



THE RETREAT ORGANISER'S GUIDE

Good food. Shared experiences. Memorable retreats.

Catering, activities & transfers

Choose the finishing touches that bring your
retreat together.

SCOTLAND / IRELAND / ENGLAND
FRANCE / ITALY



SEPTEMBER 2026 / REVIEW DRAFT

Choose your table

Fresh, seasonal food prepared on site by our chefs, with two styles of dining to suit your retreat.

RELAXED, GENEROUS DINING

Seasonal Table

£95 per guest / night*

Full vegetarian menu: £85 per guest / night*

Two-course, family-style dinners

Host/server at all meals, plus general retreat support.

THREE COURSES, BEAUTIFULLY SERVED

Signature Collection

£120 per guest / night*

Full vegetarian menu: £110 per guest / night*

Three-course, plated dinners

Host/server support, with a wider menu selection.

INCLUDED IN BOTH PACKAGES

Morning juice • Breakfast • Lunch • Dinner • Morning and afternoon snacks • Tea and coffee

For retreat leaders Half-price catering. With 20 guests, catering is included for up to two leaders; additional leaders receive half-price catering.

Minimum group
10 guests, excluding leaders.

*Provisional nightly basis. Confirm the charging period and arrival/departure meals. Prices exclude VAT.

From first coffee to afternoon treats

Fresh juice, help-yourself drinks and snacks are included throughout your retreat.



A SELECTION FROM OUR RETREAT KITCHENS

Morning juices

A fresh juice each morning. Seasonal examples:

- Green juice** - apple, cucumber, spinach, celery, lemon and ginger.
- Beetroot & berry** - beetroot, carrot, apple, mixed berries and orange.
- Tropical shot** - pineapple, mango, turmeric, orange and black pepper.



Tea & coffee

- An automatic espresso/latte machine is available throughout your stay.
- Filter coffee is refreshed from 8am, with coffee available for early risers.
- Herbal teas and kettles are available 24/7.



Snacks to share

- Morning**
Biscuits and fresh fruit, also available during the day.
- Afternoon**
Homemade treats such as chocolate-topped nut and seed flapjacks; cocoa, oat and date energy balls with smoothie shots; or plum and almond loaf cake.

Seasonal Table: sample menu

Relaxed breakfasts, sharing lunches and two-course family-style dinners. Menus vary by season and venue.

BREAKFAST

A plated breakfast alongside homemade compote, Greek yoghurt, granola, toast, pastries, jams and marmalades.

- Scrambled eggs with mushrooms, marinated tomatoes and chives.
- Overnight oats with blueberries, tahini and honey.
- Chilli and lime smashed avocado, bacon and soft-boiled eggs.

LUNCH / FAMILY STYLE

- Mediterranean quiche, garden salad and crusty bread.
- Chicken poké bowl with rice, edamame, cucumber, carrots, pickled red cabbage and sesame-ginger dressing.
- Pesto, mozzarella and roasted vegetable ciabatta.

Packed lunches available on request.

DINNER / MAIN COURSE

- Spanish chicken, red pepper and chorizo stew with borlotti beans and tenderstem broccoli.
- Moroccan spiced lamb tagine, saffron couscous, roasted aubergine and red peppers, cucumber and mint salad, and green salad.
- Summer vegetable coconut curry, fragrant coconut rice and steamed pak choi.

DINNER / DESSERT

- Apple and blackberry crumble with a buttery oat crumb and vanilla ice cream.
- Peaches poached in rosé with vanilla mascarpone.
- Almond and cherry tart with crème fraîche.



EXAMPLE DISHES

Signature Collection: sample menu

Three-course plated dinners, with a wider menu selection. Menus vary by season and venue.

BREAKFAST

Hot breakfasts alongside homemade compote, Greek yoghurt, granola, toast, pastries, jams and marmalades.

- Crumpets with chorizo scrambled eggs and spinach.
- Potato rösti, black pudding, roasted tomatoes, sausages and fried eggs.
- Bacon and maple buttermilk pancakes.

