**WELCOME TO MOLINO VIEJO**

May I extend a very warm welcome to Molino Viejo (Big Mill), an old flour mill that was powered by water, that I fell in love with and bought in 2003. We wish you a wonderful and peaceful stay at our very special retreat dedicated to groups/families who focus on health, wellbeing, fitness or work for the good of the world. The Mill Retreat Centre is your own private space, so please think of it has your own home for the duration of your stay. This welcome is designed to make your stay at the Mill Retreat more comfortable.

As someone who is (so I’ve been told) obsessed with health & fitness this retreat in rural Spain is the realisation of a dream. We have aimed to make the accommodation comfortable and fitting for a retreat where you can relax, enjoy the location and environment, focus on yourself away from the ‘rat-race’ and hustle and bustle of everyday life, and for some I sincerely hope the experience can be ever-lasting or dare I say it ‘life-changing’!! If you plan your trip well we are confident you will love every second of it and come back next year, and the year after for the tranquility it will bring to your life.

The culture we want to create at Molino Viejo is one of transparency, openness and trust – ask us anything and we will give you an honest answer and we trust you to care for the property during your stay, leave the complimentary books and accessories for future guests and replace any food and drinks we leave for you. If anything gets broken during your stay, either please replace it, or let us know a.s.a.p. If you have any suggestions to improve the experience for future guest’s please let us know.

Remember, it is a retreat, so for example in winter months when you’ll be using the log burner it does get messy and it’s a large building so even though it has an efficient central heating system it takes a while to heat the large rooms. It is in a very rural location, surrounded by a majestic wind-farm, and for many people who lead busy lives, this tranquility can take a little adjustment, but planning with this in mind can lead to a serene, calm and peaceful experience, and many of our guests have reported seeing a new perspective on life after visiting! I hope you experience something similar.

We adopt the principle of continuous improvement, so if you have any suggestions for improving the experience do let us know.

**Address:** Mollino Viejo, Jauca Baja, Hijate, 04899, Almeria.

**Sat Nav reference:** GPS N 37 21 00 W 02 33 57

**Getting there**

From Almeria airport

In the summer months going over the Sierra de Los Filabres mountains 1 hr 30 approx

On leaving the airport head on the N-347 heading away from the city. At the first roundabout take the first exit staying on the N-347, at the next roundabout again take the first exit staying on the N-347, at the next roundabout take the 2nd exit staying on the N-347 and on the next roundabout do the same and take the 2nd exit again staying on the N-347. At the next roundabout take the 3rd exit onto the E-15/A-7 slip road to A-92 Almeria/Granada. Take the exit 452 for A-92 towards Viator/Guadix/Granada. At the roundabout take the 2nd exit onto the A-92 to Guadix/Granada. After 30km take the exit 362 towards Gergal and at the roundabout take the 1st exit onto the A-1178 (Bacares/Seron). At the next roundabout take the 2nd exit and stay on the A-1178 to Seron. At Seron get on the A334 towards Baza and after 8km you’ll get to Hijate. Meet Tim at Lloret Mar bar in Hijate who will take you to the Mill.

In the winter months 2 hours approx

Head East out of the airport turn left towards the N-347, at the roundabout take the 1st exit staying on the N-347 and again at the next roundabout again take the first exit staying on the N-347 then take the slip road AL-12 (Nijar/Murcia), after 3km at the roundabout take the 3rd exit onto the N-349. After 2km at the roundabout take the 2rd exit onto the E-15/A7 slip road to Murcia. Stay on the E-15/A7 for 85 km then take exit 547 onto the A334 (Albox/Macael/Baza). Stay on the A334 for 60km to Hijate. Meet Tim at Lloret Mar bar in Hijate who will take you to the Mill.

From Granada airport 1hr 20 approx

Leave the airport and head west on the A-4075, at the roundabout take the 2nd exit and stay on the A-4075 but stay in the right lane as in less than 2km you’ll need to merge onto the A-92 to Santa Fe/Granada. Stay on the A-92 for 65 km then use the right 2 lanes to take exit 295 for the A-92N (Baza/Murcia) then stay on the A-92N for 45 km. Then take exit 46 (Baza/Canilies/Heurcal Overa) and at the roundabout take the 2nd exit onto the A-334, after 5.5 km at the next roundabout again take the second exit staying on the A-334, then after 15 km you’ll come to HIjate. Meet Tim at Lloret Mar bar in Hijate who will take you to the Mill.

