



THE  
GALMONT  
HOTEL & SPA

*Welcome to*

THE  
**GALMONT**  
HOTEL & SPA



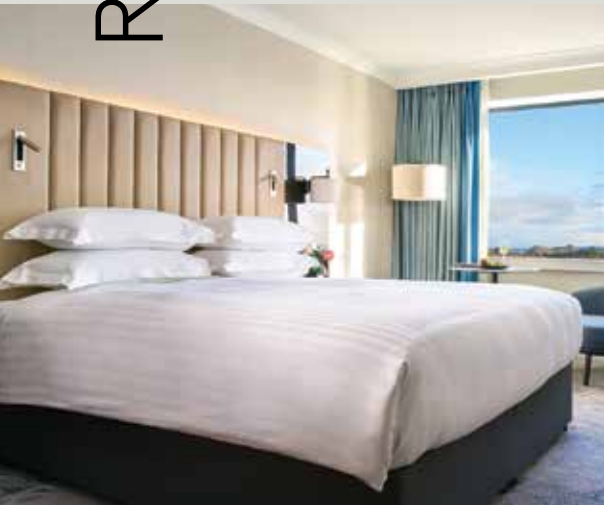
*Set in the heart of Galway city, overlooking Lough Atalia, The Galmont has everything you need for the perfect stay. Great hospitality, wonderful food, luxury accommodation and a warm Galway welcome.*

**MHL**  
HOTEL COLLECTION

*Heart of Galway  
Croí na Gaillimhe*

# ROOMS & SUITES

The Galmont has a range of guest rooms, including Classic, Superior, Family, Business Class and Executive Rooms. All rooms bring together contemporary style and comfort with luxurious Egyptian bed linen, oversized 70% goose down duvets and pillows, with blackout curtains to guarantee a good night's sleep. All rooms are designed for an exceptional guest experience with everything provided for a memorable stay including high speed wifi and premium Elemis bathroom toiletries.



ENJOY VIEWS OF  
GALWAY BAY  
FROM THE TERRACE  
OF OUR EXECUTIVE  
ROOMS.

Executive Rooms, based on Level 5, are spacious and luxurious, with individual terraces and some with panoramic views of Galway Bay.

# FOOD & DRINK



Whether you feel like a coffee, cocktail or craft beer, Coopers Bar & Lounge is a place to relax by the fireplace, overlooking Lough Atalia. Enjoy flavour-packed salads, delicious sandwiches or soups throughout the day.

Come evening, there are steaks and burgers from the grill, alongside Irish stouts, beers, whiskeys and spirits. Coopers also serves a deliciously stylish afternoon tea Thursday to Sunday, packed with sweet and savoury treats.

FROM FIRESIDE DRINKS IN WINTER TO COCKTAILS ON THE TERRACE IN SUMMER, COOPERS BAR & LOUNGE IS GALWAY'S FAVOURITE MEETING PLACE.

From starting the day with our much-loved breakfast to leisurely lunches, afternoon tea and à la carte evening dining, The Galmont Hotel has lots of options when it comes to food and drink.

Marinas Restaurant showcases delicious, locally-sourced food in a relaxed atmosphere. With views over Lough Atalia, Marinas serves breakfast daily. The evening dinner menu is created with seasonal produce and with a focus on seafood from the Wild Atlantic Way, alongside excellent steaks, salads and plenty more.



# MEETINGS & EVENTS

With the largest event spaces in the west of Ireland and a committed team to make sure your event runs without a hitch, The Galmont Hotel is the natural choice for meetings and events in Galway, whether private or corporate.

The flexible Inis Mór Suite, with its warm colours and crushed berry tones is ideal for large conferences and events, where up to 990 delegates can be accommodated for a reception or up to 550 guests can be seated for a gala dinner. It can also be divided into three individual spaces for smaller events. For meetings and presentations, we have six boardrooms.



THE GALMONT OFFERS  
10 EVENT SPACES  
WITH A COMBINED  
SPACE OF  
1200 SQ.M.



For celebrations, our spaces can be adapted to suit your event – whether it's a wedding, a gala ball or a summer party on the terrace. The Burren Suite boasts panoramic views of Lough Atalia and can cater for up to 80 guests, while the elegant Veranda is a unique venue, great for drinks receptions, launches and barbecues.

The Meetings & Events team can work with you to create a successful event with bespoke solutions for training, meetings, conferences, associations and institutions, charity, social events and gala dinners.

# LEISURE & SPA

## spirit one spa

If you're looking for a little extra relaxation, the award-winning spirit one spa is the perfect add-on to your stay.

With an impressive relaxation area, state-of-the-art thermal suite and a team of highly-trained therapists, treatments at the spa come from premium brand Elemis and promise to relax you completely.

The thermal suite has a unique collection of cool, cold, warm and hot thermal experiences to detoxify, moisturise and invigorate your entire body.



AWARDED THE SILVER AWARD FOR IRELAND'S FOUR STAR HOTEL SPA EXPERIENCE AT THE GOLD MEDAL AWARDS 2024



## Energize Fitness & Leisure

Every guest at The Galmont Hotel has complimentary access to Energize Fitness & Leisure, with a fully-equipped gym, swimming pool, children's pool, jacuzzi, sauna, steam room and – our personal favourite – the outdoor hot tub, with therapeutic views over Lough Atalia.

# GALWAY



ENJOY A RELAXING  
STROLL AROUND THE  
CLADDAGH AND ALONG  
THE PROMENADE AT  
SALTHILL TO SEE THE  
BEST OF THE CITY

An unmissable stop on the Wild Atlantic Way, Galway is a vibrant university city rich with culture, famous for music, festivals, horse racing, pubs, restaurants, theatres and more than anything, its people. The famous Galway Bay, the Claddagh Ring and its use of the Irish language make it an unforgettable part of the west of Ireland.



Each summer, the city takes it up a level with a colourful Galway International Arts Festival, two International Oyster Festivals, the Galway Film Fleadh and the hugely popular Galway Races. The city also has golf courses, sporting stadiums, horseback riding, fishing, sailing and cycling.

In Winter, the magical Christmas market returns to The City of the Tribes with an exciting array of artisan stalls, and is just a short stroll from the front door of The Galmont Hotel & Spa in the heart of Galway.





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## BOOKING & CONTACT DETAILS

The Galmont Hotel & Spa,  
Lough Atalia Road,  
Galway, H91 CYN3,  
Ireland

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  @thegalmont

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## DIRECTIONS

The Galmont sits in a central location, overlooking Lough Atalia. Right beside Eyre Square and a minute's walk from the city's train and bus stations, the hotel is close to all the attractions and shopping of Galway city centre.

### *GPS Coordinates*

North: 53° 16' 27.24" / West: 9° 02' 35.40"

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### *By Car*

The Galmont Hotel is in the heart of Galway - a 2 hour drive from Dublin and 90 minutes from Shannon International Airport and Ireland West Airport, Knock.

By car, take the M6 from Dublin, N18 from Limerick and N17 from Sligo.

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### *By Train & Bus*

Just one minute's walk away is Ceannt Station, with daily trains to and from Dublin and Limerick.

Citylink offer non-stop coach services to Dublin City and Dublin Airport.

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### *Car Parking*

There is a car park directly underneath the hotel, with 240 spaces.



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