



THE | **ICKWORTH**
hotel and apartments

*A*ctivities

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Complimentary

Activities

Garden Games

A selection of garden games are available
Please contact reception

Swimming pool

Enjoy our indoor heated swimming pool,
open from 0800 – 2000 daily. Changing
rooms, showers, children's floats and
towels can all be found over at the pool.

Tennis Court

Our hard court is available for use daily.
All tennis racquets and balls are found at
reception.

Trampoline

As soon as the weather is warm enough
the trampoline is erected on our terrace
lawn. Complete with safety nets for
smaller children

Ofsted registered crèche

Open daily from 1000 – 1700, fully trained
staff are on hand to entertain your little
ones whilst you catch up on some well
deserved grown up time. Children can be
left for up to two hours in the morning
and two hours in the afternoon.

Baby listening service

To compliment the crèche each hotel
bedroom is fitted with a baby listening
service. Just pop the system on in the
room and the receptionist is then able to
listen into the room from a device in
reception, any noises heard and we will
come and let you know

Club Blu

Complete with play stations, Nintendo
WII, DVDs, tennis table, table football and
a pool table, open 24 hours a day, this
children's play room is bound to keep
them entertained.

Adventure playground

Located across in the National trust
estate, open for all ages to enjoy climbing
frames, swings and all sorts of other fun
and activities. Weather permitting.

Mapped walking routes

Pick up a map from reception and begin
exploring the 1800 acres of National trust
estate, from a sedate stroll along the ½
mile Lady Geraldine's Walk to a vigorous 7
mile hike along the 'Grand Tour', and lots
of routes in between.

Access into the Rotunda

Discover the wealth of history in the
Rotunda. Begun in 1795 and completed in
1829, the Rotunda has much to intrigue
and amaze; curved floor and corridors, a
library with only two walls, and plenty
more Hervey family history

Chargable

Activities

Cycle Hire

We have a large selection of bikes to suit all the family, from adult bikes to children's bikes, stabilisers and baby seats. Helmets are supplied
£13.00 per bike per day or £6.50 per half day. Book at reception

Horse riding

With our own on site stables we are happy to offer hacks around the estate with our qualified instructor. We can accommodate all abilities from beginner to expert, from children aged 5 and up.

£20.00 ½ hour.

£38.00 1 hour

Book at reception

Swimming Lessons

We have a contact list of qualified swimming instructors. Please call reception for these details. All lessons need to be booked directly with the instructors. All abilities catered for - from non swimmers to experienced swimmers wanting to brush up. Booking in advance required. Children must be able to float.

Spa treatments

For the ultimate relaxation pop down to our Aquae Sulis Spa retreat. The Aquae Sulis Retreat offers a range of therapies and product lines including Yonka and Mamo Mio which have been carefully selected to give you the very best results.

Booking in advance advised

Tennis Lessons

We have a contact list of qualified tennis coaches. Please call reception for these details. All lessons need to be booked directly with the instructors. All abilities catered for - from beginners to pros. Available to children and adults of all ages. Booking in advance required.

Activities in the area

Fly Fishing at Larkwood

Situated in a secluded area of scenic countryside just 10 minutes away, enjoy one of Suffolk's premier Trout fishery's. Open all year round. Tuition available.

Contact Ian McGregor 01284 728612 for full details. **Prices from £12.00 for ½ day.**

Golf at the Bury St Edmunds Golf Club

Just 15 minutes away, enjoy an 18 hole, 72 par Genevieve championship course. The parkland course will prove to be a both challenging and stimulating course for the professional and amateurs amongst you.

Contact BSE Golf club on 01284 763288

Prices from £14.00 per round

Hot air balloon flights

The romance, majesty and excitement of ballooning are an unforgettable experience to be enjoyed by the whole family. Launch point just 5 minutes away. Each flight lasts approximately 1 hour and take place shortly after dawn and two hours before sunset.

Contact Wizard Balloons on 01379 898989 for full details

Price from £174.00 per person

Wildtracks at Newmarket

Located in Newmarket, just 20 minutes away. Enjoy a fun filled family day out. Activities include quad biking, off roading, clay pigeon shooting, archery and much more. Off road fun doesn't come anymore thrilling than this! With sand hill areas, dirt tracks, woodland humps and bumps plus plenty of water hazards and mud thrown in for good measure you will be guaranteed a great ride. Quads come in various adult and child sizes so no one misses out.

Contact Brenda at Wildtracks on 01638 751918 for full details

Price from £25.00 for 30 minutes

Go Karting

Feel the need for speed? Try outdoor karting at Red Lodge. Located 25 minutes away, open daily with karts to suit ages from 7 years and up. Choose from a range of courses – sprint racing, grand prix and team endurance. 700m and 1200m tracks available. Height restrictions apply please contact for full details.

Red Lodge Karting on 01638 552 316

Price from £39 for 30 laps

A ctivities in the area

High wire forest adventure

Fantastic family fun on the giant obstacle course built up in the trees using ladders, bridges and tunnels as well as the country's best zip lines, including the longest at 426m. Minimum age of 10 years. The course takes approximately 2-3 hours to complete
Contact GO APE on 0845 643 92 15 for full details
Prices from £25.00 per person

Banham Zoo

Home to almost 1000 animals from around the world. Open throughout the year, located just 30 minutes away. Feeding talks, birds of prey displays, safari road train and the giraffe experience.
Visit www.banhamzoo.co.uk for full details. Located 50 minutes away.
Prices from £11.95 per adult £7.95 per child (under 3's free of charge)

Jimmys Farm

Jimmy's Farm, as seen on TV is a working farm and open to visitors 7 days a week. There's a nature trail, woodland walk, farm shop and adventure play area.
Located on the outskirts of Ipswich, just 45 minutes away.
Contact the farm directly for more information 08444 938088

Duxford Air Museum

Steeped in history this imperial war museum will transport you back to the first and second world war. From the flying museum, maritime museum to the American air museum and the Battle of Britain.
Open all year round except Christmas. Located 45 minutes away.
Contact Duxford museum on 01223 835000
Prices £16.00 per adult. Children free of charge (up to 15 years)