



Residential Retreat Barns Information Brochure

The beautiful 200 year old converted barns are two miles West of Totnes town centre, situated in the lovely Devon countryside. Eden Rise is managed by the Network of Wellbeing charity.

OVERVIEW

The Network of Wellbeing (NOW) charity acquired Eden Rise through a generous gift in May 2018. NOW continues to use Eden Rise for wellbeing-related residential lettings, hiring out the venue as well as facilitating their own events. The building runs on solar and green energy suppliers, provides fresh filtered water from the onsite borehole, remains toasty through underfloor heating, and uses sustainable and eco-products.

EDEN RISE (THE BARNES)

Compact and cosy, this tranquil property includes; two large bright workshop/lounge halls leading onto a sunny back garden terrace, sleeping quarters on either side of the barns with single (and a few small double) beds, two secluded heated bell tents positioned on our green terraces (also used as a camping ground), ample shower and toilet facilities, large ground floor kitchen/dining area with terrace doors opening into a sheltered courtyard garden, campfire pit and fire bowl/BBQ, plenty of outdoor seating areas and a separate woodburning sauna facility. If you would like to view the property please contact us to arrange a suitable time.

ACCOMMODATION:-

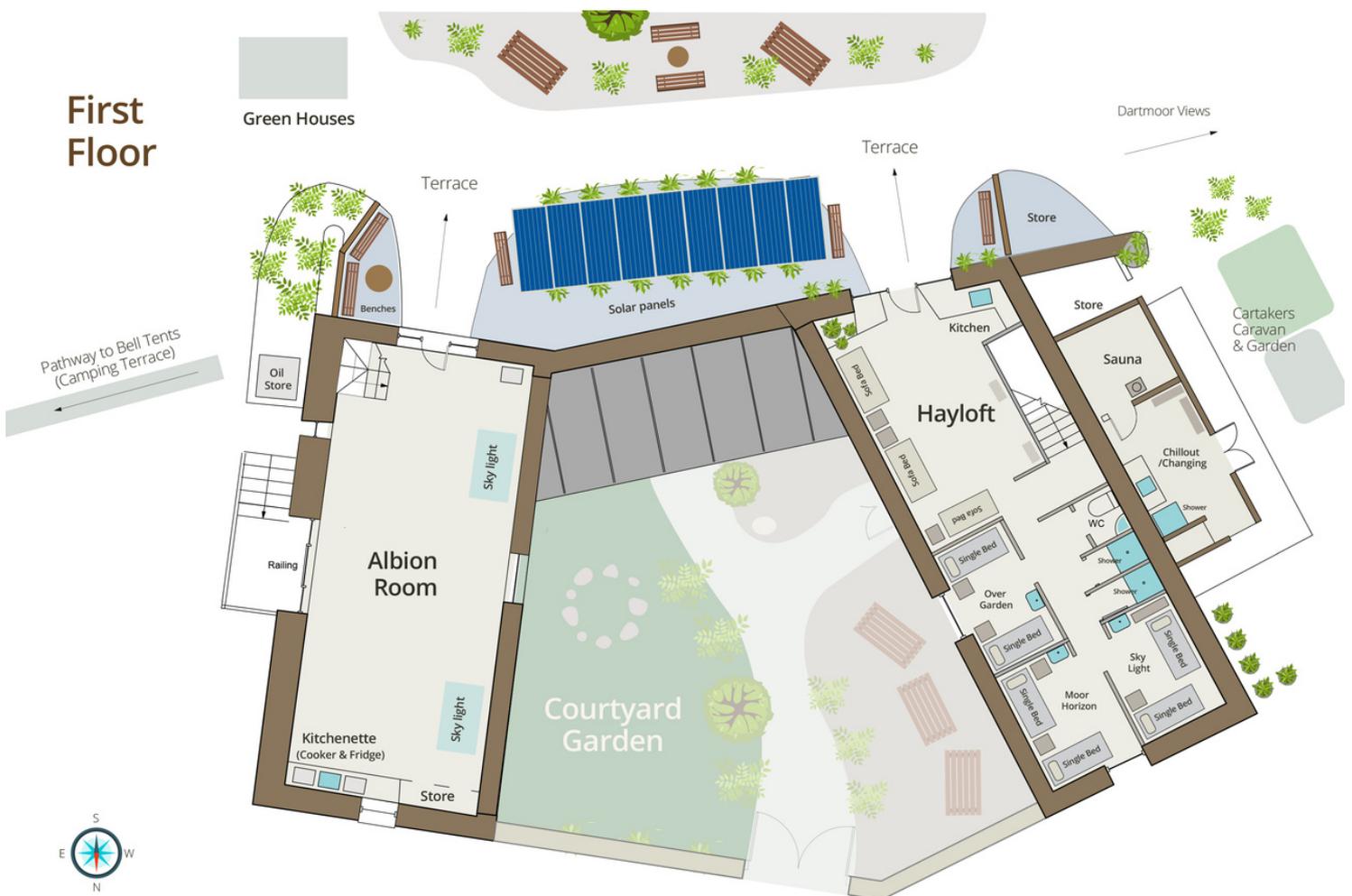
Eden Rise barns sleeps between 17 to 27 people (10-12 single occupancy accommodation available), depending on whether the five small double beds in the dormitory, bell tents and private room are shared. Our two 3M bell tents are available from May - late September, weather dependent, with the grass terraces open to campers the rest of the time. There is also an option to convert one of the hall spaces 'Hayloft' into another dormitory for an extra three people using our double sofa beds (increasing numbers to 27-29 people). On occasion there is the possibility to have a couple of small campervans in the car park for additional fees (see pricing below).

