

WELCOME



MUDITA @ BONNIE DOON

22 Hutchinsons Rd Bonnie Doon Vic 3720



— BONNIE DOON, VICTORIA —

Stay. Slow Down. Be Here.

NATURE • CONNECTION • REST



ABOUT MUDITA

Welcome to Mudita @ Boonie Doon.

Mudita is a Sanskrit word meaning *joy*. It is translated as '*joy*', the pleasure that comes from delighting in other people's happiness and well-being.

We purchased Mudita in 2018 after holidaying with friends here for many years, the caravan was our humble little abode during that time. We loved the water and have skied on the lake for years.

We decided to renovate and have been slowly improving Mudita over the past few years. While our kids are adults now they like to come back with their friends - hopefully for many years to come. We love the the location, and all it offers. Mudita is also the perfect space for the "yoga & wellness retreats" I host a few times each year.

Bonnie Doon township was established subsequent to gold discoveries in the area. It was originally named Doon after the town of that name in Ireland. The Post Office opened on October 1, 1866 and was renamed Bonnie Doon in 1891 coinciding with the arrival of the railway. *Bonnie Doon is Scottish for 'Beautiful Water'*. Much of the original town of Bonnie Doon was flooded by the construction of Lake Eildon in the 1950s. The township was relocated; some buildings were picked up and moved, whilst others were able to remain in their original site, such as the churches.

MEET YOUR HOST

A mum of three kids and a shy greyhound, I'm full time worker, health coach and Airbnb host - I keep very busy!

I love having the opportunity to share Mudita with you. It gives me great pleasure spending time here, especially outside on the grass, it's my favourite place in the world. I'm a fan of yoga, meditation and just feeling good, this place helps me to reconnect with nature, slow down and remember what's important.

*Carolyn
& Co x*



CONTACT INFORMATION:

Phone: 0414 670 729

Email: cflanigan1@bigpond.com

EMERGENCY INFORMATION:

Mansfield Hospital:

53 Highett st, Mansfield

03 5775 8800

Police - Fire - Ambulance

000

CHECK IN

Check In Time: 2:00 PM

Please observe all house rules and if you have any questions don't hesitate to contact me.



CHECK OUT

Check Out Time: 10:00 AM

Late check-out maybe be arranged during off peak times, but must be confirmed by me first.



WIFI



Stay Connected



NETWORK

Aussie Broadband



PASSWORD

Mudita Bonnie Doon

SLOW DOWN. SOAK IT IN.
THIS IS YOUR TIME.



WIFI

NETWORK

Aussie Broadband

PASSWORD

on the back of the modem

HOUSE RULES

GENERAL REQUIREMENTS

01

All guests and their visitors are required to comply with all of the House Rules and any additional instructions from the hosts during the stay.

PETS

02

a) We are animal lovers too. Pets are welcome but please not on the furniture. A vacuum cleaner is provided to clean the hair.

b) Guests must pick up and dispose of all animal droppings. This is not negotiable.

SMOKING

03

Strictly **No Smoking** inside the house at any time.

If smoking outside - guests must dispose of cigarette butts in bins provided and not on the ground.

OCCUPANCY

04

a) Guests are allowed to have visitors to the maximum of 8. b) Guests wishing to have more visitors than this number must have prior approval from the hosts. An additional charge of 40.00 per person per night is applicable.

c) Guests must ensure all visitors comply with house rules.

d) Overnight visitors must be approved by the hosts in advance.

HOUSE RULES

05

PARTIES

- a) Parties and large gatherings of any kind are strictly prohibited and guests will be evicted.
- b) Small gatherings must comply with guest and visitor numbers that have been agreed with the hosts prior to arrival.

06

NOISE & NEIGHBOURS

- a) Guests are fully responsible for the safety and security of their children at all times.
- b) Guests and their visitors must keep noise to a minimum from 10:30pm onwards as to not disturb local residents of the area.
Excessive noise is prohibited.

