

WELCOME



MARINA
ADELPHIA

HÔTEL • CENTRE BIEN-ÊTRE • SPA

Aix-Les-Bains



We wish you a pleasant stay in our hotel. We remain at your disposal for any clarification or information

Whether you come for the first time or you are a frequent visitor , we will always have at heart to offer the best service in a cozy and serene atmosphere.

This booklet is intended to inform you on all the services available to you in our establishment and must be consulted on-site only.

Booklets are available at the hotel reception and costs 39 €.
If it is not in the room when you leave , you will be charged .

Marina Adelpia Spa and Hotel

Ideally located in the middle of the Alps, on the shores of the Bourget Lake. Downtown of Aix-les-Bains and Chambéry is only a few minutes away.

Hotel is open every day 24/24 and offers free and private parking. Free access to the spa for guests staying at the hotel.

Wellness & Spa

The spa has 3 indoor pools heated to +32°C, a sauna, a Jacuzzi and a sports wellness area. Services include a range of more than 30 treatments and massages from all over the world. From 60€ you can enjoy an all access to the spa before or after your appointment.

Restaurant

The restaurant offers you a delicate cuisine, with fresh seasonal goods. Enjoy a large dessert buffet for your lunch and dinner.

Relax and settle down to enjoy snacks, refreshments and our homemade cocktails at our Lounge bar.

ROOM

Standard Room

- 22 m²
- 1 Double bed or 2 single beds
- Mountain view or Lake view
- Electric kettle for Tea and Coffee

Air-conditioned room, a private balcony, Flat-screen TV with Canal +. Free Wifi
From 107 € per night + local tax.

Suites and Family room

- 34 m²
- 1 Double bed or 2 single beds
- Sofa bed
- Mountain view or Lake view
- Nespresso machine for Coffee and Tea

Air-conditioned, Spacious with Desk and a Sofa bed. Large private balcony, Flat-screen TV with Canal +.
Free Wifi
From 137 € per night + local tax.

WAKE-UP CALL

Contact the reception desk (*dial 9*).

AIR CONDITIONING

Adjust temperature and the strength by using the control located on the wall of the room.

WIFI

This establishment has WIFI technology. A business corner is available near the reception desk.

Unlimited and free internet access during your stay.

VOLTAGE

The electrical voltage of the plugs in the hotel is 220 V/50 Hz. Adapters are available at the reception desk.

ADDITIONAL PILLOWS OR COVERS

Additional pillows and covers, on request, at reception.

LAUNDRY SERVICE

On request, transfer your washing at laundry service, rates and time limit at reception

SAFE

Available in your room. The management cannot be held responsible for valuables or cash left in the room. In structions on the safe.

LUGGAGE STORAGE

Available at the reception desk. Please contact the reception desk.

DEPARTURE

Check-out at noon, subject to availability, possibility to keep the room later, rates at reception.

FIRE INSTRUCTIONS

Please follow the instructions on the back of your door room.

BICYCLES

Bike on request, at reception.

CATERING

Restaurant

The chef offers you a refined cuisine made of fresh products that follows the different seasons.

Enjoy a large dessert buffet for lunch and dinner to close your meal.

Enjoy our terrace during the summer season and brunch every Sunday at noon.

Family or group meals for 6 to 100 guests.

Lounge Bar

Relax and settle down to enjoy snacks, refreshments and homemade cocktails.

Service until 11 h 00 pm

Keep in touch with all person and colleagues thanks to the very high speed Wifi by the Lounge Bar.

RESTAURANT "Les Délices D'Adelphia"

Open every day from 12.00 pm to 2.00 pm and 7.30 pm to 9.30 pm. Brunch every Sunday from 12.00 pm to 3.00 pm ask the reception. For room service, see the menu. For information, dial **135**.

BAR "Le Café D'Adelphia"

Open every day from 9.00 am to 11.00 pm

Discover our selection of beer, wine, fruits juice, aperitifs, cocktails and Nespresso recipes; For information, dial **135**.

ROOM SERVICE

Open every day.

For the Restaurant : from 7.00 am to 10.00 am, from 12.00 pm to 2.00 pm and 7.30 pm to

9.30 pm

For the Bar: from 9.00 am to 11.00 pm

For information, dial **135**.

