



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 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 an onsite borehole, remains toasty throughout due to 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 from Oct - Apr), 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 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 - 20 people (10-12 single occupancy accommodation available). Our two 3M bell tents are available from early 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 2-4 people using our double sofa beds. 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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BUILDINGS AND LAND:-

Eden Rise has an entry Courtyard Garden with picnic tables and campfire. The entrance has comfortable sitting, ample coat and shoe racks, phone charging facilities, wifi connection, and information boards. The heating is from under wooden floors throughout the building.

The East Barn lower floor (see venue plan below) includes: Single (or small double) private room with basin, large sectioned bunk room with 2 twin bed 'pods' and 2 small double bed 'pods', with all doors opening out to the courtyard and garden. There are also two showers, two W.C's, wash basins, washing machine and dryer.

The West Barn Lower floor (see venue plan below) includes: Dining Room with large oak table (seating 20) with doors leading into the sheltered garden courtyard suitable for al fresco dining, kitchen with 5 hob range cooker and ample kitchen equipment, first aid corner, shower and W.C, and 4-bedded dormitory room connected to the garden.



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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"x19'8") 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 8-10 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 (for caretakers only), salt/grit container, recycling and waste bin enclosure.

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 cool shower. The electric sauna is run on a meter system and a reading will be taken before your visit and billed accordingly. For hygienic reasons all sauna users are required to bring a towel to sit on.

On your booked dates the sauna will be open from 10am – 9pm for your use. It takes about 30-45mins to heat up the electric sauna, please switch off when you have finished.

Some guests may wish to use the sauna woodburner too for extra heat, however this is not essential. Wood is not provided, however we can supply wood and pre-orders are required. Note: the woodburner requires 9" or smaller logs if you bring your own supply.



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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 £12 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 20, 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, some of whom have cooked at the barns previously:-

Wild Goose Kitchen 07480 514973 / www.wildgoosekitchen.com

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

Nandan 07825447860 / nandanoleary@gmail.com

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

Tamarind Tree / www.tamarindtree.co.uk

Heating

The underfloor heating will be set at 18 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 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 extra 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

2025 WORKSHOP / COURSE RATES

Nights	Basic Cost (10 people)	Extra People (per person/night)
2N (Mon-Wed night only)	£605	£25
2N (limited weekends Dec - Mar)	£885	£30
3N	£1150	£28
4N	£1465	£26
5N	£1675	£24
6N	£1875	£23
7N	£2140	£22

Note: We only accept 3N bookings over weekends (except during December - March where we accept 2N for maximum of 2 bookings per month).

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

Camping (Oct - April): £20 per person / per day

Small Campervans (2 max): £20 per person / per day (extra charge of £7 per vehicle per day if using our electric power supply)

Linen Hire: £12 per set (duvet cover, bed sheet, 2 pillow cases & towel)

Non residential Guests: chargeable at £20 per person per day (available once full capacity of 20 residential guests will be already staying)

Group Arrival from 5pm (Organiser/Facilitator set up access from 4pm if pre-booked)

Early Arrival Rate: £35 per hour (must be pre-arranged and pre-booked)

Firewood

1 x wheelie bin (140L) - £40

½ wheelie bin (70L) - £30

Fire Lighting Kit

£15 per kit

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

Group arrival starts from 5pm on your booking day and ends 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 4pm to set up and settle in before their group/guests arrive. 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 £35 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 will 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 \(6.5k+ followers\)](#)
- [Twitter \(19k+ followers\)](#)
- [Instagram \(2k+ followers\)](#)

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](#).

PETS/DOGS

Due to potential harmful allergies of other guests/visitors and danger to nearby livestock, no guest pets are permitted at the venue. We have a strict no pet policy.

SUSTAINABILITY FOCUS

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

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Hot Water - this is partially solar heated (via our 51 solar panels) and part electric, rather than constantly using instant and on demand.

Electricity - we use a 100% renewable energy supplier for our electricity, and have photovoltaic panels on the roof that generates electric for the grid.

Heating - installed underfloor regulated heating throughout the building.

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).

Composting - all food waste is composted and reused onsite which helps our vegetable garden, soil health and plants.

Recycling - we have a comprehensive recycling system, providing various coloured bins and caddy's to separate recyclables.

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
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