



Quinta Das Abelhas: Retreat with Nature

Our vision is to create bee sanctuaries, bring back biodiversity and to be a place for people to rest, refresh, explore their creativity and learn from nature. When we first journeyed to the vision of this land we asked the bees for guidance, here is what they shared:

Whispers from the Bees October 2016

The land will re-attune your body
So once again, as you did in the past
You will know yourself as nature
Know this land as your lover
As we the bees do

Do everything in worship to the land
Ongoing acts of devotion
From these well trodden steps
The erotic and sensual leads
Your creativity overflows
Your nectars ripple
To places unimaginable

The water talks to you
The moons governs you
Life an inner creation
The future from within
Where less is more
A freedom is brought forth

Put yourself first
You are a chief, not a follower
Stop looking and learn to be found
Interpret what you have learnt
Through ways unique to you
You are gifted
It is time to share

JOIN US ON SOCIAL MEDIA TO SEE MORE WHAT WE ARE UP TO:

Rewilding Our Planet, Facebook

<https://www.facebook.com/groups/295354594305663/>

Go to photos and Albums for images of the land.

Rewilding Our Planet, Instagram:

<https://www.instagram.com/rewildingourplanet/>

GETTING HERE

FLYING

Porto or Lisbon Airport

From Porto Airport

- The airport is connected to the Metro
- From Porto airport, take the purple Metro line to Porto Campanha (second stop from the end of the Estádio do Dragão line), where the out of city trains leave from.
- Get ticket to Fornos De Algodres - usually via Coimbra.
- Train times: <https://www.cp.pt>. It takes approximately 3.5 hours to get to the land from Porto via train. You can purchase a ticket from the station.
- Google Porto Tube map to help you

We will pick up up from Fornos De Algodres station - please advise us of your train arrival time.

From Lisbon Airport:

- The airport is connected to the Metro
- From Lisbon airport, go on Metro to Lisbon Oriente where the overground trains go - add line
- Get ticket to Fornos De ALgodres.
- Train times: <https://www.cp.pt>. You can purchase ticket at the train station.
- Google Lisbon Tube map to help you

We will pick up up from Fornos De Algodres station - please advise us of your train arrival time.

CAR

Pinned location:

<https://www.google.com/maps/place/anta+de+Corti%C3%A7%C3%B4/@40.6691307,-7.5103285,16z/data=!4m5!3m4!1s0xd3cc121a2411d3f:0x9067e86681f5f05e!8m2!3d40.6707518!4d-7.5053398>

Our address is: Quinta Das Abelhas, Estrada De Cortico, 6370-031, Guarda, Portugal

Please note the address does not take you our place, use the pinned location and the directions below. The nearest motorway is the A25, where you come off at Fornos De Algodres to reach us. From Fornos De Algodres, you drive through Algodres. From here you will pass a sign to Cortico village on the right, do **NOT** follow this sign. Instead continue on this road, and within approximately 1 minute you will see a brown sign on the right with a Dolmen image and the words Corti-

co on. Turn left by this sign. After passing a concrete building and the apple orchard on your left, there is a fork in the road where you take the left track. Further down on the left you will see the sign Quinta Das Abelhas, go down the driveway and there is a clearing on the right to park. From here you follow the track down into the living area.

BUS

Nearest bus station is Fornos De Algodres or slightly further is Celorico Da Beira.

For timetable : <http://www.rede-expressos.pt/>

Bla Bla Car Share: <https://www.blablacar.co.uk/>

COSTS

The daily contribution is £20 or Euros 20 a day covering accommodation, vegetarian food, wifi and basic requirements for the project to run. If you are able to give more based on your personal circumstances this supports the reforestation and log hive making work. Many other scenarios have happened on the land so please make suggestions.

121 CONSTELLATION COACHING

We offer constellation coaching for those coming to the land to support their creativity. These are booked prior to coming to the land as they are held in the valleys Round House and need to be pre-arranged. The session last 2 hours with a pre-briefing before and integration work given after.

The cost for private work is based on affordability: Low income: £70 or 70 Euros, Mid income: £125 or 125 Euros, high income £200 or 200 Euros per session. These can be offered on a weekly basis. The work may be supported by tools appropriate to the individual.

