

# Valencia Mindfulness Retreat

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## ***I have never stayed in a B & B before, is it so much different from a hotel?***



A bed and breakfast is usually a private home where some rooms are available for commercial use. Guests have the opportunity to enjoy a homely setting, often in an elegant historical setting, and enjoying the benefit of the knowledge of locals, who prepare breakfast, do the cleaning, help with reservations for restaurants etc. etc. Opposed to a hotel, the atmosphere will be more homely, and interaction with other guests can be a part of this 'home away from home' experience. Think of a Bed & Breakfast as your private homely location, but than with daily services included.

## ***Is your location safe and central?***

Valencia Mindfulness Retreat is located in a quiet street, only steps away from the famous Holy Grail - Cathedral, at most central Plaza de la Virgen. You will be staying in one of the most prestigious and most central areas of the city, with anything you would like to explore at a five to ten minutes walk from your Bed & Breakfast.

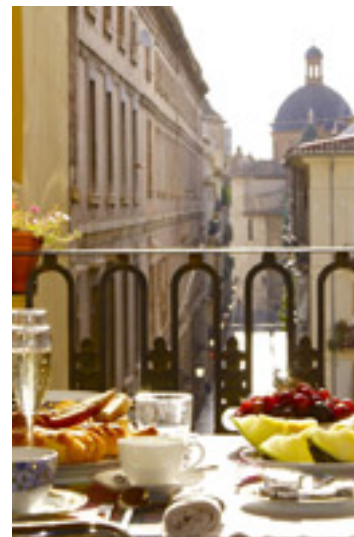
## ***How do I reach your location by public transport?***

A taxi from the Valencia Airport to your Bed and Breakfast takes ten to fifteen minutes, at about twenty euro. The modern and safe metro from the airport takes about half an hour to Valencia city; from metro stops Xativa, Colon or Alameda it is a nice fifteen minute walk to the historical center, where you will find the Valencia Mindfulness Retreat. A taxi ride from the train stations Del Norte and Joachim Sorolla (or the bus-station) costs less than 5 euro.

## ***Do you have car-parking available?***

Valencia may be best explored on foot, and you will not be needing a car to get around.

If you would like to park your car in a guarded garage, we advise you to park in the large garage under Plaza de la Reina, at less than five minutes by foot from your Bed and Breakfast. Free public parking may be found across the Turia park on the side streets of Calle Alborcia at a ten minute walk.



## ***What is the weather like in Valencia?***

It is said Valencia is sunny about 300 days a year. The warmest months are from may to september, with an average temperature of 19 degrees celcius (32 Fahrenheit) with an average of 25 degrees celcius (77 Fahrenheit) during the summer. Spring and fall offer a comfortable average of 20 degrees celcius (68 Fahrenheit).

## ***What is the walking distance to museums and sites of interest?***

From your Bed and Breakfast, most sites to see are within a five to ten minute walk:

- Plaza de la Virgen / Cathedral > less than one minute walking.
- Plaza de la Reina > less than two minutes walking.
- Calle Caballeros with charming bars and restaurants > less than two minutes walking.
- Museo Belles Artes / Fine Arts Museum > less than two minutes walking.
- IVAM / Modern Art Museum > less than 15 minutes walking.

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- Tram-trolley-stop to the beach > less than 5 minutes walking.
- Turia Park > less than one minute walking.
- City of Arts and Sciences > 25 minutes walking through Turia-park
- bus-stop > less than one minute walking.
- Mercado Central (Central Market) & La Lonja (Unesco acclaimed Silk-Exchange) > less than ten minutes walking.

## ***How far are you from the beach?***

Actually, Valencia City is not on the beach at all! The old fisherman's village of Malvarosa has grown more or less attached to the city, but from the main central Plaza Virgen it would take you far over an hour and a half to walk there. However nice the beach-area is during the day (beautiful boulevard, wide beach with sun loungers etc.) when the sun goes down the location has been described on TripAdvisor as: 'empty', 'dead' and even 'downright scary'. Even if you are a beach-lover and are planning to spend many days of your holiday on the coast, we advise you to stay in the cosy historical center and then take the tram-trolley, a rented bike, or a taxi to the beach area. Taking a taxi every night from the Malvarosa beach area to the restaurants and terraces of the historical center may turn out costly.

Great Paella is to be had at restaurant La Pepica, Malvarosa, but do like the locals do; and have it for lunch at two p.m. (Please note Valenciano's will not enter a restaurant for dinner before ten p.m. at night!) From our central location it is less than 5 minutes walking to the tram-trolley stop (above ground metro), taking you to the beach directly in about 25 minutes.

## ***What languages do you speak?***

Even though Valencia is Spain's third biggest city, you might be surprised that Spanish waiters in local bars and restaurants have a very minimal knowledge of English. They might also speak 'Valenciano', but if you don't speak Spanish it could be quite a challenge to order the food you like. Your hosts at The Valencia Mindfulness Retreat are fluent in: **English, French, German, Dutch, a little bit of Italian, and Spanish of course**, which can come in very handy when we make your dinner reservations and tell you how to order, the things you like, in Spanish!

## ***Do you have en-suite bathrooms?***

As our historical Victorian villa was constructed almost a hundred years ago, we do not offer en-suite bathrooms. In return you will experience the grandeur and richness from ages long gone, with original details like very (!) high ceilings with beautiful stucco-patterns, cute small iron wrought sunny balconies to enjoy a glass of Cava-Champagne, and original glass 'en-suite' doors.