From Murcia airport 2 hr 15 approx

Get on AP-7 from Camino lryda and follow AP-7 to RM-F30. Take exit 790 from AP-7 and follow the RM-F30, RM-313 and RM-F14 to RM-2 (Los Alcazares/Torre-Pacheco). Follow the RM-2 and E-15/A-7 for 118km to exit 547 and then take the A334 (Albox/Baza/Macael). After 20 km at the roundabout take 1st exit onto RM-F30. After 1.5 km at the next roundabout take the take the 3rd exit and stay on the RM-F30. After another 1.5 km at the next roundabout again take the 3rd exit and stay on the RM-F30. At the next roundabout take the 3rd exit onto the RM-F14. After 118km at the roundabout take the 2nd exit onto the RM-2 heading towards Fuente Alamo/N-301a/EI Albujon/Miranda/A-7/Alhama de Murcia/RM-E9/Lobosillo. After 36 km take the exit onto E-15/A-7towards Almeria/Granada. After 82 km take exit 547 for the A334 towards Baza/Albox/Macael, keep going towards Baza and after 60 km you’ll get to Hijate. Meet Tim at Lloret Mar bar in Hijate who will take you to the Mill.

From Alicante airport 2 hr 30 approx

You’ll be heading South. When you get to the first roundabout take the 2nd exit (N-340/Elche/E-15/A-7/A-70/Murcia/Valencia), merge onto N-338, after 2 km at the fork follow the signs for A-70 Murcia/AP-7/Torrevieja/Cartegena and merge onto A-70, after 10 km continue onto AP-7 then after 15 km onto A-7, after 42 km use the right 2 lanes to take exit 138 for A-7 towards E-15 (Almeria/Granada/Puerto), continue onto E-15/A-7 for 113 km. Take exit 547 for A334 towards Baza/Albox/Macael), keep going towards Baza until after about 60 km you get to HIjate. Meet Tim at Lloret Mar bar in Hijate who will take you to the Mill.

From Malaga airport 2 hr 40 approx

Leave the airport heading South East towards MA-23 and after 3 km merge onto the MA-20 using the left 2 lanes to go towards Almeria/A-45/Cordoba/Granada/Sevilla. Merge onto A-7 and use the right 2 lanes to take exit 241 for the A-45 towards Cordoba/Granada/Sevilla, continue on A-45 and then after 27.5 km use the right 2 lanes to take exit 114 for A-92M towards Granada. After 24 km take exit 0 (signs for La Palma) and merge onto the A-92 and stay on the A-92 for 118 km, then use the right 2 lanes to take exit 295 for A-92N towards Baza/Murcia. Continue on to N-342/A-92N for 45 km. Take exit 46 (Baza/Canilies/Heurcal Overa) and at the roundabout take the 2nd exit onto the A-334, after 5.5 km at the next roundabout again take the second exit staying on the A-334, then after 15 km you’ll come to HIjate. Meet Tim at Lloret Mar bar in Hijate who will take you to the Mill.

**Parking and arrival details**

The Mill will be available as per your booking arrangements and we would appreciate departure on time, so we can get the accommodation ready for the next guests.

There is parking at The Mill and enough room for up to 5 cars and a minibus. If you are not greeted on arrival the code to get in the large green gate is ‘1961’ and the same code for the small key-safe behind the pillar on the left hand-side as you come in the gate in-front of you that will store 2 keys to get in the main door (steel black gate) which again is directly in front of you. When you come in through the main door there is a key box behind the front door with the keys to the property – all colour coded. Please have a torch with you if you are arriving in the dark.

**Beds and bed linen**

There are 5 guest rooms – 3 rooms have 3 beds in, one has 2 singles and there is one double, if you need another configuration this is possible, **but please let us know at the time of booking and at the very latest at least 2 weeks before arrival.** There is also a smaller room for group leaders with a sofa ‘double’ bed and another spare bed underneath. Bed linen and towels will be provided and changed once a week. You are welcome to use the on-site washing machine during your stay. There will be extra bed linen and blankets on-site but if you need any more just ask.

