

SAUSSIGNAC RETREAT

Summer 2020

Location:

Saussignac is located approximately 20 minutes from Bergerac and approximately 90 minutes from Bordeaux in South Western France.

The village lies in the heart of the Dordogne wine growing region and is surrounded by vineyards and remnant forests.

Nearest Airport/ Train Station:

Bergerac – EGC

Bordeaux – BOD

Gardonne Railway Station is close to Saussignac and connects the region to other parts of France.

Collection can be arranged to/from Bergerac or Gardonne. Participants will need to make their own arrangements for Bordeaux.

Visas:

Please check visa requirements for your passport. There are different visa options for the passport that you hold. Ensure that you allow enough time to be issued your visa in advance of your arrival into France.

Weather:

The South West of France is typically dry and warm in June, but weather is subject to seasonal variations with either a late spring or early summer influence. The temperatures will be perfect for enjoying both indoor and outdoor activities.

Temperature averages: 13° - 26° C

Health:

Check with your local Dr for up to date information about travel health advice for France.

Money:

ATMs are available in Bergerac and St Foy Le Grande. There is no ATM in Saussignac.

Many travellers opt to use pre-paid debit cards to protect themselves. These work at most ATMs but you may find that some ATMs do not always accept these cards.

Local currency: Euro.

Food & Water:

Restaurants in the region cater to both locals and tourists and visitors can expect to try a variety of cuisines during the retreat, as well as a trip to local markets (subject to availability).

As with any location, if you have food allergies, you must notify food outlets prior to ordering.

SAUSSIGNAC RETREAT

Summer 2020

Tips:

Tips are included in the retreat fee for the accommodation. Restaurant tips are discretionary.

Laundry:

Laundry service is available on site.

Proposed Daily Schedule:

(This schedule is subject to change without notice and is provided as a guideline only)

Our first day begins around 3pm, so it is important that you arrive at our retreat venue before this day so you can properly land before we begin.

Additional nights accommodation is available before and after our retreat upon request and should be booked in advance directly with the venue (subject to availability).

(Inclusion codes: B = Breakfast, L = Lunch, D = Dinner)

Day 1: SAUSSIGNAC

B L D

Day 2: SAUSSIGNAC

B L D

Day 3: EXCURSION

B D

Day 4: SAUSSIGNAC

B L D

Day 5: SAUSSIGNAC

B L D

Day 6: SAUSSIGNAC

B L D

Day 7: DEPARTURE

B

Today is our last day together. Our morning will focus on integration, gratitude for all that we have transformed as we prepare to re-enter our daily lives. It is a chance to unwind in the garden or rest by the pool.

SAUSSIGNAC RETREAT

Summer 2020

The schedule has been designed so you have free time for local activities and excursions around the village and local area. One full day excursions is included in the programme.

Packing List:

- Loose, light clothing
- Warm clothes for evening – there is an outdoor cinema
- Flip flops / sandals
- Sunscreen
- Sunglasses
- Reusable water bottle
- Toiletries
- Charger / socket converter (EU 2 pin)
- Medications should be accompanied by prescriptions
- Reusable shopping bag
- Warm outer layer for your flight
- Yoga-appropriate clothes (for those intending to practice)
- Mosquito repellent
- Journal and pens

Payment Terms & Conditions

Terms of service:

Tim Snell lists what is included on the trip's page. Airfare, tips, travel insurance, alcohol and meals not noted are not included.

Reservation:

To reserve your place on one of our trips please complete the booking form with a €500 deposit specific to your trip (equivalent payment to be made in GBP). Your spot is only reserved with a deposit. Deposits are refundable up until a certain point, see below for details.

Registrations without a completed booking form and deposit do not constitute a completed booking.