Recently the entire location has been refurbished with high standard modern conveniences in the bathrooms, natural stone floors and all modern Bosch appliances. Please note that we do have a guest-room with a private bath, but it is also possible you might share your fresh and sparkling clean bathroom with a maximum of one other room. All services are cleaned three times a day and spotlessly shiny at any time.



## ***Do you require a minimum stay?***

To be able to fully enjoy the city and our Bed and Breakfast, we advise a minimum stay of three nights, but also accept reservations for a minimum of two nights. As strange as it may appear, we also advise a maximum stay of eight nights, as we like to keep the company fresh and happy.

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## ***How far is Valencia from Madrid, Barcelona, Granada ?***

If you are coming by car, a drive from either Madrid or Barcelona will take up to three hours, choosing a comfortable high speed AVE-train at [www.renfe.com](http://www.renfe.com) will take you from Madrid to Valencia in one and a half hour. Valencia is far away from Granada; we advise guests to take it easy and spread the journey over two days.

## ***Do you allow babies / young children at your location?***

Due to the relaxing atmosphere we would like to create, our location is not suitable for babies, nor young children. We advise a minimum age of sixteen and up.

## ***Do you allow pets at your location?***

As much as we love pets, we are very sorry it is not possible to host them at our Bed and Breakfast.

## ***How do I get to the Feria / Convention center from your location?***

The fairgrounds with convention center are located outside of Valencia City. The convenient tram-trolley - at less than a five minute walk from your Bed and Breakfast - will take you in less than half an hour. A taxi takes about ten minutes to the Feria grounds, and would cost less than ten euro.

## ***What are the major festivities in Valencia?***

- Valencia's most famous festival is '**Las Fallas**', celebrated from the 15th of march until the night of 29 march.
- The '**Tomatina**' 'tomato throwing festival' by Bunol is celebrated on the last Wednesday of august.
- '**Semana Santa**' usually take place during the month of April, depending on the position of the moon.
- The celebration of '**Virgen de los Desamparados**' is on the first Sunday of May.
- The celebration of '**Moros y Christianos**' is on the 23rd of April, also known as San Jordi-day.
- The celebration of the start of the summer (**Noche de San Juan**) takes place on the Valencian beaches the night from 23 to 24 June.
- The '**Batalla de las Flores**' flower fight takes place on the 9th of October, celebrating the reclaiming of Valencia by king Jaume the first.
- The **MOTO-GP Grand-Prix** takes place in Cheste, usually on a Friday, Saturday and Sunday early November.
- The **TENNIS OPEN** usually takes place the last weekend of October.

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## ***Do you accept credit-cards / personal cheques / travelers' cheques?***

Due to the very small scale of our bed and breakfast and high costs of processing credit-cards we cannot accept payments made this way. Please note that the use of (travelers') cheques in Spain is very uncommon and difficult, and therefore we have chosen not to accept these.

## ***What is your smoking policy?***

Valencia Mindfulness Retreat is a 100 % smoke-free zone. This said, smokers are welcome to smoke on one of our outside balconies, with the doors firmly closed only, no exceptions.

## ***Do you have WIFI ?***

The Valencia Mindfulness Retreat has complimentary fast speed internet / WiFi in our entire location.

## ***Can I have an early/late breakfast?***

Your five star breakfast will be waiting for you in the breakfast-room from 9.00 a.m. in the morning. Due to the opening times of the Mercado Central and the local bakery, it is not possible to request an earlier breakfast. As much as we'd like to see a shared breakfast with all present guests together as a good start of the day, of course it is no problem to enjoy your breakfast an hour later, from 10.00 a.m. Breakfast will be cleared at 11.00 a.m.



## ***What is your check-in / check-out time?***

You could check-in at any time convenient to you, noting your room will be shiny and ready for you from 14.00 hrs. Check out time is noon, of course luggage may be stalled an unlimited time on the day of your departure.

## ***Do you cater to special diets?***

We would be happy to accommodate special dietary requests, may it be gluten-free, vegetarian or vegan.

## ***Are you accessible for disabled people?***

The Valencia Mindfulness Retreat is all on one level, with elevator and wheelchair-ramp to accommodate wheelchair-access. Please ask for specification of dimensions.

## ***Can I request a specific room?***

Due to the irregular arrivals and departures of our guests, it is not possible to request a specific room. All rooms have a window overlooking a quiet private patio. Please be so kind to state your presence for a double bed, or single beds, maximum occupancy is two people per room, one room can offer beds for three people.

## ***Can you rent bikes for us?***

Most of our guests rent bikes for a day, to cycle through the beautiful Turia-park with the City of Arts & Sciences, finally leading to the beach. We can reserve bikes for you at Solution Bike. They charge ten euro per bike per day, and during the weekends and festivities there is a five euro surcharge per bike per day. Bikes may be picked up next to the Ceramics Museum at an eight minute walk from your bed and breakfast

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## ***Do you supply toiletries / grooming products / sunscreens / (beach)-towels?***

While being a guest at the Valencia Mindfulness Retreat we provide daily fresh fluffy towels, and a wide selection of beauty- and grooming products ( Salon Professional shampoos and conditioners, moisturizers, creams, soaps, gels etc.) We will gladly prepare a beach-bag for you with extra large beach towels, a bottle of spring-water and sunscreens.



## ***Where do I eat the best paella?***

The best paella is to be had on the beach and we recommend to do as the locals do, and have it for lunch at 14.00 hrs. We will be more to happy to make your reservations, based on your personal likes and budget.