Cambridge Beaches Resort & Spa, Bermuda’s premier cottage resort, provides the ideal sanctuary for guests seeking a relaxing escape from the demands of contemporary life. Here, guests can indulge in a serene or romantic getaway while experiencing the island’s rich history and distinctive culture. Cambridge Beaches offers guests all the sophistication of an internationally acclaimed resort in an authentic Bermudian environment without the demands or distractions of traveling with children, as Cambridge Beaches is the island’s only Child Free Resort that caters exclusively to guests 13 years and older.

Cambridge Beaches invites guests to discover breath-taking panoramas of the Atlantic Ocean, Long Bay and Mangrove Bay. Relax, renew, reconnect or simply do nothing at all, and do it well. Whether you seek activity or tranquillity, the resort beckons with a wealth of amenities, including an on-site marina with water sports rentals, full service spa, croquet and putting greens, tennis courts, moped and bicycle rentals and indoor & outdoor swimming pools. Not to mention the seemingly endless private coves, providing the perfect setting for a tranquil escape.

Accommodations are provided in elegantly appointed traditional pink Bermuda-style cottages overlooking some of the best views Bermuda has to offer.

The resort’s casually sophisticated environment encourages a sense of total relaxation, romance and renewal. Idyllically set on a 30-acre peninsula on Bermuda’s western coast, the property boasts four private beaches, lush gardens, and spectacular water views from every vantage point of the property. Additionally, guests enjoy unique treatments and wellness options at the Ocean Spa and a range of culinary delights in three restaurants, including the celebrated Tamarisk Restaurant & Terrace, rated by Food & Wine Magazine as one of Bermuda’s best restaurants.

Cambridge Beaches Resort & Spa is legendary Bermuda at its very best.
Brief History

“Cambridge Beaches” was Bermuda’s first and foremost cottage colony. Original ownership of this peninsula in 1663 was by Captain Florentius Seymour, who served as Governor of Bermuda from 1633-1668. Captain Seymour, who owned 18 acres on the southward end of the peninsula, was able to purchase the northern end of the peninsula in the late 1600’s. The property stayed in the Seymour family for over 150 years after which ownership changed hands several times and many parcels of land were separated and sold as individual lots.

In 1921 Cambridge was owned by Thomas St. George Gilbert, a customs officer, and his wife, Kate Fowle. During their tenure the main home became known as “The Beaches”. It was during this time records show the property was first operated as a guest house from 1923-1936 by Jennie Fowle (Kate’s sister) and her American friend, Helen Ives.

Also during this time, the Bermudiana and Castle Harbour hotels were built establishing the Island as a premier tourist resort increasing tourism 600 percent between the two World Wars. Owners of these two properties, Furness, Withy & Co, being in the freight business, were obligated to provide weekly passenger liners to New York as part of the land acquisition deal with the Bermuda Government.

In 1924 Mr. Hugh Gray, married Alice Sealy, daughter of Jacob Sealy who had just purchased “Cambridge”. Mr. & Mrs. Gray managed “Newstead” on Harbour Road for several years before Mr. Gray purchased Cambridge from his mother-in-law in 1935. From 1934-1937, Mr. Gray conducted several purchases of surrounding properties to comprise what is currently Cambridge Beaches 30 acre property. Mr. Gray began to put the European “Cottage Colony” concept into practice. The concept embraced the idea of a resort which combined the amenities of a large hotel with the charm and privacy of a small guest house. After losing Alice in a late night sailing accident off of Mangrove Bay in 1937, Mr. Gray, despite his grief, continued to develop and operate Cambridge Beaches through the difficult “War Years”. In 1947 he decided to build a retirement home “Windswept” on his King’s Point property and put “Cambridge Beaches” on the market, listing it with local realtor.

Sir Howard Trott, a wealthy Hotelier and prominent figure in Bermuda had just sold his “Inverurie” and “Belmont Manor” hotels and his wife hoped this was the end of his hotel ventures. However, shortly thereafter, he learned that Mr. Gray had placed Cambridge Beaches on the market. Without telling his wife he negotiated the purchase of the property, knocking 10,000 pounds off the price, and took ownership in November 1947. In an excerpt from his memoirs he stated “I did not say anything to my wife but just about that time, Charlie Gilbert invited us to come for afternoon tea and go to the Sandys flower show... After tea I said (to my wife) “let’s take a little walk up this way” so we got to the brow of a hill where you could look over all of Cambridge Beaches and I said “what do you think of this”? She said “I think it is beautiful, but Howard, you haven’t bought this place?” I said “Yes, my dear, I have.”

Cambridge Beaches is still owned by the Trott Family and is now in its third generation of ownership. Sir Trott, when asked about his purchase of Cambridge Beaches, said “I bought it and I have never regretted it”. – Summarized from “A History of Hospitality” by Colin Benbow – available at the Front Desk.

Location

Cambridge Beaches Resort & Spa is less than a two-hour flight from the U.S. East Coast and just a seven-hour flight direct from the UK with excellent connections from Europe. This hidden gem resides on the West End of Bermuda, within walking distance to the village of Somerset. The resort is situated flawlessly on a 30-acre peninsula, encircled by panoramic views of the surrounding coastline and several private beaches, yet still in close proximity to the Royal Naval Dockyard where a quick ferry ride awaits to Bermuda’s capital, the City of Hamilton. Located 17 miles, approx. 50 minutes, away from the
L.F. Wade International Airport, the hotel can arrange airport taxi transfers as this is the best and fastest means of transportation from the airport to the hotel. While on property, guests can rent mopeds and bicycles or partake in the public transportation system (*buses and ferries*). Taxis are also available at the hotel through the Front Desk.

**Unique Features & Services**

**Unique Features**
- 30 acre property on a peninsula
- Bermuda’s only child free property, welcoming guest 13 years and older
- Spectacular water views of the Atlantic Ocean, Long Bay and Mangrove Bay
- Breath-taking sunset views
- 4 private beaches (Long Bay Beach, Turtle Cove Beach, Morning Beach, Pegem Beach)
- 86 different accommodations within cottages
- 9 different accommodation types
- Only Private Pool Ocean View Cottages with private patios and plunge pools in Bermuda
- Multi-tiered infinity pool with waterfall
- Indoor heated pool with retractable roof and hot tub
- 5-acre nature reserve
- Private dock
- 10-minute drive from Royal Naval Dockyard & National Museum (*point of interest, shopping, fast ferry*)
- 10-minute walk to bus stop and Somerset Village
- Golf 10 minutes away at the Port Royal Golf Course (*once home of the PGA Grand Slam*)
- Preferred affiliation with all Bermuda golf courses
- Cambridge Beaches Resort & Spa is a member of the Preferred Hotel Group, offering iPrefer members exclusive benefits.

**Unique Services & Activities**
- Complimentary full breakfast for guests on the Breakfast, Dinner Plan, and Ahh...Inclusive Plan
- Dinner Plan Add-on available: 3-course dinner, gratuity, plus dine-around programme
- Ahh...Inclusive Plan Add-on available: meals, beverages, and much more (*restrictions apply*)
- Complimentary WiFi property wide
- Complimentary shuttle to/from the Royal Naval Dockyard (*seasonal*)
- Private Candlelit Dinners on the beach (*seasonal*)
- 10,000 sq. ft. Ocean Spa
- Experience Suites: Steam room, cooling mist room, rainfall shower and sauna
- Full service marina: Water sports rentals and jet ski tours (*seasonal*)
- Moped and bicycle rentals
- Croquet lawn and putting green
- Tennis courts; tennis pro on request
- Fitness centre
- Activities both on and off property, organized exclusively for our guests
- Wedding co-ordinator
- Full concierge service
- Access to all 8 golf courses; reservations in advanced are preferred.
- Scuba diving (*offsite; available through the Concierge*)
- Deep sea and reef fishing (*offsite; available through the Concierge*)
- Boat charters (*offsite; available through the Concierge*)
- Taxi tours (*offsite; available through the Concierge*)
- Walking & running trail routes (*offsite; available through the Concierge*)
Accommodations & Amenities

This hidden, European-styled cottage getaway offers 87 pastel-pink accommodations, strung like holiday lights along the western tip of Bermuda. Each cottage offers a distinct ambiance, and all are tastefully decorated for both style and comfort.

