



## reawaken in nature – your accommodation



### what to expect

Before you arrive please click here to read our 'What to expect' section on our website to prepare you for your visit.



### location

Tents are nestled in nature with bespoke furnishings and are a short stroll to onsite experiences.



### bedding

King bed or king single beds with all linen supplied.



### bathroom

Full ensuite with luxurious heated floors and all amenities provided.



### facilities

Tea/coffee-making, in-room dining (see menu overleaf), bar fridge, hair dryer, wardrobe, ironing, heating/cooling, in-room safe.



### towels and robes

Towels and robes are complimentary and will be supplied in your room, refreshed daily.



### bring a drink bottle

Plastic bottles of water are no longer available to buy. Please bring a reusable bottle with you. We have filtered water onsite for refills.

## things to know



### face masks

In line with CovidSafe requirements, face masks are to be worn at all times during your visit unless eating, drinking or inside your tent.



### contact tracing

Download **Service Victoria's** app for a smooth check-in and to display your & any dependants aged 18+, proof of vaccination as required by Government Direction.



### no cash payments

All onsite payments will now be cashless, and where possible, contactless.



### accessibility

Moderate accessible accommodation and parking.



### check in and check out

Check-in from 2pm in our Spa Dreaming Centre. Check-out by 10am at our Spa Dreaming Centre reception. Please ensure you return your wrist band on check-out.



### enquiries

For all glamping related enquiries please email us directly at [glamping@peninsulahotsprings.com](mailto:glamping@peninsulahotsprings.com)



### 18+ adults only

Accommodation is reserved for visitors aged 18 years and over.



### bathing during your stay

During your stay you will be able to bathe throughout both our Bath House and Spa Dreaming Centre. If you would like to continue bathing after your 10am check-out, you are welcome to bathe in our Bath House until 12 noon on day of departure, with complimentary towel, robe and locker hire. If you want to bathe prior to your check-in time our reservations team will do their best to accommodate your request but it will be subject to availability.

## upon arrival



### on arrival

Please park in the designated glamping parking bay near the entrance. Leave your bags in the car and make your way to the Spa Dreaming Centre reception to check-in.



### baggage

When you check-in at our Spa Dreaming Centre (near the main entrance), remember to leave your bags in your car. You'll be directed to another spot to drop off your bags close to your tent.



### temperature reading

You will be required to use hand sanitiser and have a temperature check when you arrive. Anyone with a high temperature will be asked to reschedule.



### map, torch, pathways

You'll be given a map and there's a torch in your room, so please be an explorer – just remember to stay on the lit paths and respect the staff only areas.



### forgotten something?

Just in case you forget your thongs or your bathers, you can purchase both (as well as some other lovely things) in our retail space when you check in.



### pets

With the exception of service dogs, pets are not allowed on the property.

Guests aged 18+ will be required to show confirmation of **check-in** and certificate for **proof of vaccination** prior to entry.



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# an insider's guide to glamping



## in-room tips

### heating/cooling

With heated floors set to a minimum of 19 degrees, create your own environment by adjusting the split system to your liking. As the weather cools the heated floor temperature will increase accordingly.

### wristband

Your Peninsula Hot Springs wristband is your door key and will identify you as a glamping guest. Keep it with you during your stay and remember to bring it with you when you check out.

### ecofriendly

We're striving to be as ecofriendly as we can and have installed toilets which reuse the waste water from the basin to fill the cistern. The tap in the basin will run a little longer than expected, but it will stop when the toilet has been refilled.

### devices

If you like to go to bed watching your favourite show remember to **bring your own device** and make the most of our free Wi-Fi. Earphones are a good idea, just in case your neighbour is a light sleeper!

### nature sounds

Our local frogs sing morning and night, and if you're a light sleeper, the sounds of nature might be a bit loud! We've included earplugs in your room if you need them, so you can relax as you retreat to your glamping tent.

### smoking

Smoking in the glamping area and within your accommodation is prohibited. A designated smoking section is located at the entrance to Peninsula Hot Springs.



## wellness and bathing tips

### selfies

If you want the perfect selfie, the iconic Hill Top pool is our top pick, but be patient – it's a popular spot.

### sunset viewing

If you want to watch the sunset, our amphitheatre pools are the place to be. You'll have a beautiful view of the setting sun and the night sky.

### experiences

Take the time to explore all that is on offer. We definitely recommend experiencing Fire & Ice and Clay Ridge, our signature wellness activities.

### stay hydrated

We ask that you take breaks regularly and stay hydrated during your visit.



## eating and drinking tips

### stay hydrated

Stay hydrated throughout your stay. Even though you're relaxing in water, the heat can dehydrate you.

### breakfast

For your comfort, your delicious breakfast showcasing local, seasonal produce will be served in the Spa Dreaming Centre dining room (no pesky crumbs in the bed).

### coffee

There'll be a Nespresso machine in your room with a selection of pods, but if you have a favourite flavour, pack a few from home for your stay.

### glassware

We ask that you enjoy a drink in or outside your room but refrain from taking the glassware into the bathing area.



## enhance your stay

### spa

If you haven't already booked in, surrender your body to complete relaxation with our signature spa treatments and balancing therapies honouring global traditions. Choose from a 1 hour, 90 minute or 2 hour experience, selecting your preferred massage, facial or body treatment.

### dine

Nourish your appetite and replenish your body during your stay, exploring our dining venues and in room menu selection. Reserve your Chef's selection dinner in our Spa Dreaming Centre dining room if not booked as part of your package.

