

CONGHAM LIFE

Life in North Norfolk and beyond

A remarkable transformation continues at Congham Hall



The first part of 2016 has seen the latest phase of our ongoing refurbishment. When the hotel changed hands in March 2012 there were many areas in need of improvement so at the start of 2013 we began updating the public spaces, including the restaurant. This year we set about transforming the Meeting Room and 8 of the bedrooms in the main house.

Continuing the theme of 'classic meets contemporary' and drawing direct inspiration from the beautiful gardens, the Writing Room has been painted a deep aubergine with Kernow fabrics in a delicate pattern of scattered ferns from the new Zoffany collection. Using a more modern

palette in the bedrooms, but equally in keeping with the classic Georgian Manor, we see feature wallpaper by Jane Churchill called the March Hare, fabrics from Sanderson, Zoffany and Designers Guild and paint from Farrow & Ball and Little Greene, giving a fresher and brighter feel throughout.

Dandelion, our honeymoon suite, will delight guests with a Kurv feature bath from BC Designs in the bedroom itself, its own sitting room and private balcony overlooking the parkland plus Larkhall wallpaper in a soft colour damask by Colefax & Fowler and flowing silk curtains.

King's Lynn Festival - 17th to 30th July 2016

King's Lynn Festival celebrates its 66th year and continues to feature high quality performances of classical music, recitals, choral and jazz plus talks, exhibitions and films. The festival features internationally renowned performers such as the Czech National Symphony Orchestra conducted by Libor Pesek and uses some of the beautiful venues around the town, including England's largest surviving Guildhall. Tickets are already selling fast so make sure you visit www.kingslynnfestival.org.uk to find out the full programme or call the box office on 01553 764864.



'Normal for Norfolk'

The phrase 'Normal for Norfolk' has been the subject of a BBC2 documentary which follows farmer, Desmond MacCarthy, and family who live in a 17th century manor just outside Cley and are also the owners of the Wiveton Café.

Whilst Desmond is an eccentric, it does leave you wondering what is 'Normal for Norfolk' and where the actual phrase originates from. Apparently, it comes from the medical profession. It is most likely that doctors visiting from outside the county would use it as a form of exasperation with patients who couldn't describe their symptoms and therefore the letters 'NFN' were written on their notes.



The Norfolk Table

Following the success of the cookbook, Suffolk Feast: One County, Twenty Chefs, local food writers Glyn Williams and Tessa Allingham are beavering away on their next edition, The Norfolk Table.

The new cookbook will feature mouth-watering recipes from 20 of the best chefs in Norfolk, plus information on local produce and some spectacular images from across the county. Our very own chef, Nick Claxton-Webb (pictured), will star in the book so we are all looking forward to it being published in the Autumn. Definitely one for the Christmas present list too!





The Night Hunters

We are delighted to announce a new edition to our ever-increasing collection of original art here at Congham Hall, now hanging in the Writing Room. You can find many of local artist Rachel Lockwood's stunning paintings in place around the hotel but we felt this particular piece rather poignant as we have our own resident barn owl living in the wood to the right of the parkland. Usually in the summer around dusk you can see (or hear) him hunting for food.

Rachel's work is available through the Pinkfoot Gallery in Cley:

www.pinkfootgallery.co.uk

Year of The Garden

We are celebrating the Year of the English Garden 2016 by relaunching our garden trail which proved incredibly popular with our guests last year.

The Magnificent Seven Norfolk Gardens takes you to some of the finest gardens in the local area, from stately homes and lavender farms to water gardens and nature reserves. It also includes Congham's own renowned Herb Garden which displays hundreds of varieties of herbs such as Goat's Rue and Buckler Leaf Sorrel. Guests can ask for a copy of the trail at reception or simply download it from our website.

Medieval Lynn is Brought Back To Life

It will be 800 years ago this October that King John died and to mark the monarch's death King's Lynn has opened a multi-million pound attraction which will house many great treasures from some of the rich history of the town. 'Stories of Lynn' is a stunning new exhibition vividly bringing local history to life and will display the King John Cup, a priceless trophy created for the Magna Carta monarch.

King's Lynn was one of the last places visited by King John before he died on 19th October 1216. He was indebted

to the town for its loyalty and granted it a Magna Carta of its own in 1204, eight years before the more famous document was signed at Runnymede. The King John Charter, which will also be on display in the new museum, gave the town the right to rule itself, which transformed it into one of the most powerful ports in the country.

It is a fascinating exhibition and worth a trip if you are staying with us. For further information please visit:

www.kingslynn townball.com

Garden Treatment

Our spa product house, Elemental Herbology, has designed a new signature treatment for our Secret Garden Spa. The Herb Garden starts with an intensive face and décolleté massage providing nourishment to skin, followed by an intensive back massage to ease away stress and finishes with a scalp massage to centre the mind. The 75 minute treatment, priced at £75, features rosemary, mint and lavender from our own garden and essential oils of rose and camomile.

Win a Bottle of Black Shuck Gin

Congratulations to Amanda Ayers who won last season's competition.

We are delighted to be serving Black Shuck Gin, Norfolk's Legendary Spirit, here at Congham Hall. Already a popular drink with our guests, it is best served one part Black Shuck Gin with two parts tonic, an ice cube and a twist of orange zest.

The legend of Black Shuck has many variations. Whilst some believe the ghostly spirit dog, with huge red eyes, acts as a protector of lone women walking the Norfolk coast paths at night, others firmly believe it to be a bad omen. You can read more on the history of Black Shuck at www.thenorfolksloecompany.com.

To win a bottle of Black Shuck Gin, simply answer the following question:

What are the botanicals used to give Black Shuck Gin its unique flavour?

Email your answer to reply@conghamhallhotel.co.uk and we will notify the winner and publish your name in the next edition of our newsletter.



For monthly special offers and news, please sign up to our enewsletter at www.conghamhallhotel.co.uk/subscribe

Congham Hall, Grimston, King's Lynn, Norfolk, PE32 1AH

T 01485 600250 E info@conghamhallhotel.co.uk

www.conghamhallhotel.co.uk



country house
herb garden
restaurant
spa
Congham
HALL