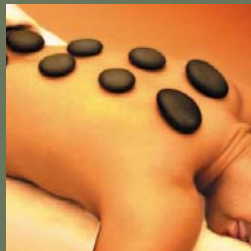




Shire Hotels ~ Refresher Breaks



Visit us at www.shirehotels.com and book online
VALID UNTIL 31ST MARCH 2007

www.shirehotels.com

Why not visit www.shirehotels.com? You'll find it's a simple to navigate website where you can:

- See lots more photos of the hotels and guestrooms
- Plan your route from home to the hotel and print a map to help
- Check the weather forecast for the next 5 days
- Read all about the local attractions – many with specially negotiated entry rates for you
- Find out what's on around and about during your stay

Plus lots of information about special offers and promotions in the weeks and months ahead.

3 Refreshing Reasons to choose a Shire Hotels' break

1 Talk to the hotel – not the call centre
We know that planning and looking forward to your short break is part of the fun – which is why when you call our reservations teams you will be talking to someone who is based at the hotel and not a central call centre. This means that we can help with information about both the hotel and the local area to ensure you have all you need before you arrive.

Of course, if you prefer to book on line – then there's a quick and easy booking engine on www.shirehotels.com

2 Best rates – and they're guaranteed
We know there's nothing more infuriating than seeing the same short break at half the price after you have made your booking. We're confident that you won't find a better rate for a Shire Hotels' Refresher Break anywhere on the Internet and if you do – we'll match the price – guaranteed.

3 No hidden extras
We think it's best to give you one price that includes everything – rather than publish a headline rate and then add on extras for breakfast, dinner, dinner supplements, use of the Spa, parking, fitness assessments, activity classes. . . do we need to say more?



Refresher Breaks – what's included?

Two nights midweek or weekend accommodation in a stylish and comfortable guestroom.

Membership of the first-class Spa during your stay – relax or exercise, the choice is yours.

Dinner inclusive rates that give you a full choice of the restaurant menu – which means you enjoy a fantastic 3-course dinner, with coffee, for almost 50% of the normal price. Don't forget you will need to book this before you arrive otherwise you will be charged the full menu price.

A leisurely breakfast each morning – start your day with a great range of healthy options or make the most of the full English – go on, once in a while won't hurt. Remember to order your complimentary newspaper to catch up on the news too.

Membership of the Inntrust Loyalty Programme – most hotel schemes are geared to the business user, but with Inntrust you earn points for your leisure break too – and each visit gives you 10% back to spend on the next stay. Join today by calling **0800 854290**.

Easy to reach locations, with free car parking right outside the hotel. Plus if you're travelling by train let us know in advance and we can arrange transport to the hotel for you.

And for the children – there's newsletters, menus and mealtimes to suit the smaller appetites and a special surprise on check in.



Relax or Revive

You might only be with us for a few days but that doesn't mean you have to forfeit your fitness routine if you have one – or what better time to start one. Our gyms are well-equipped with a great range of cardio-vascular and resistance equipment, and there is a full daily programme of classes for you to join in. Classes are popular so it's best to call and register for your choice before you arrive – visit www.shirehotels.com to view the class timetable (you'll find it from the spa homepage) or call the hotel direct.

- Spa treatments, using the E'Spa product range
- Generous pools
- Fibre optic steam room
- Colour therapy sauna
- Activity studio - with daily classes, including Body Pump, Cyclo-Spin, Tai Chi and Pilates
- Well-equipped gym with cardio-vascular and resistance equipment
- Monsoon shower
- Poolside relaxation area with loungers
- Outdoor terraces for summer relaxation

Facilities and product ranges vary by hotel - please check individual hotel pages for full information.

Two-night Midweek Spa Break

When rest and relaxation are all you have in mind, why not treat yourself to a two-night midweek Spa break. By visiting the Spa at a time when the treatment rooms are less busy, you can take advantage of these great value two and three-night programmes.

Our 2-night midweek breaks are specially designed to treat both your body and mind, and will ensure you leave the hotel feeling totally relaxed and refreshed. Each two-night break includes dinner, bed and breakfast, a personal consultation with your therapist, four full length treatments and unlimited use of the Spa. Plus a gift voucher worth £35.00 to spend on ESPA products during your stay.

From £175.00 per person per night based on two sharing a double or twin room.

Book a two-night midweek break for Monday - Tuesday and you have the option to arrive on a Sunday night and take bed and breakfast FREE.

Choose from either:~

Detox: (total treatment time - 4hrs 20mins)
Enjoy the benefits of traditional European spa treatments to detoxify and cleanse the body, increase the circulation and stimulate the lymphatic system, leaving you feeling totally invigorated.

De-Stress: (total treatment time - 4hrs 20mins)
Relax and experience the ultimate de-stress programme, ideal for anyone who leads a stressful lifestyle and needs to escape from the pressures of today.

