

# FUN FOR THE GIRLS



*Vale*  
RESORT  
★★★★

Our world-class resort is nestled in over 650 acres of spectacular countryside, yet only 15 minutes from the shops and nightlife of Cardiff city centre.

We have created a selection of **'girls' away days'** that are ideal for all those special occasions, especially Bride to be nights away.



## PACKAGES FROM £135\* pp

Minimum number of 10 people

\*Terms and conditions apply. Prices based on 2 sharing a superior twin room. Single supplement of £45pp. Subject to availability. Own transport required for Monkeying Around, Surf's Up and Adrenalin Rush. Access to our Health & Raquets club included. £10 supplement on Saturday.

### ALL PACKAGES INCLUDE

- One night luxury 4\* accommodation
- Full Welsh breakfast
- Use of our extensive leisure facilities
- A la Carte dinner in the Vale Grill
- FREE parking and WiFi
- Fully qualified staff

### SPA RETREAT from £165<sup>pp</sup>

Nothing beats a relaxing spa break, so kick back and relax at Wales' largest spa and you'll be spoilt from the moment you arrive.

- Full day in the spa 9.30am-5.30pm
- 1 hour 30 minutes of pampering spa treatment  
*(from our special selection)*
- Full use of the spa relaxation zones and leisure facilities
- Fizz and sweet treats
- Light lunch

### CHOCOLATE LOVERS from £145\*<sup>pp</sup>

What do women love more than chocolate...nothing! Enjoy a hands-on chocolate making session with your closest friends and family.

- A hands-on chocolate and truffle making workshop, including a chocolate tasting session. Recipes and about 25-30 chocolates to take home.
- Afternoon tea

### ADRENALIN RUSH from £145\*<sup>pp</sup>

Experience the thrills and spills of white water rafting, here in Wales. Navigate the raging rapids on this adrenalin fuelled activity for an unforgettable experience.

- 2 hours of white water rafting
- Safety equipment
- £10 resort lunch voucher

### MONKEYING AROUND from £135\*<sup>pp</sup>

You and your mates can embrace your inner-Tarzan monkeying around high up in the trees of the Welsh jungle! With 39 crossings, zip wires up to 167 metres long, bridges, ladders and tunnels, it's the perfect adventure for thrill-seekers.

- 2/3 hours of monkeying around at Go Ape
- All safety equipment provided
- £10 resort lunch voucher

### SURF'S UP from £135\*<sup>pp</sup>

Grab some girlfriends and enjoy two hours of top class surfing tuition from Cressy's Surf Academy. They will get you up and riding the waves of South Wales by the end of the session - even if you only stay on for a few seconds.

- 2 hours group surfing tuition
- All surfing equipment provided
- £10 resort lunch voucher

01443 667800 | [www.vale-hotel.com](http://www.vale-hotel.com)

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