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The East barn upper floor (see venue plan below) includes: the large 'Albion Room' with inspiring high trussed ceiling and a floor space of 11.6M x 5.3M (37'x17'). Hidden from view is a kitchenette with fridge, cooker, oven and sink. There are four large elevated amplified speakers, and terrace doors opening to the back garden overlooking rolling hills.

The West barn upper floor (see venue plan below) includes: the 'Hayloft' lounge room with a floor space of 3M x 6M (9'11" x 19'8") housing 3 double comfy sofa beds, small sink area with a door to the garden terrace. Three twin bedrooms with basins, 2 showers and a W.C. The Upper South Garden Terrace, a suntrap in summer, has outside picnic tables and a large fire bowl/BBQ set. This terrace leads to the sauna facility.





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7 Acre Land to the East

Surrounding the barns you will be greeted with the beautiful Devon countryside, with a few pathways leading to the adjoining land. This is privately owned land called 'Yeoland' with permissible access for Eden Rise guests. You are welcome to wander through, there is a circular path to the moorland lookout (passed the bell tent/camping terrace) and shared access to an orchard and labyrinth, although be aware these spaces are not insured by the Network of Wellbeing charity.

Parking Area

In front and to the left of the building there are spaces for 10 small vehicles, we encourage you to co-ordinate lift shares whenever possible. In this area can be found; a green caravan used for in-house storage, compost loo, recycling and waste bin enclosure, salt/grit container and gas bottles for the kitchen.

Caretakers caravan/s

There are two caretakers living discreetly onsite in caravans on either side of the barns, they carefully look after the building and surrounding grounds. During your stay the caretakers will generally be out of sight leaving you to enjoy your time alone, they may not be onsite all the time. In case you require assistance or there's an emergency, the caretakers mobile number will be provided as well as other managers details.

Sauna Facility

Located to the right of the building, our sauna area houses an electric and woodburning heated sauna, changing area and shower. Wood is not provided, however we can supply firewood for the sauna and also for the campfire and fire bowl/BBQ, pre-orders are required. You are also welcome to bring your own firewood, however please note the woodburner requires 9" or smaller logs. The sauna is run on a meter system and a reading will be taken before and after your visit and charged accordingly.

Sauna use is generally allocated after 6pm each day, if you would like alternative times this would need to be requested and pre-arranged with the venue before your arrival date.



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DOMESTIC AND UTILITIES:-

Bedding – Duvets, pillows, bed blanket and hot water bottles are provided. Please bring clean sheets, duvet covers or sleeping bag, pillow cases and towels. Alternatively linen sets can be provided (duvet cover, bed sheet, 2 pillowcases & towel) at £10 per set.

Retreat equipment such as yoga mats, blocks, bolsters are not provided at the venue.

Kitchen

The kitchen is very well equipped for your own catering requirements and is completed with; a large oak table seating 24, one Rangemaster cooker comprising of 2 ovens and a 5 ring burner, large fridge and freezer, professional food processor, blender and other useful cooking appliances. We also offer an ample collection of complementary tea.