**Kitchen**

There is a fully equipped kitchen on-site, which we hope you will treat with care. All cutlery, crockery and equipment will be provided. **If you would like a local chef to take care of your meals, please let us know at the time of booking. There will of course be a cost attached to this.** Helping the chef: Please can you help the chef clear up your plates etc. after meals. This would be much appreciated. The kitchen has a fridge/freezer; large range cooker which can cook for up to 15 people with 5 gas rings, a full-length oven and grill; microwave; full compliment of cutlery; serving bowls; roasting dishes; plates; glasses; toaster; cleaning equipment; steamer; kettle; hot water urn; shopping bags; safety equipment (fire blanket/extinguisher); coffee cafeteria; chopping boards; jugs; 16 steak knives etc. The 3 white handled knives are **very sharp!** The gas is under the sink.

**Cooking**

Why not cook your own Spanish meals? There are a number of complimentary Spanish cook books on site to help you such as; step-by-step Tapas with straightforward easy to follow, authentic and clearly illustrated recipes; complete book of Spanish cooking where you will discover the sun drenched dishes of a rich traditional cuisine in a 150 recipes and 700 photographs, 70 authentic recipes introducing you to the flavours of Spain; a Marks & Spencer Tapas book that introduces you to some small irresistible mouthfuls of something savoury that you can serve with a chilled wine, beer or sherry; the ‘Best of Spain’ book introduces you to the serious but enjoyable business of eating in Spain. **Please leave these books for future guests.**

**Shops**

There is a small ‘supermarket’ shop in Hijate (Coviran) just 4 miles away, a larger one in Seron which is 7 miles away and many much larger ones in Baza and Olula Del Rio (Mercodona) which is 15 miles away. Hours are not as regular as the UK so shopping trips do need planning! The shop in Hijate & Seron is open 0930 – 1400 & 1700 – 2000, on Saturday 0900 – 1400 but not open on Sunday. The Mercodona and LIDL (in Baza) are open 0930 – 2115. There is a small bank in Hijate open between 1000 – 1200 Monday and Thursday (only two days). The nearest cashpoint machines are in Seron and Caniles.

**Mountain bikes**

There are 8 mountain bikes on site that you can use. **Please let us know at the time of booking if you would like the use of these mountain bikes.** A small cost of £25 (for the 8 mountain bikes for the week) will be levied for this to cover the cost of maintenance.

**Heating**

There is a log fire in the large lounge and a pellet burner in the dining room with instructions on site on how to use them – manuals are in the sideboard. For the log burner the firelighters are in the bucket next to it. If it gets ‘smokey’ make sure the doors are closed properly, the bottom vents are closed and the flue is open (lever horizontal). The flue lever must be left in the horizontal position, which is the optimal position for efficiency, if it is changed it will affect the smoke flow and make it very uncomfortable, and of course, the carbon dioxide is a health danger and it could incur an additional cleaning fee, which we do not want to charge you!! If you’ve got the doors open for maximum heat keep the fireguard in front if you are not in the room. Each day empty the ash before lighting the fire – there is a bucket next to the fire and throw the ash on the surrounding land, away from the retreat.

The pellet burner in the dining room heats the radiators upstairs. Remember to top up the pellet burner before going to bed (in winter months) and when it is full it lasts for 14 hours. It can be set on timer to come on in the morning, but do ask for this on arrival. Don’t open the door when it’s in use as it will turn off. To start the pellet burner on the console on the top right press the red button and hold for 3 seconds and then leave it to go through the start process.

If you remember to keep the doors in the bedrooms shut it will help keep the rooms warm.

There is a gas fire on the landing upstairs. Instructions are on the top and written in English.

**Security**

Please close all external metal grills & doors and the main gate when leaving for the day.

**Cleaning**

Please note, you will be looking after your own bedrooms and bathrooms and the whole Mill Retreat centre for the duration of your stay. It will be like your own private home for the duration of your stay. This is so you can create your own special and private space as a group. The caretaker and catering staff will be on hand (end of the phone) if you need any extra help with anything.

**Departing:**

When you leave please make sure you strip your bedsheets and leave them at the entrance to your room. Thank you.

