

# The Burrow

*wellness bnb*



GET OFF GRID

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# Welcome



Thank you for choosing to spend your precious time here in The Burrow at Grow Wild.

May this adventure be one of deep rest and rejuvenation.



# Contact Us

Please feel free to reach out to us for any reason during your stay.

Call or text us at

Adrienne 1-250-709-5107

Brodie 1-250-802-0549

Kim 1-250-701-5286

If you would rather, wander on over to the red house and locate one of us. We (Adrienne & Brodie, live here with our 2 children Cambrie and Eddy and dog Willow) We are a regular, busy family so we are often in and out. Willow may just show up at your door step...she is incredibly kind and loves all humans especially children.

Please please reach out immediately if there are accidents with stained bedding, yoga props, broken dishes etc.





# Respected Spaces

## Practice Sustainability, Respect and Inclusivity

- Everybody is welcome here
- Everyone must sign the liability waiver before entering the property
- Sustainability and regeneration are key principles for us here on the farm. Please be mindful of your waste, take the time to sort your garbage, compost and recycle
- Quiet time 10pm-7am, Please no loud music or loud voices during quiet time
- Anyone found being racist, discriminatory, rude, disrespectful or cruel in any way to another human being, the land or the animals will be asked to leave immediately, with no refund and will not be welcome back under any circumstances
- No Smoking, vaping or illegal drug use anywhere on the property
- Absolutely no smoking, open flames, candles, tiki torches, incense, smudging, cauldrons, fireworks outside during a fire ban.
- No Pets
- No Shoes Indoors
- No cooking inside the spaces
- No driving on or off the property under the influence of drugs or alcohol
- We are in the wild, please make sure you never leave any food exposed for the critters to find. Make sure all food is away when you leave the space or go to bed.

# Cont.

- Please don't leave your vehicle idling for long periods of time
- Please drive MAX 15kms/hour on the property and MAX 30kms/hour on the main driveway
- Please park in the designated parking areas and do not drive on our domestic lawns as some of them are irrigated
- Children must be supervised at all times
- There is no lifeguard on duty at any body of water, swimming is done at your own risk
- No swimming after dark
- Please be advised that the animals ALWAYS have the right of way. Give them the time and space they require they are part of the slow lifestyle here
- NO candles or open flames in the Burrow, battery operated candles are provided





# Off Grid

Electricity in The Burrow is provided by portable solar generators. These can power all your small devices such as speakers, chargers, etc as well as the lighting. Each unit is equipped with 120v plugs, USB A & USB C ports.

The generators will be charged upon your arrival. If you need to recharge them during your stay take them out to our charging station

Our generators do not support the use of heavy resistive loads (ie. anything that creates heat such as blow driers and other hair accessories, coffee makers, heated blankets etc.)

We encourage you to limit your power use and be conscious of how much we truly need in our day to day lives.

All the electricity at Grow Wild is provided by Solar Panels, Water Turbines or BackUp Generators when needed. Our drinking water is sourced from our gravity fed spring and irrigation water from the ponds.





How to use our Jackery generators.

## General Use

1. Hold down power button until green light turns on
2. Turn on power on to whatever plugs you will be using by holding down the appropriate button until the green light turns on (AC, USB, DC, most likely you will be using the AC/USB plugs)
3. The led display will show you exactly what percentage the battery is charged, how much your device or devices are drawing and how long the battery will sustain the use of those devices
4. Once you are finished using the power generator turn the power off by holding down the power button until all the lights turn off

## Charging

The generators can be charged one of two ways. Via the solar panels, or plugged directly into a power source via a 120V plug.

See charging station for further details.



# Sleeping & Linens

The Burrow is equipped with 1 king bed and 2 twin beds. Each sleeping unit includes

- Endy Mattress
- Organic bamboo mattress protector
- Organic Cotton, Flannel or Bamboo Sheets (these change with the season)
- 2 Pillows with shams
- Duvet and duvet cover
- Decorative pillow
- Additional throw blanket
- 1 Tofino Towel cotton robe
- 1 Body Towel
- 1 Hand Towel
- 1 Face Cloth
- 1 Outdoor blanket or towel
- Reading light
- Flashlight

\*\*Extra linens can be located in the loft closets in a tote





# Wellness Props

Part of the Burrow experience includes the use of our yoga and meditation props for your practice. This can be self led or book a session with one of our team members. If you haven't purchased this add on before your stay please reach out to Adrienne for availability. Yoga props are for use INDOORS ONLY.