We do not provide catering however we can suggest some local people and businesses, all of whom have cooked at the barns previously:-

The Wild Fig (Janey) 01803 864829 / www.thewildfig.co.uk

The Kitchen Table (Sima) 07583 400998 / www.thekitchentable.org.uk

Dartmoor Larder (Sandy & Steve) 07875 153391 / www.dartmoorlarder

Nandan 07825447860 / nandanoleary@gmail.com

Bini Sharman 07500 900472 / binisharman@hotmail.com (vegan)

Heating

The heating will be set at 20 degrees, which we think a comfortable temperature. If you require it any higher, please let us know in advance as the system needs a few hours to reach temperature. There may be an extra charge for the added electricity cost.

There are extra oil heaters in both halls and most bedrooms in case you need more warmth, however in most cases the underfloor heating is adequate. Hot water bottles are provided under each bed for your heating comfort.

We also provide fleece blankets located in a basket at the entrance hallway which you can use for outside, please do not use your bed blankets for outdoor use.



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Wireless Internet (WIFI)

Available for free at the venue around the entrance and kitchen areas, you can find the code in the entrance hallway. However if you prefer to have the WIFI turned off during your stay, please notify the venue before your arrival and we can switch this setting off.

Sound System & Equipment

There are 4 wall mounted speakers with built in amplifiers in the Albion Room. These produce amazing sounds, however please note that no amplified music is to be played after 11pm. You can plug your laptop or iPod directly into the minijack left out for you.

We also have a flipchart, projector and large screen that can be found in the Albion Room, please bring your own computer leads for the projector and flipchart materials such as paper and pens etc. There is no charge for using our equipment, however any damage must be compensated.

Water

Fresh water is pumped from an onsite borehole, this is UV and ceramic filtered. It contains no chlorine or other additives. Our hot water, an eco-solar and electric system, provides a non-instant supply requiring careful use to meet everyone's needs. We have a timed immersion heating system to make sure you have an ample supply of hot water.

Campfires & Fire bowl/BBQ

There is a ground pit for outdoor campfires in the sheltered garden courtyard, benches and seating are arranged around the space. At the back garden terrace there's also a large fire bowl that doubles into a BBQ. Fire wood for these can be supplied onsite, pre-orders are required before arrival and are sold in half or full wheelie bin amounts.

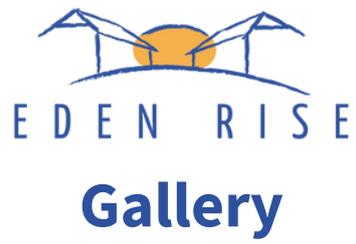
Cleaning and tidying

We take pride in our housekeeping and leave the venue clean and welcoming for all our guests, so we kindly ask that the barns are left as they were found. There are cleaning and tidying guidelines kept in all the bedrooms and written in the Guest Manual, left out on arrival. Equipment and eco products are available for your use throughout your stay and found in the kitchen area (between the toilet and shower).

Accessibility

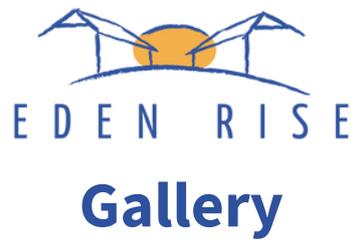
Unfortunately at present the venue is unable to offer suitable wheelchair facilities.

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EDEN RISE
Gallery





EDEN RISE
Gallery





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OUR PRICING

2022 CHARITY RATES (must be a registered charity)

Nights	Basic Cost (10 pax)	Extra People (per person/night)
1N (Tues or Wed only)	£320	£21
2N (midweek Tues-Thurs)	£370	£21
2N	£530	£26
3N	£705	£23
4N	£895	£21
5N	£1,025	£18
6N	£1,145	£16
7N	£1,310	£15

2023 CHARITY RATES (must be a registered charity)

Nights	Basic Cost (10 pax)	Extra People (per person/night)
1N (Tues or Wed only)	£330	£21
2N (midweek Tues-Thurs)	£380	£21
2N	£545	£26
3N	£725	£24
4N	£920	£22
5N	£1,055	£18
6N	£1,180	£17
7N	£1,350	£16

Bell Tents (May - Sept): same rates as above

Camping (Oct - April) / Campervans: £13 per person (only if space allows)

Linen Hire: £10 per set (duvet cover, bed sheet, 2 pillowcases & towel)

Non residential Guests: chargeable at £15 per person per day, however as a residential retreat centre we expect the majority of people to be staying overnight.

