



La Solitude

de Pré-d'en-Haut

Things to bring with you

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

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

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

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

* Your own simple food If you have food restrictions. Please note there is a fridge at your disposal at La Manne for food brought in.

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

*« La Manne » provides you with simple food, available 24h: eggs, bread, yogurt, milk, almond milk, cheese, soup and/or chili, raw veggies (carrots, celery), apples, nuts, cereals (*Bran Flakes, Granolas, Quick rolled oats*), tea, herbal tea, instant coffee, honey, sugar, salt and pepper.

« 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 and a collective journey into Simplicity, Solitude and Silence. »

December 2024