

RETREATS & WORKSHOPS · MONTAGNE NOIRE

FOUNT ESTREMIERO · CASTANS, FRANCE

Your retreat, deep in the forest

An estate for groups of up to 18, in the forests of the Montagne Noire, 45 minutes from Carcassonne. You bring the content of your week or weekend. We take care of the rest: accommodation, meals and transfers. And after a day outdoors, a sauna, hammam, hot tub and heated outdoor pool are waiting.

Walking & silence

Trails from the door, mountains and forest all around, peace without close neighbours.

Foraging & bushcraft

Mushrooms, chestnuts and walnuts in autumn. Back to nature, with a warm bed.

Writing, reading & dining

A long table, a fireplace and a kitchen to cook in together.

Yoga & meditation

Yoga by the pool or meditation beneath the linden tree.

After a day in the forest: warm up

WELLNESS INCLUDED



Heated outdoor pool

12 × 4.5 m, April through October



Wood-fired hot tub

Outdoors, among the trees



Sauna & hammam

Warm up after a cold forest walk

hello@fountestremiero.com

www.fountestremiero.com

The estate

The whole estate exclusively for your group

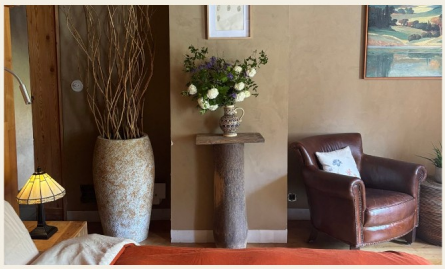
Heated pool 12 × 4.5 m (April through October)

Forest and trails from the door

5 bedrooms, each with its own bathroom

Sauna, hammam and hot tub







We take care of

Exclusive use of the estate
Bed linen and towels
Outdoor pool, sauna, hammam and hot tub
Meals and an on-site host
Transfers on request
Tips and contacts in the area

You take care of

The programme and facilitation
Recruiting your participants
Your own participant price
Participants' travel to the estate
(we're happy to help with transfers)

When

Spring (March–June)
Foraging, walking, writing

Autumn (Sept–Nov)
Mushrooms, chestnuts, walnuts, game

Winter
Silence, reading and writing by the fire

Two options

1 · RENT THE HOUSE

From €700 per night, whole house

Max. 18 guests

Same prices as our holiday rental. You arrange meals and logistics yourself; the estate is all yours.

2 · ALL-INCLUSIVE WITH HOST

House price + €65 per person per night

Min. 6, max. 12 guests

We cook breakfast, lunch and dinner (drinks extra) and are your on-site hosts. You focus on your group. Vegetarian meals available.

Both options: final cleaning €300 · tourist tax €2.02 per person per night (18+) · minimum 2 nights · bed linen and towels included.

Come and meet us

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