The popular, super-sultry Private Pool Ocean View Cottages present guests with a sensual, sumptuous vibe, using muted earth tones splashed with today’s energetic colours; think tropical pink, rich browns and spring greens. Add in plush furnishings and a luxurious bathroom with whirlpool tub and separate walk-in shower, Bose surround sound throughout and these cottages with private patios and plunge pools become a sought-after commodity.

All our accommodations are unique in their own way from their architectural structure and interior décor. Being a historical resort, they are all located in different areas of the property, offering guests jaw-dropping views of the Atlantic Ocean, sea coves or verdant garden views. Our cottages are truly unique and offer the below amenities:

- Water or garden views
- King bed (two twin beds upon request, except Pool Cottages)
- Sofa bed or rollaway available (upon request)
- iPod docking station or radio
- Property wide complimentary wireless internet
- In-room bath amenities
- Private patio, terrace or balcony
- Mini refrigerator (can be stocked with specialty items upon request)
- Beach towels
- Flat screen televisions
- Telephone and stationery
- Keurig coffee maker
- In-room safe
- Iron and ironing board
- Hair dryer
- Toaster
- Umbrella
- Robes and slippers

Cottages, Suites, & Rooms

Private Pool Ocean View Cottage

Our exclusive Private Pool Ocean View Cottages accommodate two guests and feature a private swim-up plunge pool on the patio, allowing guests to gaze directly out to sea and enjoy incredible sunsets from the privacy of their own cottage and pool with breathtaking views of the Atlantic Ocean. The patios are equipped with an outdoor shower, table & chairs plus chaise lounges to soak in the sun. These stylish stand-alone cottages also offer a lovely bedroom with a king size bed and a large living room, both with amazing Atlantic Ocean views, a spacious dressing room and a luxurious bathroom with whirlpool tub and separate walk-in shower. Although only a stone’s throw away from the Atlantic Ocean coastline and offering great privacy, these cottages are in close proximity to the outdoor infinity pool, Shutters Pool Bar & Restaurant and the Tamarisk Restaurant & Terrace.

Max Occupancy: 2. Size: Bay Grapes 783 sq ft, North Rock 551 sq ft, and Sunset 721 sq ft

Two Bedroom Ocean View Cottage
Windswept Cottage is a two bedroom traditional Bermuda cottage, situated on a high bluff at the most eastern point of the property with breathtaking views overlooking the Atlantic Ocean, Mangrove Bay and Somerset Village. Entering up to the cottage is a large garden with brick pathway. Once inside, a large living room welcomes with rustic open beams, fireplace, ocean views and a double staircase up to the two bedrooms. Both bedrooms feature a king size bed (or two twin beds in each if requested), en-suite bathrooms with whirlpool tubs & shower combination, one with Atlantic Ocean views and the other with a view of Mangrove Bay & Morning Beach. Two French doors in the living room open to a lovely covered brick patio, an open garden terrace with chaise lounges, outdoor table & chairs plus a stone & teak round table to sit and enjoy Bermuda's astonishing sunsets. The ocean view terrace with garden setting offers easy access to a beautiful bluff with a staircase down to Turtle Cove Beach. Offering great privacy, Windswept Cottage is still in close proximity to the outdoor infinity pool, Shutters Pool Bar & Restaurant and the Tamarisk Restaurant & Terrace. Another great feature for larger parties, the cottage can convert into a three-bedroom cottage by connecting to the Harbour View Room below.