A non-refundable deposit of 30% is due at the time of booking, the remaining balance 6 months prior. Receipt of the booking form and deposit will secure your dates at Eden Rise.

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PROVISIONAL RESERVATIONS

Booking dates can be requested in advance, however these dates are not secure or fully confirmed until both the booking form and deposit payment are received. The bookings online calendar will only highlight these provisional dates as pending so other groups can still request them. Dates will be provisionally held for a limited time only, if another group requests any of these dates we will give you 7 days to confirm otherwise you may lose the provisional hold.

ARRIVAL & DEPARTURE TIMES

Bookings start from 5pm on your arrival day and end at 5pm on your last day. This time frame includes turn around periods of the venue in-between groups. Note these timings are for your guests and course participants.

Organisers/Facilitators and their teams are permitted to arrive at 3pm to set up before their group arrives. This set up time will need to be indicated on the booking form, so we can make sure the venue is ready for you. Any earlier times will need to be requested and agreed with the venue prior to confirming, and a charge of £25 per hour will be applied to the initial booking costs.

DEPOSIT & CANCELLATION

A non-refundable deposit of 30% (from the basic minimum cost for 10 people) is due at the time of booking. Once we receive your booking form and deposit payment your dates be secure. Final payment (balance of the basic cost) is due 6 months before the start date of your booking. Deposits are non-refundable, however if you cancel we may be able to refund the deposit if we/you can refill all dates with a booking at full price.

Eden Rise reserves the right to cancel a booking in the event of a breach of our letting agreement or if your activities prove to be in conflict with our ethos. Should you cancel less than 6 months before your bookings date no refund will be available, unless we or you are able to re-let the space at full price. In which case, we will only charge an admin fee of £50 and return the balance of any monies paid so far. Any repayments are only made once the new booking is fully confirmed.



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BALANCE & FINAL NUMBERS

Initial prices are based on a minimum of 10 people. The balance of this payment is due no later than 6 months before the start of your booking. If you have more than 10 persons (extra numbers) and if not already booked in, you will need to notify us and pay for these extra people no later than 7 days before your stay. For retreat and workshop bookings, final numbers and payments need to include all course leaders, course helpers and attending participants.

EVENTS LISTING & SOCIAL MEDIA TAGGING

If you would like help advertising your wellbeing-related retreat on our website, there's an option for you to be listed on our Network of Wellbeing [Events Page](#). These events may then get featured in our monthly email newsletter, which goes out to 5k+ subscribers. We can also share your social media posts if you tag the Network of Wellbeing, mentioning that your upcoming retreat is at Eden Rise - and ideally including an image and link for further information.

Here are the links to our relevant social media handles:

- [Facebook \(5.2+k followers\)](#)
- [Twitter \(19+k followers\)](#)
- [Instagram \(1.7+k followers\)](#)

NEWSLETTER

The best way to keep up to date with our charitable causes, activities and recent news is by signing up to our monthly [email newsletter](#).

SUSTAINABILITY FOCUS

We are constantly improving our green journey and have invested in the provision of the following:-

Hot Water - this is partially solar heated (via solar tubes on the top terrace) and part electric, rather than constantly using instant and on demand.

Electricity - we use a renewable wind energy supplier for our electricity, and have photovoltaic panels on the roof that generates electric for the grid.



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Compost Loo - to recycle our humanure (without the vast waste and expense of energy, using drains, water and electricity in the usual flushing and extensive processing).

Heating - installed underfloor heating throughout the building.

Recycling - we provide bags for all paper and card, tins and plastic bottles, and all compost waste. **Glass is to be taken away by visitors to recycle.**

Ecological Products - are used in all our cleaning wherever possible.

We will continue to monitor our energy and water usage, purchase of consumables, research and learn about environmental problems and ways we can help solve them.

HOW TO FIND US

We are located just off the Plymouth Road about 2 miles outside of Totnes as you head to Avonwick and Plymouth direction. Take the Plymouth Road heading out of Totnes for 2 miles then you will see a small sign saying Sandwell, turn left here. Eden Rise is the second drive on the right, its a steep road up to the barns. The address [Eden Rise, Sandwell Barns, Harberton, Totnes TQ9 7LJ.](#)

If you would like any more information about the venue please contact sylvie@networkofwellbeing.org (Eden Rise Manager)

**Thank you,
Eden Rise Team**

**Network of Wellbeing Charity #295976
www.networkofwellbeing.org/eden-rise**