



BAY BRIDGE

LIFESTYLE RETREAT 汀蘭居

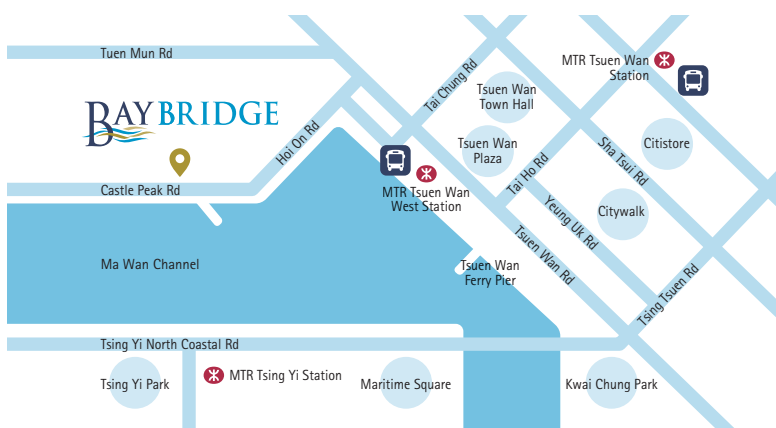
FUEL UP YOUR LIFE

Bay Bridge Lifestyle Retreat is Hong Kong's first urban retreat dedicated to revitalising your personal health and vigour. Break away from the hustle and bustle of city life and enjoy tranquility for the mind and a boost to your body at Bay Bridge Lifestyle Retreat. You will surely emerge soothed, refreshed and refueled after their stay.

With majestic views of the Ting Kau Bridge and stunning sunset vistas, the beautifully appointed hotel and serviced apartment offer 436 spacious studios and suites, and an exciting selection of fitness and lifestyle amenities as well as healthy dining options.

STRETCH OUT IN COMFORT

At Bay Bridge Lifestyle Retreat, we understand the need for space and relaxation to enjoy a true respite from today's stressful urban environment. Ranging from 440 sq ft to 800 sq ft, the studios and suites allow guests to enjoy magnificent sea and mountain views. Bay Bridge Lifestyle Retreat also offers rooms that are equipped with a kitchenette, perfect for those desiring a longer stay. All rooms have complimentary Wi-Fi and a range of amenities that will make your stay hassle free.



LOCATION

- 7-minute drive to MTR Tsuen Wan and Tsuen Wan West stations
- 15-minute drive to Tsim Sha Tsui
- 30-minute drive to Hong Kong International Airport, Hong Kong Disneyland, AsiaWorld Expo
- Complimentary shuttle bus to MTR Tsuen Wan and Tsuen Wan West stations and Tsim Sha Tsui

ROOM TYPES

- One bedroom with sea view
- One bedroom with terrace
- Studio

ROOM AMENITIES

- Complimentary Wi-Fi internet access
- Flat TV with cable channels
- Dedicated wellness and fitness TV programmes
- Complimentary coffee and tea making facilities
- Mini fridge
- In-room safe
- Electric kettle
- Hair dryer
- Bathroom amenities
- Microwave oven
- Laundry and ironing room (Located in basement)

STAY FIT, STAY WELL

At Bay Bridge Lifestyle Retreat, your personal wellbeing is our priority, so we are proud to offer a variety of options to keep your body healthy and your mind at ease.

In addition to a wide range of regular activities, including yoga lessons, fitness classes and hiking tours, we also have a 25-metre outdoor pool, a sauna, and a well-equipped gym.

After your workout or swim, to keep your inner self in equally good shape we have a wide choice of healthy menus at our Bay's Kitchen & Bar. Alternatively, enjoy our carefully selected fitness and wellness TV programmes in your room or pick up a book on themes of wellness, available from the reading corner located in the lobby.

WINE AND DINE

Treat yourself to flavourful international cuisine, sumptuous buffets and a great selection of wine at Bay's Kitchen & Bar, while taking in spectacular views of Rambler Channel and Ting Kau Bridge.