Max. Occupancy: 5. Size: 1,221 sq ft

Two Bedroom Harbour View Cottage
Pegem Cottage dates back to the 17th century. History has it that the original owner was a privateer (i.e. pirate) and hid his booty on the lower floor. This traditional two-story cottage, largest one on property, is situated on a cozy embankment overlooking Mangrove Bay. The main entrance welcomes with a quaint sun room foyer with seating plus a living room with fireplace, original rustic wooden ceiling beams with harbour views overlooking Mangrove Bay; French doors lead to the back patio and garden. Off to the side of the living room finds a small study/library which can also double as an extra bedroom with a garden view. The interior also features two bedrooms with king size beds (or two twin beds in each if requested). The master bedroom features harbour views of Mangrove Bay, an en-suite bathroom with whirlpool tub & shower combination, while the second bedroom has a separate bathroom with whirlpool tub & shower combination, offering views of the back garden. Downstairs showcases a large dining room, half bath, fireplace plus a fully functional kitchen. Three sets of French doors open out onto a beautiful large garden patio overlooking Mangrove Bay with chaise lounges, outdoor table & chairs. Stretching out from the large garden patio is a staircase down to Pegem Beach. Max. Occupancy: 5. Size: 1,965 sq ft

Two Bedroom Garden View Cottage
Bay Cottage offers the best of two locations, a plush garden oasis plus close proximity to Long Bay Beach and Breezes Beach Bar & Restaurant. This two-bedroom cottage welcomes guests in a large garden setting with mature trees, entering into a smaller garden with outdoor table & chairs near the main entrance and offers a view of Long Bay. The interior features a living room with fireplace overlooking the entrance garden, as well as two bedrooms. The master bedroom with king size bed (or two twin beds if requested), has an en-suite bathroom with a spacious walk-in shower plus dressing room. The second bedroom with king size bed (or two twin beds if requested), has a separate bathroom with a spacious walk-in shower. Both bedrooms have French doors that open up to covered brick patios and open terraces with chaise lounges, outdoor table & chairs overlooking Long Bay and the entrance to Seaview Gardens. Stretching out from the cottage is a public walkway down to Long Bay Beach. For larger parties, there is a Garden View Room above the cottage which can be booked for guests to be in close proximity. Max. Occupancy: 5. Size: 1,271 sq ft
One Bedroom Water View Suite
Our modern One Bedroom Water View Suites are scattered throughout the property offering either a wonderful harbour view of Mangrove Bay, a breathtaking sunset view of Long Bay or an ocean view of the Atlantic (some up-close and others from a greater distance). The interior boasts a spacious bedroom with a king size bed (or two twin beds if requested), a separate dressing area and a generous living room. The large stone tiled bathroom comes in 3 different styles: Whirlpool tub and separate walk-in shower, soaking tub and separate walk-in shower, or soaking tub & shower combination. The patios or balconies are furnished with chaise lounges and table & chairs.
Max. Occupancy: 3. Size: 800 sq ft

Superior Water View Suite
These generous Superior Water View Suites offer wonderful harbour views of Mangrove Bay, sunset views of Long Bay or ocean views of the Atlantic (some up-close and others from a greater distance). They all have spacious bedrooms with a king size bed (or two twin beds if requested), patios or balconies that are furnished with chaise lounges and table & chairs. The suites up on the hill overlooking Mangrove Bay boast a separate dressing room plus a stone tiled bathroom with a whirlpool tub and separate walk-in shower. The suites closer to the harbour of Mangrove Bay as well as the suites overlooking Long Bay, boast a separate living room plus a stone tiled bathroom with a walk-in shower; while the suites overlooking the Atlantic include a separate living room plus a stone tiled bathroom with a soaking tub & shower combination (if a tub is required, please inquire at time of booking to check availability).
Max. Occupancy: 3. Size: 650 sq ft

Deluxe Ocean View Room
These stylish Deluxe Ocean View Rooms showcase Bermuda’s charm with stunning views facing west overlooking Long Bay or north towards the horizon; providing breathtaking sunset views as the sun slowly slips into the Atlantic, turning the sky ablaze. These chic rooms offer a bedroom with a king size bed (or two twin beds if requested), extended sitting area, and a stone tiled bathroom equipped with a spacious walk-in shower or tub & shower combination. The patios or balconies are furnished with chaise lounges and table & chairs for enhanced living space.
Harbour View Room
Our contemporary Harbour View Rooms offer scenic views of Mangrove Bay and coastline of the west end of Bermuda. They offer a bedroom with a king size bed (or two twin beds if requested) as well as a stone tiled bathroom equipped with a spacious walk-in shower. The patios are furnished with chaise lounges and table & chairs for enhanced living space. Max. Occupancy: 3 Size: 500 sq ft.

