

Guidelines for Guests at Windhorse Farm

Welcome to Windhorse Farm. We are delighted that you have decided to come here and we hope your time will be enjoyable and enriching. We've written up some guidelines to assist you during your visit. Please let us know if you have questions or issues we have not addressed. Your feedback is very important to us, and for future visitors, so please share your insights with us.

The office phone number is 543-6955. Staff will usually be in the office from 9 to 5 Monday through Sunday.

Check in time is between 3-5 pm. **Check in time in Winter** is before 5 pm on your arrival day, unless you have made other arrangements. Keep in mind it is easier to settle into your cabin during daylight hours before the sun goes down in wintertime.

Check out is 11am on your departure day.

Parking: As you drive up Sarty Road, you will see the parking lot on the left. The office/store is just slightly further up the road, also on the left. We will show you where to park for stays at Juniper Lodge, Sunshine House or Power House when you check in upon arrival. The cabins are a 3 to 10 minute walk from the parking lot and so you will need to walk in your belongings. You can have use of a wheelbarrow or ask for our help with your things if needed.

Communication: Cell phones may not work at Windhorse Farm. Telus and Bell Aliant are OK, but Rogers is not.

Juniper Lodge has wifi for guests staying in this accommodation.

Office: This is a retail location for the wood business, programs and administration. The office space, including, computer, supplies and equipment is for office staff only.

Items for sale: in the office there is a selection of items for sale. You can expect to find such items as maple syrup, eggs (in season), tea, herbs, candles (beeswax and soy), a small selection of books, natural bug repellent, powdered juniper, Windhorse organic T-shirts and beautifully crafted wood products from our EcoWoodshop.

Accommodations (Please read our Energy Conservation Policy below)

Juniper Lodge is a beautiful new building demonstrating many green building techniques. It can accommodate up to 20 people for educational programs, meetings, conferences or group retreats. When not being used for a larger program, the individual units can be rented by individuals, couples or families. There are three self-contained suites as well as a common great room, meditation hall and meeting spaces, program kitchen and dining room.

The Pavilion: This meeting/dining space, adjacent to Juniper Lodge, can be rented separately or rented in conjunction Juniper Lodge.

Sunshine House is a bright, 2-storey farmhouse overlooking horse pastures and the lake. Depending on the season and if the Carriage House side is open, up to 11 to 19 people can stay here together.

The PowerHouse is a 3-bedroom bungalow right on the shore of the lake. Staying here is living with the water dragons. In warm weather swimming or canoeing is just outside the door and in winter the skating can be terrific. It is ideal for small meetings, family holidays, or group retreats. Sometimes the PowerHouse provides overflow accommodation for larger gatherings at Juniper Lodge.

The Forest/Garden Cabins (Blue Dragon, Tamarack, Sweetwater, Will's Cabin and Happy Jack) are tucked away in the forest or near the lake. They are ideal for meditation retreats, writing or other art retreats, or forest walking/relaxation retreats. Each is unique, and all have wood heat, nearby outhouses, and no running water. The kitchens are complete with pots, pans and dishes and propane stoves. Refrigeration is a cooler with ice packs. (BYO ice packs, which can be refrozen at the chat room or the farm store). Water is from the well near Happy Jack, from the Sweetwater Brook, or from the Chat Room at the farm house. We provide bedding, pillow, and towels.

The Forest: Regardless of which building you stay in, you are being accommodated within the Windhorse Forest, one of the last remaining examples of true Acadian Forest. Please take time to wander in this “longest standing demonstration of sustainable forestry in Canada.”

The Gardens: This 21 year-old permaculture garden on the shores of Wentzell's Lake provides beauty and shelter, and produces lots of food for innumerable beings, both human and non-human. We hope you enjoy wandering here too.

Food: We try to eat food that is locally grown (at Windhorse Farm and other Nova Scotia farms, mostly on the South Shore), seasonal (fresh or otherwise appropriate for the season), and organic. You may buy your food from the local farm market or the grocery store. We almost always have eggs for sale, except in winter. Also, we may have available honey, maple syrup, and apple cider.

Farmhouse: Home of the Drescher family. Please respect their privacy.

The Chat Room: This is a room on the side of the Drescher home, down a narrow path off Sarty Road. It is shared by Windhorse Farm residents and guests staying in the retreat cabins. It has a bathroom with a shower, and also a multipurpose sink for vegetable as well as hand washing. Please help keep it clean so it is ready for the next person. Please respect the Dreschers' privacy by not using the Chat Room after 9 pm or before 7 am.

Inner Gardens: There is a brush wall surrounding the inner gardens around the farm house that has 5 gates. This includes the front path to the house. These inner gardens are a private area for the family. You are more than welcome to wander in the surrounding gardens. Please enter the gardens through the native plant nursery (down past the mail box) or via the “bee trail” to the North side of the Farmhouse.

Recycling and Compost: There are bins for recyclables and garbage in your accommodations and in the drive shed beside the office. Bottles must be clean, without any metal rings or lids on them. Beer bottles and other liquor bottles can be returned to the bottle depot on High Street in Bridgewater for \$. Guidelines for recycling are in the accommodations binders and on the bulletin board in the Chat Room. Please do not use the recycling area in the Chat Room --- that's for the farm house.

