

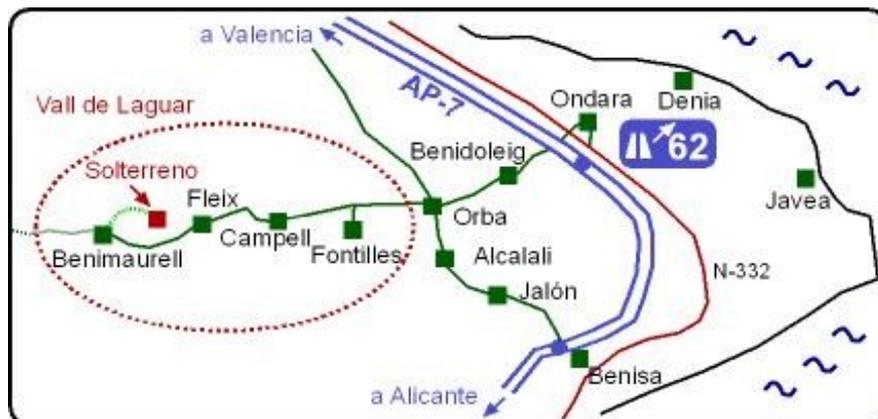
Solterreno, center for mindfulness and healing

Essential Information –

Retreat Center address –

Solterreno Retreat Centre
Benimaurell
La Vall de Laguar
03791 Alicante
Spain
Tel (+34) 660 44 78 40 (Bodhin)
email: bodhin@solterreno.es

Solterreno is about 1km from the typical Spanish village of Benimaurell (La Vall de Laguar) and perched on terraced land surrounded by cherry and almond trees with amazing views to the sea some 20km away. It is the perfect location to immerse yourself in your Retreat, and at the same time taking time out to re-tune to your own body, mind and spirit.



<http://solterreno.com/directions>

La Vall de Laguar -

Means "place of many springs" and refers to the region made up of three villages; Campell (Poble de Baix), Fleix (Poble d'Enmig) and Benimaurell (Poble de Dalt) as well as including the Sanatorio San Antonio de Borja de Fontilles.

The area lies within Marina Alta in the north of the province of Alicante and is some 500m above sea level. It sits between two sierras; on one side we have the "Barranco del Infierno" gorge formed by the passing of the river Girona and on the other, like a huge green sleeping horse is the "Sierra del Cavall Verd and the Sierra del Penyó (800 m)

It is essentially a small agricultural community dedicated to cultivating almonds, olives, figs, carob, oranges and above all cherries. Due to the different harvest time enables these products to support the population of around 1,000 through-out the year.

Solterreno is just 25kms inland from the coastal town of Denía (20min by car) and approximately 116km from Alicante airport and 129km from Valencia airport. It has a typical Mediterranean climate with mild winters and hot summers, softened by the influence of the sea, on clear days you can see all the way to Ibiza. Although close to the coast it is a long way from the noise and crowds, closer to nature and peace and quiet.

Transfers from the Alicante and Valencia Airports (If you plan on driving please ask for another info sheet) –

Alicante Airport, travel and city Information –

Check out the website www.alicante-spain.com for information on the airport bus and transport links, or www.alsa.es/en

We can highly recommend that you take advantage of **Beniconnect** <http://www.beniconnect.com> one of the shuttle services serving Alicante airport. You can book and pay approximately 25€ for a direct link from Alicante airport to The Citrus Bar in Orba. From there it is just 15min in a car or Taxi. We might be able to pick you up, please ask. If not then we can arrange a taxi to pick you up.

Beniconnect Info -

On arrival to the new terminal in Alicante, "El Altet" airport, please make your way out to the main arrival hall and walk straight ahead where you will see on either side of you a lift, to the left there is also an escalator and to the right a staircase all of which will take you down to level – 2 (minus 2). Once down on level -2 you will clearly see the Beni Connect Transfers sign at the reception desk which will be manned by our representatives. Please do not make your way out into the parking bays without first checking in with the representative. They will direct you to the vehicle which will transfer you into resort.

Local Bus Service –

If you prefer the local bus you need to travel via Benidorm or Alicante city. This is useful if you have time and want to spend time exploring the area. The **Benidorm bus** departs from Alicante Airport outside the departure area in Level 2 of the terminal building, the signpost actually says “Benidorm Bus” It runs 13 times per day and the journey is approximately 45 – 60 minutes, you need to get off at the Estacion de Autobuses The cost is currently around 8 euros for a one way ticket and 16 euros for a round-trip and you can buy the ticket directly with the driver at Alicante airport.

www.alsa.es/en

Once at the Benidorm bus station you need to catch another bus to **Ondara** which costs 8 euros for a one way ticket and 16 euros for a round-trip, the journey is between 2 and 3 hours. From Ondara take a taxi up to Orba or straight up to the retreat center near Benimaurell.

From Alicante city you can also catch a bus to Ondara. www.alsa.es/en

For those who need overnight accommodation in Alicante or Benidorm, visit www.booking.com Benidorm is a very busy Holiday Resort with lots of different types of accommodation. Additional nights' accommodation is also sometimes available at Solterreno.

Valencia Airport, travel and city Information –

Check out the website www.valencia-cityguide.com for information on the airport and transport links.

