

## Wellbeing in Nature: Just Stay

### What we provide, what you need to bring & optional extras

*If Nature is your teacher, your soul will awaken.*



Goethe

**When you arrive at the parking area, all your kit will be transported down to the riverside meadow in our 4x4. You will then walk down to the meadow through ancient woodland and along the river to get orientated and to relax into the experience. You may wish to have a small backpack, with a drink but the walk will only take up to 30 minutes. Please note that the parking area is approximately one km from the meadow, so make sure everything you need is packed appropriately and can be transported for you. Please only bring with you what you absolutely need. We look forward to seeing you and guiding you to your own special place by the river.**

### **Our Facilities and what we provide to make your experience a special one:**

- 40-acres of ancient Cornish Woodland & 1.5 miles of the River Lynher
- Fully erected 5m Bell Tent with camp beds, rug, mat, eco-solar lantern, carbon monoxide detector, fire extinguisher, first aid kit & wood burner (in the colder months)
- Hammocks with basha shelter
- Fire-bridge with grill & various hangers for pots/kettle & Petromax Griddle/firebowl
- Wood store with supply of wood and natural firelighters to get your fire started
- Drinking water in 300 litre water bowser & 10l water containers per tent
- Seating made from recycled wood & 2 x 6-foot picnic tables lovingly crafted by us
- A-frame with tarpaulin cover & set up parachute to weather-proof firepit area if required
- 2 x composting toilets with eco-friendly loo roll
- Wash area, rain-fed, with eco-friendly hand wash and antibacterial wash
- Kettle and two cooking pots, washing up bowl with scourer, spatula & ladle
- Gas ring and gas (just in case)
- Bins plus hot bin composter for food waste etc
- Eco-friendly washing up liquid and shower gel
- Quirky 'spartan' shower & a solar shower

Your Kit List	
Essential	Optional
Warm clothes and spare clothes (we strongly recommend long trousers and long-sleeved tops)	Camera
Swimwear and towel	Day pack
Sleeping bag	Binoculars
Sleeping mat	Sweets and late-night snacks
Empty pillowcase or pillow	Drinks (we will provide water)
Waterproofs	
Torch/head torch plus spare batteries	
Insect/tick repellent- we use natural ones e.g. Mosiguard Natural or Autan Natural (doesn't pollute the river if you have a swim)	
Stout boots/shoes	
Water bottle	
Food	
Cool box and ice/packs	
Knives, forks, spoons	
Plates, bowls, cups	
Personal medication & hygiene products	We provide eco-friendly handwash, shower gel and wash-up liquid
A spirit of adventure!	

## Just Stay: Optional Extras

During your stay, you may be interested in the following optional extras. There is no hard sell and, if you are interested, the following can be arranged and paid for during your stay with us...

### A Campcraft Guide

Not sure about how to light a fire? Don't know the difference between different fire lays for different purposes? Not sure how to cook on an open fire using a fire-bridge? Want to learn how to pitch a hammock amongst the trees with a basha shelter? Want to learn how to make water safe to drink? Why not let one of the expert guides teach you these campcraft skills during your Just Stay for that richer experience?

**£75.00**

## **Greenwood Crafting- Making**

How does making your own butter knife, spatula and possibly other hand-crafted items sound? Let our greenwood craft expert, Phil, show you how to safely use saws, axes, knives, drawknives and a shave-horse to craft unique items that you can use and take away as you depart Caradon Wood.

**£30.00/person for a two-and-a-half-hour session (Min. Three people)**

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## **Forest Bathing (Shinrin-Yoku)- Being**

*Shinrin-yoku*- loosely translated from the Japanese as bathing in the forest- is the practice of walking slowly through the woods, in no hurry, using ALL the senses to engage with nature. The cathartic benefits of time spent in nature is well documented: Henry David Thoreau referred to the human need for the "*tonic of wilderness*". More recently scientific research has supported the benefits on time spent in nature, both physiologically and psychologically. So why not join your guide and take the time to boost your wellbeing and bathe in Caradon Wood.

**£25.00/person for a two-hour session (Min. Three People)**

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## **Caradon Wood Charcoal**

As a working woodland, managed sustainably and for the wellbeing of this unique natural environment, Greenwood Music regularly make charcoal onsite using our mobile charcoal kiln. Cooking on wood is great, but our quality charcoal will take your open fire cooking to the next level. Why not take a bag or two of our charcoal back home with you for your next barbecue: smoky memories of your Just Stay experience? We make charcoal regularly and if, during your stay, we are doing so, you would be most welcome to check out this ancient process. All proceeds from the sale of charcoal go toward supporting the conservation and management of Caradon Wood and/or to support our social enterprises' social purpose programme that offers Wellbeing in Nature workshops to people with multiple and complex needs.

**£6.50/bag**

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