

ON YOUR BIKE TO CORNWALL

THE CORNWALL HOTEL SPA & ESTATE CELEBRATES NATIONAL BIKE WEEK WITH A FUN CYCLING OFFER

18TH – 26TH JUNE 2011



To help celebrate National Bike Week, 18TH – 26TH June this year, luxury woodland retreat The Cornwall Hotel Spa & Estate are offering a 2 night break for guests looking to take advantage of the hotel's fantastic location for south Cornish cycling.

The **On Your Bike Package** includes:

- 2 nights' accommodation in a Deluxe Room
- Dinner each evening
- Bike hire for 2 days
- 2 tickets to The Eden Project – *within cycling distance*
- 2 tickets to The Lost Gardens of Heligan – *within cycling distance*
- 1 half hour massage per person per day

Carry on Cycling – additional nights can be booked for £90 including breakfast and bike hire

Located at Tregorrick near St Austell and just a few miles from The Eden Project, The Lost Gardens of Heligan and the spectacular south Cornish coast, The Cornwall Hotel Spa & Estate is well-positioned for easy access to some of Cornwall's best attractions and some super cycle routes:

The Cornish Way runs through nearby St Austell and stretches around Cornwall from Bude in the North East to Lands End in the South West through historic towns and villages. For those looking for a shorter route, The Cornish Way also incorporates the **Pentewan Cycle Trail** which follows a disused railway line from St Austell to Pentewan through the beautiful, 400 year old Kings Wood.

The Clay Trails are also a wonderful way to explore the stunning surroundings of The Cornwall Hotel Spa & Estate by bike; created by the 250 year old clay mining industry, these quiet pathways that meander round the old clay pits and the trees and vegetation that now grow there, offering dramatic scenery rich in wildlife.

For more information or to book visit www.thecornwall.com or call 01726 87 40 50

Notes to Editors: Set in 43 acres of glorious Victorian parkland and woodland, this hidden retreat is home to a luxurious hotel, an indulgent spa and 22 architect-designed woodland holiday homes. The Cornwall Hotel Spa & Estate is part of the Rudrum Holdings Group. For more information, please visit www.thecornwall.com

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