I recommend that you can take the **Bus line 150** from departures into Valencia Central Bus Station (Av. Menendez Pidal 13, it's the first stop) which costs just over a euro. Or hop in a taxi (approximately 15 euros) At the Central Bus station you need to buy a ticket to Ondara, the journey will take approximately 1.40 hrs and costs just over 9 euros one way, or 17.40 euros return. www.alsa.es/en

For those who need overnight accommodation in Valencia, the Ibis Valencia Aeropuerto is located next to the airport. Visit www.ibishotel.com Additional nights' accommodation is also available at Solterreno.

Making your way up to Solterreno – from Ondara or Orba:-

- 1. From Ondara, Bar Chaflan** (for those coming from Valencia or Benidorm or Alicante city). I might be able to arrange a lift, if not then a Taxi. From Ondara, as you get off the bus you will see some taxis. If no one is there ring the 24hr taxi service on 96 576 6899 or Ruben on 690 680 088 and get them to take you to Vall de Laguar (which is the area) and Benimaurell (which is the specific village) It is about a 25 minute trip Ondara-Solterreno and expect to pay about 25 euros.
- 2. From Orba, Bar Citrus (for those using the Shuttle)** From Orba there are no Taxi's waiting so you must pre-arrange for one by phone: Taxi Orba: 649 15 13 43, or I can do it for you. For groups I generally do a free pick up from Orba on the day of arrival, and a drop off after breakfast on the final day.

Weather -

You can check out the latest weather here - <http://en.eltiempo.es/la-vall-de-laguar.html>

Electricity supply –

220v two pin plugs (round pin)

Banks currency –

The currency is the Euro. Credit cards are accepted in most shops, restaurants etc when accompanied by photo ID. There is a cash machine in the village of Campell (about a 40min walk away) so best to bring some cash with you.

WiFi –

The Solterreno Retreat Centre has **limited** wifi on site. However bear in mind that you will be in ideal retreat conditions; so you might want to consider making the best possible advantage of this by maintaining your communication with your work, friends, family to a minimum, ie arriving with practical issues resolved and your nearest and dearest knowing they won't hear much from you during this time!

Doctors –

Private Doctors which can be expensive, so please bring your Holiday insurance paperwork with you. If eligible to use the Spanish National Health Service for emergencies you will need to bring your European Medical card.

Chemists (Farmacia) –

There is a chemist in Campell, about 10min in a car or 40min walking. Many things can be bought over the counter without the need for a Doctors visit. However, as we are tucked away at the top of the mountain please bring what you need with you.

What to bring –

What should I bring to a retreat?

The climate is changeable, so bring a variety of loose, comfortable, casual, layered clothing. Bring outdoor walking shoes as well as slip-on shoes. Bring hat and sunscreen in the spring/summer and/or rain gear in the fall/winter for outdoor walking. A flashlight is a good idea. To be respectful of some people's allergies and sensitivities, please leave behind any scented products (including "natural" scents). You may also want to bring a shawl. It's a good idea to bring ear plugs if you're sensitive to noise.

The Solterreno Retreat Centre is situated 1km (about a 10 minute walk) away from the small village of Benimaurell. The village does have 2 small shops but to ensure you have what you need, please bring everything with you. If stuck, someone from the Retreat Centre also goes out to a larger town every few days and can probably get you most things.

There is a washing machine at the Retreat Centre (small charge)

You need to bring the following items -

- Journal for Reflection
- Note book, pens
- Torch for moving around between the cabins and house
- Swim wear
- Beach Towel
- Hat
- Sun cream
- Water bottle
- Comfortable loose fitting clothes (you will be sitting, lying and moving around)

- Indoor footwear for yoga studio and house
- Walking shoes or trainers
- Camera, there are some stunning views locally

FOOD:-

Nutritious, balanced vegetarian meals are served during the retreat. Since we cannot accommodate individual food preferences, we ask you to eat the meals that are served. However, for those who have medical dietary restrictions and need to supplement our meals please bring your own supplies. We do our best to provide alternatives that suit the needs of those with restricted diets due to medical conditions. If you have medical dietary restrictions, please let the cooks know when you check in at the retreat.

A typical menu could include -

Breakfast –

Rice Milk, Oat milk, Soya milk, cows milk, Tea, Infusions, Coffee.
Porridge or cereal
Toast, butter and jam
Yogurt and fruit

Lunch -

1st course - Salad and vegetarian pate
2nd course - Vegetable Paella
Dessert - Apple and pear compote with raisins
Tea, Infusions, Coffee, bread and fruit

Evening meal -

1st course - Cream of courgette soup
2nd course - Home made Pizza
Tea, Infusions, Coffee, bread and fruit

Will there be snacks available?

We also have a short morning and afternoon break where Tea, Infusions, Coffee and biscuits will be available. There will be some fruit, nuts and biscuits in the dining hall. If you'd like any specific snack food, you should bring it with you. We have limited storage space for dry goods and refrigerated items, so please be sensitive to others who need to use this space because of dietary restrictions. Tea and herb teas are available all day, coffee will be served with breakfast.

Complementary Activities –

During the Retreat you have some free time. So here is a list of complementary activities which might help you round off your stay with us. Payment is in cash.

Massage

Therapeutic 40 €

Relaxing 40 €

Reiki

1 treatment 30 €

We have tried to think of everything you need to know, however if you have any questions please do not hesitate to ask!

Looking forward to meeting you

Bodhin