

## Welcome to Rainbows Reach Retreat.

We are a very small minimalist retreat. We run solely on SOLAR and generator power and have only rainwater tanks as our water supply. This power system copes well with the use of regular items such as the fridge, water pump (for all running water), lights, stereo's etc. Our aim is to give you an experience in SUSTAINABLE LIVING.

The power use is therefore limited to only appliances provided, the use of electric heaters, fans, kettles, toasters & hairdryers is NOT allowed as they would drain the power in the storage batteries within a few hours, disabling the power system. Phone chargers are OK. We ask that everyone is aware of turning off any lights anywhere that are not needed. If there is not sufficient sunshine to maintain power the generator will automatically run as required. Phone chargers & electric toothbrush OK.

It is appreciated that you try to keep your showers as brief as possible and preferably shower during the day (as the pump runs, draining battery power) be aware of all your water usage. Turn off lights when not required. Use candles in main lounge or barn with care, never leave unattended.

**Never take candles into bedrooms & NO SMOKING anywhere inside.**

There is wireless Internet available in gazebo area, limited to email access only. Mobile phone reception is generally very good. It can be very dark at night, so bring a torch.

You will need to bring your own linen set (full sheet set and towels). We prefer you BYO but a set of linen may be hired for \$10 each if necessary.

“Please do not use bed cover as linen.”

To maintain this retreat as an inexpensive venue, we ask that all guests leave their accommodation area and beds as they found them, neatly re-made and tidy.

Rubbish bins emptied.

Floors swept, bathrooms mopped and kitchen tidy.

Where possible we ask that recyclable bottles are taken away by guests for recycling. Create as little rubbish as possible, compost all organic matter into compost bins provided.

Follow toilet-flushing rule or wee on a tree!

The aim of our retreat is to introduce our guests to a new, more aware way of living, understanding the effect we have on the planet in everything they do and use. More clearly recognizing the consequences of each action they choose.

We endeavor to make it as “homely” as possible and to provide all we can, we ask that you treat our home as you would your own home. If there is anything you require during your stay, please don't hesitate to ask your group facilitator.

.....Gillian & Barry.....

## Rainbows Reach Retreat Rates.

Deposit/bond of \$200 is to be paid to secure a booking, nonrefundable if booking cancelled less than 8 weeks before date. (Deposit may be transferable)  
Deposit/bond is refunded after your stay if retreat left clean & undamaged, please do not deduct from your full payment.

If retreat is left very untidy a minimum \$50+ cleaning fee is deducted, any damage costs will also be deducted from bond.

Full payment for your stay is to be made on arrival IN CASH or before arrival if paying by cheque or net deposit.

At least 50% of total catering cost is to be paid 1 week before your stay, the balance as indicated above.

Net Bank details: G & B Vaughan BSB: **637000** Account # : **781003883** .. Greater Bdg Sty

### Accommodation Rates. (BYO catering)

**There is a 8 guest, 2 day minimum rental @ \$100/head weekend rate or \$80/headweekdays** (Same rate even if not choosing to stay the 2 nights)

All weekend/public holiday days are set at \$50/day per person **Arrival after 4pm Fri and departure by 4pm Sunday approx**

If starting before 2pm on the Friday, it would be an extra \$30 per head. Facilitators only, are welcome to come early 2pm on Friday to set up and prepare at no charge **\*by arrangement\***. If booking more than 3 day/night then each extra weekday after the first 3 is charged \$35.00 per head.

Children aged from 4 years to 12 years are half price (under 4 years are free) these charges only apply after the 8 adult guest minimum is met. BYO linen (sheets and towels).. Blankets and pillows provided. (Linen hire \$10 per set)

### Catering Rates.

**All meals quoted are based on VEGETARIAN cuisine. One days meals cover:**

1x breakfast (self serve) eggs, cereal, toast, fruit.

1 x cooked lunch

1 x cooked dinner

Plus herbal teas, coffee & tea. Biscuits and crackers.

A levy of \$5/person/day is charged for providing gluten-free or diary-free foods.

The price of these meals is **\$45 per person per day**. Guests are to serve themselves and wash up there own dirty dishes. For the average 2 day/night stay, meals would be from Friday dinner through to Sunday lunch. ....This would cost a total of \$90.00 per head.

