



La Solitude
de Pré-d'en-Haut

LIST OF ITEMS TO BRING

- * Sleeping bag and pillow (we provide a mattress cover and pillowcase);
- * Personal effects: toiletries, towel, flashlight, insect repellent
Please spray outside buildings at all times
- * Clothing for all seasons, just in case;
- * Shoes, sandals or slippers for indoors (Tabor);
- * Your own simple food if you have dietary restrictions. Please note there is a fridge at your disposal at La Manne for food brought in;
- * If you have any allergies and/or health problems, please let us know as soon as possible;
- * La Manne is open 24 hours a day. The following food items are always available: eggs, multigrain and white breads, milk, cheddar cheese, vegan soup and/or chili, apples, raw vegetables (carrots, celery), nuts, cereals (All Bran, granola, oats), black and green teas, herbal teas, instant coffee, hot chocolate mix, honey, sugar, salt and pepper.

« La Solitude offers a space of retreat for anyone wishing to pause from everyday life. The experience calls upon simplicity, silence and solitude. The person on retreat is encouraged to enjoy the present moment without distractions. That's why the food is simple, yet balanced (see list above), and why silence and solitude are the order of the day, both in nature and in the cabin. The person on retreat allows herself/ himself to rest in detachment and contemplation of nature. »

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