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Dear Guest,

On behalf of the Management and Staff, I would like to welcome you to DunLaoghaire and extend to you a very warm welcome to the Rochestown Lodge Hotel.

It is our intention that your stay with us be a most enjoyable and memorable experience. The Rochestown Lodge Hotel is a place where the genuine care and comfort of our guest is our highest priority. Our friendly personable staff are happy to assist you with any queries you may have regarding local amenities, local attractions etc.

Our guest directory contains information that you may find useful during your stay at the Rochestown Lodge Hotel, such as Hotel services, telephone extension numbers, Bar and Restaurant opening times, Radiate Leisure & Fitness facilities and opening hours.

All of our guests enjoy complimentary access to the Radiate Fitness and Leisure Club situated on the Lower Ground Floor which includes a 15m deck pool (until 7pm for children), Jacuzzi, hydrotherapy pool, steam room and sauna and fully equipped gymnasium.

The Lodge Bar & Restaurant offers a traditional warm welcome and first rate friendly service to you and is a great place to enjoy an Irish coffee or the traditional pint of Guinness.

If you require any further assistance or should you at any stage wish to speak to a member of our Management Team please contact reception.

We hope you have a very enjoyable stay with us,

Greg Forrestal

General Manager



Telephone Numbers

A direct dial telephone is located in your room.
Please dial '9' for an outside line.

Reception Dial '0'

Outside Line National/International Calls Dial Direct

(Local calls charged at .40 cent per minute)

For Room to other Rooms Dial 'Room Number'

Room Service Dial '0'

Radiate Fitness & Leisure Club Dial '407'

A list of the most commonly accessed International Dialling Codes can be found below

UK	0044	Germany	0049	Northern Ireland	0044
Austria	0042	Hungary	0036	Norway	0047
Australia	0061	Hong Kong	00852	Poland	0048
Argentina	00374	Iceland	00354	Portugal	00351
Belgium	0032	India	0091	Russia	007
Brazil	0049	Indonesia	0062	Sweden	0046
Czech Rep	00420	Italy	0039	Switzerland	0041
China	0086	Israel	00972	Spain	0034
Denmark	0045	Japan	0081	USA/Canada	001
Finland	00358	Luxemburg	00352		
France	0033	Malta	00356		

Tv Channels

No	Channel	No	
1	RTE1	29	True Movies 2
2	RTE2	30	Horror Channel
3	TV3	31	Travel Channel +1
4	TG4	32	CBS Reality +1
5	3e	33	True Entertainment
6	BBC1 Northern Ireland	34	Chart Show TV
7	BBC Newsroom	35	Chart Show Dance
8	ITV	36	The Vault
9	Channel 4	37	Vintage TV
10	Channel 5	38	Flava
11	5*	39	Bliss
12	5 USA	40	Scuzz
13	ITV2	41	True Drama
14	ITV4	43	More 4+1
15	Pick	44	Channel 5+1
16	Sky News	45	Channel 5 + 24
17	BBC News	46	USA+1
19	CBBC	50	RTE Radio 1
20	CITV	51	RTE 2FM
21	CBeebies	52	RTE Lyric FM
22	RTE Junior	53	RTE Radio na Gea
23	Kix	54	RTE 2XM
24	Pop	55	RTE Gold
25	Tiny Pop	56	RTE Pulse
26	Film 4	57	RTE Radio 1 Extra
27	Film 4+1	58	RTE Junior
28	True Movies 1		



Dining

Breakfast

Continental & Full Irish Breakfasts are served daily in the Hotel Restaurant situated just beyond reception on the ground floor at the following times

- 7am to 10am, Monday to Friday
- 7am to 11am, Saturday and Sunday

Lunch

Our Lodge Bar serves lunch daily, Monday to Saturday, from 12am to 3pm.

Dinner

Our Dinner Menu features a choice of delicious contemporary dishes and is available 7 evenings a week in our Restaurant:

- Monday to Saturday from 5.30pm – 9.15pm
- Sunday Menu is served all day from 12noon to 9.30pm.