Indulge: (total treatment time - 4hrs)
A complete top-to-toe programme of total luxury. Designed to smooth away tension and worries and make sure you are in perfect form.

Holistic: (total treatment time - 4hrs 45mins)
The complete package for those that need to leave behind their busy, stressful lifestyle. Designed to boost the circulation, release tension and soothe the mind.

Invest in some 'me' time

As our world becomes busier we all need to take some time out to recharge ourselves – and where better than at a Shire Spa. With over 60 treatments and therapies, we'll help you find the one that's right for you. We've teamed up with some of the top names – E'Spa, Vitaman, St Tropez, Jessica for Nails, Hydrotherm and ID Escentuals – to bring you all you need to relax and revive your senses.

Mini-Spa Breaks

A great way to turn your short break into a spa break – and save money. Choose your treatments and simply add the price to your short break rates - but please remember to book in advance to benefit from the special prices.

- Relax** ~ £55
- E'Spa Essential Aromatherapy Body Massage **or**
 - E'Spa Ultimate Body Wrap **or**
 - E'Spa Advanced Specialised Facial with Eye Lift

- Unwind** ~ £45
- Traditional Full Body Massage **or**
 - E'Spa Intensive Facial **or**
 - E'Spa Lifesaving Back Treatment

- Indulge** ~ £30
- E'Spa Body Polish/Salt Scrub **or**
 - Jessica Prescriptive Manicure **or**
 - Jessica Aroma Spa Pedicure **or**
 - E'Spa Eye Lift Treatment

To make your booking call the hotel of your choice

Mini-Spa Breaks must be pre-booked with your accommodation to benefit from these special rates.

Mini-Spa Breaks and Two-night Midweek Spa Breaks are available at the following hotels:

Cottons Hotel & Spa - Cheshire
t: 01565 650333
e: cottons.reservations@shirehotels.com

North Lakes Hotel & Spa - Cumbria
t: 01768 868111
e: nlakes.reservations@shirehotels.com

Thorpe Park Hotel & Spa - Yorkshire
t: 0113 264 1000
e: thorpepark.reservations@shirehotels.com

Solent Hotel & Spa - Hampshire
t: 01489 880000
e: solent.reservations@shirehotels.com

Summer living

Short breaks are all about relaxation and enjoyment...time to spend doing what you want to, when you want to do it. So we try to make eating and drinking as flexible as we can - so you can choose to suit your mood. We are also great believers in making the most of the summer sunshine, so many of the hotels have outdoor terraces for al fresco dining whenever the weather allows.

The season's best

The Restaurant ~ each has its own style, but all share a common approach - only the best ingredients, simply prepared with lots of local and regional influence. Look out for the classic dishes - traditional favourites, with a bit of a twist featuring seasonal produce at its best.



Book a dinner, bed and breakfast with Shire Hotels and you can enjoy a full choice from the restaurant menu each evening, with no supplements or surcharges to pay.



We're serious about our wines - and buy much of our wine direct from vineyards to source the best value for our customers.



A special occasion? Why not let us know in advance and we'll help to make your celebrations a night to remember. From a birthday cake, Champagne or a private room for a family dinner - we'll be pleased to help you.

THE THORPE PARK HOTEL & SPA

★★★★
AA 77%



Book direct on 0113 264 1000
or online at www.shirehotels.com

YORKSHIRE AND THE DALES

You'll love Leeds for its diversity and freshness. Smart, suave and very sophisticated, Thorpe Park is set just on the outskirts of this vibrant metropolis, and well-placed for exploring both the 'town and country' of this magnificent county. But wherever you spend the day, make sure you 'stay home' in the evenings and enjoy Chef's modern style of cooking – simply prepared and using the freshest ingredients, many from local suppliers.



YORKSHIRE AND THE DALES

All executive rooms - air-conditioned with separate relaxation area | Interconnecting rooms, suites and four posters | Private rooms for family celebrations and parties | The Restaurant where you can eat from the à la carte menu with no supplements on a dinner inclusive break | Al fresco dining on the outdoor terrace in the summer months | The Courtyard for drinks and all-day snacks

REASONS TO STAY HERE

A day at the races – have a flutter at York, Wetherby, Ripon, Doncaster or Pontefract

Take tea at Betty's in Harrogate – a timeless tradition

Harewood House – stunning architecture and exquisite interiors, plus a programme of events from classical recitals to car rallies, open air concerts and all things in between

Art and Culture – Leeds has a wealth of theatres, museums, old style music halls and galleries

It's a shopper's paradise – a compact, car-free city centre, with designer shops, Victorian arcades, the colourful market and all the big names

Eureka! – it's an interactive and very child-friendly museum with over 400 must-touch exhibits

The National Railway Museum, York – the largest railway museum in the world – where you can board a Bullet train – the only one outside Japan

A revitalising aromatherapy massage with hot stones – feeling better already

Visit www.shirehotels.com for even more ideas

Stay-a-while breaks

Stay on a dinner, bed and breakfast break on Friday and Saturday and take Thursday or Sunday night at just 50% of the Refresher Break rates.

