



Recreation and Self Care at the Old Swan Hotel, Harrogate

The Old Swan Hotel is a four star hotel, with sweeping lawns surrounded by gardens, boutiques and tea rooms and is just a short stroll from Harrogate's town centre. In addition to its gym, pool, secret garden and extensive grounds, its location provides an ideal opportunity for escape and self care from a busy conference.

The Turkish Baths

<https://www.turkishbathsharrogate.co.uk/> are just 6 minutes walk away.

The Valley Gardens

<https://www.valleygardensharrogate.org/> offer a relaxing nature walk at just 8 minutes walk.

Bettys Tearooms

<https://www.bettys.co.uk/cafe-tea-rooms/our-locations/bettys-harrogate> are 9 minutes walk from the Old Swan Hotel

<https://theoldswanhotel.co.uk/> on Swan Road.

The Royal Pump Room Museum

<https://www.bettys.co.uk/cafe-tea-rooms/our-locations/bettys-harrogate> at the other end of Swan Road and only 4 minutes walk.

The Tourist Information Office

<https://visitharrogate.co.uk/index/>

is also housed in this building from which maps may be obtained for local walks and excursions to many places of interest in the area.

For those with more time to spare:

RHS Harlow Carr <https://www.rhs.org.uk> › gardens › harlow_carr

offers a £20 day visit to extensive horticultural grounds which were opened in the 1950s. It is a 35 minute walk or a 7 minute drive from the Old Swan Hotel.

Have a good conference.