

Getting around at ASSALADOU

Info & house rules



WELCOME

We're glad you're a guest here!

We invite you to relax physically and mentally and wish you a very inspiring, peaceful and enjoyable stay. If we can contribute to this in any way, we will gladly do so! ☺

GETTING TO KNOW THE DOMAIN

With the map of Assaladou at the back of this booklet, you can explore the domain. ☺ If you continue to feel lost, do not hesitate to contact us! We are happiest if you feel at home here as quickly as possible.

CAR ACCESS & PARKING

ACCESS

The domain is accessible for cars **from 8 am to 9 pm**.

If you want to leave earlier or later, please park at the free parking outside the gate.

The day-to-day entrance and exit in summer is through the north gate.

(The south entrance is only for newcomers then.)

PARKING

The free parking outside the gate is not monitored. If you prefer to have your car closer, then you can put it at your tent, caravan, or accommodation for a small fee.

Parking is not allowed on public areas; for example on the Plaza, the BBQ area, or at the pool fence! (See the yellow zones on the map.)

FRONT DESK

RECEPTION ROOM: 9 am - 11 pm

The reception area is not staffed, but is accessible throughout the day to consult brochures, books, or WiFi from **9 am to 11 pm**.

You will find all sorts of useful information, not to mention, our own unique postcards!

Around **10 am** latest your order from the bakery will be available in your assigned box in the bread cupboard.

AVAILABLE BY SMS Text message: 9 am – 1 pm and 6 pm - 10 pm

During the 'availability hours' between 9 am - 1 pm and 6 pm - 10 pm, Kim responds quickly to all your **text messages** for **practical questions** or needs. (*not via chat such as WhatsApp*)

Kim can also come **to the reception** during those hours to help you.

The mobile number of Assaladou is: **0033 6 42 42 35 82**

It is also accessible free of charge with the landline from the reception desk.

For emergencies you can call us day and night.

112 = general emergency number.

WIFI (9 am-11pm) & ETHERNET (24h)

Wifi is available for free in and around the reception from **9 am to 11 pm**.

In the Bugaloft, Grand Gîte and Petit Gîte there are also Ethernet inputs to connect your own laptop or USB tablet to the internet. This works 24 hours a day. Cables and USB connections are available in the reception.

We are at the end of a long telephone line. For a seamless internet connection you don't have to go to Assaladou, but we promise you better connections there! ;-)

Your mobile will usually have coverage on the entire domain. 4G works great here.

BOOK CORNER & FAMILY GAMES: at 9 am and at 6 pm

In the book corner in the reception you will find literature that is beneficial for body and soul.

Always put the books back on the right shelf. This way we prevent children from seeing 'Taoist love techniques' when looking for a book at bedtime.

If you want to take a book to your tent or accommodation, you can do so for free, provided that you register it at the reception. This is possible around **9 am** or around **6 pm**. Books that are not returned will be charged at new price!

LOST & FOUND

At the entrance to the campground's toilet/shower facilities, a rack is provided for lost items, marked with 'lost & found'. All objects lying around are automatically brought to this rack! Please check it upon departure! Due to our small size, we have no 'lost items' service that returns bikinis, bedding, pool toys, etc. by mail. ;)

GUESTS & PETS

Besides Kim & Katrin, there are also a lot of cats living here.
Keep all doors closed because they are more than happy to lie on your bed!

The chickens like a lot of your green waste. If you want to feed them, throw it on the **compost heap at the left-side cornier** in the chicken coop (by the hedge). But do **not** give them **eggshells** please!

Just outside or on the property, depending on the time of year, our neighbor's horses graze. For their health and safety, only give them fully dried/hardened bread!

FOOD

LOCAL BAKER

The baker delivers in the morning on 6 out of 7 days. Please order **before 8 pm** the day before.
At 8 pm our group order leaves promptly for the bakery. ;)
At **10 am** at the latest you will find your bread in your personal box in the bread cupboard.

Attention:

- If you need bread before 10 am, please order before 8pm in the evening 2 days before you'd like your earlier bread.
- The baker does not deliver on Wednesday.