Garden View Room
Our traditional Garden View Rooms are scattered throughout the property showcasing Bermuda's flora & fauna; offering a bedroom with a king size bed (or two twin beds if requested) and a bathroom equipped with a spacious walk-in shower or tub & shower combination. The patios are furnished with chaise lounges and table & chairs for enhanced living space. Max. Occupancy: 2. Size: 460 sq ft.

Connecting Accommodations
Providing our guest’s further privacy and seclusion, many of our accommodations do not have interconnecting doors and some even are in their own standalone cottages. However, a few of our accommodations do offer interconnecting doors to create a larger shared accommodation for families or friends traveling together. Below are the connecting accommodation options:

Private Pool Ocean View Cottage: Does not connect to other accommodations; it is a standalone cottage.
Two Bedroom Ocean View Cottage: Connects to a Harbour View Room (Windswept South).
Two Bedroom Harbour View Cottage: Does not connect to other accommodations; it is a standalone cottage.
Two Bedroom Garden View Cottage: Does not connect to other accommodations.
One Bedroom Water View Suite: Connects to One Bedroom Water View Suites, and Deluxe Ocean View Rooms.
Superior Water View Suite: Connects to Superior Water View Suites, Deluxe Ocean View Rooms, and 1 Harbour View Room.
Deluxe Ocean View Room: Connects Deluxe Ocean View Rooms, Superior Water View Suites or One Bedroom Water View Suites.
Harbour View Room: Harbour View Rooms to not connect with each other. However, 1 connects with a Super Water View Suite, 1 connects with a One Bedroom Water View Suite, and 1 connects to the Two Bedroom Ocean View Cottage.
Garden View Room: Does not connect to other accommodations.
Dress Code

Throughout the Property during the Day & Dinner at Breezes: Resort Casual
- **For men:** Shorts, slacks or jeans paired with a T-shirt, polo or collared shirt. Close-toed or open-toed shoes.
- **For women:** A blouse or T-shirt with shorts, pants, jeans or a skirt. Casual dresses or sundresses are popular options too. Bathing suits need to be covered up with a wrap or similar. Close-toed or open-toed shoes.

Dinner Tamarisk Restaurant: Elegant Casual
The general rule is to wear something you would wear to a country club or upscale restaurant.
- **For men:** Dress shirts or collared shirts; sleeveless shirts are not permitted. Slacks, khakis or a pair of Bermuda shorts (with or without long socks). Close-toed dress sandals or shoes; no flip-flops, no sneakers.
- **For women:** Skirts, pants, capris or dresses. Footwear can be dress sandals, flats or heels; no flip-flops, no sneakers.
Savour seafood dishes at an acclaimed restaurant or gaze at the ocean from a chic alfresco café. You’ll have three unique restaurants to choose from when you stay at Cambridge Beaches Resort & Spa.

Enjoy a culinary masterpiece at the Tamarisk Restaurant & Terrace, touted by Food & Wine magazine as one of the best places to dine in Bermuda. Unwind during the day pool-side at the relaxing Shutters or let loose day or night at the trendy Breezes Beach Bar & Restaurant; the only beachside restaurant in Bermuda that has an unobstructed view of the sunset.

Perhaps you’d prefer a more natural ambience. Surrounded by flickering torches and the gentle lull of the ocean surf, an evening spent dining on the beach is the ultimate way to reconnect with the one you love with our Private Candlelit Dinner.

You can also sample the cuisine offered by other restaurants in the area with our Dine-Around Program available to guests on our Dinner Plan Add-on or Ahh...Inclusive Plan Add-on. They say variety is the spice of life, after all.

