

THE PENINSULA RETREAT

15-16 November 2026

Embrace the natural beauty of the Peninsula and the healing powers of water and nature with Alba's two day Peninsula Retreat.



THE DETAILS

Sunday 15 November - Monday 16 November

Alba Thermal Springs & Spa, Fingal, Mornington Peninsula

THE ITINERARY

SUNDAY

- 11.00am Arrival and welcome
- 12.00pm Picnic lunch
- 1.30pm Guided coastal hike with afternoon tea
- 5.00pm Arrive back to Alba.
Free time to enjoy your villa/room, spa treatment (additional cost) or hot springs
- 7.00pm Dinner with local Peninsula wines at Thyme

MONDAY

- 8.30am Breakfast at Thyme
- 9.30am Free time to enjoy the hot springs
- 11.00am Gentle stretching in The Hide
- 12.00pm Late check out
- 12.15pm Spa treatment (additional cost) or the opportunity to continue bathing

We are supported in this retreat by our partner [Wild Adventures Melbourne](#).

Cost \$595pp including meals, drinks, guided hike, access to the hot springs for two days and wellness activities. Optional accommodation from \$850 per night to stay at The Sanctuary or \$180 per night at The Keith. Alba is a place of tranquillity and relaxation. All activities are optional.

BOOKINGS ESSENTIAL

We have limited availability for this event. Bookings are essential and can be made via our reservations team on 03 5985 0900 or email via reservations@albathermalsprings.com.au