SHOPPING

(see list of markets and map of stores at the back of the booklet)

For fresh products and regional products, we are happy to refer you to Terre Mère, the nearest **cooperative organic supermarket**, where you will find unique regional products.
To get there, turn sharp left at the first traffic lights of Quillan to Brezilhou.

You will find typical supermarkets in Quillan: a small Spar at the station, and on the D118 direction towards Limoux, at the first roundabout is the **Carrefour**.

Plein Champs is a store that only offers **local and meat products** at good prices. You will find it opposite the Intermarché, on the right at the 2nd roundabout on the D118. This is the 1st roundabout after Esperaza.

For the Bio-superette Arcadie, take the 3rd exit there, and drive past the Intermarché to the end of the parallel road with the D118.

You can also visit the various weekly markets where small local producers offer their specialties: delicious goat cheeses, honey, pain de campagne, olives, wine, fruit and vegetables etc. It is worth supporting local farmers this way. (See the **list of markets** at the back of this booklet.)

SELF CATERING CONCEPT

Assaladou has accommodations in which you can cook yourself, or at least use a guest kitchen or outdoor kitchen.

GUEST KITCHEN AND OUTDOOR KITCHEN

In the warmer months, campers with their own cooking pots/utensils are welcome to use the **outdoor kitchen, available behind the Chalet.**

If you came by public transportation or are renting a room, and do not have any cooking utensils with you, you can use the indoor **guest kitchen** (next to the campground shower facilities). You then **rent a kitchen box** with the necessities for cooking and eating, and the pots and pans in this kitchen are then reserved for you.

For the pleasure and convenience of everyone, please leave the kitchen **immediately tidy after each use**. Wash the used pots and pans if possible before you go to the table so that the next person can get started. Also wash immediately after meals, and store everything clean and dry.

In both kitchens you will also find a refrigerator (with priority for those who came by public transport). Write your **name and date** on all personal food items. Use the permanent marker that hangs on a string on every refrigerator. It is useful to put your things together in a box or container with your name on it. If you want to leave something behind after your stay, mark out your name and hand it over at the reception, thank you.

RESTAURANTS & BRASSERIE NEARBY

Don't feel like cooking your own food during your vacation? Or do you want a cozy terrace?

Within a radius of 8 km you have a range of eateries and bars.

- Quillan has many restaurants, including the **pizzerias 'La Galerie' or 'Les Platanes'**.
- In Puivert you will find a cozy Afghan/Indian **restaurant 'Le Pamir'**, where they also offer tasty pizzas.

Moreover, the village has 'Brasserie de Quercorb' as a major asset: a **brewery with delicious artisanal beer**, live music and an international atmosphere. On google maps you will find all the restaurants and bars, with their hours.

INFO

In the reception you will find a lot of tourist brochures against the wall. Feel free to take what appeals to you and get new ideas for trips. Wherever you go, don't forget the famous *Sentier Nature* magical hiking trail *with the Green Labyrinth*, which almost runs right past Assaladou!

Do you enjoy exploring the region on foot or by bike? Ask Kim for the correct maps.

He will gladly lend them to you, with a little explanation.

Keep in mind, we don't always have the most updated tourist information!

It is best to surf the site of the tourism office: **pyreneesaudoises.com**

You can also visit them; they are in front of the train station of Quillan.

LAUNDRY

You can wash your clothes here by hand,

or in one of the local automatic laundries:

- Laverie Quillan, 16 Rue Carnot, 11500 Quillan, open until 8 pm Tel: 00 33 6 50 52 78 01
- at the Carrefour in Quillan, to the right of the building, free access 24/7
- at the Intermarché in Esperaza, left at the building, free access 24/7

WASTE

We invite you (without obligation) to sort your waste.

To do this, look at the instructions on the bins.

The **yellow color** in France stands for **all packaging, metals, thin cardboard and paper**. That also includes all **plastics, such as plastic bottles and plastic wrap**, as well as **yogurt containers** etc ...

And thin **cardboard** packaging, beverage cartons ... almost everything actually.

The **green** color stands for all **glass** (without cap).

