



PENINSULA
HOT SPRINGS

events, retreats & conferences





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Welcome to Peninsula Hot Springs

Immersed in nature, go beyond the boardroom, the private dining room and the living room and create your next social or corporate event at this inspiring wellness destination.

Less than 90 minutes from Melbourne on Victoria's Mornington Peninsula, Peninsula Hot Springs is a multi-awarded wellness destination renowned for relaxation and reconnection.

Set within a sprawling coastal oasis, the 70 globally influenced bathing and wellness experiences are complemented with a range of innovative and inspiring spaces available for hire. Perfect for celebrations, retreats and conferences, take your upcoming event to the next level at Peninsula Hot Springs.

From cosy relaxation spaces designed for groups of 6-10 people or the expansive Sun Lounge in the Amphitheatre for groups of up to 50 people, you can create a unique and memorable experience for your guests, complete with food and beverage packages and wellness activities.

Enhancing mind, body and spirit, our spaces have been created to surprise and delight with unique furnishings and vistas, supported by leading technology. All event packages include bathing in our mineral rich geothermal water as well as towel, robe and locker hire which can be experienced on the day of the booking as Peninsula Hot Springs is open 24 hours.

The natural surrounds and unique spaces will foster creativity, team engagement and leave a lasting impression on all who attend.



bathing experience

High in mineral content, our water is naturally heated by the earth's core and is estimated to be over 10,000 years old. Peninsula Hot Springs is a filtration hot spring with waters rising 637 metres from below the earth's surface. Boron, magnesium, potassium and sodium naturally occur in our geothermal waters. Experience the healing benefits of these minerals including stress and blood pressure reduction, detoxification, rehabilitation of muscles and joints and sleep improvement.



wellness activities

We believe that wellness begins with connection – with ourselves, our community and the environment around us.

Sustained by guiding principles, our wellness proposition is to inspire a healthy well-balanced lifestyle brought to life with bespoke activities including our signature Fire & Ice and Clay Ridge experiences.





conferences

Enable your team to shine both personally and in the workplace whilst enhancing their mind, body, and spirit with a corporate team experience at Peninsula Hot Springs.

Immersed in nature, the range of conferencing facilities will inspire creativity and out of the box thinking as your team go beyond the boardroom.

The purpose built Wellness Centre offers a luxury conference space with the latest technology. For teams who are after a point of difference, creative innovation is championed within our unique dome precinct, perfect for break-outs and smaller group brainstorm. Blue sky thinking is enhanced in our bespoke glasshouses, nestled within the onsite food bowl, the options are endless.



retreats

Dedicated to healing, learning and rejuvenating, Peninsula Hot Springs is the perfect venue for a multi-day wellness immersion or a one day retreat.

Our retreat programs lay out simple and effective practices to encourage greater health, wellbeing and ease for everyday life. We strive to offer retreat groups the opportunity to reconnect with themselves and reset their body, mind and spirit.

We curate bespoke retreat itineraries to suit your needs, including customised retreat sessions and unique outdoor activities lead by experienced facilitators. Drawing on a network of expert educators, guest speakers and holistic therapists, take your groups health and mental wellbeing to the next level and gift them the time and space to relax and rejuvenate in the heart of nature.



private groups

Bring together your tribe and create a bespoke experience for your next event.

A shared experience at the springs is the perfect way to celebrate a birthday, anniversary or other special milestone with all packages including bathing, your own private space, towel robe and locker hire and a range of dining options to choose from. You can even add a private wellness activity for your group experience.

We can cater for groups from 6 – 50 people with unique spaces spread across our coastal oasis, and with 2 hour, half day and full day options available, our groups team can help make your special day even more special.

icon legend



Conferences



Private groups



Half day hire



Audio Visual



Performance



Retreats



Dining



Full day hire



Power



Accessible



Enhancing mind, body and spirit, our spaces
have been created to surprise and delight

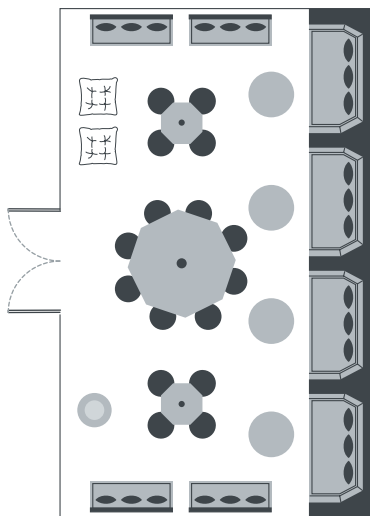
our spaces



moroccan pavilion

A unique Moroccan inspired space nestled amongst the trees.