For more details of this work:

<https://www.rewildingourplanet.com/constellationwork>

EVENTS

We run Events in the valleys Round House where places can be booked, see here:

<https://www.rewildingourplanet.com/events>

LENGTH OF STAY

This can be from 1 week to longer. Once we have agreed the initial length of time together, 121 constellation coaching requirements and if you wish to join any events, full payment can be made to confirm place.

If coming for more than one month, then payment for the initial month only is required. Thereafter at the beginning of each month.

PRACTICALITIES

Is about you, your resting time, your creativity, your joy, your comfort. You need to come bringing what you need to support you.

Note the weather is changeable in the mountains and now unpredictable from times gone by. Please check the weather forecast before you come, knowing it can change any moment.

WHAT TO BRING

- Head torch (the land is dark at night apart from the stars and the moon)
- Sunglasses - the sun can shine whatever the season
- There is a lake in the valley if you want to take a dip
- Any special nibbles, items, teas and coffee you would like for your own caravan
- Trainers/land boots for work on the land, walking and hiking
- Work clothes for the land (old clothes that you do not mind being ruined)
- Winter: warm clothes, layers, woolly hat, gloves, wellies, waterproofs
- Summer: it gets hot here so sun hat etc.
- Organic toiletry products to protect the land
- Hot water bottle
- Books for reading

ACCOMMODATION AND LIVING

CARAVANS

- Everyone has their own caravan heated either by a wood burner or gas
- Each caravan has its own gas stove - you have facilities to cook for those days you want time alone.
- The fridges are not on in the caravans - you can collect the food from the main area when you need.
- There are shower cubicles in each caravan - the water does not come through the taps or showers at the moment. You have your own bucket or shower bag by heating up water in your caravan. Water is collected from the taps (by growing area or wood shed) on the land for your own caravan needs. There is also outdoor shower bags for those who like to shower with the trees.
- Collecting wood. You need to chop and collect your own fire wood from the wood shed area and check you have what you need each day.

COMMUNAL AREAS

- We have a shared kitchen, dining and lounge area with a wood burning where we cook and eat together. As a group we use this and take it in turns to cook from whoever feels drawn. It is good to keep this clear from personal belongings. Your caravan is your space for your creativity.
- There is a wood burner in the sharing living and dining space for huddling around on cold nights or we take it in turns to eat within different peoples caravans.
- There is currently no fridge or freezer on the land, we eat fresh food within the time frame required.
- We buy bread once a week for us all. If you have a bread need bigger than this you can walk to the local cafe to purchase for your caravan.
- Coffee, like bread is a community treat together, daily drinking is kept to personal caravans as some people are sensitive to it

- Alcohol - people who come to the land tend not to drink. If you need alcohol then it can be consumed in your caravan. We have communal celebrations where sometimes people have beer or wine.
- We encourage cocoa if you have a favourite supply you wish to bring and share.
- There is no washing machine on the land yet so hand washing is required. For the bigger washes, we do a laundry run every now and then. If you wish to pay 3 Euros, our neighbour can do a load of washing for you.
- There is one compost toilet on the land or you can go into the woods which is good for the land.
- Growing - we have a growing area on the land so depending on time of year we eat from this.
- We love foraging, please bring any expertise.

INTERNET AND RECHARGING

- There is a phone recharging pod in the shared area. Plug in when you need, remember to collect it when recharged so others can use it and we conserve energy
- There is wifi on the land. We will agree times to use it as a group so it is not on all the time for those sensitive to the electro magnetic waves

MUSIC & DANCE

- We love music - please bring instruments and singing to the land
- Any play lists welcomed so we can dance for hours

FOOD

- Food is vegetarian with eggs. If you wish for cheese, fish and meat you can purchase this for yourself in addition to what we offer.
- Please let us know of any dietary requirements you have.

ITEMS ON THE LAND TO USE:

- Yoga mats
- Massage couch

CONTACT DETAILS:

Deborah Richmond

Email: hello@deborahrichmond

Mobile & Whats app for Deborah: 00 44 7817 480915

We and the bees look forward to you being with us.

Deborah & Phil x