Celebrate - £35.00

Let us know when you make your booking and we'll make sure there's a bottle of Champagne on ice in your room on arrival.

Room Upgrades

Four Poster - a romantic setting - £30.00 per room per night

Suite with separate lounge area and spacious bedroom - £60.00 per room per night



Spa treatments - 6 individual treatment rooms and a relaxation lounge

13m pool, whirlpool and relaxation area

Colour therapy sauna and fibre optic steam room

Activity Studio with daily classes including Spinning, Body Combat and Body Balance

Large fully equipped gym with air-conditioning and the latest exercise equipment

Golf at nearby Moor Allerton Golf Club

Rates per guest per night		
Based on a 2 night stay in an executive room	Bed and Breakfast	Dinner, Bed and Breakfast
31st March - 29th June 2006	£70.00	£92.00
30th June - 31st October 2006	£72.00	£94.00
1st November - 31st March 2007	£68.00	£90.00

How to find us:

Situated at junction 46 of the M1. Download a map and driving directions from www.shirehotels.com or call the hotel direct.



KETTERING PARK HOTEL & SPA

SHIRE HOTELS

★★★★

AA 79%*



Book direct on 01536 416666
or online at www.shirehotels.com



Spa with 13m pool, whirlpool
and relaxation area

Colour therapy sauna and
fibre optic steam room

Activity Studio with daily
classes including RPM, Yoga
and Body Balance

Children's splash pool

Fast tan sunbed

Large fully equipped gym
with air-conditioning and the
latest exercise equipment

Golf at nearby Kettering Golf
Club, Harrowden Hall &
Pychley

NORTHAMPTONSHIRE & CENTRAL ENGLAND

A county steeped in history and tradition, Northamptonshire offers rolling countryside, sleepy waterways, baronial heritage and all things English. It's also at the centre of a vast array of family activities and fun – with a huge range of attractions within striking distance. Staying at The Kettering Park gives you easy access to all of this, so whatever the weather you'll be sure to have a plan – but then the plan could be to stay indoors and make the most of this little gem of a hotel.

All executive rooms - air-conditioned with separate relaxation area | Family and interconnecting rooms, suites and four posters | Langberrys - award-winning restaurant where you can eat from the à la carte menu with no supplements on a dinner inclusive break | Al fresco dining on the terrace | Private rooms for family celebrations and parties | Dissenters Bar - for drinks and all-day snacks

REASONS TO STAY HERE

High speed thrills - track and rally experiences at Silverstone and Rockingham

Space exploration - right here on earth - at the National Space Centre, Leicester

It's the county of spires and squires - Althorp, Boughton, Cottesbrooke Hall - the list goes on and there's almost one for every letter of the alphabet

Bring your cycles (or let us hire them for you) as there are 15 tours in the county - including the Bluebell Line and Brampton valley (ideal for younger cyclists)

Get back to nature and go trekking with Llamas or on safari at Woburn - by foot or by car

Head to the city - London is just 50 minutes away by express train

Discover Hidden England - five unique historic houses and castles with a thousand years of history - all within an hour's drive of each other

Take a long swim, and then relax in the whirlpool or catch up on the papers, poolside with a cappuccino or latte. It's what weekends are made for

Visit www.shirehotels.com for even more ideas

Stay-a-while breaks

Stay on a dinner, bed and breakfast break on Friday and Saturday and take Thursday or Sunday night at just 50% of the Refresher Break rates.

Celebrate - £35.00

Let us know when you make your booking and we'll make sure there's a bottle of Champagne on ice in your room on arrival.

Room Upgrades

Four Poster - a romantic setting - £40.00 per room per night

Premier Suite - two room suite with separate lounge area - £80.00 per room per night

Rates per guest per night

Based on a 2 night stay in an executive room	Bed and Breakfast	Dinner, Bed and Breakfast
31st March - 29th June 2006	£70.00	£90.00
30th June - 31st October 2006	£72.00	£92.00
1st November - 31st March 2007	£68.00	£88.00

How to find us:

Just off junction 9 of the A14, the A1-M1 Link Road. Download a map and driving directions from www.shirehotels.com or call the hotel direct.



SOLENT HOTEL & SPA SHIRE HOTELS

★ ★ ★ ★

AA 73%



Book direct on 01489 880000
or online at www.shirehotels.com

HAMPSHIRE AND THE SOUTH COAST

Enjoy outdoor life to the full in Hampshire – a county with a glorious coastline, superb cities and wonderful countryside. Ideally placed between Southampton and Portsmouth, The Solent Hotel is a great base to explore some of the best the region offers. And you won't just be spoilt for choice outside the hotel - you'll find plenty of options for delicious dining inside the hotel, with the restaurant, al fresco terrace, pool terrace and bar, not to mention the country pub across the way.