Located in our Bath House, the Moroccan Pavilion is perfect for those looking to host an event in a Moroccan inspired unique all-weather space suited to smaller meetings, workshops, and retreats for up to 50 guests. Surrounded by lawns and seated spaces to allow for outdoor events connected to nature.



Moroccan Pavillion layout

Capacity 50

Half day bookings
10.30am, 3.30pm

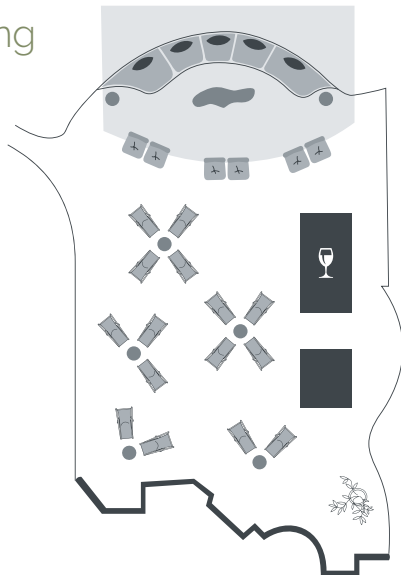
Full day booking
11am – 8pm



sun lounge

A sun-drenched terrace with sweeping views across the amphitheatre.

Here comes the sun. Designed for groups looking to embrace the healing benefits of Vitamin D, the Sun Lounge is an exciting hireable space for your next event where you want to deliver the wow factor. Soak up the sun on our deck chairs or relax in our undercover lounge, sheltered by the elements.



Sun Lounge layout

Capacity 70

Half day bookings
6.30am, 11.30am, 6.30pm

Full day booking
6am – 2pm OR
2pm – 10pm





our spaces

food bowl



Peninsula Hot Springs food bowl is designed to inspire & educate our guests to live a more balanced, healthier & wellness lifestyle by creating immersive food production, sourcing, cooking & nutrition experiences.

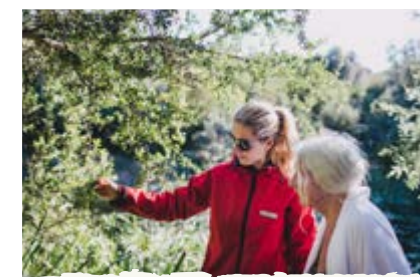


Immerse yourself in nature as you experience our newest wellness offering, the Food Bowl.

Created by innovation and driven by an awareness to our environment, the Food Bowl is a three-acre kitchen garden mapped by extensive pathways, leading the way to the best of nature's offerings and housegrown garden produce. With it's imaginative concept, our newest wellness project is a one of a kind development that is open for viewing for all bathing guests.

Designed to inspire and educate guests to live a more balanced, healthier driven lifestyle, our Food Bowl contributes to our commitment to the SLOW food movement (sustainable, local, organic and whole) and highlights our holistic approach to wellness.

Prepare to take part in immersive 'paddock to plate' style experiences as we introduce engaging food production, sourcing, cooking and nutrition based workshops as well as new and original event spaces.



discovery tour

A guided tour with a member of our Land and Environment team, learn how gardening using organic principles can produce nutrient rich healthy herbs and vegetables for your own table. Topics covered include, the SLOW food philosophy, the ease of building healthy soil using green manure and home-made compost, succession planting to ensure vegetables are available all season and the benefits of planting heirloom/heritage seed.

Enjoy refreshments in one of our glasshouses. Tours are available to add as part of your bathing booking.