## Props Include

- 10 restorative bolsters
- 10 standard size yoga mats
- 10 massage balls
- 10 straps
- 13 Meditation Cushions
- 10 Eye Pillows
- 10 Indoor Blankets
- 10 Hot Water Bottles
- 20 4" Foam Blocks
- 10 Sheepskin Rugs





# Outdoor Kitchen

The Kitchen is equipped with the following

- Small bbq
- 5 burner gas cooktop
- Kettle (not electric)
- Running water for washing
- Potable water dispenser for drinking and cooking
- All utensils for preparing food
- Pots and pans
- Mugs for 12
- Assorted Plates, bowl, cups for 12
- Basic condiments (oil, salt, pepper, black tea)
- Soap and dish cloths
- Full size propane fridge and freezer
- Cleaning supplies





Welcome to our 3 classy, comfortable urine diverting outhouses! Please go over this information with your group before commencing your time here together. There are very specific directions posted inside of the outhouses. Please do your very best to follow them.

- Pee ONLY in the black urine diverter (no tp, no saw dust, no poop!)
- Only what nature provides and tp inside the pit toilet (garbage can provided for all other items)
- If you poop add a scoop (of wood shavings provided in white bucket)
- Please no nature pooping unless it is an emergency
- If you make a mistake please clean it up or contact me to get it fixed up
- Wash station is located on the exterior of the outhouses complete with water for washing, soap, towels and a mirror





The Dock is located on our private 3 acre pond, a 2 min walk from the Burrow. It is a 32'/36' rectangle with an open air wooden pergola (and shade cover in summer) There is one ladder for swimming access. The water is lovely and refreshing and accessible all year long, ranging from 8'-16' deep.

The Dock is a communal space shared with our family and other guests. There is 1 canoe. Feel free to bring any floaties, paddle boards etc. There is a propane fireplace and seating (cushions are put away everyday in the storage house with silver roof) .

Lighting instructions are inside the fireplace. Please dont leave any food or garbage on the dock.





# Greenhouse Dinning

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The greenhouse is a magical space with a true farm to table dinning experience. Meals are prepared based on what is in season both in the gardens and in the wild. Guests will have the opportunity to fill out an intake form indicating dietary preferences, requests etc.

This can be booked as an add on service to your stay. Please visit the website for details and booking.





# Wood Stove & Firewood

The firewood rack inside will be stocked upon arrival. Extra firewood is located in the small shed attached to the Treatment Room. Help yourself at anytime. **Please do not burn wood stove wood in the outside fire pit**

If you are not comfortable/familiar with using a woodstove please reach out to us and we will give you a tutorial. It is very important to understand the proper use of the stove to ensure you have the most comfotal version of your stay. It is also important for safety reasons. Please follow the directions closely.

The Burrow is equipped with 4 fire alarms and 3 fire extinguisher in plain view. Please familiarize yourself with the locations of the extinguishers in the event that there is an emergency.

If there is a fire please evacuate the space, call 911 (Tell them we are the Hollings, Grow Wild Farm on Rebecca Road, West Shawnigan Lake) then alert us immediately.



# How - To light the fire

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**PLEASE BURN ONLY THE PROVIDED WOOD, NEWSPAPER AND FIRE STARTERS IN THE WOOD STOVE. NO, GARBAGE, PAPER, FOOD SCRAPS ETC.**

Follow the fire building guide to start your fire. This is located at the stove.

Once your fire is going leave the damper wide open for 15 minutes to build a hot fire and good bed of coals.

The further the damper is open the more oxygen is available to the fire and the hotter and faster the fire burns. As you turn the damper down (all the way to your right) the available oxygen and air flow is reduced and the fires burns slower and at a lower temperature.

Avoid a low temperature, smouldering fire as it causes creosote to build up in the chimney. You must have a hot, strong fire before dampening it down.

At night dampen the fire all the way down to prolong burn time through to the morning.





# Wild & Farm Animals

On the farm you may encounter

- chickens
- turkeys
- pigs
- cows
- sheep
- dogs
- cats

most animals are contained but the odd time they do escape!

In the wild you may encounter

- bears
- wolves
- cougars
- deer
- elk
- racoons





## Outdoor fire pit use and seating

Firewood for the outdoor fire pit is located under the Burrow. Feel free to enjoy an outdoor fire **UNLESS WE ARE IN A FIRE BAN. SIGNS WILL BE POSTED.**

Please make sure the fire is completely extinguished before going to bed or leaving the Burrow area. Do not leave the fire unattended .