Tamarisk Restaurant & Terrace offers an alluring atmosphere for a romantic celebration. Savour moment’s together inside by candlelight or under the stars, bay side on the terrace. Although jacket and ties are now optional, we ask that your attire be “elegant casual.” Tamarisk offers a unique dining experience with an enticing ‘Atlantic Rim Cuisine’ menu. All of the items on the menu are inspired by the food from the many islands and countries that border the Atlantic Ocean. Several dishes combine the best flavours of the “main lands” fused with the unique and exciting flavours of the many islands in this region. Full breakfast is also served at the Tamarisk Restaurant; in-room breakfast is available for a small delivery fee. Reservations for dinner are required.

Breezes Beach Bar & Restaurant (seasonal) Do you long to linger by the sea? Treat yourself to a waterfront alfresco restaurant on stunning Long Bay Beach. Delight in sumptuous Caribbean cuisine in a relaxed atmosphere. In addition to a tantalizing menu, you’ll enjoy endless specialty summer cocktails. Breezes Beach Bar & Restaurant is open for lunch and dinner. Enjoy amazing sunsets as you dine in a spectacular setting. Reservations for dinner are required.
**Shutters Pool Bar & Bistro** Lounge poolside during the day in true chic style at Shutters. Relax by our magnificent new multi-level infinity pool while you bask in stunning views of the colourful sailboats and shimmering waters of Mangrove Bay. Shutters features bistro style cuisine for lunch in a casual environment.

**Private Candle Light Dining** Surrounded by flickering torches and the gentle lull of the ocean, an evening spent dining on the beach is an unforgettable way to reconnect with the one you love. We provide only two of these popular dinners per night, ensuring that you’ll receive the undivided attention of our staff, and the dining locations provide guests with the most stunning evening views. Allow our Executive Chef to customize a menu for you that compliments this one-of-a-kind experience. The romantic dinner includes ½ bottle of Champagne, a bottle of water, hors d'oeuvres, 4-course menu and a private butler (per couple). This experience is available for couples and small groups from May to October. Advance reservations are required.

**Dine-Around Programme** While many guests come to Cambridge Beaches and never leave the resort, some guests choose the Dinner Plan Add-on or the Ahh...Inclusive Plan Add-on. These plans facilitate participation in our Dine-Around programme which permits our guests to exchange dinner at Cambridge Beaches for dinner at Aqua Terra at The Reefs or Bella Vista Bar & Grill at Port Royal Golf Course. On any given night, only a certain number of reservations are available and are awarded on a first-come, first-served basis. The only costs are transportation by taxi from/to Cambridge Beaches and your beverages at the participating restaurants.

**Wines** The Wine List is reminiscent of the property’s style, offering famously lavish old world choices, first growths and new-world choices for every taste with an extensive range of prices.

**Executive Chef** Keith DeShields is an acclaimed and seasoned Bermudian professional with extensive international experience including almost a decade in some of the finest European establishments. Chef DeShields returned to Bermuda in the spring of 2010 to lead the Cambridge Beaches culinary team.
The Breakfast Plan Start your day off right with a full breakfast at Cambridge Beaches. You can also have breakfast delivered for an additional fee and enjoy your first meal of the day on your patio overlooking the water.

The Dinner Plan Add-on is based on person per night for all nights of your stay and consists of the following:
- No minimum night stay is required
- All guests in room must be on Dinner Plan
- Welcome Drink on Arrival
- Breakfast if already included with stay (delivery fee is extra)
- 3-Course Dinner at Tamarisk Restaurant & Terrace and Breezes Beach Bar & Restaurant (seasonal)
- Includes food gratuity (does not include beverages or beverage gratuity)
- Dine-around Programme with Aqua Terra at The Reefs or Bella Vista (based on availability, beverages not included)
- Room service is not part of the Dinner Plan Add-on