Campers:

All *bins* can be found outside at the guest kitchen at the Plaza and at the outside kitchen behind the Chalet. They are regularly emptied by us.

Throw *green waste* in the small white compost bucket provided for this purpose, or in the inside left hand corner of the chicken coop. Chickens will eat anything you would eat while still fresh. No eggshells for the chickens!

Glass (green lids) and thicker corrugated cardboard, such as cardboard boxes, are collected separately in the recycling bins on the Plaza near the campground shower facilities.

Residual waste: outside the gate of the Plaza in the **large brown container** (for black/gray garbage bags).

Guests:

You are responsible for the waste disposal during and at the end of your stay in a caravan, chalet, glamping lodge or holiday home.

If you want to sort:

You can empty green waste on a compost heap (see every **L** on the map)

Sorting containers: only use the mini-container park on the main road (D117), at the center of the village, do not use it in the village itself.

Residual waste: outside the gate of the Plaza in the **large brown container** (for black/gray garbage bags).

Never dump your residual waste in our (too small) communal waste bins at the campground!

THE ASSALADOU WC RULES

Two things that are disastrous for our narrow WC pipes and septic tank:

1) **Long garlands** of continuous toilet paper. Please tear each toilet paper sheet separately from the paper roll. Do not use several tissues folded together. If you need a lot of sheets, then flush in between. Keep in mind that our pipes cannot 'swallow' much at the same time.

2) **Wet wipes** - even if they are supposedly biodegradable. Experience teaches us they clog our pipes in no time.

In the interest of everyone's toilet use, please respect these 2 rules of thumb! These apply without exception to all toilets on the domain; also within the accommodations.

If, despite all this, you notice that a **toilet is not flushing as well**, please let us know immediately. This is the first sign of a blockage!

Wet wipes should not be allowed in the compost toilets either, because of the slow biodegradability! Toilet paper in compost toilets is fine.

FIRE HAZARD!

Smoking is only permitted in **pebbled areas with ashtrays** such as the Plaza (P) with its Lounge (Q), the Barbecue or the terrace (T). In addition, you can only smoke on your own terrace, but not near dry grass! Making fires in the open air is strictly forbidden. Given the frequent extreme drought conditions and the close proximity of forests, a fire hazard is very possible!!

For safety reasons, burning candles is also prohibited outside the pebbled zones.

If it is completely dry in the high summer, you must come and cook in our kitchens. This will be announced. Barbecuing and making a campfire may be arranged with consultation at one of the two BBQ and fire places near the building, depending on the degree of drought at that time.

REDUCE WATER USE

WATER EFFICIENCY

We have not opted for coins or annoying stop buttons on the showers. Nevertheless, for ecological reasons and the regular water shortage in the summer, we do want to cut back on water use. We trust that you as a guest will take responsibility for avoiding excessive water use. Enjoy the benefits of a nice shower and let every drop count.

ECOLOGICAL DETERGENTS, SHOWER GELS AND SHAMPOO

Assaladou has a septic tank. Aggressive cleaning products or soaps have a direct adverse effect on our environment. Therefore, please only use ecological detergents, shampoo and soap/shower gel. If you do not have these available, you can come to us for soothing home-made varieties.

WASTE WATER

Please pour ALL your waste water (old soup, suds, piss pots ☺ etc.) into the well near the brown waste container, at the entrance to the large parking area, just outside the walls of the domain. You can also use one of the toilets if you then leave it immaculate again.

We do not yet have a facility for 'black waste water' (chemical toilet caravans).

Attention! The wells at the water points on the campground are NOT for waste water and are only meant to collect splash water, which then runs directly into the forest!

PLAZA (P)

At the Plaza you are welcome to have a picnic or enjoy good company at the fire place.

The Plaza is also the place to be for evening socializing or in the Lounge.

On Sunday evening we regularly organize a campfire, depending on the degree of drought at that time. You can also 'treat yourself to a campfire' at other times. Contact us if you would like to receive a wheelbarrow of firewood for 10 €.

SILENCE

MUSIC

Portable radios or other electronic music sources without headphones or earphones are prohibited in the open air! We want to preserve the serenity and character of this place.