Duration45 mins

Max20 per class

AttireRobes, swimwear or comfortable clothing

Bring.....SunSmart attire and footwear is recommended



nourish workshop

Immerse yourself in a paddock to plate experience as you learn of the importance of eating locally sourced and seasonal produce, general nutrition and the significance of mindful eating in our everyday. In a 75-minute Peninsula Hot Springs workshop, you will be provided with the tools to help you start living an authentic and holistic wellness lifestyle. In addition to the workshop, take a tour of our Food Bowl after enjoying a nourishing breakfast in our glasshouse surrounded by nature. Enjoy a selection of chia pods, fruit platter, muffin of the day and seasonal vegetable frittata as well as orange juice and Tulsi tea.

Duration75 mins

Max20 per class

AttireRobes, swimwear or comfortable clothing

Bring.....SunSmart attire and footwear is recommended

our spaces



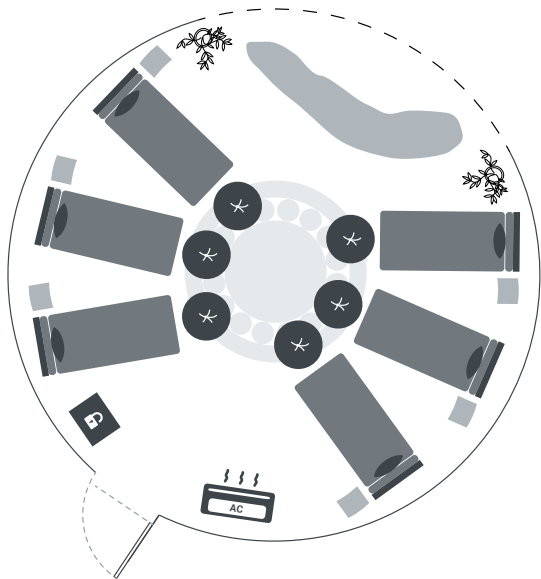
relaxation domes

Retreat into the tea-tree, away from the pools to our relaxation domes and enjoy a private space to connect, strategise, dine and unwind.

Creative innovation is championed within our unique dome precinct. A stimulating and exciting landscaped environment populated with comfortable domes, perfect for breakout meeting areas or chill out zones, this space enables teams to literally 'think outside the box' or complete team building activities.

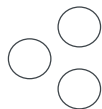
Bliss out on a relaxing day bed, customise your climate, and connect over a shared meal from our dining options. Each space has its own personal safe so guests can feel secure whilst exploring the Bath House global bathing experiences.

These peaceful private spaces can be shared with up to 12 people. For larger gatherings why not hire our whole upper dome area that contains a huddle of 3 domes plus a seating section.



Relaxation
Dome layout

Capacity 12
per dome



Multiple
domes available

Half day bookings
9am, 10am, 3pm

Full day booking
10am - 6pm





our spaces

wellness centre

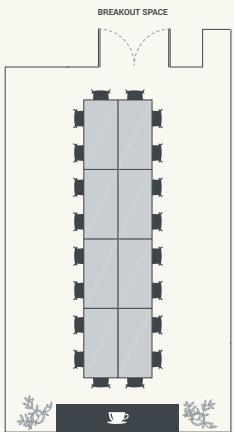


With an exclusive entrance, our Wellness Centre is a modern meeting space with both conference and studio facilities.



boardroom

The Wellness Centre Boardroom is ideal for meetings and conference events and can be arranged to suit your seating requirements.



Boardroom layouts

Seating 15 | Standing 30

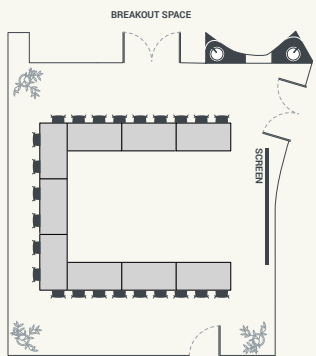


22pax 12pax



studio

The Studio space can be utilised for wellness activities including meditation, mat yoga and mat Pilates, or as an adjacent conference room.



Studio layouts

Seating 50 | Standing 120

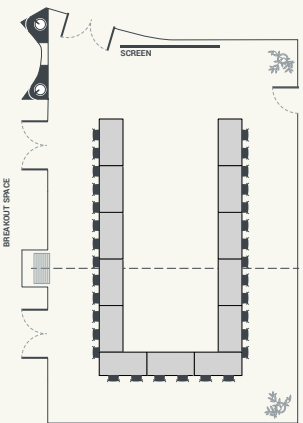


50pax 48pax 30pax 20mats



boardroom & studio

A moveable wall separates the Boardroom and Studio areas. When removed, an open and light-filled venue is revealed with the capacity for up to 150 guests.



Boardroom and Studio layouts

Seating 84 | Standing 150



84pax 54pax 32pax 40mats

our spaces



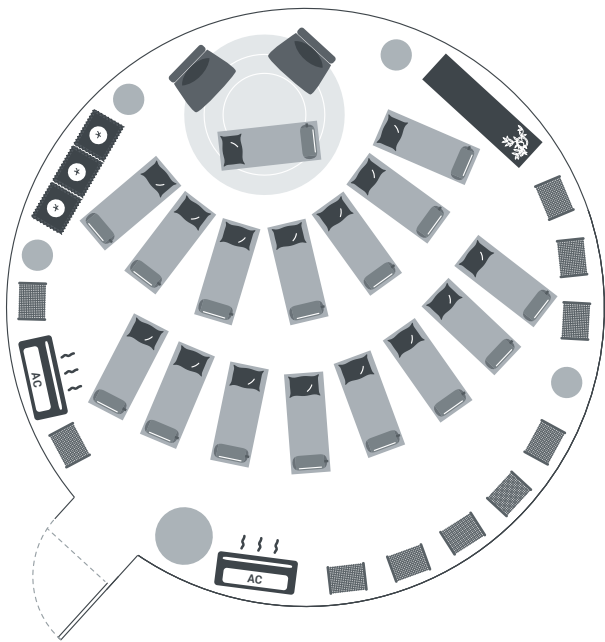
sensory dome

The largest of our relaxation domes, this is a dedicated sensory space to take time out, revitalise and re-enter the world at optimal capacity.

Our Sensory Dome is a premium wellness focused space for multi-sensory experiences.

Surrounded by nature and located away from our pools the space offers a powerful sense of calm and relaxation.

Our Geodesic Sensory Dome can be activated for immersive workshops and events, meditation and movement classes, movie viewings, as well as arts, culture, and music performances.



Sensory Dome

Capacity 20



2 hour bookings
Half day bookings
Full day booking



wellness treatment domes

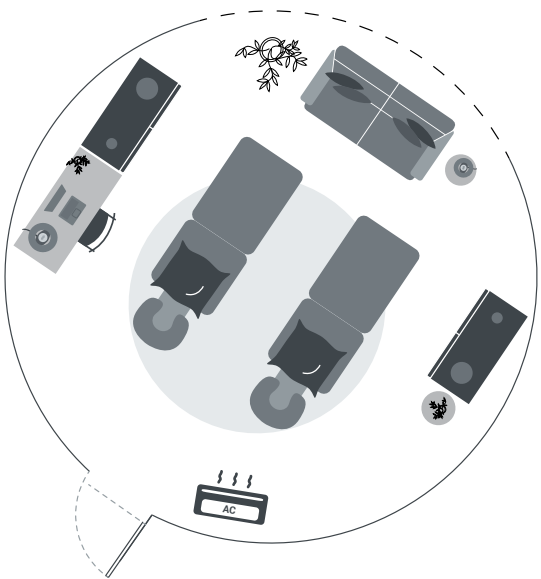
Available as private consultation spaces and treatment rooms for holistic wellness practitioners and therapists.

The Wellness Treatment Domes are tranquil spaces surrounded by nature which are available as private treatment rooms for various holistic wellness therapies and modalities.

It is a must have addition for a group wanting to enhance their experience by providing a particular wellness modality or as a B2B venue hire.