LUNCH / FAMILY STYLE

- Tuna steak Niçoise salad with beans, baby potatoes and soft-boiled egg.
- Miso tofu and edamame poké bowl with rice, carrot, cucumber, radish, bean sprouts, pickled red cabbage and sesame-ginger dressing.
- Parma ham, mozzarella and fig chutney rolls, banana bread and trail mix (packed lunch).

Packed lunches available for each day on request.

DINNER / STARTERS

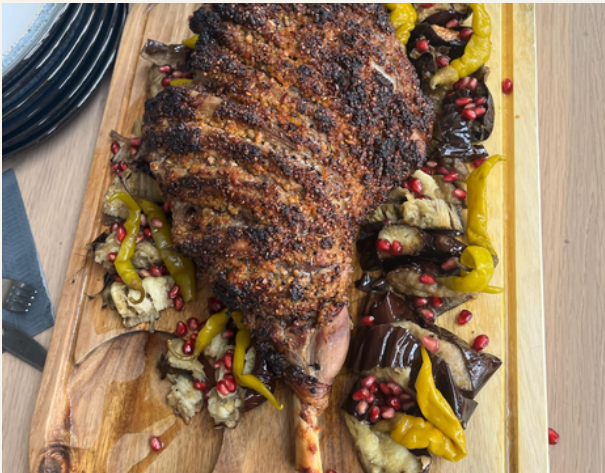
- Salmon tostadas with edamame-avocado guacamole, raw Scottish salmon, soy, chilli, mirin and coriander.
- Honey peach, rocket and goat’s cheese salad with candied nuts.
- Smoked salmon, avocado and fennel salad with herby yoghurt dressing.

DINNER / MAIN COURSES

- Chicken supreme, roasted red pepper sauce, tenderstem broccoli and parmesan polenta chips.
- Prawn and asparagus risotto with a parmesan crisp and basil oil.
- Roast spring lamb leg with salsa verde, green beans and aubergine caponata.

DINNER / DESSERTS

- White chocolate and mango mousse.
- Vanilla and chai panna cotta.
- Strawberry, pistachio and raspberry Eton mess.



EXAMPLE DISHES

Gather, unwind, explore

Experiences available at Buchlyvie, Glenalmond and Wild River Lodge.

AT YOUR RETREAT / ALL THREE VENUES

Scottish gin tasting Five gins.	£50 pp
Whisky tasting Five whiskies.	£60 pp
Live guitarist by the firepit	£350 / session
Scottish ceilidh dancing lesson	£375 / session
Sound bath	£350 / session
Scottish folklore & Celtic storytelling By the fire.	£375 / session

BUCHLYVIE EXCLUSIVE

Animal sanctuary visit & mindfulness Price for a group of 12.	£200 / group
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pp = per person. Activity VAT treatment, duration and minimum group sizes to be confirmed.



OUTDOORS / ALL THREE VENUES

Guided nature walk or hike Price depends on location and guide requirements.	£30-£80 pp
Paddleboarding & kayaking Transfers included.	£90-£115 pp

A little further afield

Compare day trips and excursions by venue. Transfer inclusions are stated against each experience.

Buchlyvie

Stirling Castle & guided tour	£55 pp
Transfers included.	
Loch Lomond boat cruise	£55 pp
Transfers included.	
Edinburgh day trip	£35 pp
Return transfers to your nearest train station. Train fares are not specified; confirm separately.	
Edinburgh Castle or Mary King’s Close	£30 pp each
Optional Edinburgh visits, charged separately.	
Custom guided Highlands day trip	£110-£145 pp
Ancient castles and well-known locations; price depends on inclusions.	

Glenalmond

Stirling Castle & guided tour	£75 pp
Transfers included.	
Edinburgh day trip	£35 pp
Return transfers to your nearest train station. Train fares are not specified; confirm separately.	
Edinburgh Castle or Mary King’s Close	£30 pp each
Optional Edinburgh visits, charged separately.	
Custom guided Highlands day trip	£110-£145 pp
Ancient castles and well-known locations; price depends on inclusions.	

Wild River Lodge

Stirling Castle & guided tour	£75 pp
Transfers included.	
Loch Ness day trip	£70-£90 pp
Price depends on guide requirements.	
Inverness day trip	£100 pp
Transport only.	
Custom guided Highlands day trip	£110-£145 pp
Ancient castles and well-known locations; price depends on inclusions.	

pp = per person. Confirm activity VAT, durations, group minimums and any travel or entry charges not expressly included.