For those striving for a healthy diet, Bay's Kitchen & Bar also features a selection of superfoods, healthy proteins and vegetarian options.



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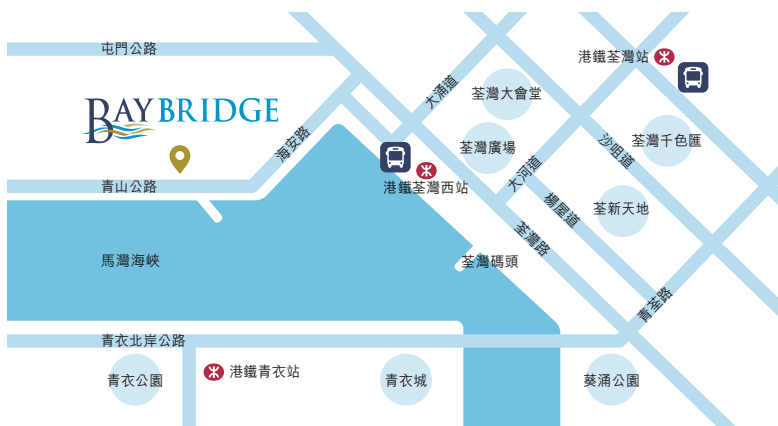
躍動新活

汀蘭居開創香港都市休閒生活之先，為賓客帶來嶄新的身心健康旅程。置身汀蘭居讓您遠離喧囂都市生活，享受心靈恬靜，為身體增添活力。

汀蘭居把汀九橋壯麗景色及迷人日落景觀盡收眼底，樓高12層，配套齊備的酒店及服務式住宅，提供436間寬敞舒適的開放式單位及套房，以及各種健體設施和健康餐飲選擇。

優閒健康 舒適寫意

要遠離當今都市環境壓力，需要充足的空間放鬆自己，才能真正享受休閒時光。汀蘭居提供面積440平方呎至800平方呎的開放式單位及套房，坐擁壯麗海景及山景。部份客房更備有廚房，適合長期入住的賓客。所有客房均設有免費無線網絡連線及各種設施，保證您能享受無憂無慮的住宿體驗。



環抱自然 緊貼城市脈搏

- 港鐵荃灣站及荃灣西站 (7分鐘車程)
- 尖沙咀 (15分鐘車程)
- 香港國際機場、香港迪士尼樂園、亞洲國際博覽館 (30分鐘車程)
- 免費穿梭巴士往返港鐵荃灣站及荃灣西站，以及九龍尖沙咀區

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客房類型

- 一房海景單位
- 一房露台單位
- 開放式單位

客房設施

- 免費無線上網服務
- 平面電視以及有線電視頻道
- 精選健康生活電視節目
- 免費咖啡及茶沖調設備
- 小型雪櫃
- 房內保險箱
- 電熱水壺
- 吹風機
- 浴室用品
- 微波爐
- 洗衣房及熨衣間 (設於地庫)

身心健康 開懷舒暢

汀蘭居以賓客身心健康為先，精心提供多種選擇，讓您保持身體健康，心靈自在。

除了專為汀蘭居住客安排的瑜伽課程、健身課程及健行之旅等活動外，酒店亦設有25米室外游泳池、桑拿房及設備齊全的健身房，提供各種啞鈴及健身器材、跑步機及單車。

鍛煉或游泳後同樣需要保持心境良好，汀蘭居的Bay's Kitchen & Bar為您提供各式健康菜單。此外，您可在客房內選看精心挑選的健康生活電視節目，或到大堂的圖書閣閱讀我們為您精選的健康生活書刊。

盡享美食 開懷暢飲

Bay's Kitchen & Bar全日供應各式國際美食及豐富自助餐，讓您一邊大快朵頤品嚐美酒，一邊欣賞藍巴勒海峽及汀九橋的壯麗景色。

Bay's Kitchen & Bar貫徹汀蘭居崇尚健康的原則，提供一系列健康菜式以及素食選擇。



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