The Ahh...Inclusive Plan Add-on is based on person per night for all nights of your stay and consists of the following:
- 4 night minimum stay is required
- All guests in room must be on Ahh...Inclusive Plan
- Welcome Drink on Arrival
- Welcome Amenity (resort choice)
- Breakfast if already included with stay (delivery fee is extra)
- Lunch at Shutters Pool Bar & Bistro and Breezes Beach Bar & Restaurant (seasonal)
- Port O’ Call Bar Menu
- 3-Course Dinner at Tamarisk Restaurant & Terrace and Breezes Beach Bar & Restaurant (seasonal)
- Sushi Tuesdays at Shutters Bistro and Monday Night BBQ at Tamarisk Restaurant (available May to October only)
- Dine-around Programme with Aqua Terra at The Reefs or Bella Vista (based on availability, beverages not included)
- 1 x High Tea Experience per stay
- Unlimited Selection of House Wines, Premium Alcoholic Beverages, Fresh Juices, Water, Soft Drinks, Tea and Regular Coffee at all Restaurants and Bars on Property
- WiFi Property Wide and access to Press Reader
- Access to Gym and Experience Suites
- Snorkeling Equipment and Kayaks from H2O Sports during stay (advanced booking required, seasonal)
- 1 x 25-Minute Back, Neck & Shoulder Massage Sampler at The Ocean Spa per stay (advanced booking required)
- 1 x 3-Day Bus & Ferry Transportation Pass per stay
- Not included in the Ahh...Inclusive Plan
  - Specialty Wines and Champagnes
  - After Dinner Cordials and Specialty Coffees
  - Chef Dinner Specials
  - Room Service
  - Private Candle Light Dinner
  - Special Dinner Events

- The services included in the Ahh...Inclusive Plan are packaged and therefore are non-refundable and non-transferable
- The Ahh...Inclusive Plan may undergo some slight change from one year to another. The hotel reserves the right to effect such changes with one week’s written notice
Reward yourself with a visit to the Ocean Spa, where highly trained therapists will help you reach new levels of relaxation. Just close your eyes and feel the tension slip away. Our treatments blend traditional healing arts with a European flair. Each beauty therapist at the Ocean Spa are qualified to London City and Guilds/NVQ standards, which means you’ll benefit from the latest beauty techniques. We also use the finest products from Aromatherapy Associates of London, UK. Enjoy a muscle-melting massage or visit the Aquarian Baths and sink into a bubbling hot tub or linger in the steam room.

Grab an invigorating workout at our Fitness Centre, which offers the treadmills, steppers and other equipment. You can also take part in weekly yoga classes.

The 10,000-square-foot, two-level European spa and fitness centre provides the perfect oasis; the most tranquil of places, to indulge in one of the many services available, to unwind, recharge or simply rest.

The spa’s upper level; Aquarian Baths resembles a Roman-style solarium with a fully-retractable sunroof and includes:

- Experience suites: crystal mist, aroma steam, sauna, and rainfall shower
- Indoor relaxation swimming pool
- Hot tub
- Fitness centre: cybex fixed and free weights, two treadmills, recumbent bicycle, 1 arc elliptical, rowing machine

The spa’s lower level boasts seven treatment rooms and offers guest’s body treatments, wraps, holistic therapies, a menu of treatments to enjoy together in the romantic couples suite. The Ocean Spa employs a team of gifted and highly trained spa professionals and uses the world’s most sought after products.

**Spa Indulgences:**
- Body therapies
- Facial therapies
- Men only treatments
- Manicure and pedicure services
- Massage therapy
- Waxing services
- Holistic therapies
- Pregnancy treatments

**Spa Products:**
- Aromatherapy Associates
- CND Nail
Sample of Spa Treatments available

**Aroma Stone Massage** This massage combines warm stones with lavender essential oil to thoroughly de-stress & relax. Focusing on the tension areas, this massage will work on the Back, Neck & Shoulders, scalp and feet.

**Ayurvedic Energy** This ancient Indian practice of natural healing is recommended to anyone looking to experience a holistic treatment; it brings deep relaxation, rebalances one's energy and helps expel toxins.