Payment All prices are per/person Euro. All bookings include a refundable deposit (terms below). Reserve your spot by placing your deposit or paying in full. Final payments are due 60 days before the start date of the trip to keep your spot secure. Credit cards on file may be charged outstanding remaining balances at this time and unless you confirm cancellation with us directly. Refunds are available only according to conditions described below. If you do not think you can pay in time please contact us via email. Payment can be made by direct transfer or paypal.

Cancellations Policy & Deposits (updated 1/1/2019) If you wish to cancel your place you must notify Tim Snell in writing. Once we've received your notice, cancellation will take effect subject to the following:

If cancellation takes place within 7 days of booking, 100% of your payment is refundable including the deposit, unless retreat start date is less than 60 days from booking date as we do not offer any refunds within 60 days of a retreat.

SAUSSIGNAC RETREAT

Summer 2020

If cancellation takes place 120 days prior to the retreat start date, any payments made will be refunded within 30 days of cancellation, plus 75% of your deposit.

If cancellation takes place between 90-120 days prior to the retreat start date, any payments made will be refunded within 30 days of cancellation, plus 50% of your deposit.

If cancellation takes place between 60-90 days prior to the retreat start date, your deposit will be forfeited and any additional payments will be refunded.

If cancellation takes place under 60 days prior to the start date all payments will be forfeited.

Important: If you do not submit full payment 60 days before the retreat, and do not cancel your registration or respond to our communication, Tim Snell retains the right to charge the remaining balance due to the credit card provided and release your spot.

Any amount forfeited, which has not then been paid to Tim Snell by you, will be recovered from you by Tim Snell as a debt due and payable.

You agree to purchase comprehensive travel and medical insurance to protect the costs of your trip in the case of injury, illness or inability to attend for other reasons. The insurance certificate is required with the final payment. Your place will not be confirmed without insurance.

Changes/Trip Cancellations **CHANGES:** Tim Snell reserves the right to make any changes deemed necessary by our team, trip leaders, teachers or partners. In the event that we need to make a last-minute change to the venue, the teacher, the itinerary, or any aspect of the retreat due to unforeseen circumstances (natural disaster, illness, civil unrest, death, closure or any other unforeseen circumstance) we will offer the following to our guests that do not want to attend based on changes:

Transfer your deposit to a future retreat to be taken within a year from the date of the current retreat. All other payments will be forfeited and Tim Snell will not be liable for refunding or reimbursing any amount beyond the transfer of the deposit. If you choose to completely cancel the retreat based on the changes, normal cancellation policies apply (see above). Tim Snell is not responsible for reimbursing you or refunding you for any amount paid if you decide to cancel based on these changes. Please note that we require travel insurance so that you can make a claim based on the changes and have some of your expenses reimbursed by the travel insurance that we require for exactly this reason in addition to other medical and travel complications that can occur.

CANCELLATIONS: In the rare case of a cancellation on the part of Tim Snell we will offer a transfer to another trip or a full refund of your funds. Tim Snell is not responsible for any expenses or damages incurred as a result of trip cancellation including preparation costs, airline tickets, travel documents or other expenses. Tim Snell reserves the right to cancel any trip prior to departure in the event that there are too few people booked in which case you will be given a full refund of any and all payments made to Tim Snell. You will not be entitled to claim any additional amounts or seek any compensation for any injury, loss, expenses or damage (either direct or consequential) or for any loss of time or inconvenience.

SAUSSIGNAC RETREAT

Summer 2020

which may result from such cancellation (including but not limited to visa, passport and vaccination charges, or departure, gear purchases, airport and airline taxes).

INSURANCE & DOCUMENTS

Travel Insurance Tim Snell requires each trip member to purchase individual travel insurance for their trip for both international retreats and domestic retreats. We suggest that you include “cancel for any reason” with your policy. You must purchase travel insurance that includes medical coverage. We recommend purchase insurance within 1-2 weeks after making your first trip payment (ie. flight or retreat reservation) to secure the best price and best coverage.