NEW FOR 2006 FOLLOWING A £2.5 MILLION REDEVELOPMENT ~ SPA TREATMENTS | REFURBISHED BEDROOMS | AL FRESCO TERRACE FOR SUMMER LIVING

All executive rooms - air conditioned with separate relaxation area | Family rooms, suites and four posters | Private rooms for family celebrations and parties | Woodlands Restaurant where you can eat from the à la carte menu with no supplements on a dinner inclusive break | Nightingales - for drinks and all-day snacks | The Parson's Collar - for home-cooked meals and real ale | Floodlit woodland walk

REASONS TO STAY HERE

Are you a sailor - where else is there so much maritime history to soak up? Save money with discounted tickets from the hotel

Get back to nature at Manor Farm Country Park, or see more exotic species at Marwell Zoological Park - both offer concessions to hotel guests

Hop on the ferry to the Isle of Wight - the sunshine island

Glorious Goodwood - evening and weekend racing throughout the summer months

Explore the New Forest - picturesque villages, bustling market towns and a special atmosphere of timelessness

Go up in the world at The Spinnaker Tower - dare you step out and feel the wind in your hair at the Crow's Nest, a staggering 170 metres high

Experience the very latest in spa treatments, using Hydrotherm beds to enhance the benefits. Or reserve the double treatment room, with its own outdoor terrace and hot tub, and make a whole day with some serious relaxation

visit www.shirehotels.com for even more ideas

Stay-a-while breaks

Stay 4 nights - midweek or weekend - and take 25% off the Refresher Break rates plus an upgrade to a suite* and a bottle of chilled Champagne on arrival

*subject to availability

Celebrate - £35.00

Let us know when you make your booking and we'll make sure there's a bottle of Champagne on ice in your room on arrival.

Room Upgrades

Four Poster - a romantic setting - £30.00 per room per night

Junior Suite - £45.00 per room per night

Premier Suite - two room suite with separate lounge area - £90.00 per room per night

2 Bedroom Family Suite - £95.00 per room. Based on 2 adults and 2 children sharing



Spa treatments - 8 individual treatment rooms and a relaxation lounge

Double treatment room with private terrace and outdoor hot tub

13m pool, whirlpool and relaxation area

Colour therapy sauna and fibre optic steam room

Activity Studio with daily classes including Salsa, RPM and Body Combat

Children's splash pool

Fast tan sunbed

Large fully equipped gym with air-conditioning and the latest exercise equipment

Outdoor floodlit tennis court

Golf at nearby Cams Hall Golf Club

	Rates per guest per night		4 nights Stay-a-while per guest	
	Based on a 2 night stay in an Executive Room	Bed and Breakfast	Dinner, Bed and Breakfast	Bed and Breakfast
31st March - 29th June 2006	£69.00	£89.00	£207.00	£267.00
30th June - 31st October 2006	£75.00	£95.00	£225.00	£285.00
1st November - 31st March 2007	£66.00	£86.00	£198.00	£258.00

How to find us:

Just off junction 9 of the M27. Download a map and driving directions from www.shirehotels.com or call the hotel direct.



AZTEC
HOTEL & SPA
SHIRE HOTELS

★ ★ ★ ★
AA 71%



South West Tourism Large Hotel of the Year 2005-06

Book direct on 01454 201090
or online at www.shirehotels.com

This hotel has it all – city, countryside and coast – within a short drive. The city of Bristol is a great mix of historic and new, and the hotel reflects this with stunning architecture and stylish design. Spacious lounges and a first-class spa are all you need if you want to stay close to home, and Quarterjacks menu offers the best of the south west, with dishes featuring produce from many local and regional suppliers.



All executive rooms - air conditioned with separate relaxation area | Family rooms, suites and four posters | Private rooms for family celebrations and parties | Quarterjacks Restaurant where you can eat from the à la carte menu with no supplements on a dinner inclusive break | Al fresco dining on the outdoor terrace in the summer months | Danby's Bar - for drinks and all-day snacks

REASONS TO STAY HERE

@bristol - hands-on fun and action for all the family - it's sure to be a hit. Buy your tickets at the hotel and save money too

The Millennium Stadium - whatever the event- the Aztec's always a great base for the weekend

Bristol Zoo - See it. Sense it. Save it - a zoo dedicated to conservation and innovation. Special rates for hotel guests

Rest before you go west - break the trip to Devon and Cornwall during July and August, and we'll even supply a picnic lunch for your onward journey

Learn to drive a steam engine at the Avon Valley Railway

2006 celebrates the 200th anniversary of the birth of Isambard Kingdom Brunel - what better year to visit Bristol and see his lasting legacy on the city's landscape

We're the South West Tourism's 'Large Hotel of the Year' this year!