Potential modalities include:

- Bodywork and Massage
- Functional Medicine
- Energy Healing
- Counselling
- Naturopathy/Nutrition
- Ayurveda Consultations
- Traditional Chinese Medicine (TCM)



Wellness Dome

Capacity 4

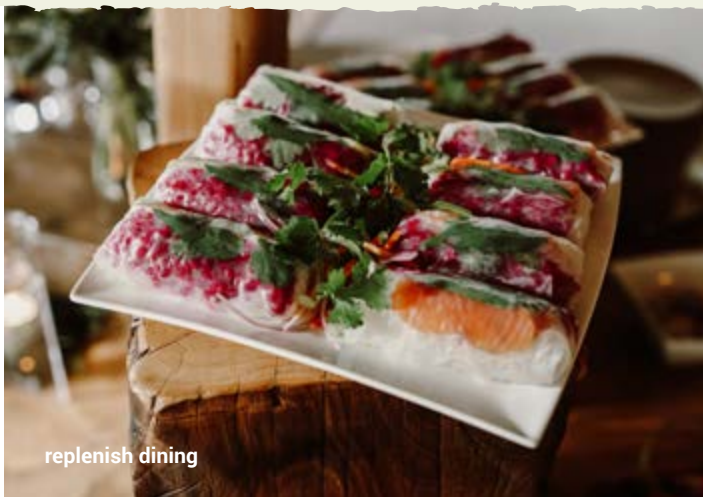
2 hour bookings
Half day bookings
Full day booking



dining



lunch



replenish dining



replenish dining



local cheese platter

event menu

Enjoy a dining experience to nourish your appetite and replenish your body. Our menus incorporate seasonal produce harvested from our very own food bowl to boost immunity and overall wellbeing.

breakfast (v)

Available 7.30am – 10.30am
Chia seed pods, seasonal fruit platter, muffin of the day, orange juice, tulsi tea

morning or afternoon tea

Available all day
Muffin of the day, savoury scones OR protein balls seasonal fruit platter and tulsi tea

sustain dining (v)

Available 11am – 7pm
Bliss balls, platter of mixed bagels and ciabatta rolls, salad of the day, seasonal fruit platter & dried nuts, orange juice, tulsi tea and water

replenish dining

(groups of 20 or more)
Available 11am – 7.30pm
– selection of protein balls
– selection of rice paper rolls (gf)
– mixed grain salad with roasted

pumpkin, dukkha crumbed avocado, pickled beets, toasted activated nuts and a spiced vinaigrette (gf, v)
– miso poached king salmon with soba noodle and wakame salad
– peninsula hot springs grown shredded raw vegetables with free range jerk spiced chicken and caramelised pineapple
– fresh seasonal fruit platter
– orange juice, tulsi tea & water

peninsula hot springs grazing board

Available all day
A selection of local cheese and olives, chefs' accompaniments, fresh fruit and nuts, lavosh and artisan bread (gf bread on request)

local cheese platter (v)

Available all day
Selection of local cheeses, quince paste and lavosh

vegan cheese platter (vg)

Available all day
Selection of local vegan cheeses, quince paste and lavosh

fresh fruit platter (v)

Available all day
Selection of sliced fresh fruits

Please ensure your items are requested 48 hours prior to arrival.

Please note there may be some seasonal variations due to produce availability.

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.

(v) vegetarian (vg) vegan

canape menu

Groups of 20 + (1 of each per person)

Option 1:

Select between your choice of:
• 2 x vegetarian canapes,
• 2 x meat canapes and
• 2 x seafood canapes

Option 2:

Select between your choice of:
• 2 x vegetarian canapes,
• 3 x meat canapes and
• 3 x seafood canapes

Vegetarian/Vegan options

– garden beetroot tarts, local vegan curd (vg)
– vegetarian rice paper rolls tamari dressing (vg)
– wild mushroom and bocconcini arancini balls with black garlic aioli (vg)
– Red Hill goat's cheese and chive tarts

– corn and red onion and zucchini fritters with avocado salsa
– spinach and goats cheese pasties

Meat options

– seared grass feed eye fillet on crostini, capsicum emulsion
– spiced pork and chicken meats balls
– chicken satays with satay sauce
– pepper berry spiced kangaroo carpaccio
– lamb skewer with chimichurri
– sticky pork belly skewer with mango sambal

Seafood options

– cured salmon, spelt blini, pickled radish & Dill aioli
– smoked trout and caper rillettes with crostini
– tuna carpaccio bonito sauce
– natural oysters with apple vinaigrette
– prawn rice paper rolls
– Australian tiger prawn tails, finger lime and chilli sauce



energy & vitality through food

Naturopath and clinical nutritionist Freya Lawler is working alongside both our Food & Beverage and Wellness teams to set the theme and intentions for nutritional aspects in our menus as well as our wellness programs.

