

For further information complete this form in BLOCK CAPITALS and return to Atlow Mill Centre:

Name.....

Organisation.....

Address

.....

.....

Postcode.....

Tel. Day.....

Tel. Eve.....

e-mail.....

Proposed Group size.....

Proposed Dates.....

Proposed Group Activities.....

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Special Requirements.....

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Other Information.....

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**Atlow Mill Centre
Hognaston
Nr. Ashbourne
Derbyshire
DE6 1PX**

**Tel: 01335 370494
Fax: 01335 370279**

e-mail: info@atlowmill.org

website: www.atlowmill.org



**Conference Facilities &
Residential Accommodation
Sleeps up to 25**

- Conference & Course Rooms
- 3 Dormitories
- Leader & Facilitator Accommodation
- Lounge Area
- Kitchens & Dining Room
- Toilets Showers
- Disabled Access Ample Parking
- Our own Spring Water on site

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e-mail: info@atlowmill.org**

ACCOMMODATION

Atlow Mill Centre offers facilities for Conferences and Residential Courses with Self catering, B&B and Full board accommodation all available for groups.

The centre consists of:
Conference Room ~ seats up to 25
Workshop /Studio ~ seats up to 60



Overnight accommodation for up to 25 people in a variety of dormitories, plus single & double bedrooms

Fully equipped kitchens & separate dining areas

Bathrooms, showers, toilets (including disabled facility)

Accommodation for course leaders

Pay phone & ample parking

A wide variety of courses have been run including: Counselling, Art Therapy, Yoga, Tai Chi, Massage, Conflict Resolution for Couples, Men's Groups, Voice Coaching & many others.



LOCATION

Set in beautiful Derbyshire countryside the Mill is approached down a steep and winding drive leading to a secluded valley surrounded by woodlands, rolling hills and fields and is bordered by a trout stream which runs gently by.

There are numerous country walks to nearby villages. Carsington Water Reservoir with Visitors Centre, Cafe and Restaurant facilities, Bird Watching Huts and a wide range of watersports activities fishing, windsurfing & sailing 1 mile away.



Atlow lies in the Derbyshire Dales only 6 miles from Ashbourne and 13 from Derby. Also close by are the Tissington and High Peak walking and biking trails, Dovedale, Bakewell, Buxton and Matlock. There are many other beauty spots in the area, and both Ashbourne and Belper have leisure centres and a wide variety of shops. Other nearby attractions are Alton Towers fun park, Chatsworth, Sudbury Hall and Kedleston Hall and the Potteries at Stoke-on-Trent.

The nearest mainline train station is in Derby (13 miles away).

Buses run to: Hulland Ward (1 mile), Ashbourne (6 miles) Belper (10 miles).



WHAT THEY SAID

Relaxed, accepting and homely atmosphere.

The peace and quiet gave me time to refresh and recharge my batteries.

Food was excellent, bed comfortable and a good energy here - all organisational things have been clear and staff very friendly - Thanks.

Beautiful countryside all around. It was a great place to chill out.

What an amazing place!

