



THE GALMONT

HOTEL & SPA

Girls in the City

To Book Call 091 538 300

Welcome to The Galmont Hotel & Spa, in the heart of Galway

Live like a local and step out in the city on foot, exploring bustling streets, trendy boutiques, coffee shops, pubs and lively nightlife. Whatever adventures you embark upon, all roads will lead back to The Galmont. Whether you are seeking dining options, cocktails, or blissful facilities in spirit one spa, our hotel offers a stylish and welcoming atmosphere. Make your stay truly memorable with us – where every girl's city experience begins.



COCKTAIL MAKING CLASS

Private bartender.
2 cocktails with arrival glass of prosecco.

€40

Per Person



PARTY PLATTERS IN COOPERS

A platter caters for 8 guests.

€105

Per Platter



TABLE D'HOTE DINNER IN MARINAS RESTAURANT

4 course choice menu. Extensive wine and cocktail menu.

€47.50

Per Person

UNWIND IN SPIRIT ONE SPA

REFRESHMENTS AND RECOVERY

Step into our Thermal Suite Rituals:

- Invigorate with our Ice Fountain, designed to refresh and stimulate circulation
- Restore on the Heated Loungers, enveloped in serene, warm comfort

€25

Per Person

GIRLS IN THE CITY SIGNATURE TREATMENT

Your Package Includes, choice of one 25-minute treatment:

- Back, Neck & Shoulder Massage Or
- Taster Facial

Access to our thermal suite, relaxation area, swimming pool & outdoor hot tub

€80

Per Person



Afternoon Tea in the City

CLASSIC Afternoon Tea

€39

Per Person

PROSECCO Afternoon Tea

€46

Per Person

COCKTAIL Afternoon Tea

€50

Per Person

Served Thursday to Sunday, 2.30pm – 5.30pm
Piano Afternoon Tea on Saturday

RELAX & UNWIND IN ENERGIZE FITNESS & LEISURE

Complimentary access to Energize Fitness & Leisure featuring 18m swimming pool, outdoor hot tub, Jacuzzi & Sauna.

Residents only.



PRIVATE ROOM HIRE PERFECT FOR GROUP ACTIVITIES

- Choice of room sizes
- Flexible set ups
- Enquire for prices

  @thegalmont

To Book Call 091 538300 or Email meetings@thegalmont.com
The Galmont Hotel & Spa, Lough Atalia Road, Galway.
thegalmont.com