Freya brings expertise in functional nutrition to the team and will be a key resource for workshops, education and food bowl events.

Qualified with a Bachelor of Naturopathy and Nutrition, Freya's specialty is treating the root cause of illness using a variety of safe and effective therapies, including herbal medicine, clinical nutrition, lifestyle counselling and physical medicine.

enhance your experience

Combine our healing waters with a selection of movement and mindfulness practices to create the ultimate wellness experience.



fire & ice

Be invigorated by the powers of hot and cold therapy in our state-of-the-art saunas and ice plunge. Flow between our hot saunas, ice plunge pool and cold plunge pool. You will learn and experience the key health benefits of this popular science under the guidance of trained hosts during this energising workshop.

- Duration45 mins
- Max12 per class
- Attireswimwear, thongs
- Bring.....water bottle, towel, robe optional



body clay

Experience the healing powers and cooling effects of clay with our signature body clay ritual, perfect for friends and groups of all ages. We have carefully selected a series of detoxifying clays from around Australia, each with their own unique therapeutic benefits. During this playful workshop our knowledgeable and engaging hosts will share stories about the benefits as you enjoy a simple and universal connection with nature.

- Duration45 mins
- Max20 per class
- Attireswimwear, thongs
- Bring.....water bottle, towel, robe optional



mat pilates

Enhance your strength and mobility to become a master of your own body in our dynamic introductory mat Pilates classes. Enjoy a refreshing sequence designed to welcome you to the Pilates practice and build strength in your core whilst improving your overall wellbeing. Held in our wellness centre, our experienced instructors can cater to all levels of abilities and a range of injuries with a focus on beginners.

- Duration45 mins
- Max20 per class
- Attireactivewear
- Bring.....water bottle

contact our team to explore all our wellness activities*



wellness activities



mat yoga

Explore the ancient wisdom of yoga through a gentle flow guided by an experienced teacher. During this introductory class you will move through a mindful, physical practice and discover breathing techniques and simple meditations to calm and steady the mind. This class will leave you feeling open and relaxed to perfectly complement your day of geothermal bathing. Held in our wellness centre, this experience is open to all levels with a focus on beginners and includes a mix of standing poses and floor work.

Duration45 mins
Max20 per class
Attireactivewear
Bring.....water bottle



qigong

Qigong is an ancient Chinese mind-body healing practice that combines meditation, breathwork, and movement to increase energy and promote optimal mental, physical and spiritual health. As the name suggests, the practice helps participants to cultivate or master their energy or life force, allowing energy to flow freely through the body.

Duration45 mins
Max20 per class
Attireactivewear
Bring.....water bottle
Exclusive offering
for group bookings



sound healing

Experience the healing power of sound as you are bathed in a symphony of gongs, crystal bowls and handpans. The combination of tones, frequencies and vibrations will help guide you into a deeply restorative state and bring balance and harmony to your energetic body.

Duration60-90 mins
Max20 per class
Attireactivewear/
loungewear/robe
Bring.....water bottle
Exclusive offering
for group bookings



S.L.O.W living

S.L.O.W Living is a philosophy, a lifestyle choice, and a state of being. Learn the importance of slowing down the pace and being more intentional during this 45min Peninsula Hot Springs wellness workshop that will inspire you to start living a more authentic and holistic lifestyle.

Duration45 mins
Exclusive offering
for group bookings



tea ceremonies

Centre yourself with a tea workshop that will turn your tea break into a meditative self-care ritual. Starting with a cup of stress relieving and immune boosting Tulsi tea, immerse yourself and be nourished learning about the origins, history and traditional use of Tulsi tea and the benefits that this ancient healing herb has on everyday modern life. This simple self-care ritual will connect you with a movement that has inspired regenerative agriculture and communities across India.

