

Fforest Barn

MOUNTAIN RETREAT

DETAILS FOR RETREAT RENTAL

Teaching/Event Facilities: The main teaching/event space is the Dutch Barn living area (8m by 5 – 40sqm), enough for 14 people doing yoga, or 20+ people in theatre style seating. The room has natural light from a folding/sliding glass door panels, extending into a courtyard (4m by 5m – 20sqm). The courtyard space has an available waterproof canopy to extend the space to 60 sqm in warm weather.

The internal space can be blacked out with a press of a button, with a 2.2m wide projection screen and projector, linked to a built in 5 speaker sound system for computer presentation, with wi-fi link to the internet/Netflix etc.

There are 20 chairs and two folding tables available for use. There are 12 yoga blocks and mats and space to store and access them easily in the teaching space.

The Dutch Barn living space has a kitchenette, fridge and water urn, for instant access to hot and cold drinks. Lighting is dimmable. Heating is via underfloor heating, easily adjusted with an in-room thermostat control. There is full internet access.

Living Facilities: The Dutch barn connects to the Old Barn, with a living room area arranged around an open cone fire, with up to four sofas and window seat – enough for 16 people to hang out at one time.

The open plan space leads to a fully equipped kitchen with dining table(s) for up to 16 people to dine.

There is a 4-seater hot tub, and steam shower available for use all year round.

Accommodation: There are 4 bedrooms (2 in Dutch Barn, 2 in Old Barn) 3 bathrooms, with one on-suite. The heated ecopod is in the barn garden (2 singles or 1 king) accommodating 10/11 people.

In the adjacent Fforest Glen orchard there are 2 gypsy caravans (one with double-bed and one with a single), 'A Shepherds hut known as The Vision' with a double and single bed and its own eco-loo room and basin inside the hut. A tree house with a single bed, each with heating and electric blankets. External accommodation has an adjacent eco-loo and separate shower room.

This gives a maximum of **16** people, based on doubles or two people sharing a room.

New Teacher's Accommodation and Chef-shed

Adjacent to the main barn with access through the garden is a further bedroom (2 singles or 1 king) with its own shower room and a small single chef-shed hut also in the farmhouse garden for the cook. The teacher's accommodation is not included in the barn rental.

FFOREST BARN MOUNTAIN RETREAT, FOREST COALPIT, NP7 7LL

Tel. +44 (0)7815060026 gaby@patrickholford.com

holfordnaturalholidays.com

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Costs of accommodation and use of all facilities

£750+VAT per night: in the Barns, Ecopod & Fforest glen accommodation May – September (max 16)

£550 + VAT per night: in the Barns & Ecopod October – April (max 10/11)

£100 + VAT per night: Teachers Accommodation (max 2)

The single garden Chef-shed is included in all 3-night bookings *

Late check out fee: As of April 26, a fee of £200 will be added on all 2 night retreats.

Fforest glen glamping accommodation is only available to rent from the beginning of May up until the end of September due to seasonal weather.

These costs include:

Accommodation and use of all facilities - sheets & towels, hot tub inc towels, steam shower, one large log basket for barn fires, Eagle's Landing, and garden firepit. Fforest Glen orchard and the use of the yoga field (by arrangement).

Extra Charges:

Chef-shed £25 per night *

Electric car charge £25 per full charge

Camper van £20 per night – limited to one

Tent £15 per night

Extra logs £5 per bag

Catering:

We have two chefs that we recommend and can connect you with. You can also bring your own chef as we do not provide on-site catering. If you do bring your own chef, you will need to include them in the accommodations.

Fforest Barn - Produce and Flowers:

We run a small market garden on site aiming to grow vegetables, herbs, fruits, and flowers to the highest ecological standards. We have deliberately chosen to try and keep venue hire prices affordable, but we expect retreat leaders and chefs to buy our produce where possible. Our garden produce prices for 2026 will be matched with the standard organic market rate.

Payment:

A deposit of 25% of the total cost is required to secure your Retreat booking.

Full payment is required on or before one month of your event start date. For events cancelled with less than 2 months' notice the deposit is non-refundable. (Full details will be provide in your contract terms and T&Cs page on the website.) All fees payable to Holford & Associates Ltd by BACS transfer.

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Bank Details at Nat West:

Account Name: Holford & Associates Ltd

Sort Code: 60-11-01

Account No: 08092079

Parking: There are car park spaces for 8 cars – 1 in an open garage, with power access for charging an electric car. Additional field parking is available in Fforest Glen.

Getting there: Trains from London Paddington to Abergavenny (changing at Newport) takes approx. 2.5 hours. Trains from Birmingham to Abergavenny (changing at Hereford) take 2 hours. Trains from Manchester Piccadilly, direct to Abergavenny, take 2.5 hours. Driving from Hammersmith to Fforest Barn takes approximately 3 hours. The nearest airports are Cardiff or Bristol. Heathrow is 2 hours away by car or train. Taxis from Abergavenny to Fforest Barn (5 miles) cost approx. £16

Outdoor space and walks:

Fforest Barn has a large lawn including sunset fire pit, flat yoga field in the Cabin Garden, Fforest glen orchard and walk to Eagle's Landing lookout with a stunning view and firepit, often used for ceremonies and meditations. There are walks in all directions – from 30 minutes to 2 hours – up mountains, along ridges, in forests – with clear instructions for leading groups. There is no light or noise pollution or need to drive.

Alpacas:

We have four boy alpacas, Tommy, Vincent, Oran and Wolfie who loved to interact with our retreat participants, they can be feed by the gate of the barn orchard in the afternoon.

Visiting Fforest Barn Retreat:

We highly recommend coming to visit before you book your retreat with us.

Although this may not be easy due to distance of where you live it really is the best way to fully understand our retreat space and how it could work for you.

Mid-week visits work best as all the weekends tend to be fully booked

For our location and other local activities, pubs, restaurants etc see details on www.holfordnaturalholidays.com.

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