Visit www.shirehotels.com for even more ideas

Stay-a-while breaks

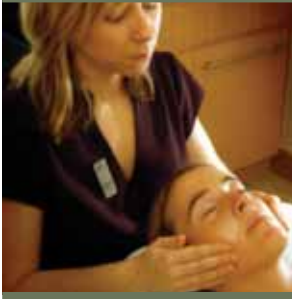
Stay on a dinner, bed and breakfast break on Friday and Saturday and take Thursday or Sunday night at just 50% of the Refresher Break rates.

Celebrate - £35.00

Let us know when you make your booking and we'll make sure there's a bottle of Champagne on ice in your room on arrival.

Room Upgrades

Four Poster - a romantic setting - £50.00 per room per night
Junior Suite - £50.00 per room per night
Lakeside Room with balcony or patio - £50.00 per room per night
Premier Suite - one bedroom suite with separate lounge area - £80.00 per room per night



13m pool, whirlpool and relaxation area

Steam room and monsoon shower#

Activity Studio with daily classes#

Children's splash pool

Fast tan sunbed

Large fully equipped gym with air-conditioning and the latest exercise equipment

Spa treatments

Golf at nearby Bristol Golf Club

#from July 2006

Rates per guest per night		
Based on a 2 night stay in an executive room	Bed and Breakfast	Dinner, Bed and Breakfast
31st March - 29th June 2006	£70.00	£90.00
30th June - 31st October 2006	£72.00	£92.00
1st November - 31st March 2007	£68.00	£88.00



How to find us:

Just a quarter of a mile from exit 16 of the M5 and 1 mile from the M4/M5 intersection. Download a map and driving directions from www.shirehotels.com or call the hotel direct.

Millstone at Mellor
VILLAGE INN & RESTAURANT

★ ★

AA 79%*



Book direct on 01254 813333

If you're a foodie then you'll love to stay at The Millstone – a restaurant with rooms. Set in the picturesque village of Mellor, this little treasure of a hotel is the highest rated AA two star in Lancashire – a reflection of the great food and first-class hospitality The Millstone is renowned for. As you would expect for a hotel that's part of the larger Shire Hotels' family, all the standards and attention to detail are second to none – it's just in a smaller, yet perfectly formed package.

Millers Restaurant - where you can eat from the à la carte menu with no supplements on a dinner inclusive break | Millers Bar - for home-cooked bar meals - with daily specials | Private rooms for family celebrations and parties | Golf at nearby Pleasington or Wilshire Golf Club | Ideal for exploring the Ribble Valley and the Trough of Bowland | Close to Clitheroe and Samlesbury - home of the Royal Lancashire Show

REASONS TO STAY HERE

Explore the wonderful market towns of Clitheroe or Skipton and the world famous Bury Market, where buying Black Pudding is a must

The Forest of Bowland lies on the hilly border between Lancashire and Yorkshire. It is rumoured to be the inspiration behind Tolkien's Middle Earth and Hobbiton bears a remarkable resemblance to Hurst Green

Take one of the Longridge Heritage Trails - short circular walks that combine the industrial and commercial history with stunning views and scenery

Visit the nation's favourite seaside town of Blackpool - electrifying and spectacular whatever the time of year

Time your trip to coincide with one of the areas summer shows - Royal Lancashire, Kilmsey, Nidderdale and the Great Yorkshire are all within easy reach

You just love great food and wine

Visit www.millstonehotel.co.uk for even more ideas

The best of the north west

Chef works closely with local suppliers to bring guests the best of the area according to the season. Daily specials supplement the restaurant and bar lunch and supper menus, with signature dishes such as Morecambe Bay Potted Shrimps, Braised and Glazed Pendle Lamb Shank with Spring Onion Champ and Traditional Fish in Lancaster Bomber Beer Batter with Chips. There are themed events and foodie evenings throughout the year, why not take a look at the website and see what's on during your visit?

Celebrate - £35.00

Let us know when you make your booking and we'll make sure there's a bottle of Champagne on ice in your room on arrival.

Rates per guest per night

Based on a 2 night stay	Bed and Breakfast	Dinner, Bed and Breakfast
31st March 2006 - 31st March 2007	£49.50	£71.50

How to find us:

Situated in the village of Mellor, just off the A59 Preston to Clitheroe Road and 4 miles from Junction 31 of the M6. Download a map and driving directions from www.millstonehotel.co.uk or call the hotel direct.



**COTTONS
HOTEL & SPA**
SHIRE HOTELS

★ ★ ★ ★

A A 7 8 %*

CHESHIRE LIFE Hotel of the Year 2005-06

Book direct on 01565 650333
or online at www.shirehotels.com

City and countryside come together in Cheshire, which make it a great choice for a short break. Whatever the weather you'll find lots to do – head north to Manchester, west to Liverpool, south to the potteries or east to the Peak District. Or just choose to stay put at Cottons, and enjoy all the hotel has to offer with lazy days by the pool and evenings in the stylish restaurant and bar.