Assaladou is happy to be filled with sounds of live nature music!

QUIET HOURS from 10 pm (except Plaza)

We think it is very important that everyone has a refreshing night's sleep, unhindered by noise. At the same time, we note that many profound or amusing conversations unfold in the later hours, when the happy cheering of children is already silent. We would naturally like to applaud this! But please come to the Plaza at 10 pm at the latest, so that the rest of the domain can enjoy a quiet night.

Everywhere except on the Plaza must be silent at 10 pm.

On the Plaza you can make plenty of live music, sing and roar loudly until 11 pm. ☺

At 11 pm we ask you to mute all sounds on the Plaza. You can still enjoy the fire or the flickering candle in silence.

From 11:30 pm it must be silent everywhere, including on the Plaza! Exceptions are possible but are announced in advance.

SWIMMING POOL (R)

The swimming pool is open from 9 am to 9 pm.

There is a mandatory shower required before every swim. The swimming pool is therefore not a public bath to come and wash.

Children are very welcome on the condition that they can play/swim in peace. Thanks to our great acoustics ;-), persistent screams or rough fighting in the swimming pool will quickly disrupt the peace of the entire domain & of the neighbors! If the decibels run too high, we will request silence and if that fails, request to leave the pool.

Snacks and soft drinks or alcohol should be consumed OUTSIDE the white gates, at the picnic tables or on the grass. Only drinking water is allowed inside the pool gates!

In the event of an unexpected (rare) inspection, we ask all pool guests to leave the pool immediately.

SAFETY

The pool is surrounded by a white metal fence. Make sure that the gate closes again and again and is REALLY closed! In this way we all ensure the safety of our children and we prevent them from entering without supervision.

Children must **ALWAYS be supervised by one adult. We have no lifeguard!** If more than two families swim together, we ask that a single adult alternately take on the role of "watchman" and not swim.

We also ask that babies, toddlers and preschoolers **ALWAYS wear arm floats or a life jacket** from the moment they enter the white pool fence!

Keep in mind that you **as parents are responsible** for the safety of the children!

For safety in the swimming pool it is of the utmost importance that you immediately take your inflatable toys out of the water when you leave and store it in your accommodation. Dolphins, crocodiles: all super fun! But floating animals and other inflatables without an owner pose a danger because they obstruct the view of those watching other swimmers!

Hang your swim suits and towels to dry on one of the clothes lines on the domain and NOT on the white fence around the pool please!

SWIMWEAR

Swimwear is allowed on the entire property .

For the sake of hygiene, wear real bathing suits and no underwear or shorts or T-shirts that have already been worn out of the swimming pool.

Some guests like swimming without bathing suits, to make their experience of relaxation in nature even more complete. That is allowed. You can sunbathe naked on the right-hand side of the swimming pool (on the sauna side). Nudity is allowed only within the private lying area near the sauna (This only applies when the sauna is not in private rental use).

You can also be naked at your own accommodation if it is not visible from the 'public road' around the domain. The atmosphere in and near the swimming pool is always 100% family-oriented and safe, no matter how the guests are dressed. We will continue to monitor this. Respect and tolerance for everyone's preferences are important elements here.

NATURE SAUNA (R)

The barrel-shaped wood-fired natural sauna with adjoining lying and resting area comes from its own ecological wood workshop and complements the swimming pool.

Sometimes it will be opened to the public on announcement, on days when the weather is not so good. Then it is € 8 per person, with free entry and exit all evening. The clothing code at the public sauna is 'without bathing suits' for a 'pure natural sweat experience'. Towels, beach towels and bathrobes are of course allowed. ;)

In addition, the sauna can also be rented privately at € 40 per 2 hours started. In that case the clothing code is determined by the tenants.

SERENE MEADOW (W) and ACTIVITY MEADOW (Y)

Behind the chalet south of the Glamping Lodges are 2 meadows that are used for organized workshops and events.

As long as no activities are taking place, you can stay there quietly. You can catch your breath. Peace and serenity is protected here. Therefore this is not a place for children to play!

