

THE NICI HOTEL ACTIVITIES

JUNE / JULY 2026
NEWQUAY

JOIN US
Plan your perfect day

PLEASE ASK AT RECEPTION IF YOU HAVE ANY QUERIES

COME AND JOIN US AND ENJOY OUR COMPLIMENTARY HOTEL ACTIVITIES:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30 - 8.30am Sunrise & Sea Wellness Session 5.00 - 7.00pm FREE Surf Lesson Low Tide: 6.14pm (2.1m)	7.30 - 8.30am Sunrise & Sea Wellness Session 6.00 - 8.00pm FREE Surf Lesson Low Tide: 7.17pm (2.3m)	7.30 - 8.30am Sunrise & Sea Wellness Session 1.00 - 3.00pm FREE SUP Tour High Tide: 1.4pm (5.4m)	7.30 - 8.30am Sunrise & Sea Wellness Session 2.00 - 4.00pm FREE SUP Tour High Tide: 2.51pm (5.5m) <i>(Weather dependent)</i>	7.30 - 8.30am Sunrise & Sea Wellness Session 9.00 - 10.00am FREE Surf Lesson Low Tide: 09.47am (2.2m)	7.30 - 8.30am Sunrise & Sea Wellness Session 10.00am - 12.00pm FREE Weekend Hire Low Tide: 10.34am (2.1m)	7.30 - 8.30am Sunrise & Sea Wellness Session 10.00am - 12.00pm FREE Weekend Hire Low Tide: 11.16am (1.9m)

OR EXPLORE THE LOCAL AREA:

 **GREAT WESTERN BEACH**
By foot: 0.2 miles

 **FISTRAL BEACH**
By foot: 1.2 miles

 **PERRANPORTH BEACH**
By car: 8.5 miles

 **ST AGNES HEAD**
By car: 13.8 miles

 **TOWAN BEACH**
By foot: 0.4 miles

 **CRANTOCK BEACH**
By foot: 2 miles

 **PADSTOW**
By car: 16.8 miles

 **HAYLE BEACH**
By car: 25.5 miles

Your stay at **THE NICI Newquay** unfolds at an unhurried pace. Scan and discover more to make the most of your stay on the Cornish coast:

