



## Information for guests

The Höllbachhof is a beautiful old homestead near Regensburg, directly bordering on the stunningly beautiful nature reserve „Hölle“, in which the Höllbach (small creek) meanders through distinctive landscapes of moss covered boulders. The oldest parts of the homestead probably stem from the sixteenth century. During the past decades the homestead was restored lovingly and turned into a modern seminar place.



*main house*



*seminar house*

In June 2009 the Höllbachhof was bought from the Höllbachhof UG & co KG, with the Vision to create a Center for Research and Education in which the basic principles of sustainable living can be explored and developed.

Around half of the space (red house, main house) is used privately from the community living here. Currently seven to ten adults and two children have their home at Höllbachhof.

The other half is available for guests which find a seminar room, two dormitories and two rooms in the seminar house. In an other building is the sauna area and the communal bathroom.



*Inner yard, red house, main house*

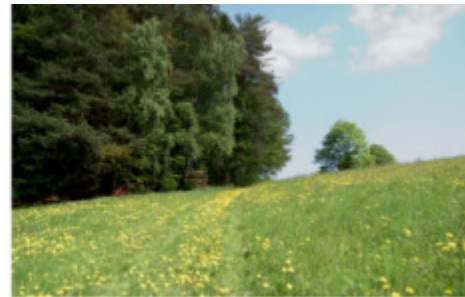
The Center for Research and Education Höllbachhof would like to offer a wide variety of educational opportunities. If you as a seminar leader would like to offer workshops or retreats that go with our project you are welcome to book the Höllbachhof as a seminar place with its beautiful ambiance.





Just as well we cordially invite all people who just want to get to know the place and the project and spent time in the strength giving nature reserve Hölle.

The Höllbachhof is situated completely solitary. Directly behind the seminar house runs the Höllbach (small creek) through the forest with its mossy rock landscape. Behind our large vegetable garden, meadows lead down to the forest. An ideal place for returning to ourselves, the earth, and the cycles of nature.



### Traineeship

A Traineeship is a nice possibility, to dip deeper into the spirit of the place and to be part of the community for a limited time.

Who ever is interessted in a traineeship can contact us for further information.

### Rooms and prices

In addition to two smaller guestrooms that can, depending on need, be used as single room or rooms for couples, the Höllbachhof has two bright dormitories in the upper story of the seminar house. That means we can, depending on bookings, accommodate around 24 people in the buildings of the Höllbachhof. Additionally, we offer space in a tipi or your own tent(s) for bigger groups, so that we can accommodate larger groups on the Höllbachhof especially during the summer.

Children who sleep in the bed with their parents are free, for them who need a mattress we charge 10 € per day.



Dormitory and room in the seminar house





Room category	B without FB	B with FB
Single room	42	67
Double room	32	57
Couple room	29	54
Dormitory	22	47
Tipi	22	47
Dormitory / Gallery	15	40
Tent	13	38

B without FB: Overnight stay (bed) per person and day in € without full board.

B with FB: Overnight stay (bed) per person and day in € including vegetarian, mostly organic full board, i.e., breakfast, lunch, dinner, and tea and coffee.

Room requests will be considered in the order of booking. Therefore, if you have special room preferences let us know as early as possible. Depending on group size we can only offer a certain number of tent spaces, so please also inquire in good time.

The rooms do not have bathrooms, all guests share the sanitary space with two saunas, three showers and two bathrooms.

### *Seminar room and equipment*



The floor area of the seminar room is 70 sqm. It is equipped with a nice parquet floor, and the lighting can be varied pleasantly. A row of windows overlooking the atmospheric Zen-stonegarden allows the room to be flooded with daylight while at the same time keeping the secure feeling of the room.

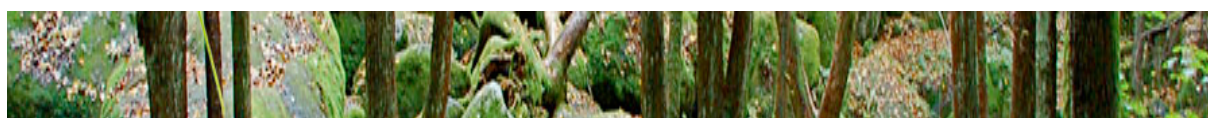
Chairs, blankets, mats, seat cushions, and cushions are plentiful available. The seminar room is equipped with a hi-fi system and a wall heating that can be regulated centrally.

