Motel Molly

EXPLORE MOLLYMOOK THIS SUMMER

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MOLLYMOOK NSW 2539

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IN HOUSE EXPERIENCES

IN-HOUSE MASSAGES WITH THE RESET SPACE

Indulge in pure relaxation without leaving your room with in-house massages from our friends at The Reset Space. Whether you are craving deep tension release or soothing relaxation, the team of experienced therapists will tailor each treatment to your individual needs.

Contact reception to book in your massage.

PAINT & SIP

Whether it's a girls' getaway or a couple's retreat, Paint & Sip is the perfect addition to your South Coast escape. This complimentary experience, guided by instructor Tina, invites you to relax, get creative and enjoy a glass of wine - courtesy of our partner Silo's Estate.

When? Saturday afternoons from 2:30pm.

Paint & Sip is also available for group bookings upon request. To learn more or reserve your spot, add 'Saturday afternoon Paint & Sip' to your reservation when checking out online or contact reception. T&Cs: spaces are limited, and attendance will be confirmed prior to your Saturday paint & sip session.

Reset at Motel Molly

SUNDAY MORNING YOGA

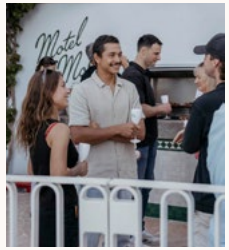
Held just footsteps from Mollymook Beach, instructor Tina will guide you through a complimentary class designed to leave you feeling calm, refreshed, and ready for the day ahead.

When? Sundays at 8am. To learn more or reserve your spot, contact reception.

BEACH PICNIC WITH SALT & SPENCER

We have teamed up with Salt & Spencer to create the ultimate beach picnic on Mollymook Beach. Enjoy fresh wraps and delicious snacks while you unwind under a Sunday Supply Co. cabana.

To reserve your beach picnic, simply contact reception and we'll take care of the rest.



WEEKLY BEER & BUBBLES

Join us from 4:30pm on Wednesday and Friday nights for a complimentary experience tasting a range of delicious beers and glasses of bubbles thanks to our partners Dangerous Ales and Silo's Estate.

**T&C's – 1 taste per person. Disclaimer – Motel Molly encourages the responsible service of alcohol.*

ACTIVE ADVENTURES

BUSHWALKS

Mollymook has a great selection of bushwalks to choose from showcasing the incredible views of the coastline.

For the brave at heart, why not try the Pigeon House Mountain Didthul Summit? Or if you're after a more leisurely stroll, the Narrawallee Inlet Walking Track never fails to enrapture nature lovers.

TIME TO TEE UP

Mollymook boasts not one, but two award-winning golf courses. Tee off at the stunning nine-hole Beachside Course or test your skills at the breathtaking, 18-hole Beachside Course, known for its incredible coastal views.

Don't worry if you don't have your own gear, clubs and carts are available for hire.

ADVENTURE AWAITS

Discover the local area with ease on one of Motel Molly's complimentary cruiser bikes available for hire. Coast along the shoreline, feeling the wind tousle your hair and the sea breeze embrace you.

WINE & DINE

GWYLO

Shop 2/85 Tallwood Avenue, Mollymook Beach

Just minutes from Motel Molly, Gwylo brings together the best of Asian street eats, classic tunes, signature cocktails and house brews - all under one roof. With woks firing, grills smoking and lights set low, it's the perfect spot to settle in for big flavours and dishes designed to share.

NOMAH

6/41 Wason Street, Milton

Get a taste of the Middle East on your next South Coast getaway at NOMAH. Expect vibrant flavours, rich culture and a shared dining experience designed to be both fun and memorable.

SALT & SPENCER

72 Golf Avenue, Mollymook

Wander straight off the sandy shores of Mollymook Beach and into Salt & Spencer. From light bites and freshly brewed coffee to vibrant breakfast and lunch menus, signature cocktails, live music and special events, there's always something happening - indoors or out. Inspired by the essence of Mollymook's coastal beauty.

MILK HAUS

170 Woodstock Road, Woodstock

Milk HAUS is a charming garden-to-plate eatery on the outskirts of historic Milton. Set within a beautifully restored 19th-century cheese factory, it's home to a wholefood kitchen serving a thoughtfully curated, seasonal and sustainable menu for curious, conscious diners.

ALONG THE COAST

MOLLYMOOK BEACH

Stroll along the golden sands of Mollymook Beach, just footsteps from Motel Molly. Spend your day swimming, surfing or simply soaking up the sun - with surfboard hire available during your stay, it's never been easier to dive in and embrace the coastal lifestyle.

SURF THE MOLLYMOOK WAVES

Book a surf lesson during your Motel Molly stay with our friends at Mollymook Beach Surf School, perfect for individuals, families or groups. Lessons for all ages and abilities, ranging from beginner to improver under the watchful eye of qualified instructors.

Enquire online to book your lesson in.

Coastal feel,
mediterranean vibe

However you choose to spend your summer days in Mollymook, we hope this guide helps you discover a little more of what makes this corner of the coast so special. Take your time, enjoy the slower pace and make the most of every sun-soaked moment - Mollymook is best enjoyed one day at a time.

Our amazing team is readily available and delighted to assist with any inquiries you may have.

SHARE YOUR HAPPY SNAPS! @MOTELMOLLY