**De Stress Muscle Release** Deeply restorative treatment, using a specific essential oil blend: Black pepper, rosemary and ginger warm the muscles and help disperse the buildup of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory. An intensive massage that works through stiff, tight aching muscles to release pain and tension.

**Renew Rose Pregnancy Massage** Designed to address the developing needs of the mother to be; this Aromatherapy massage helps to relieve the stresses and strains often arising during pregnancy; using nourishing rose oil to provide a balancing and restful experience. *Please note we do not perform massage during the first trimester.

**Heavenly Reflexology** A wonderful combination of relaxing Back, Neck & Shoulder massage followed with Reflexology to give you that heavenly experience.

**Aromatherapy Body Booster** An all encompassing treatment including exfoliation and deeply hydrating wrap. Choose from - **Renew Rose**: Intensely nourishing with rich oils and creams of Damask rose; leaving you truly pampered and spirits uplifted. **Revive Detox**: Sluggish or travel weary; this treatment combines zesty citrus oils to leave you invigorated and energized.

**Essential Rose Facial** With the benefits of Rose, geranium and evening primrose oil, this facial softens, moisturizes and conditions all skin types, especially dry, delicate and finely textured. This treatment helps to boost circulation and promote cell renewal; the result is a smooth, radiant complexion and a relaxed state of mind.

**Balance Facial** Refine and freshen oily and combination skin with this balancing facial. Essential oils of neroli and orange flower help calm irritated or inflamed skin. Ylang Ylang helps regulate sebum production and Lavender and tea tree provide antibacterial benefits. The skin is remineralised, leaving it looking clean, toned and refreshed.
H2O Sports

The best way to see Bermuda is from the water! That is why H2O Sports specializes in creating memorable aquatic experiences. Ideally located at Cambridge Beaches overlooking beautiful Mangrove Bay, the H2O Sports Marina is easily accessible.

H2O Sports has a large selection of boats and watersports equipment available to ensure the best time in and around the island’s beautiful shores. The rental options give you the freedom to explore Bermuda’s west end on your own after a brief orientation from their expert team. H2O Sports offer rentals of 17ft motorboats, Hobie Cats, Day Sailer, kayaks, SUPs, snorkeling gear & fishing gear as well as guided Jet Ski Safaris.

H2O Sports experienced staff are ready to advise you on the best cruising itinerary for the most memorable watersports excursion and are the go-to-place for the ultimate Bermuda watersports adventure!
Groups & Meetings

Get the family together for a once in a lifetime family reunion or memorable celebration. Thinking business? Host a corporate buyout for your employees or an intimate boardroom meeting.

Regardless of the venue or reason, the sumptuous cuisine and extravagant surroundings will deliver a world-class event, ideal for gatherings from 2 to 150 people. For more information, please contact our Sales & Marketing Director.

Weddings

A wedding day is one of the most precious days in a couple’s life. It is either the start or renewal of the commitment to love, honour and cherish each other. Here at Cambridge Beaches we are honoured to ensure that your wedding day is indeed a dream come true and we offer one wedding event only per day to make it very special for the couple celebrating their special occasion.

Our 30-acre property offers many idyllic settings for your wedding from private beaches, rocky shore bluffs to secret gardens & hidden coves. Our Wedding Event Team will be at your service to assist with every wedding detail of your destination wedding. Contact us for further information!
Address: 30 Kings Point, Sandy’s MAO2, Bermuda
Website: www.cambridgebeaches.com

Main Hotel: Phone: 1 441.234.0331 Email: fo@cambeach.bm
Reservations: Phone: 1 800.468.7300 or 1 441.234.0331x242 Fax: 1 441.234.5602 Email: res2@cambeach.bm
Concierge: 1 441.234.0331 Fax: 1 441.234.3352 Email: concierge@cambeach.bm
General Manager: Clarence Hofheins chofheins@cambeach.bm
Resort Manager: Richard Quinn mgr@cambeach.bm
Director of Sales & Marketing: Alexis Roberts dos@cambeach.bm
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