### *Ökologie*

For the good of our ecological water treatment system, please use only biodegradable products.

Further we ask you, if possible, to bring your own bedding and towel that we don't waste energy if you just stay for a few nights. If this is not possible for you, we ask for an additional payment of 7 €.

At Höllbachhof we have a detailed recycling system, mainly in the kitchen. Please put in the trash bin in your room or bath room only the residual waste.





### Boarding und Price

For meals we charge 25 € per day, this entails three big vegetarian meals plus snacks and drinks.

Children pay 1 € per year of age, from the age of 12 on, they pay the full price.



For individual guests, after agreement, we offer the opportunity to help in the kitchen and to reduce the costs for food to 12 € per day.

### Working together

At Höllbachhof living and therefore also working together is playing a central part in the community. We experience the shared work, beside the practical necessity, as a valuable possibility to cultivate awareness and presence. Working together and carrying the responsibility together gives us also the chance to get to know ourselves and the other in a different way.

We want to share this opportunity with our guests and invite them therefore to an hour of work per day in the kitchen, garden, house or yard.



There is the possibility to receive an introduction into the japanese philosophy of "samu", meditative doing, if wished for. Samu originates from the spiritual praxis of Zen Buddhism.





How to find us:

The Höllbachhof is close to Regensburg, in the upper Bavarian Forest, directly at the nature reserve „Hölle“. The closest larger village is Falkenstein. With a car you can reach us from Regensburg in about 35 minutes.

### DIRECTIONS to the Höllbachhof

#### Arriving by car:

From Regensburg in the direction "Regensburg Ost, PASSAU". On A 3 up to exit "Wörth Ost, Falkenstein", Nr. 104 b, i.e., the second exit for the town Wörth an der Donau. Left in the direction of Wörth and Falkenstein. In Rettenbach take the Exit LEFT towards Postfelden / Dosmühle / Hölle. Pass the sawmill and, on the right hand side, an artificial lake, then turn left at the town sign "Postfelden" in the direction of Dosmühle, Höllbachhof and Naturschutzgebiet "Hölle".

Turn right after about 200 meters and follow the telephone poles (way not public any more). The road takes a left turn, then a right, and heads slightly downwards. There in the depression are the buildings of the Höllbachhof, and shortly before them starts the foot path through the nature reserve Hölle.



#### Arriving by train and bus:

Take the train to Regensburg, where you can take bus No. 5 to Wörth an der Donau (Reitfeld - is the final destination) or respectively three times a day to Rettenbach (Oberpfalz), where we pick you up for 4 €. In Wörth we offer once a day a shuttle for 6 € or you order a Taxi in Wiesent 0049 / (0) 9482 / 3556 (25 € for max. 8 persons). The bus ride from Regensburg to Wörth or Rettenbach takes nearly an hour. In Regensburg the busses leave from the bus terminal, which is directly across from the main entrance of the train station to the right.

Detailed information in English can be found on the webpage of the German railway company: <http://www.bahn.com/i/view/index.shtml>

#### Arriving by plane:

The closest airport is the Munich International Airport (Franz-Josef-Strauss airport).

There are numerous domestic and international flights every day.

From Terminal 1 take bus number 635 to Freising. This takes 18 minutes. Here you need to change to the train to Regensburg HBF. This takes about 60 – 70 minutes. There is also a direct train connection from Frankfurt Airport to Regensburg HBF, this train ride takes 3,5 – 4,5 hours.

Detailed information in English can be found on the webpage of the German railway company: <http://www.bahn.com/i/view/index.shtml>

Information on how to continue from Regensburg can be found under „Coming by train“.

Contact und information: +49-(0)9484 / 743 or [info@hoellbachhof.net](mailto:info@hoellbachhof.net)