Duration45 mins
Max20 per class
Attireactivewear/
loungewear/robe
Bring.....water bottle



meditation & breathwork

Bring your mind back into the present moment through a guided meditation and breathwork experience. Meditation is a calming practice that involves retraining the mind to bring awareness back to the breath, reducing stress, regulating moods, and enhancing overall wellbeing. Breathwork will also be incorporated to help you deepen your mind-body connection and lead you into a state of quiet introspection and inner calm.

Duration45 mins
Max20 per class
Attireactivewear/
loungewear/robe
Bring.....water bottle



the sounds of the springs

A live musical showcase set, as part of your next group booking?

Live musical performances are an integral part of wellness. They connect us to the world around us and each other. They bring us into the present moment and give us the opportunity to celebrate, honour and experience joy. Through live music, we are transported.

Enhance your next Peninsula Hot Springs group experience with a unique hour long musical performance. Simply select your desired musical genre and ensemble format from the list below. We will then provide you with a curated list of options from our catalogue of leading Melbourne and Mornington Peninsula based

musicians. If you're curious about how live music could provide the perfect accompaniment to your special event, get in touch to find out more.

You can select solo, duo or trio from the following genres:

- Classical
- Jazz
- Folk
- Singer Songwriter
- World Music
- R&B
- Ambient
- Sound Healing & Meditational

contact our
team to explore all
our entertainment
options



accommodation



reawaken in nature
at the springs

Designed for pure relaxation, our premium glamping experience is nestled in natural surrounds with private decks, ensuite bathrooms, king beds and bespoke elements inspired by our environment.

Why not complete your retreat or conference event with an overnight stay in our premium glamping tents with full access to over 70 bathing and wellness experiences.

After your event, conference or retreat, fully immerse yourself in the hot springs environment. Soak in our geothermal waters throughout the day and the night, enjoy a nourishing meal in one of our onsite cafe and be restored by a spa

treatment or wellness activities. Snuggle under the doona in your home for the night whilst you listen to the sounds of nature as you drift off to sleep.

Reawaken refreshed as nature comes alive around you, ensuring you catch sunrise from the iconic Hilltop pool.

Designed for pure relaxation, each glamping tent is an experience beyond a place to sleep.

local accommodation

With a range of accommodation partners in the local area, there are plenty of accommodation options to choose from during your visit.

learn more about glamping

- 10 glamping tents catering for a maximum of 20 adult guests twin share.
- All tents are set among the natural hot springs environment, with some overlooking the wetlands.
- Access to all of site bathing, including overnight bathing.
- Access to a reserved Amphitheatre pool between 6pm and 9pm, exclusive to glamping guests.
- Access to Bath House wellness activities.
- Daily wellness experiences for glamping guests including movement class and Fire & Ice activity.
- Breakfast served in Spa Dreaming Centre dining room, choose one dish from the menu as well as a hot and cold beverage.
- Room service menu and in-room amenity menu (pre-order prior to arrival or during your overnight stay).
- Bar fridge, coffee/tea-making, hair dryer, ironing facilities, in-room safe.
- Private ensuite and walk in robe.
- With heated floors set to a minimum of 19°C, create your own environment by adjusting the split system to your liking. As the weather cools the heated floor temperature will increase accordingly.
- King bed with luxury linen for couples, or zippable to king singles for twin share.
- Check-in 2pm, check-out 10am.
- 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.
- Accommodation is available for guests 18 years and older, with a maximum of 2 guests per tent.
- Bookings in advance are essential.

bathing



Bath House bathing

Peninsula Hot Springs offers many different packages perfect for groups of all sizes. All packages include access to our Bath House with towel, robe and locker hire included.

Our Bath House has over 50 bathing and wellness experiences to explore. These include:

- Thermal mineral spring pools
- Turkish steam bath (Hammam)
- Cave pool
- Hilltop pool offering 360 degree views of the region
- Underground sauna
- Reflexology walk
- Massaging thermal mineral showers
- Lakeside pool
- Naturally landscaped bathing gully
- Various relaxation spaces.