Executive rooms with separate work and relaxation areas | Interconnecting rooms, suites and four posters | Magnolia Restaurant - where you can eat from the à la carte menu with no supplements on a dinner inclusive break | The Colonial Lounge and Cotton Club Bar - for drinks and all-day snacks | Private rooms for family celebrations and parties | Just 8 miles from Manchester Airport - stay the night before you fly!

REASONS TO STAY HERE

See the north west's biggest collection of falcons, eagles, vultures and owls at Gauntlet Birds of Prey. Watch dazzling flying displays or enrol on a close up photography course and capture your very own portrait of these impressive birds. Concessions offered to hotel guests

Tatton Park covers 1000 acres of beautiful parkland, with award-winning gardens, a working farm and year-round programme of activities and events

Visit Arley Hall and Gardens, the home of 13 generations of the Ashbrooke family and the location for a diverse range of films including *The Worst Witch*, two Coronation Street Weddings, *Baby Wars* and *Cold Blood*

The Blue Planet Aquarium, near Chester or The Museum of Science and Industry in Manchester - ideal for a rainy day

Have a flutter at one of the local racecourses - Chester Racecourse, Aintree - Home of the Grand National and Haydock Park are all close by

We are the Cheshire Life Hotel of the Year 2006
Visit www.shirehotels.com for even more ideas

2 Night Explorer Breaks

Ideal for when you want to leave your options open. Book 2 nights, bed and breakfast and take dinner on one night

Celebrate - £35.00

Let us know when you make your booking and we'll make sure there's a bottle of Champagne on ice in your room on arrival.

Room Upgrades

Four Poster - a romantic setting - £30.00 per room per night

Premier Suite with separate mini-lounge/seating area and spacious bedroom - £60.00 per room per night



Spa treatments - 7 treatment rooms and a relaxation lounge

13m pool, whirlpool and relaxation area

Colour therapy sauna and fibre optic steam room

Activity Studio with daily classes including Pilates, Cyclo-Spin and Yoga

Children's splash pool

Fast tan sunbed

Large fully equipped gym with air conditioning and the latest exercise equipment

2 outdoor floodlit tennis courts

Outdoor terrace and relaxation area

Golf at nearby High Legh Golf Club

Rates per guest per night

Based on a 2 night stay in an Executive Room	Bed and Breakfast	Dinner, Bed and Breakfast	Explorer Breaks
31st March - 29th June 2006	£70.00	£92.00	£81.00
30th June - 31st October 2006	£72.00	£94.00	£83.00
1st November - 31st March 2007	£68.00	£90.00	£79.00

How to find us:

1 mile from junction 19 of the M6 and 2 miles from junction 7 of the M56. Download a map and driving directions from www.shirehotels.com or call the hotel direct.



Manchester Road Knutsford Cheshire WA16 0SU
t: 01565 650333 f: 01565 755351
e: cottons.reservations@shirehotels.com

**NORTH LAKES
HOTEL & SPA**
SHIRE HOTELS

★ ★ ★ ★

AA 78%*

Book direct on 01768 868111
or online at www.shirehotels.com



The Trekkers Den - the centre of the children's activity programme and also packed full of games for all ages - and the large pool, with plenty of space for spectators to keep a watchful eye.



Spa treatments - 6 treatment rooms with Hydrotherm beds and a relaxation area

13m pool, whirlpool and relaxation area

Sauna and poolside steam room

Activity & Wellness Studios with daily classes including Fit Kids, Family Fun Circuits and Body Pump

Children's splash pool

Fast tan sunbed and St Tropez Spray Tan

Large fully equipped gym with air conditioning and the latest exercise equipment

Golf at nearby Penrith Golf Club

England's largest National Park has so much more than lakes - there are fells, dales, beaches, villages and towns to explore as well. It really has got something for everyone, and you'll need much more than two days to fit everything in. Use The North Lakes as your base, and you can spend the days out and about, and then return 'home' to wind down in the first-class spa or enjoy a delicious meal in the Martindale Restaurant.



Executive and family rooms, suites and four posters | Private rooms for family celebrations and parties | The Martindale Café and Terrace Lounge - for drinks and all-day snacks | The Martindale Restaurant - where you can eat from the à la carte menu with no supplements on a dinner inclusive break | Trekkers Den activity room

REASONS TO STAY HERE

The Lakes - Ullswater is England's most beautiful lake - explore it by foot, cycle, car or on the water aboard one of the heritage vessels of Ullswater Steamers

Penrith Golf Centre* - a family orientated 9 hole pay and play course with a floodlit driving range

Wetheriggs Pottery* - have a go at throwing a pot, plate painting or mosaics, and take your masterpiece home as a memento

Rheged* - relax, explore and take in the spirit of Cumbria. Children's indoor play area and giant movies in the state-of-the-art cinema

Take a Hop, Skip and a Jump to The World of Beatrix Potter* where all 23 of the magical tales are brought to life in three dimensions

Seeing is not always believing - especially when you've been to The Puzzling Place - where your senses of perception and sight will be challenged

The Rum Story* - the world's first story of Rum Exhibition. Heritage based and a great all weather attraction

Visit www.shirehotels.com for even more ideas
*all these attractions offer special rates to hotel guests - ask at Reception for more information

Stay-a-while Breaks

Stay 5 nights and save up to 20% on the Refresher bed and breakfast rates, plus we'll make sure there is a bottle of chilled Champagne in your room on arrival plus an upgrade to an Executive Room, subject to availability.