RELAXATION MEADOW (O)

This is the most panoramic location of the domain. Relax on a bench under a tree or enjoy the enchanting panoramic mountain view at the 'Stone Tables'. Also the favorite place to take selfies and other snapshots.

SPICE GARDEN (M)

The herb garden is the private garden of Kim and Katrin. It is only open for select serene activities that require seclusion such as therapeutic sessions, consultation among trainers, personal conversations and herbal sessions.

Thank you for respecting the privacy of this area!

GAME(S)

Here you can go for the easy-going southern French pétanque. Although emergency situations have little to do with jeux-de-boules, this is also 'the place to be' in the event of a **fire alarm or other emergencies!**

VISITORS

After prior agreement, as a guest you can receive visitors here at an additional cost of € 6 per adult per day and € 2 per youth, under 18 years of age. Their cars stay on the exterior unguarded parking lot

ALCOHOL

We want to avoid excessive alcohol consumption, since it quickly disrupts the serene atmosphere. Of course you can enjoy a glass of wine, but we simply do not want alcohol incidents due to excessive consumption at Assaladou.

NON PROFIT PROJECT

As a holiday domain and retreat center, we are small-scale and **cooperative**.

Assaladou is essentially a non-profit retreat owned by Existo association. Therapeutic holidays and retreats regularly take place here. You will often meet members of the association who contribute to our project.

You may also bump into volunteers who are sometimes struggling and come to work here while finding some relief under supervision. Because of their vulnerability, they may not always behave socially. Do not take this personally and see it in the broader perspective of our association - that we also allow vulnerable and disadvantaged people to have a therapeutic experience at this place as well.

Kim and Katrin are the managers of this project. As a coordinator, you will often see Kim around the domain. Katrin mainly works behind the scenes. As a confidant and mediator, she is always available for a private talk. (text message for an appointment to +33 7 83 93 49 39)

Maybe you would like to contribute to our project during your vacation by **lending us a hand**? That is always appreciated, **with no obligation**! You may like to help in the garden, do a job from our DIY list, bring wood for the campfire ... it can all make you feel even more at home here!

If you like our work, perhaps consider a contribution to our association/non-profit organization, in favor of stays for disadvantaged young people and adults experiencing psychological problems. No donation is too small; every bit helps!

WELLNESS FOR SPIRIT AND BODY

One special aspect of Assaladou are the workshops and therapeutic retreats that take place here. Beyond that there are also **à la carte sessions**, which are easier to combine with a family holiday. Consider a gift to yourself or to your family to make you feel even better. Your holiday experience will take a surprisingly deep turn in no time.

Depending on the type of session you want, you can go to Kim and/or Katrin:

Kim gives life coaching sessions in various forms & family constellation sessions.

Katrin offers customized herbal consultations or DIY workshops.

Kim and Katrin together also give EFT (Emotionally Focused Therapy) relationship sessions to couples or to parents and children. Please contact either of them for an informational consultation or to schedule a session.

Consult our list of sessions, which you will find in this booklet.

HERBS

Everywhere in and around the domain, you will find all sorts of medicinal and aromatic herbs and flowers: marigold, mint, wild thyme & marjoram, rosemary, sage, yarrow, St. John's wort, juniper berries, etc. Be mindful and consider this wealth of nature! Also please be careful; some plants are moderate to very poisonous! Avoid picking and eating any that you don't know! Inform yourself first!

Katrin processes herbs into medicines, tea or cosmetics. If this also sparks your interest, and you would like to learn more about it or exchange, feel free to contact Katrin. She will be happy to share some of her knowledge and passion with you! ☺

For extensive personal questions about herbs, or if you want to learn how to make your own remedies or cosmetics, please book a customized herbal session or private lesson with her. (see list of sessions)

We wish you an invigorating stay at Assaladou!

May your breath deepen the silence... and around you it becomes even quieter... each footstep a little slower... each bite tastes even better... the smells and colors of nature enchant you even more... your words and your gaze to each other are even more attentive... the small pleasures make you even more grateful than before...

Welcome!

Kim and Katrin