

The
Carlton

Rebound

A weekend in
Ilfracombe
29-31 January



Wellbeing weekend break

After what's been an interesting 2020, now is the time to start planning for a fresh start in January.

The Carlton is hosting a one-off special weekend break that will focus on your wellbeing. Food and drink that is designed to nourish, activities centred on the great outdoors and your movement, together with wonderful sleep and relaxation in North Devon. We've teamed up with local practitioners to ensure you get the maximum benefit of your two nights away.

Arrive Friday 29 January

Arrive from 3pm and settle into your bedroom and The Carlton Hotel.

A short yoga session will be available in our Burlesque event space. This will focus on relaxation and releasing tension.

Your three-course dinner is served in our Brasserie between 7pm and 8:30pm. Our chef-patron selects local ingredients from many individual farmers, suppliers and merchants.

Food is simply cooked to retain the nutritional value of each component on the plate.

Saturday 30 January

After breakfast you have time to explore the town of Ilfracombe with our local guide Sam Courton. Sam is an outdoor ambassador combining treatments, energy and the big space for maximum benefit.

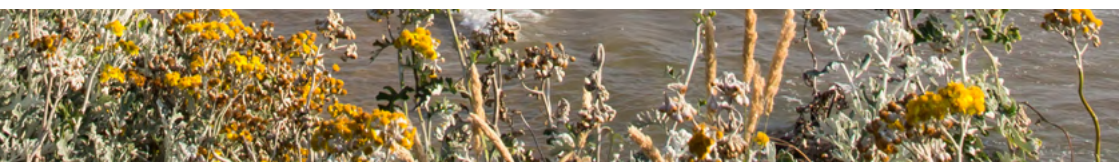
Lunch is served around 1:30pm in the Brasserie. You can pre-order from our Wellbeing menu.

Afternoon is your time. You can make the most of your location. Ilfracombe is on the stunning South West Coastal Path and is also a great base to explore both Exmoor and North Devon's AONB. Or you can book in some personal therapies from our range of experts.

Dinner is served from 7:30pm.

Sunday 31 January

Another great breakfast to set you up for the day.



Rebound - tariff

This weekend break is priced from £69 per person per night, and includes the services and activities listed above. We have other room plans for sale, please take a look at the tariff below or call us on 01271 862446. These rates are only bookable direct.

Only available when you book direct - online - phone - email

Room type	Package tariff	Per person per night
Double or Twin	£276.00	£69.00
Queen room	£312.00	£78.00
King room	£834.00	£104.25

 **01271 862446**
 <https://ilfracombecarlton.co.uk/breaks/winter-break/>



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