BREAKFAST

Breakfast buffet : at the restaurant from 7.00 am to 10.00 am

Breakfast in your room: from 7.00 am to 10.00 am

For information, dial **135**

RECEPTION

The reception is open from 7 a.m. to 11 p.m. every day.

RECEPTION

To call the front office reception, please dial **9**.

TOURISM

Going out, shopping, tourist visits, practical information, the reception team is ready with suggestions and informations to make your stay in the town and the area easier. For information, dial **9**.

Tourist informations are available on the display at the reception.

ESSENTIALS AVAILABLE

Forget something? We can offer you some basic products that you may have forgotten, at the reception desk. You also have access to an iron and ironing board, mobile phone chargers, hair dryer and straightener For information, dial **9**.

OTHER SERVICES

Wellness and Care

On the shores of Lake of Le Bourget, come and discover this privileged space entirely dedicated to your wellness.

Our 1500 m2 wellness center includes about 30 care-cabins. Enjoy the virtues and benefits of aquatic areas and let yourself be tempted by our wide range of care.

For an hour, a day, a week... With or without accommodation, with or without food, choose your formula and let yourself be tempted by this unique experience.

SPA

A 2000m2 space entirely dedicated to your wellness where relaxation is combined with fitness. Our Spa consists of 3 heated moving water pools +32°C with sauna, Hamman, sports hall, Jacuzzi.

To complete our offer, you can enjoy different classes of aquagym. For example, aquacycling, aquafitness, aquabody...

WELLNESS CENTER, 1st Floor

Monday to Saturday from 10.00 am to 7.00 pm. Sunday from 10.00 am to 4.30 pm

Balneotherapy, massages, face and body cares.

For any information dial **103**.

SPA « ESPACE FORME »

Open every day from 9.00 am to 11.00 pm

Spa, swimming pool, sauna, hammam, jacuzzi, fitness center. Aquagym, aquatraining, aquabiking, aquafitness, aquabody.

For any information dial **165**.

LENDING BRACELETS AND BATHROBES

Bracelets and bathrobes at disposition to go to the Spa, a 50€ bail is applied.

Thanks to turn them back at reception at your departure to recover your bail.

PARKING

Secure car park : Outside and underground car park. For your safety, do not leave valuables in your

car.

SEMINARS, COCKTAILS, FAMILY EVENTS,...

Our commercial service is available from Monday to Friday. Dial **112**.

TAXI

Reservation at reception. For information, dial **9**.

CHANNELS LIST

- **TF1** canal 1
- **France 2** canal 2
- **France 3** canal 3
- **Canal+** canal 4
- **France 5** canal 5
- **M6** canal 6
- **Arte** canal 7
- **C8** canal 8
- **W9** canal 9
- **TMC** canal 10
- **NT1** canal 11
- **NRJ12** canal 12
- **LCP** canal 13
- **France 4** canal 14
- **BFM TV** canal 15
- **CNEWS** canal 16
- **CSTAR** canal 17
- **Gulli** canal 18
- **France O** canal 19
- **HDI** canal 20
- **L'Equipe 21** canal 21
- **6ter** canal 22
- **Numéro 23** canal 23
- **RMC Découverte** canal 24
- **Chérie 25** canal 25
- **Canal+ cinéma** canal 26
- **Canal+ sport** canal 27

- **Canal+ série** canal 28
- **Cine+ frisson** canal 29
- **Disney cinema** canal 30
- **Canal J** canal 32
- **F3 Alpes** canal 33
- **Ushaia TV** canal 34
- **M6 Music** canal 35

International channels

- **3 Sat** canal 800
- **BBC World** canal 801
- **Bloomberg Europe Tv** canal 804
- **Canal 24 Horas** canal 803
- **CNBC Europe** canal 804
- **CNN** canal 805
- **KIKA** canal 806
- **Rai 1** canal 807
- **Rai 2** canal 808
- **Rai 3** canal 809
- **Rai new 24** canal 810
- **TVE** canal 812
- **ZDF** canal 813
- **ZDF Kultur** canal 814
- **ZDF Info** canal 815