Kids Menu available, please ask a member of staff.

The Lodge Bar @ Rochestown Lodge

Enjoy a refreshing drink or a bite to eat in the relaxed atmosphere of the Lodge Bar.

The Bar offers live coverage of all the main sporting events as well as live entertainment every Friday and Saturday night throughout the year.

For local venues, including cinemas, theatres and restaurants, please speak to a member of our Reception Team who will be happy to provide you with information.



Radiate Fitness & Leisure Club @ Rochestown Lodge

Radiate Fitness & Leisure Club is situated on the Lower Ground Floor and is accessible via the lift to the left of reception or via the staircase to the right of reception - www.facebook.com/RochestownLeisureCentre

The Leisure Club facilities include a 15m Deck Pool, Hydrotherapy Pool Jacuzzi, Steam Room, Sauna (over 16yrs only) and gymnasium.

Opening Hours -

- Monday – Friday - 6.30am – 10.00pm
- Saturday, Sunday & Bank Holidays – 8.00am – 8.00pm

Please note -

- The pool is available for children until 7pm daily and children must be accompanied by an adult.
- **Swimming hats must be worn by all guests.** If you wish to purchase a swimming hat, they are available from the Leisure Club Reception for €3 each.
- **Towels** are available for free at the Leisure Club Reception

Dial '407' to contact a member of the Leisure Team.

Please note that pool use restrictions apply during members Aqua Aerobics Classes – Classes take place every Tuesday (10.30 – 11.15 & 19:30 – 20:15) Thursday (10.30 – 11.15 & 19:30 – 20:15) and Friday (10.30 – 11:00)



Health & Safety

Fire -

Please see the inside of your bedroom door for details of the fire evacuation procedures and note your nearest exits. If this information is missing, or should you have difficulty in vacating your room / in hearing the alarms please contact a member of our Reception Team immediately.

Disabled Facilities -

We have several specially adapted guest rooms for disabled guests available on request. If you are likely to have difficulties evacuating the building / hearing alarms, please inform a member of our Reception Team immediately.

First Aid / Doctor / GP / Emergency Services -

Should you require the Emergency Services please contact Reception by dialling '0'.

After Hours Access -

Our Night Porter is on duty throughout the night and our Reception Desk is manned 24 hours. Should the main door be locked, please knock to request access.

Chemist / Pharmacy -

The nearest Chemist / Pharmacy to the Hotel is located at Killiney Shopping Centre, Rochestown Avenue (5 minutes' walk from the Hotel). Opening hours are 9.30am to 18.00pm.

Smoking -

This is a non-smoking hotel. All the guest rooms and common areas of the Rochestown Lodge Hotel are non-smoking. We have a designated smoking area at the front of the hotel.



General Information

Checking In / Checking Out -

Check in is from 2.00pm daily and check out is no later than 12noon. For late departure requests, please contact reception (Note - There is a supplementary charge for this service). Please ensure that you leave your keys with reception on departure.

Wake Up Calls –

To arrange a wakeup call, please contact Reception by dialling '0'.

Internet Access –

Complimentary High Speed Wi-Fi connection is available in all public areas of the Hotel. The WIFI password is located on the back of your key card holder. If you experience difficulty accessing the internet, please contact a member of our Reception Team by dialling '0'.

Housekeeping Services –

Should you require additional pillows or towels, please dial '0' to speak to a member of our Reception Team.

Babysitting Service –

The Hotel offers a babysitting service. Please ask Reception for details (Advance notice required).

Hairdryers -

Hairdryers are in the drawer of your Dressing Room table in your room. Please ensure it is turned off correctly after use.



General Information

Laundry Service -

To avail of our Laundry Service, please complete the Laundry Form located in the drawer in your room, place your laundry items in the Laundry Bag and give both the bag and the form to reception before 9am for same day service (Monday to Friday).

Please note that the Rochestown Lodge Hotel cannot accept responsibility for any loss or damage to articles.

Taxi Service -

Should you require a Taxi, please dial '0' for Reception and a member of our Reception Team will organise a car for you as quickly as possible.