Add these rates to your accommodation rates for your total cost.

## **Rainbows Reach provides the following when catering:**

Diary & soy milk plus dairy yogurt, dairy cheese and a dairy base butter/olive blend spread.

Cereals such as Special K , Vita Brits, Muesli, oats for porridge and eggs.

Normal wheat bread ... brown & multi-grain...

Honey, jam, marmalade, peanut butter and Vegemite.

A selection of fresh fruit.

**I let guests make their own breakfast to suit their liking and time.**

There will be nuts, rice crackers, water crackers for snacks plus hummus or bean dip & cookies. **(BYO extra snacks)**

I provide black tea, green tea and a mix of herbal teas plus instant & ground coffee.  
(BYO special needs)

All the meals are simple & delicious vegetarian, nourishing & home cooked with natural spices, little salt & no known preservatives added.

I provide a cooked meal & often salad for lunch and dinner.  
Sweet treats are provided during the day.

(Facilitators may have input on menu provided prior to stay)

If a recipe needs stock, I use Massel Vegetable "salt reduced" Ultra cubes.  
Gluten free ingredients can be offered by "special request" (at a cost) .

Salads are served with dressing on the side.

If guests require special foods or extra supplies beyond these, they will need to BYO.

The food is portion controlled to suit the number of guests to ensure all are well catered for within the catering budget, I always provide more supplies of food than are needed which gives everyone a greater variety of choice in the cooked meals & things such as cereals, snacks & packet goods. As such any food, candles or cabin supplies left-over, are to remain at the retreat as we use them for future guests or in the main house.

If special needs are required beyond this, then please contact me and we can negotiate the cost of providing further or specialty supplies.

# “Rainbows Reach Retreat” Bedroom Layout

Starting from the first bedroom at the front door of the lodge.

**Room 1:**

Bunk Double bed ..... Single bed .....

**Room 2:**

Single bunk – Top..... Bottom.....

Single bunk - Top.....Bottom.....

Single bunk – Top.....Bottom.....

Single bunk – Top..... Bottom.....

Single bunk – Top..... Bottom.....

**Room 3:**

Bunk: Double bed .....Single bed .....

**Room 4:**

Single bunk – Top..... Bottom.....

Single bunk – Top..... Bottom.....

Single bunk – Top..... Bottom.....

**Annex Rooms:**

**Room 5: Pink room**

Double bed - .....Queen bed .....

**Room 6: Purple room**

Double bed - .....

**Room 7: Green room**

Queen bed - .....

**Room 8: Blue room**

Queen bed - .....

**Room 9: Red room**

Queen bed - .....