Travel Documents and Immunisations

It is the responsibility of each traveller to obtain all required travel documents including Visas and other travel documents unless otherwise noted. Information regarding necessary documentation is provided per trip on our website or you can contact us for more detailed information regarding your trip requirements. It is your responsibility to purchase correct immunizations. Please contact your nearest travel clinic for the latest requirements.

ACKNOWLEDGEMENT

Acknowledgment of Risks – Assumption of Responsibility Although Tim Snell has taken reasonable steps to ensure safety, I acknowledge that this activity has risks, including certain risks which cannot be eliminated without destroying the unique character of this activity. The same elements that contribute to the unique character of this activity can cause loss or damage to the Participant including accidental injury, illness or in extreme cases, permanent trauma, disability or death and also can cause damage to or loss of property.

Trips are not suitable for people with limited mobility.

The following describes some, but not all, of those risks. Activities vary from trip to trip and may include but are not limited to: hiking, backpacking and climbing in a wide variety of environments including on rock, snow and ice; bicycling on trails and roads with a wide range of surface conditions and traffic volume; rock climbing, climbing on climbing apparatus and ropes courses, using zip-wires and rope swings; white-water rafting, river kayaking, sea-kayaking and canoeing; swimming, snorkelling and surfing; fishing.

Tim Snell's trips can involve travel to remote places, oftentimes many hours from medical facilities. Transportation, evacuations and medical care can be significantly delayed; communication can be delayed, limited or not available. Environmental risks and hazards include rapidly moving, deep or cold water; insects, snakes and predators, including large animals; falling and rolling rock; lightning, flash floods and unpredictable forces of nature, including weather which may change to extreme conditions without warning. Possible injuries and illnesses include hypothermia, frostbite, high altitude illnesses, sunburn, heatstroke, dehydration and other mild or serious conditions. Throughout the trip, participants are responsible for their own safety.

I (the trip participant) acknowledge and understand that Tim Snell trips include risks of injury or death to participants. I understand the description above of these risks is not complete

SAUSSIGNAC RETREAT

Summer 2020

and that other unknown or unanticipated risks may result in property loss, injury or death. I agree to assume responsibility for the inherent risks identified herein and those inherent risks not specifically identified. I acknowledge that participation in this activity is purely voluntary, no one is forcing participation and participation is elected with full knowledge of the inherent risks.

I (the trip participant) assume and accept full responsibility for any injury, death, loss of personal property, and expenses suffered as a result of those inherent risks and dangers identified above, and those inherent risks and dangers not specifically identified and as a result of my negligence in participating in this activity.

WAIVER - Release and Waiver of Liability

DECLARATION OF HEALTH

By accepting this Tour Participant Agreement I (the trip participant) represent that I have no physical conditions or medical precautions which would adversely affect my ability to take part in the program or other physical or cultural activities offered on Tim Snell trips. I fully understand that my participation in the program or other activities could be injurious to my health and I voluntarily assume all risks related to such activities.

PERSONAL RELEASE

By agreeing to the terms outlined here and elsewhere on the Tim Snell website I hereby release and discharge my rights and claims for damages or liabilities that may occur as a result of participation on a Tim Snell trip, including but not limited to damages as a result of unexpected occurrences including those from weather, local political situations, wildlife or uncontrollable acts of God, including the risk of death.

I release Tim Snell including its owners, directors, employees, guides, teachers and partners from liability for personal injury, illness, emotional damage, incurred travel expenses or property damage I may incur as a result of participation on this trip.

For the benefit of everyone on your trip, Tim Snell reserves the right to accept or reject any participant at any time without liability, and in the event it determines, in its sole and exclusive discretion, that a participant is disruptive to the harmony of the trip, it may without any obligation to pay a refund or any other amount whatsoever, expel such participant from the trip.

Tim Snell will carry no responsibility or liability for any participant who leaves the trip prior to its conclusion or for any activity undertaken by any participant which is not included on the trip itinerary.

Questions

If you have any questions, please contact us at hello@timsnell.co

The silly question is the one you never asked!