www.vollwertferien.de

In the South of France, in the foothills of the Pyrenees, we have renovated completely new an old farm from 1876, responding to ecological and environmental aspects of today. Surrounded by 12.5 hectares of beautiful hillsides overlooking the Pyrenees. Meadows, forests and lakes determine the landscape. A small holiday paradise in the middle of nature for vegetarians and beginners of a healthy way of life. Our guests will be able to fill up new vitality and will be able to exchange themselves among peers. Here, children are welcome. The old clay and natural stone walls have been preserved as far as possible. Plenty of wood

on the interior is bringing a comfortable surrounding. You will find a tranquil room climate. Enjoy in full trains and with all your senses the beauty of nature, the mild climate, the living environment and of course the healthy diet. No mass tourism will disturb your holidays here. You will surely spend a sedate time. An adventure for the whole family. **We look forward to your holiday and will do everything to make you feel really comfortable.**



Leisure & Relaxation

You have the opportunity for many activities:

- Outdoor swimming pool (12 x 6 m)
- Natural sauna with wood stove
- Swimming, paddling, surfing in "our" lake and the surrounding lakes and dams
- Morning gymnastics, jogging, golf, tennis, table tennis, horse riding, hiking, canoeing, bicycle tours
- Rock climbing in Montmaurin
- · Reading in the rich library / fireplace room
- Cook and bake bread
- lectures, talks, etc.
- Excursions to the Pyrenees, Spain, Andorra,
- Visit the pilgrimage town of Lourdes or to the Way of St. James
- City walks in Toulouse, St. Gaudens, Auch, Tarbes, Pau ...
- Winter sports in the Pyrenees
- Mountain Tour through the Pyrenees (with or without guide)
- Visit an old grain mill in Gascogne
- Fasting Holidays in nature (see offer and dates)
- foot reflexology

- For your well-being we do (almost) everything







The tree of life

Healthy environment with a lot of sun, fresh air and clean water from the mountains

- Wholefood vegetarian/vegan food with fresh (almost) unprocessed ingredients.
- Physical fitness and mental relaxation.
- Developing a respectful view towards natures creations and a harmonic living between
- humans and animals
- Own vegetable and fruit growing.
- Own bread and cake production.
- · Seminars for body, mind and well-being
- (See offers and dates)

..... as in the garden EDEN

For a healthy diet and health education, the woman of the house (medical-certified health care provider GGB e.V.) takes the responsibility.





We are waiting for you. How to find us:

LANDHOUSE TREE OF LIFE

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<<< Atlantic Mediterranean Sea>>>