Cushions can be found under the Burrow. Please return them here when they are not in use or in the event of rain.

Please use only the designated West Coast Karma outdoor blankets around the fire pit. These are the bright coloured ones.





The property is home to multiple trails and beautiful vistas. All trails are on private property. Please note the 'property line' signs mark the edges of the farm. You are welcome to wander off property on to forestry land but do so responsibly.

Borderline Trail- aptly named as portions of it border Grow Wild property line. The trail backs on to Malahat Nations Land and Sooke Watershed. The forest goes all the way to the coast! This trail has some steep sections and is less maintained and passes by a water reservoir we like to call the 'Nudey Pool or Teal Pond' Very worth the elevated heart rate if you are able bodied! Aprox 20 mins round trip.

Old Rail Trail- Aptly named as a rail line used to run through the property. This trail is suitable for all levels with one small hill. Aprox 25 mins round trip.

Trails are marked with signage. Spring, Fall and Winter you may have to cross creeks and puddles. Wear appropriate footwear.





# Woodfired Spa

Our Woodfired Spa currently consists of a woodfired hot tub from Alunitubs on the Sunshine Coast as well as an outdoor shower. We are working on our Sauna for 2026.

The hot tub is filled with water from the pond and is treated with Bromine for sanitation. No Chlorine. We drain, wash and refill the tub between groups. The hot tub seats 8 adults comfortably and can be available as an add-on service.

Please note this is at an additional cost to the standard rental pricing

We are working towards our own sauna but in the meantime if you'd like a sauna for your event we work closely with Josh from Wildwood sauna. He offers 2 mobile sauna rental options. Minimum 3 days.

**\*NOT AVAILABLE DURING A FIRE BAN**





# Cell Service & Wifi

We strongly encourage you to disconnect from your devices during your time here on the farm. We completely understand the need to work and check in with loved ones so please do whatever feels best for you. We can hold your devices for you should you wish.

Wifi can be accessed from the dock.

Network: GrowWild

Password: adoptthepaceofnature

Cell service can be found reliably throughout the farm. Best service can be found in open fields and on the dock.



# Temperature Control

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Please use the natural flow of air to help maintain a comfortable temperature for yourself.

Opening windows and doors downstairs while simultaneously opening windows upstairs will allow air to flow freely from one level of the space to the next.

On hot summer days and when the wood stove has been cranking we recommend opening the upstairs windows as well as the down to create a crossflow of fresh cool air, especially before bed.

If you are having troubles keeping a comfortable temperature in the space please reach out to us directly and we can help.





# Treatments & Add Ons

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At Grow Wild we believe everyone's idea of a holiday looks a little different. Which is why we have created a 'build your own retreat' model. Simply come and stay or add on any of our unique services. Most individual Treatments take place in the Treatment Room, attached to the outdoor kitchen. Group activities take place in The Burrow.

For a full list of currently available Services and Practitioner Partners please visit-

<https://www.growwildretreats.com/overnight-escapes>

We highly recommend booking these treatments at the time of your original booking as our facilitators and practitioners book out well in advance.

Services are subject to availability and at an additional cost to your original booking.



Check In- Anytime after 3:00pm (you can request early check in)

Check Out- 12:00pm

Minimum Stay- 2 nights (3 Nights on long weekends)

Maximum Stay 7 nights

Cancellation Policy-

Full refund up to 10 days prior to check in.

50% refund within 5 days of check in.

NO refund within 48 hour cancellation.

A \$100 Cleaning fee will be charged to any group who leaves the spaces in a state of disrepair





Grow Wild Farm is located approximately 10kms from the town of Shawnigan Lake BC Canada. Rebecca Road is the closest landmark.

We only share our exact location and detailed directions at the time of booking.

To access the property you will drive 3.5 kms on a well maintained forest service road. All vehicles can access the property no problem unless there is snow on the ground. During the winter we suggest AWD or 4x4. We can also pick you up where the pavement turns to dirt if you feel your vehicle is not suitable for off road driving or snowy conditions! WE CANNOT CHARGE ELECTRIC VEHICLES.

You can expect anything from pot holes to dust to mud! The road is regularly maintained but we cannot control the elements!







*Leave us a review*

Please consider signing our guest book and leaving us a google review.



Scan me to leave  
a google review!





We want this experience to be one rooted in deep reverence, love and connection with nature, oneself and community. If there is anything we can do to further enhance your time with us please do let us know. Communication is our greatest tool.

We can't wait to have you here.

With love

Adrienne & Family