## ***Clean up on Departure.***

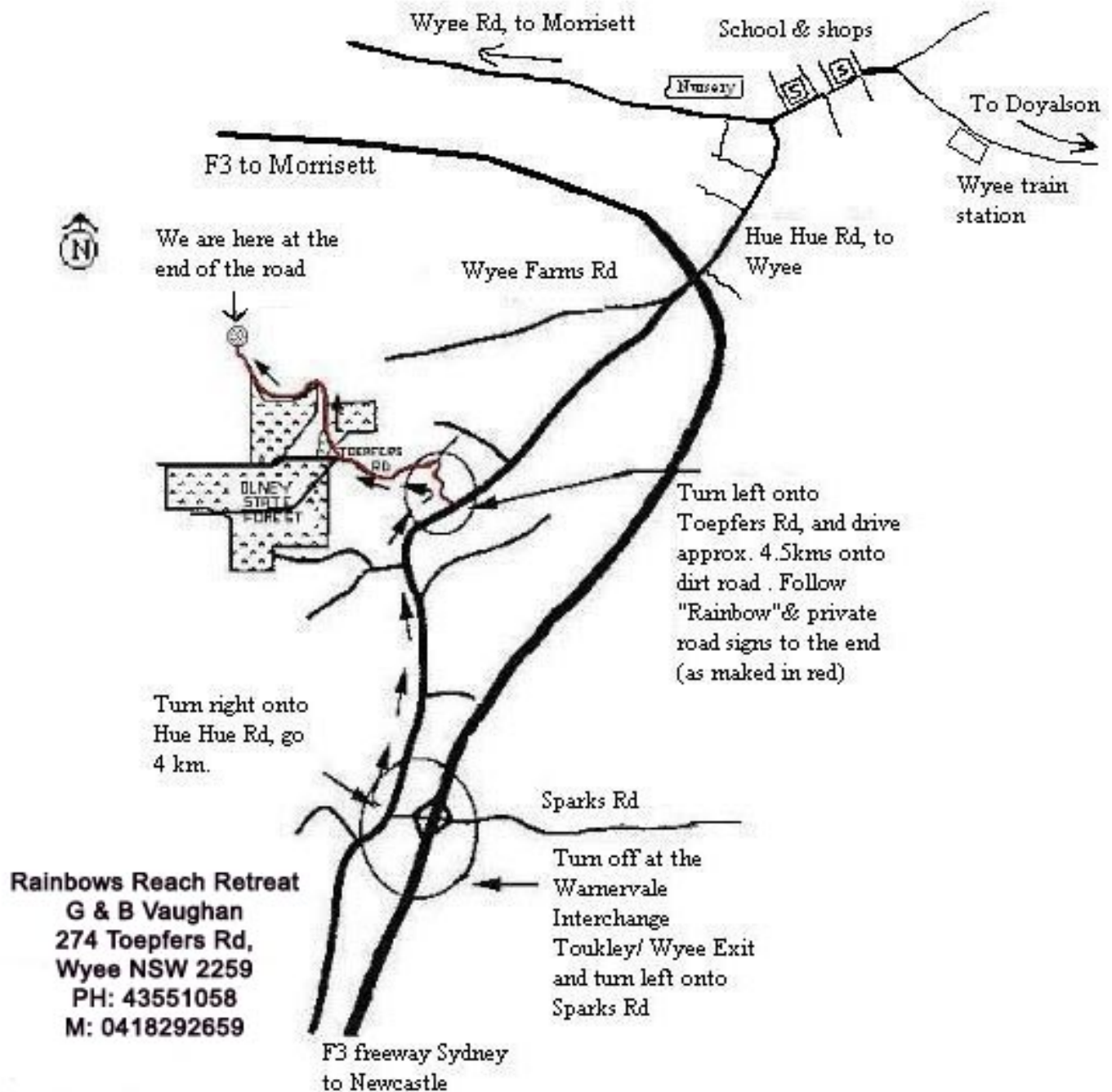
- Sweep all areas throughout the cabin and annex bedrooms.
- Mop the kitchen and bathroom floors.... plus any major spills.
- Leave kitchen as tidy as you found it, wipe down benches & stoves.
- \* Wash-up & put away all equipment used ie: crockery, cutlery and cookware.
- Empty all garbage bins, put rubbish in green wheelie bins.
- Vacuum carpet in barn *if very messy*. (empty bin)
- Re-make beds as they were, with pillow & bedspread + empty bin.
- Return blankets to cupboards or self they came from.
- Return cabin items used in gazebo or barn & leave it tidy.
- Turn off the fridges and wipe out major spills.
- Turn off night-lights in kitchen, bathrooms, lounge.
- Check meditation room is tidy.

LAST THING ..... check all areas for lost property and to check-off this list.

Please inform Barry or Gill of any breakages or damage before leaving. If you chose not to clean-up as requested then a **MINIMUM** \$50+ cleaning fee will be deducted from your bond.

Map to Rainbows Reach Retreat PH: (02)43551058

Visits are by appointment or booking only please.



Take the Toukley/Wyee EXIT, left onto Sparks Rd, drive to end then right onto Hue Hue Rd. Drive on for 4km and take 2nd left Toepfers Rd. Follow road onto dirt for 4.5kms following RAINBOW & PRIVATE RD signs all the way to the end. If coming from the north on F3, you take the Mandalong exit turn left off exit ramp then right at 2nd roundabout to Wyee/Doyalson. At Wyee turn right onto Hue Hue Rd, after freeway overpass bridge take 3rd turn on right Toepfers Rd, follow road 4.5kms to end.