stylish 'minimal' interior design creates a modern feel – a great setting for you to enjoy a memorable meal in. And with our lively children's menu you'll find we take great care of our younger guests too.

Alternatively, you can choose from a range of light bites and main meals in the bar and lounge areas. Complete with big screen televisions you can take some time out to watch live sports events, or find a quiet corner and sip on a professionally mixed cocktail. Perfect!





Cuisine

Jump right in

Free use of the superb facilities of the Barnstaple Health & Leisure Club makes any stay at The Barnstaple Hotel extra special. Highlights of the Club are not one but two fine swimming pools. The superb, safe indoor heated pool, accessed directly from the hotel, is perfect for an energetic swim or a family splash-about. Chairs and loungers surround the pool. You can emerge straight from the water to order a long, cold, freshly squeezed orange juice or even a light meal from the poolside bar, or plunge into the bubbling spa bath.





Health & Leisure

Revitalise or relax

Inside and out, The Barnstaple Health & Leisure Club is a great place to be. The superbly equipped gym has all the latest cardiovascular equipment from bikes to running machines and steppers. There's an excellent weights room too. And for less strenuous entertainment, there's our snooker room with two championship tables where you can pot the black in peace and comfort. Or if you feel more like topping up your tan, while relaxing, why not try our fantastic Solarium!

But when the sun shines, there's nowhere better than our heated outdoor pool. Take a swim or just soak up the rays. Perfect.





Health & Leisure

meet, eat, celebrate

With easy access to North Devon's major road and rail links, the Barnstaple Hotel is in an ideal location for business functions. We can organise everything for you, from conference equipment to special banqueting menus. And with 4 function suites to choose from, you're sure to find the right space for your needs. However, the function suites are not solely marked out for business purposes. Be it a special birthday or another important celebration, our professional, friendly staff will make sure that your special day runs completely to plan, tailored to your every wish.

Whether you're here on business or pleasure, you can stay in touch with high speed wireless internet access, recently installed in our conference rooms and a selection of our guest bedrooms.

Should you need more information on conferences at the Barnstaple Hotel, please contact our conference & banqueting coordinator on 01271 376221





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RAC Hotel Group of the Year 2005/6