

# Hermitage Guide



## **Dear guests,**

We welcome you to our little cabin in the woods, we hope you have a wonderfully relaxing stay. Our hope is that you will have the time and space to:  
*Breathe deeply, rest quietly and think clearly.*

We live in the Barn up by the garden, feel free to contact us or pop in if you have any questions. Below is information particular to the Hermitage and the rest of the folder has extra material concerning appliances, the locality and 'retreating'.

## **Parking**

Please park next to our blue Touran in the Courtyard by the Barn. If you have visitors they too can park in the Courtyard or in the National Trust car park out on the road. Other parking spaces are owned by our neighbours.

## **Treargel grounds**

You are very welcome to explore the grounds of Treargel which include the Courtyard by the Barn and the garden through the big double gates by the Piggery back door. Through here you will find; the Labyrinth, the small Chapel, the woods and the Hermitage. The other buildings and spaces at Hendersick Farm are owned by our very friendly neighbours. Please respect their privacy, parking and space but do stop for a chat. There is a small map of the area in this guide to help. If you are interested in some meditative gardening, we always welcome help. Come and have a chat.

## **Boat (the Billy Morgan)**

Unfortunately we are no longer insured for you to use the lovely Billy Morgan. We also recommend you don't drink the water or swim in it. The pond is extremely deep (around 3 meters) and things may lurk beneath the surface! Apart from that, please do enjoy the view.

## **Fire Safety**

In order to make your stay as safe as possible here are a few tips. Please also read the Treargel Guests Fire Safety Action Plan in this guide.

1. In the event of a fire, please get out as quickly as possible to a safe place and call the Emergency Services.

2. Fire exit is the main front door.
3. Don't try to tackle the fire yourself unless you can do this safely. There is a fire extinguisher on the floor by the stove and a fire blanket in the kitchenette. Plus a sand bucket by the barbeque. But don't take risks.
4. In the event of a fire, there is a small torch by the door to help you exit. Please leave it there in case of emergencies.
5. If there is no phone coverage to call for help, do use the horn/whistle to alert people up at Hendersick Farm.
6. There is no public phone nearby and mobile coverage may be patchy. However, if time, you may use the landline at the Barn. If Naomi and Martyn are not in, do ask anyone else at Hendersick Farm.
7. There is a battery powered fire alarm and carbon monoxide alarm in the cabin, these are tested each time a new guest comes to stay or each month.
8. The Hermitage is a no smoking property.
9. Please also don't use candles. There are some battery fairy lights. We know this isn't the same, but there is a lot of dry wood everywhere.
10. Please don't leave the stove unattended and make sure it is safe, placing the fire guard in front when you retire for bed.

### **Safety**

- Take care of the decking when it has rained, as it can be extremely slippery.
- Make sure the curtain doesn't come in contact with the stove when lit.
- In the kitchenette, please turn off the camping stove gas bottle when not using it. The rings are lit by the pilot light, but the grill needs to be lit by a match or lighter.
- Please take care when lighting the BBQ and ensure it is extinguished before you retire for the night. Also, ensure it is not too near the cabin. Extra charcoal is in the bottom shelf of the kitchenette.

### **Compost Loo**

Full instructions for use are hanging on the toilet door. Extra toilet rolls and composting bark are on the bottom shelf in the kitchenette.

### **Water**

There is no running water down by the Hermitage, feel free to collect your water from one of the mains taps in the top garden on the path by the big swing.

### **At the Barn**

- **Cool Box** - There are ice packs in your cool box, feel free to exchange these for freshly frozen ones at the Barn.

- **Showers** - These can be booked for no extra charge at the Barn. But please pre-arrange times just in case we are not in.
- **Electricity** - Ask at the Barn if you need to charge anything (whilst having a shower?) We can also provide a fully charged power pack for your phone.

### **Insects and Country life**

Bugs, spiders, mosquitos, moths etc are a reality here. Feel free to gently (or not so gently) remove them and use insect repellent. Also, try not to leave food on the floor that isn't packaged securely.

### **Fairy lights**

Feel free to turn these off at the solar panel. Same with the light jar.

### **Noise**

If you hear a knocking at night, it may be the boat oars, hanging on the back of the cabin.

### **Heating**

Please ask if you need more blankets etc, there is also a hot water bottle.

Do enjoy the wood stove, instructions if needed, are in this file. Extra bags of wood can be bought in local shops at around £5 e.g. Quayside Fresh in Looe or Premier in Pelynt. But please try to buy kiln dried wood as 'wet wood' is more polluting and soon to be banned. Kiln dried local Ash wood can be bought from us at £6.50 per bag. Feel free to forage for wood, there may also be some in the white bag behind the Cabin.

### **Coastal Path**

To get to the Coastal Path, go back up to Hendersick Farm and down the farm track to the main lane. Go left up the lane 50 yards towards Talland (the opposite way to Looe) and then turn left off at a little track signed 'Hendersick Farm, farm vehicles only'. This will then take you to a small gate signposted for the Coastal Path. Beyond this are some amazing views, walks and the beautiful, nearly private beach of Port Nadler.

### **Shop**

Please help yourself to items from our small 'shop' and leave the money in the honesty jar. Let us know if you have suggestions of what else we could sell.

### **Monday Meditation**

Anyone is welcome to join us (Naomi and Carolyn from The Stables) in Monday Meditation. This is generally a short reading/poem/prayer and 30 minutes silence.

Ask for details of where and when.

### **As you leave**

- Please leave the key in the door or under the mat
- Rubbish or recycling can be brought up to the Barn or left securely in bags under the Kitchenette shelf.
- Leave any used linen in the cabin (or if able, bring to the Barn)
- To help save energy, if there are towels not used, leave them folded
- Turn the gas off at the bottle
- Ash from the fire - leave in the bucket or dig a hole and put it in

### **Feedback**

We are a work in progress, so we would love to know by a note, text or email;

1. What you enjoyed about your stay
2. What would have made it even better

Do also comment in our visitor's book.

### **Staying in touch with Treargel**

If you have enjoyed your stay, please let others know. We rely a lot on word of mouth for publicity. We have a Facebook page 'Treargel Retreats', Twitter @treargel and Instagram account, so do share pictures or comments.

If you would like to encourage others to stay here you can buy vouchers for them at

[www.retreats.org.uk/gift-tokens.php](http://www.retreats.org.uk/gift-tokens.php)

or donate to our bursary held by [www.promotingretreats.org/bursary-fund/](http://www.promotingretreats.org/bursary-fund/)

If you would like to keep in touch and get regular news about Treargel, our monthly Quiet Days and any special offers then do subscribe to our newsletter on our website [www.treargel.com](http://www.treargel.com)

Any other questions, don't hesitate to ask at the Barn or 07931 356 656 for a quick text.

We hope and pray that you have a wonderful stay.

Naomi and Martyn