

Retreats

@ Forse of Nature
Forse House
Latheron
Caithness
KW5 6DG



Your perfect retreat venue awaits in the wild far North of Scotland!

Forse House is a rambling Georgian country house, with views over ancient woodland, landscaped gardens and out to the North Sea, the perfect backdrop to a dreamy Scottish retreat!

We are a relaxed, family run business and we would be delighted to help you create your perfect retreat day, weekend, or even longer. We welcome groups and retreats of all kinds.

Retreat bookings include exclusive use of the whole house, giving you the use of the formal lounges, function room, classroom and common areas as well as

beautiful outdoor spaces, with areas suitable for yoga, meditation, coaching, crafts, 1to1 sessions and anything else you may need!

Forse House can accommodate up to 22 guests (based on multiple occupancy) and offers a variety of beautifully appointed rooms, each with a private bathroom or ensuite.

For retreats we provide full catering for breakfasts, tea breaks, lunch and dinner. We offer rustic, hearty, home cooking and menus to suit all dietary needs.

In addition tea and coffee facilities are available for guests to access at all times.

We are a licensed premises and can offer a bar service in our snug lounge.

There are lots of wonderful beaches, harbours and historical sites to visit close by, and 24 acres of woodland to explore right on the doorstep, plenty to keep your guests entertained for a few days!

We are located in Caithness, right in the far North of Scotland. Think unspoiled landscapes, sparkling seas, starry skies and even the occasional aurora!

Forse House has a variety of beautifully appointed rooms and can accommodate up to 22 guests.

Room 2 - Four Poster Ensuite

Room 4 - Double/ Twin room with bathroom across the hall

Room 5- Double/ Twin Room with bathroom across the hall

Room 6 - Quin room (5 single beds) with bathroom across the hall

Squirrels Drey - Accessible suite, triple beds with accessible shower room, living area and kitchenette.

Room 22 - Quin room with accessible shower room across the hall

Room 25 - King room with bathroom across the hall

Room 26 - Superking/twin ensuite

Room 27 - King ensuite

Room 29 - Small double with bathroom along the hall





At the heart of your retreat experience
with us is good food.

Our signature is locally sourced,
homemade, hearty and rustic.



We are able to cater to any and all
diets and we promise that your guests
will never go hungry.

We use in-season and local ingredients
wherever possible and can tailor the
menu to suit your retreat e.g. vegan
cuisine, traditional Scottish dishes,
health conscious eating etc.



Full board - breakfasts, tea breaks,
lunches and dinners are included
within the price of the retreat.



We are also able to provide packed
lunches if you decide to venture
further afield.

We have a number of beautiful and useful spaces available for retreat bookings.

Yoga Room - This is our largest room and can comfortably accommodate 10 people for yoga practice. This room can also be set up with tables and chairs, making it suitable for crafts, presentations and meetings.



Snug Lounge - This room can be set up as a cosy lounge for 1to1 meetings, therapies, or with table and chairs for smaller meetings or dining.

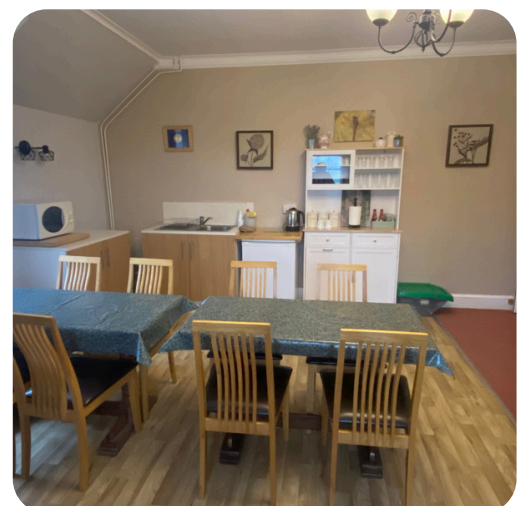


Unicorn Lounge - This historic lounge with open fire is set up with comfy seating - perfect for evening gathering and storytelling, or chill out time.



Morris Lounge - This laidback space has comfy sofas, TV and table space for activities and free time.

Coffee Lounge - open 24hr with fridge, kettle and microwave allowing guests to make hot drinks and snacks to suit.



Dressing Room - This light and spacious room offers space to set up for massage therapy, 1to1 sessions and coaching.

All of the above are included for exclusive use in your retreat booking.



Force of Nature is beautiful in any season.

Surrounded by 24 acres of historic woodland, with an acre of walled garden, expanses of soft lawns, fire-pit area and a mile long stretch of cascading river: there is great scope for a number of outdoor activities.



- Forest bathing and mindfulness
- Bushcraft and natural crafting
- Foraging and outdoor cooking
- Outdoor yoga, movement, pilates
- Cold-water paddling/dip
- Gardening and mindful working
- Legacy projects - tree planting
- Harvesting fruit and vegetable from the productive garden (seasonal)
- Dark skies - stargazing and aurora watching
- Birds watching and bat walks
- Longer walks to local beaches and historical sites.



Our top 5 walks nearby

We absolutely adore walking along Dunbeath Strath - beautiful, meandering paths along the river, under hazel trees and past several historical sites.

Another favourite to visit, especially for those young at heart is the fairy trail at Latheronwheel harbour. This is a small area of woodland chock-full of amazing fairy houses and curios, all put together by members of the local community.

Very close to home and an absolute hidden gem is the wag of Forse - an Iron Age settlement, nestled on the hillside. Meg from the Dunbeath Heritage Centre does guided walks up to the wag a couple of times a year and her immense knowledge really brings the site to life!

We have three dogs - so visits to the beach are always a hit with us! There are so many fab spots to choose up here! For a rambling pebble beach, we love to explore the cove at Berriedale and for a long Sandy beach, Dunnet Bay is a winner!

Another brilliant place to visit is Camster Cairns - a reconstruction of ancient cairns that you can visit for free - accessible by a boardwalk over thriving bog, you can even crawl inside the cairns for a true immersive experience, but don't forget your torch!

Useful Information

Forse of Nature

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Nearest airport: Wick John O' Groats
Airport (15 miles)



Nearest International Airport:
Inverness (100 miles)

Nearest Train Station: Wick (15 miles)



Nearest bus route: Stagecoach X99
will stop at the end of the drive

Nearest Village: Lybster (5 miles)

We are happy to help with/ advise on
transport arrangements - just give us
a shout!



Your retreat booking includes:

Sole occupancy of all guest rooms.

Sole use of lounges, yoga room and outdoor spaces.

Full board catering - Breakfast, tea breaks, lunch and dinner.

We charge a flat rate of £120 per person per night,

You can choose how to market and sell each place on your retreat based on room allocation etc.

Please don't hesitate to get in touch with any questions

email: info@forseofnature.com

Call: 01593741754