Local character, shared discoveries

From traditional music and storytelling to lakes, landscapes and castle visits.

IRELAND

The Manor House

AT YOUR RETREAT

Whisky tasting / five whiskies	£60 pp
Guitarist by the firepit	£350 / session
Irish dancing lesson	£395 / session
Sound bath	£350 / session
Irish folklore by the fire	£375 / session
Traditional Irish music	£375*

EXPLORE NEARBY

Monaghan drumlin nature walk Transport charge; inclusion of guide fee to confirm.	£30-£40 pp
Paddleboarding & kayaking Transfers included.	£90-£115 pp
Enniskillen Castle Entry, self-guided tour and transport.	£55 pp
Clones town visit Transport only.	£25 pp

ENGLAND

The Lakeside Lodge

AT YOUR RETREAT

Gin tasting / four gins	£55 pp
Guitarist by the firepit	£350 / session
Sound bath	£350 / session
Traditional folk music	£375*

EXPLORE NEARBY

Guided nature walk or hike Price depends on location and guide requirements.	£30-£80 pp
Paddleboarding & kayaking	£50-£105 pp
Local castles & viewpoints day trips	£70-£110 pp
Private cruise on Lake Windermere	£40-£80 pp

pp = per person. *Quoted price; charging basis to confirm. Activity VAT, durations, group minimums and unspecified transport to be confirmed.

Taste the place

Regional flavours, countryside walks and time to slow down.

FRANCE

The Château

AT YOUR RETREAT

Terrace wine tasting	£35 pp
Terrace Armagnac tasting	£45 pp
Sound bath in the Orangerie	£390*
Acoustic guitar evening	£330*

EXPLORE NEARBY / TRANSFERS INCLUDED

Aginum Thermae spa, Boé	£65 pp
Guided countryside nature walk	£55 pp
Half-day Gascon cooking class Lunch and wine included.	£195 pp
Guided visit to Château de Bonaguil	£120 pp
Kayaking or canoeing on the Lot Near Casseneuil.	£95-£115 pp

ITALY

Villa Senesi

AT YOUR RETREAT

Terrace tasting / Val d’Arbia wines	£55 pp
Olive oil tasting / Tuscan producer	£40 pp
Sound bath in the studio	£400*
Acoustic guitar evening	£350*

EXPLORE NEARBY / TRANSFERS INCLUDED

Siena guided tour Historic centre and cathedral, with free time.	£95 pp
Guided Crete Senesi walk	£55 pp
Monte Oliveto Maggiore abbey Visit the frescoed abbey.	£50 pp
Tuscan cooking class Lunch and wine included.	£180 pp
Rapolano Terme thermal baths	£70 pp

All prices are in GBP. pp = per person. *Quoted price; charging basis to confirm. Activity VAT, durations and group minimums to be confirmed.

A smoother arrival

Return transfer prices per guest, based on a minimum group of eight. All transfer rates exclude VAT.

VENUE	AIRPORT OR STATION	RETURN / GUEST
Buchlyvie	Edinburgh Airport	£100
	Stirling Train Station	£35
Glenalmond	Edinburgh Airport	£110
	Perth Train Station	£35
Wild River Lodge	Edinburgh Airport	£200
	Aviemore Train Station	£90
The Manor House	Dublin Airport	£150
The Lakeside Lodge	Manchester Airport	£180
	Oxenholme Train Station	£35
The Château	Toulouse-Blagnac Airport	£140
	Bordeaux Airport	£160
Villa Senesi	Florence Amerigo Vespucci Airport	£130

BUILD YOUR RETREAT

Make it yours.

- 01 Choose your catering

Seasonal Table or Signature Collection, with a full vegetarian menu option.
- 02 Add your experiences

Choose the activities that suit your group and the pace of your retreat.
- 03 Bring the details together

Share your venue, dates, guest and leader numbers, dietary needs and travel plans for a tailored quote.

Before booking, confirm the catering charge period, activity VAT and charging basis, session lengths and any group minimums in your quote.