

Things to bring with you

*Beddings (single bed) ex. sleeping bag, sheet / duvet. We provide mattress cover, pillow and pillow case.

*Personals: towels, toiletries, flashlight, studs or spike shoes. **The site is very slippery**

*Clothes for all seasons....we never know!

*Shoes, sandals or slippers to walk inside (Thabor)

* Your own **identified** simple food can be stored in « La Manne ». **Leave no trace, take all your your food with you** when you leave the site.

* If you have allergies and/or health problems, please let us know before coming.

« La Solitude is your nest to have a pause from everyday life by engaging into Simplicity, Solitude and Silence, the three main values of La Solitude. Therefore, we prepare to eat simply (list above). We are in Solitude in our cottages and on the land. We commit to Silence everywhere! (except in the Thabor, our meeting room). It's a unique experience to live fully, a journey into Simplicity, Solitude and Silence. »



La Solitude

de Pré-d'en-Haut

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