Winter Saver Break

Stay on a Friday and Saturday and then take Sunday night, bed and breakfast, for just 50% of the Refresher Break rate. Available from 1st November 2006 to 31st March 2007 - excluding 24th December 2006 to 1st January 2007.

Celebrate - £35.00

Let us know when you make your booking and we'll make sure there's a bottle of Champagne on ice in your room on arrival.

Room Upgrades

Executive room - £24.00 per room per night
Suite with separate lounge area and spacious bedroom - £40.00 per room per night



	Rates per guest per night			5 nights per guest
	Based on a 2 night stay in a Classic Room	Bed and Breakfast	Dinner, Bed and Breakfast	Stay-a-while
31st March - 29th June 2006	£65.00	£85.00	£260.00	
30th June - 31st October 2006	£75.00	£95.00	£300.00	
1st November - 31st March 2007	£65.00	£85.00	£260.00	

How to find us:

Situated just off junction 40 of the M6, one mile outside the town of Penrith. Download a map and driving directions from www.shirehotels.com or call the hotel direct.

Ullswater Road Penrith Cumbria CA11 8QT
t: 01768 868111 f: 01768 868291
e: nlakes.reservations@shirehotels.com



OAKS HOTEL

SHIRE HOTELS



AA 75%

Book direct on 01282 414141
or online at www.shirehotels.com

PENDLE AND THE RIBBLE VALLEY

East Lancashire is steeped in history and tradition and offers a great combination of spectacular scenery and architecture. The Oaks itself is part of the county's heritage – originally built in 1884 for Abraham Altham. Much of the old residence has been retained – including a magnificent two storey stained glass window divided into fifteen panels, each depicting the cotton and tea trades in which Altham prospered.

Executive rooms - with separate work and relaxation area | Interconnecting rooms, suites and four posters | Quills Restaurant - where you can eat from the à la carte menu with no supplements on a dinner inclusive break | Private rooms for family celebrations and parties | Authors Bar - for pre-dinner drinks

REASONS TO STAY HERE

Visit the Pendle Heritage Centre with an 18th Century walled garden and learn all about the infamous Pendle Witches

Take the mill shop trail – towels, clothes, biscuits, bedding, wallpaper, designer suits – whatever your shopping passion you'll be guaranteed a bargain or two

Visit www.shirehotels.com for even more ideas

Slow right down and take a trip on the Leeds Liverpool canal, through the Foulridge Mile Tunnel and contemplate how they built this engineering wonder in 1796



Rates per guest per night

Based on a 2 night stay	Bed and Breakfast	Dinner, Bed and Breakfast
31st March 2006 - 31st March 2007	£55.00	£73.00

How to find us:

Situated just outside Burnley on the A682, 1 mile from junction 12 of the M65. Download a map and driving directions from www.shirehotels.com or call the hotel direct.

Spa with 10m pool, whirlpool, sauna and relaxation area
-
Poolside steam room
-
Fully equipped gym with air-conditioning and the latest exercise equipment
-
Squash courts available for use
-
Fast tan sunbed
-
Golf at nearby Marsden Park Golf Club

Colne Road Reedley Burnley Lancashire BB10 2LF
t: 01282 414141 f: 01282 433401
e: oaks.reservations@shirehotels.com

Any Questions?

How do I book?

You can make your booking by calling the hotel of your choice at any time, or online at www.shirehotels.com

What is included in the price?

All of the prices quoted in the Refresher Break brochure are based on two people sharing a twin or double room for a minimum 2-night stay, unless stated otherwise. Prices include service and VAT at 17.5%, breakfast and where stated dinner.

All rates were correct when we put the brochure to print. In the unlikely event that we need to change a rate we will advise you when you make your booking.

Are these prices available all year round?

These rates are available for midweek and weekend stays all year round, but at certain times of year – Bank Holidays, Christmas, New Year and Easter other rates may apply – please call the hotel of your choice for this information or visit www.shirehotels.com

As the Refresher rates represent a discount to the normal hotel rates, each hotel will hold an allocation of rooms at these rates and once sold you may be offered accommodation at another rate.

Can I stay for just one night?

Some hotels may offer one night weekend stays at a supplement - please call the hotel of your choice for more information

What if I am staying on my own?