Should you need to book a taxi in advance, please contact a member of our Reception Team and they will be happy to arrange this for you.

Bus Service -

The nearest bus stop is outside the Hotel entrance on the right-hand side. This is the #7 Bus Route which operated from Loughlinstown/Cherrywood to Mountjoy Square (City Centre).

This service operates Monday to Friday from 05.40am – 23.30 / Saturday - 06.15 to 23.30 / Sunday - 07.50 to 23.30.

Parking -

Complimentary Parking is available to all our guests in our surface and underground car parks. Please note that guests park their cars at their own risk and the Hotel accepts no responsibility for any theft or damage to vehicles or their contents.



General Information

Banks -

The nearest ATM is located at the Topaz Garage, adjacent to the Hotel.

- Ulster Bank, Rochestown Avenue, DunLaoghaire - Tel : 01-285 4598
- AIB, George's Street, DunLaoghaire - Tel : 01-2844055
- Bank of Ireland, George's Street, DunLaoghaire - Tel : 01 -2800273

Conference / Meeting Rooms –

The Hotel has meeting rooms which can cater for up to 60 people.

For further details, please contact a member of our Reception Team.

Business Services -

Photocopying and email services are available from Reception.

Golf -

DunLaoghaire, Killiney and the surrounding areas offer a wide range of excellent golf courses such as:

- **DunLaoghaire Golf Club** (11.5km) Tel: (01) 272 1866 www.dunlaoghairgolfclub.ie
- **Killiney Golf Club** (1.2km) - Tel: (01) 285 1983 www.killineygolfclub.ie
- **Woodbrook Golf Club** (8.4km) - Tel: (01) 282 4799 www.woodbrook.ie
- **Bray Golf Club** (13.8km) - Tel: (01) 276 3200 www.braygolfclub.com



General Information

Churches -

Church of Our Ladies of Victories, Sallynoggin
(Roman Catholic)

Church of Our Lady of Good Counsel
Johnstown
(Roman Catholic)

St Matthias, Killiney / Ballybrack
(Church of Ireland)

Service Times -

Sat – 9.00am, 18.30pm
Sun - 8.30am, 10am(Irish)
11.30am, 5.30pm

Sat – 10.00am, 19.00pm
Sun – 10.00am, 11.15am
12.30pm

Sun - 10.30am

Vending Machine -

There is a vending machine offering drinks and snacks located on the Ground Floor beside Room 118.

Things to Do and See

Rochestown Lodge Hotel & Spa is ideally located close to the seaside areas of Dun Laoghaire, Killiney and Dalkey as well as within easy reach of Wicklow and the City Centre. Some areas of interest and local attractions include –

Local Sightseeing

- Dun Laoghaire Pier, approx. 5 mins
- James Joyce Tower & Museum, Sandycove, approx. 5 mins
- Maritime Museum, Dun Laoghaire, approx. 5 mins
- DLR Lexicon Library, Dun Laoghaire, approx. 5 mins
- Dalkey Castle & Heritage Centre, approx. 10 mins
- Killiney Hill Park, approx. 6 mins
- Powerscourt Waterfall & Gardens, approx. 20 mins

Family Activities

- Imaginosity, Dundrum, approx. 10 mins
- Airfield Farm, Dundrum, approx. 10 mins
- Lambert Puppet Theatre, approx. 10 mins
- Dublin City Centre, approx. 20 mins
- Dublin Zoo, Phoenix Park, approx. 35 mins
- Glendalough, Co Wicklow, approx. 40 mins
- Tayto Park Theme Park, Co Meath, approx. 45 mins

Entertainment

- Pavilion Theatre, Dun Laoghaire, approx. 5 mins
- Leopardstown Racecourse, approx. 10 mins
- Marley Park, approx. 15 mins
- RDS & Aviva Stadium, approx. 20 mins
- 3 Arena, approx. 20 mins

The Rochestown Lodge Hotel is perfectly located and a short journey to all locations plus on street paid parking is available.