### wellness

Participate in our daily wellness activities which include a nurturing movement practice and a rejuvenating Fire & Ice experience, reception will confirm the times upon check in.





## all day

between 7.30am and 9pm

<b>muffin of the day</b>	7	<b>pizza</b>		<b>lemon tart</b>	7
<b>almond milk chia pod</b> (vg) with fresh berries and granola	8	<b>margherita pizza</b> (v) tomato, mozzarella, bocconcini, torn basil	18	<b>peanut butter crunch tart</b> (vg) (contains nuts)	10
<b>bagel</b> egg & bacon or egg & spinach	10	<b>vegan pizza</b> (vg) <i>contains nuts</i> beetroot pesto, heirloom tomato, asparagus, vegan feta, fresh herbs	20	<b>salted caramel wagon wheel</b>	6
<b>sandwiches</b> (fresh or toasted)	11	<b>bbq chicken pizza</b> tomato, bbq sauce, mozzarella, caramelised onion, pine nuts, and rocket	22	<b>fresh juices</b>	10
– <b>ciabatta</b> salami, swiss cheese, tomato, tomato relish		<b>salami pizza</b> tomato, mozzarella, feta, olive, red onion and capsicum	22	– <b>rejuvenator</b> pineapple, orange and watermelon	
– <b>toastie</b> cheese, ham, tomato		(gluten free base extra 4)		– <b>hydrator</b> apple, cucumber, lemon and mint	
<b>falafel bowl</b> (v, vegan on request) shredded raw vegetables, hummus, tzatziki, warmed flat bread	15	<b>something sweet</b>		– <b>awaken</b> carrot, celery and apple (vegetable only on request)	
<b>vegetarian salad of the day</b> (v)	12	<b>carrot cake</b> (contains nuts)	7	<b>water menu</b>	
<b>grazing platter</b> including soft and hard cheese, local olives, dips, pita bread, lavosh crackers, local quince paste	29			<b>sparkling water</b> 500ml	6
				<b>coconut water</b> 300ml	5
				<b>aloe vera water</b> 500ml	5



## supper

between 9.30pm and 7am

<b>local artisan bread</b> (v) local olives, dip and chefs' accompaniments (vg on request)	27	<b>pizza</b>		<b>something sweet</b>	
<b>falafel bowl</b> (v, vegan on request) shredded raw vegetables, hummus, tzatziki, warmed flat bread	15	<b>margherita pizza</b> (v) tomato, mozzarella, bocconcini, torn basil	18	<b>cup of warm milk and oatie cookie</b>	9
<b>sandwiches</b> (fresh or toasted)	11	<b>vegan pizza</b> (vg) <i>contains nuts</i> beetroot pesto, heirloom tomato, asparagus, vegan feta, fresh herbs	20	<b>salted caramel wagon wheel</b>	6
– <b>ciabatta</b> salami, swiss cheese, tomato, tomato relish		<b>bbq chicken pizza</b> tomato, bbq sauce, mozzarella, caramelised onion, pine nuts, and rocket	22	<b>espresso hazelnut tart</b> (contains nuts)	10
– <b>toastie</b> cheese, ham, tomato		<b>salami pizza</b> tomato, mozzarella, feta, olive, red onion and capsicum (gluten free base extra 4)	22	<b>cookies and cream tart</b> (vg) (contains nuts)	10
<b>vegetarian salad of the day</b> (v)	12			<b>lemon tart</b>	7
				<b>water menu</b>	
				<b>sparkling water</b> 500ml	6
				<b>coconut water</b> 300ml	5
				<b>aloe vera water</b> 500ml	5

(v) vegetarian (vg) vegan Our menus incorporate immune boosting ingredients. Gluten free bread available on request.

Whilst we do our best to cater to dietary requirements, we cannot guarantee that there won't be traces of allergens within our kitchen.





# in-room dining menu



## bar menu

### red wine

- foxeys hangout 'red fox' pinot noir** 58  
*Mornington Peninsula*
- crittenden 'pinocchio' sangiovese** 48  
*Mornington Peninsula*
- hickinbotham cabernet sauvignon** 58  
*Mornington Peninsula*
- bittern estate tempranillo** 52  
*Mornington Peninsula*
- mornington estate shiraz** 52  
*Mornington Peninsula*
- gibson estate 'dirtman' shiraz** 60  
*Barossa Valley*

### white wine

- nv foxeys hangout sparkling white** 62  
*Mornington Peninsula*
- rahona valley 'kayes block' riesling** 52  
*Mornington Peninsula*
- crittenden 'gepetto' sauvignon blanc** 48  
*Mornington Peninsula*
- montalto 'pennon hill' chardonnay** 58  
*Mornington Peninsula*
- red claw pinot gris** 60  
*Mornington Peninsula*
- crittenden estate 'pinocchio' moscato** 48  
*Mornington Peninsula*
- foxeys hangout rose** 52  
*Mornington Peninsula*

### beer and cider

- prickly mooses otway light** 7
- dainton brewery draught** 9
- st andrews beach pilsner** 9
- jetty road brewery pale ale** 9
- red hill brewery golden ale** 9
- mock red hill biodynamic apple cider** 9
- main ridge pear cider** 9

We recommend you view our cancellation policy and **terms and conditions** after completing your booking.

Contact us at [glamping@peninsulahotsprings.com](mailto:glamping@peninsulahotsprings.com) or 03 5950 8777. We are located on Springs Lane in Fingal (Rye).



[peninsulahotsprings.com](http://peninsulahotsprings.com)