Although we don't have any single rooms, you can enjoy a double or twin room on your own, paying a single supplement of £25.00 per night on a weekend night. Sorry, but we cannot extend this rate to midweek nights, and therefore the normal rates apply to a midweek single room.

Do I need to pay for car parking?

No, it's free and there is plenty of it at all the hotels.

What time can I check in and out of my room?

Your room will normally be available from 2pm on the day of arrival – if you will be arriving earlier than this please let us know and we will do our best to have your accommodation ready.
Check out is 11am – but if you would like to stay in your room until after lunch then please let us know in advance and we'll do our best to oblige, at no extra charge.

What if I need help to plan my visit?

If you have any special needs for your stay, please do call the hotel and speak to one of the reservations team. As they are based on site at the hotel, they will know the 'ins and outs' of the hotel and may be able to put your mind at rest or make any special arrangements you may need.

What is the percentage?

The percentage score refers to the quality assessment score awarded by the AA in 2006. An * indicates that this is new Common Standards rating which is gradually being introduced in 2006.

What do I pay for the children?

Many of the hotels offer family rooms, with bunks and/or extra beds so that you can all stay together.

Children aged between 4 and 16 can stay free of charge in your room, and you just pay £8 per child which includes breakfast.

Children under 4 years stay and eat breakfast free of charge.

If you would like the children to be in their own room, there is a charge of £25 per child per night including breakfast – based on a minimum of 2 children in the room. Children's rooms are subject to rate availability.

What eating options are there for the children?

Children's meals are served in all the hotels, but in order to preserve a relaxed and enjoyable atmosphere for all our guests we ask that families with under 12's dine in the restaurant prior to 8pm.

What about a babysitter?

We have teamed up with Safehands – Britain's leading childcare organisation - to offer you professional babysitting services whilst you're at the hotel. Please call the hotel of your choice for information on how to pre-book this service.



Can I bring my assistance dog?

Working dogs are accepted at all the hotels – but do let us know in advance so we can allocate a room that will be acceptable to your canine companion.

How do I join the Inntrust Programme and earn free stays?

Simply call 0800 854290 and we'll send you an application form. Then each time you stay you collect one point for each £10 you spend, which goes towards a future stay at one of the Shire Hotels group. You can redeem points on weekend accommodation at the hotels. Terms and conditions do apply and are detailed on the application form. Each hotel will hold an allocation for Inntrust members redeeming points each weekend and may not accept your booking if this allocation is full.



What if I need to cancel my booking?

If your plans need to change, we understand – as long as you let us know 24 hours before 2pm of the day of your arrival there will be no charge. Cancellations after this time will incur a charge of the first nights bed and breakfast.

Different cancellation terms may apply at peak times – Easter, Christmas and New Year – and you will be advised of these when you book.

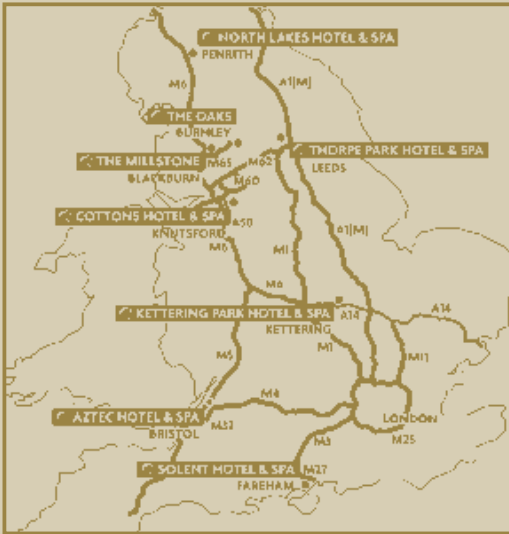
Still got a question for us?

Call the hotel of your choice and speak to one of the reservations team, visit www.shirehotels.com, email us on info@shirehotels.com or call 0800 854290 and we'll do our best to help.



Shire Hotels Limited
Colne Road Reedley Burnley Lancashire BB10 2NG
info@shirehotels.com www.shirehotels.com

EIGHT REFRESHING LOCATIONS TO CHOOSE FROM...



Aztec Hotel & Spa
 t: 01454 201090
 e: aztec@shirehotels.com

North Lakes Hotel & Spa
 t: 01768 868111
 e: nlakes@shirehotels.com

Cottons Hotel & Spa
 t: 01565 650333
 e: cottons@shirehotels.com

The Oaks Hotel
 t: 01282 414141
 e: oaks@shirehotels.com

Kettering Park Hotel & Spa
 t: 01536 416666
 e: kpark@shirehotels.com

Solent Hotel & Spa
 t: 01489 880000
 e: solent@shirehotels.com

The Millstone
 t: 01254 813333
 e: info@millstonehotel.co.uk

The Thorpe Park Hotel & Spa
 t: 0113 264 1000
 e: thorpemark@shirehotels.com