**Computer Wifi Broadband and Internet**

We are in the process of setting up Wifi broadband which will be free. To access wifi no passwords are needed and it is free to use. Until that is set up the nearest wifi is at Los Marines bar in Hijate which is free to use. There is another bar next to this one called Lloret Mar with free wifi (password hablandECD0).

**Cleaning equipment.**

This can be found in a cupboard on the landing on the upper floor. There is a hoover, mop and bucket and cleaning materials etc. In a hot climate any food spillages will attract ants, flies and wasps.

**Wasps**

On the subject of wasps, these can be very annoying.

We’ve put up a mimic of a wasp’s nests around the retreat so in theory the wasps think there is a rival nest in the area and avoid the general area, however you may want a plan B so here are some suggestions:

Mercadona (Spain’s version of Tesco) sell an insecticide called **Insecticida Avispas, aroma Lavanda from Bosque Verde**. It is in a small yellow stripped black can. The problem with most insecticides is that they are usually not instant, not fully effective and the little devils sting you before they die. This one is almost instant, certainly they start to drop instantly.  
  
Alternatively, you could use the home-made wasp traps we have on-site. They are the plastic bottles cut in half with the top inverted. From time to time you may need to put something sweet into the bottom half, a spoon of jam just covered with water, or some sweet fizzy drink. The wasps go down the funnel to investigate the sweet stuff in the bottom, BUT, they are unable to take off vertically, so they can’t get out.

If you see any wasps nests appear do let us know and we will deal with them.

**Rubbish and recycling**

There are large containers for rubbish and recycling at the small village of Hijate 3 miles away, and the only way to and from the retreat. There is recycling for cardboard, glass, plastic and also general rubbish. It is greatly appreciated if you could use this facility on your routine trips through Hijate.

**Swimming pool**

There is an above ground swimming pool. The pool is not yet in its ideal location as discussions are taking place with the local authorities to be able to move it into the old mill water reservoir where we can then build a surround so it will be in its own secluded spot. In the summer months a relaxing swim can be a welcome respite from the sunshine!

**Facilities and Grounds**

We have a fully equipped retreat centre:

* 5 fully furnished guest bedrooms
* 1 smaller bedroom for group leaders with a safe in it.
* Kitchen – fully equipped
* Dining room
* Downstairs lounge
* Upstairs relaxation lounge
* Workout/yoga/meditation studio – large room for indoor group work
* Above ground swimming pool
* Rooftop patio area looking out over the valley
* Outdoor patio areas
* Yoga mats
* Massage couch
* Mountain bikes

**Out and about**

The local (and not so local area) is vast and just waiting to be explored. You can of course use the mountain bikes to explore the immediate vicinity and you can even get into the mountains nearby by bike, foot or vehicle. By road you can go to nearby natural springs, the old mining village of Las Menas, to the peak of the mountains to see the spectacular views, sit by the lake and take lunch in the lakeside restaurant at Negratin, visit mini Hollywood where many of the Westerns were filmed, **but as I’ve learnt to my cost it is better to plan these trips in advance! But if you’re here to just get away from it all, relax and enjoy the weather then sitting around in the retreat might just do it for you – you might even get your most inspirational thought of your life!!**

**Don’t forget**

* To bring a continental adapter plug so you can use your devices.
* Sunscreen although there is always some left on-site by previous guests!
* Passport and boarding pass
* Directions to the mill or meet point
* The combination to get in the gate at the bottom of the mill (1961)
* To treat the mill like your home with respect, dignity and enjoy it
* The opening times of local shops are very different to the UK
* It’s very rural so do plan in advance - no corner shops here!!
* To enjoy the peace of mind by just been in a place where you can gather your thoughts and have some very, very special ‘you’ time!
* Swimming costume
* Euros, but this part of Spain is cheap compared to the UK
* They drive on the other side of the road!
* When you go past another driver in a narrow road they don’t put their hand up like we do, don’t take it personally!
* They speak Spanish, so have a phrasebook or dictionary with you, there are some in the retreat you can borrow – if all else fails calls Tim (number below) who speaks fluent Spanish but he does require payment – 10 Euros an hour or treat him and his lovely wife Deb to dinner one night!
* We may well have missed something so don’t blame us!!!!! **Enjoy your stay and please make this the destination of your choice for the future.**

If you have any questions whilst in Spain please call Tim on: 0034639846575.

Emergency services number: 112