Compost is fed to the chickens. Eggshells should not be put in the compost for this reason. Also, citrus should be left out of this compost as it is not good for the chickens. Please watch for staples in tea bags as well. These 3 items should go in a separate container from the compost bin (and will later go into the large, city compost bin beside the office).

Trails: We have 22 km of main trails, and even more kilometers of secondary trails, for your hiking pleasure. Please ask for directions in the office.

Wentzell Lake: If you have a canoe or kayak please feel free to put them in on the lakefront beach area. You are welcome to use the canoe here, but please return it to the bank when you are done and don't forget to wear a life jacket.

Swimming in the lake is good here.

Do not use the dock - it belongs to our neighbour.

Sauna: You are welcome to use the sauna and swim in the pond (swimming also is good in the lake). No soap or shampoo should be used in the ponds, lake, or river and only organic or low-impact biodegradable soap should be used anywhere. Please leave it clean for the next person. If it is your first time using this wood-fired sauna, ask at the office/store for instructions on how to heat it and do so at least one hour (more in the winter) before using.

Outhouses: There are seven 2-chamber, above ground composting outhouses- a special Windhorse Farm design. After each use, sprinkle sawdust on top. You only need to use a cup full to cover your deposit. Go easy on the paper, please. For defecation, use only these outhouses; urination can be done in the woodlot on dry ground away from watercourses. Do not put sanitary napkins in outhouses, but in the garbage. Alternatives are available (check out www.venusenvy.com).

Pets: We will provide all the pets you need. Please leave yours at home. The cats live in the barn please do not allow them in any other buildings (no matter how sweetly they smile).

Illegal drugs: None please.

Smoking: No smoking in any building, including the cabins, or near anyone for whom it might cause discomfort.

*Windhorse Farm is a scent-free environment (no perfumes or strongly scented personal toiletries).

*Use only biodegradable products, please.

Blacksmith Shop, Woodworking Shop, Garage, and Barn: Please do not enter these buildings unless accompanied by a staff person. These are work spaces with potential dangers.

What should I bring?

- Flashlight with extra batteries
- Alarm clock (provided only in Juniper Lodge)
- Bathing suit (for sauna, pond, or lake)
- Personal toiletries (hand soap, shampoo, razors, etc. –biodegradable, please)
- Pre-paid phone card or calling card if you plan to make calls (the phone at the office can be used outside of business hours if necessary)
- Raincoat, rain pants, poncho
- Warm jacket, windbreaker
- Comfortable shoes for walking on trails
- Boots and water-resistant shoes (rubber boots)
- Slippers/inside shoes that slip on or off easily for inside cabins
- Infant care accessories (we do not provide playpens, cribs, etc.)

We would like your feedback on how to improve things at Windhorse Farm. There might be something very simple that you could point out to make life better – please let us know.

Enjoy your stay!

Windhorse Farm

Driving directions to Windhorse Farm

From Halifax, go west on Highway 103 to Exit 12 (Bridgewater).

Turn right on Hwy 10, (towards New Germany) and go 11 km.

Turn left on Wentzell Road and go 1 km and over an iron bridge.

Immediately after the bridge, turn right on Sarty Road. (There is no sign for Sarty Road)

Windhorse Farm is the first place on the left (#132).

You will see the parking lot on the left, and the red office building is slightly further up the road, also on the left.

Note: Do not use satellite navigation!! Many will give directions to another Sarty Road!!

If you are coming down the #10 from the Annapolis Valley, you will pass through New Germany and continue about 10 minutes or so before turning right on Wentzell Road. After turning right on Wentzell Rd., follow it for 1 km and over an iron bridge and immediately turn right. This is Sarty Road (there is no sign!). Windhorse Farm will be the first place on the left (#132).

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Mailing Address:

Windhorse Farm
132 Sarty Road
New Germany, NS, B0R 1E0
Canada

Energy Conservation at Windhorse Farm

One theme and educational emphasis at Windhorse is sustainability. We view and monitor sustainability through all five filters, one of which is the ecological filter. Within that field of ecological sustainability, energy conservation is very important. Three things that affect our carbon emissions are electrical usage, water and space heating, and use of fossil fuels for transportation.

We respectfully ask all our residents, employees, and guests to join us in reducing our ecological footprint in five ways.

1. Minimize fossil fuel use in traveling to and from Windhorse Farm.
2. Before coming here for the meeting, conference or retreat, prepare for lower building temperatures than you might be used to at home. We keep the building temperatures around 18 degrees C, rather than the common home temperature of 20 degrees. Please bring slippers and warm sweaters so you will be comfortable.
3. Please conserve hot water by taking a shorter shower than you might otherwise take. Our water is heated differently in different buildings, but going easy on hot water always reduces the ecological footprint.
4. Please burn only the lights you are using. Remembering to turn off lights not in use will reduce a lot of carbon emissions over the period of your stay.
5. There should be no need to use the clothes washer or dryer during your stay. All the laundry has been done, and fresh linens put on your beds, before your arrival, and this will be done by our housekeeper after you depart.

You may notice ways in which we can be even more conservative in our energy use, or improve our sustainability practices in other ways. Please share with us your thoughts about this. We take very seriously all the feedback we receive. In fact, the policies in place today are a result of suggestions that have come to us in the past.

Thank you for your assistance in making Windhorse Farm the lowest ecological cost conference and retreat centre in the Maritimes.