Bath House bathing can be booked and enjoyed during your event, conference or retreat, including before or after as Peninsula Hot Springs is open 24 hours a day.



- Reception
- Gift shop
- Change rooms
- Toilets
- Accessible amenities
- Outdoor showers
- Café
- First aid
- Emergency assembly point

carpark

- Parking

entrance

- Entrance trail
- Group & Event entrance trail
- Group & Event reception

southern terrace

- Bath House relaxation room
- Indoor foot bath
- Hand baths
- Outdoor foot bath
- Falling water massage

- Cold pool
- Hand bath
- Picnic garden

northern terrace

- Bath House café
- Bath House café stage
- Family change booths
- Family pool
- Barrel baths
- Baby baths
- Cold pool
- Aquatherapy pool

- Bubble spa couch
- Cold plunge pool
- Lakeside pool
- Reflexology walk
- Lake walking trail
- Hydrojet pool

bathing gully

- Cave pool
- Hamam (Turkish steam bath)
- Cold plunge pool
- Sauna

- Massaging showers
- Moonah pool
- Moon viewing pool

hilltop

- Base camp pool
- Hilltop foot bath
- Hilltop pool

clay ridge

- Clay pots
- Massaging showers
- The beach

amphitheatre

- Amphitheatre café
- Amphitheatre pools & viewing terraces
- Amphitheatre stage
- Amphitheatre aquatherapy pool
- Amphitheatre picnic garden
- Amphitheatre change rooms
- Amphitheatre hammocks

fire & ice

- Ice cave and deep freeze
- Amphitheatre saunas
- Ice plunge
- Amphitheatre cold plunge
- Massaging showers

wellness centre

- Studio
- Boardroom

food bowl

- Pink Fairy Glasshouse
- Maroon Hoods Glasshouse

relaxation domes

- Southern Tree dome
- Growling Grass dome
- Eastern Banjo dome
- Spotted Grass dome
- Striped Marsh Wellness Consultation dome
- Eastern Common dome
- Whistling Tree Sensory dome

terms & conditions

conference and private groups conditions

(excl. glamping)

The payment of the deposit (50% of your total reservation) will be required within 7 business days pf receveing your booking confrimation.

The final balance will be due 7 business days prior to your confirmed booking date. Alternatively, please contact the our groups team on (03) 5950 8712 to make payment with a credit card.

Cancellation or reschedule (excl. glamping)

- If full payment has not been received by close of business on the due date, your booking will be cancelled.
- For cancellations in full, less than 7 business days prior to the event, a 50% deposit will be held by Peninsula Hot Springs.
- Cancellations in full, within 24 hrs of the event will result in 100% of fee held by Peninsula Hot Springs.
- You will receive a full refund for individual cancellations (not exceeding 50% of the reservation) advised 24hrs prior to arrival.

For catering purposes, we require 7 days' notice for final number of guests attending and any dietary requirements.

retreat conditions

(for glamping – booking 5 or more rooms)

The payment of the deposit (25% of your total reservation) will be required within 7 business days pf receveing your booking confrimation.

Mid-payment (50% of the total reservation) will be due 21 days prior to arrival.

The final balance will be due on the day of your departure.

Alternatively, please contact the wellness & conferences department on (03) 5950 8712 to make payment with a credit card.

Cancellation and reschedule (retreat conditions)

- If full payment has not been received by close of business on the due date, your booking will be cancelled.
- For full cancellations less than 21 days prior to the event, a 25% deposit will be held by Peninsula Hot Springs.
- Full cancellation within 21 days of the event will result in 75% of fee held by Peninsula Hot Springs.
- Individual cancellations will be accepted 7 days to arrival (not exceeding 50% of guests)

For catering purposes, we require 7 days' notice of final number of guests attending and any dietary requirements.





PENINSULA
HOT SPRINGS

140 Springs Lane, Fingal, Vic, 3939

T: 03 5950 8712 | E: groups@peninsulahotsprings.com

www.peninsulahotsprings.com