07

RUBBISH & RECYCLING

Guests must clean up after themselves, please place all garbage and recycling in the bins provided. Any excess rubbish must be taken with you. Please place bins on nature strip on Monday evenings.

08

DECKING & BBQ

- a) BBQ is to be left clean and tidy after use, please ensure the gas is turned off & cover replaced ready for next use.
- b) Guests must supervise babies, toddlers and children at all times whilst on the deck.
- c) Strictly NO climbing, standing or leaning over the balcony railing at any time.

HOUSE RULES

PARKING

09

Parking is available on the property at the front of the house. Avoid parking at the rear during the wetter periods as vehicles may get bogged.

SECURITY

10

a) Guests are to lock and secure the house whilst they are not present.

b) To reduce energy consumption guests are to switch off appliances and air-conditioning units whilst not at the house.

DAMAGE

11

a) Any property damage or breakage must be reported as soon as reasonably practicable.

b) No towels, household utensils or equipment to be removed or used at the lake. BYO lake equipment only.

FIRE PIT

12

Please observe Victorian Gov camp fire rules, never leave campfire unattended. An adult must be present when campfire is alight. When you have finished you must extinguish it completely with water. Ashes must be cool to touch before you leave.

We have provided a fire blanket, fire extinguisher and first aid kit - located above the oven.



THINGS TO DO

BOATING & SKIING

Lake Eildon is near the base of the Alpine National Park. Lake Eildon is water lovers paradise. The lake has recently risen a huge amount due to all the rain.



BONNIE DOON RAIL TRAIL

Travelling through the township, the trail passes over the Bonnie Doon Bridge which is 385 metres long and provides a great vantage spot to stop and watch the activity on the lake. Plan your trip along the Great Victorian Rail Trail - walk, run or ride.



FOUR WHEEL DRIVING & BIKING

There are many four-wheel driving & motor bike tracks to explore taking you further into the High Country. Howqua Hills Historic Area is a great base to explore the nearby Alpine National Park and State Forest. Use Howqua Hills Historic Area as your base and take a drive through the high country.



LAKE EILDON

Lake Eildon is a centre piece of Victoria's northeast and a hub for outdoor activities, not just fishing. The lake is a manmade storage on the Goulburn catchment and an integral part of Victoria's irrigation system that delivers water downstream for agriculture. Featuring over 500 kilometres of shoreline, Lake Eildon is vast and variable with thick forest along its southern shores and grassy farmland along much of its northern.

For a long time, Lake Eildon's freshwater fishing options were dominated by trout and redfin however in recent decades and thanks to extensive stocking programs, an outstanding mixed fishery now exists that also includes Murray cod and golden perch.

All four of these species offer something for all skill levels, year-round, and from boats or the shore. The lake is well serviced by launching facilities such as the Alliance ramp at the dam wall, Jerusalem Creek and Goughs Bay with smaller seasonal ramps that can be used depending on the lake level.

FISHING

MT BULLA

With over 300 hectares of skiable terrain, there is something to appeal to all levels of ability. Our runs range from the wide beginner's slopes of Bourke St and Burnt Hut Spur, to the challenge of our black runs like Chamois.

With 20 lifts, Mt Buller has the largest lift network in Victoria, including thirteen chairlifts (three of which are high speed detachables) two T-bars, two rope tows (counted as one) and three magic carpets. The resort features three Terrain Parks designed for all skill levels, with a dedicated snow grooming team to maintain their condition.

For plenty of snow play fun, Mt Buller has two toboggan parks, complete with their own snowmaking machines to keep the kids happy all winter long.

The Mt Buller Village is situated picturesquely at the heart of the mountain, offering ski in, ski out accommodation and a huge range of bars and restaurants. With a wide range of accommodation to suit all tastes and budgets, there is something to cater for all needs. Over 30 bars and restaurants provide a range of delectable treats, from quick snacks to fine dining and a choice of nightlife options.

Mt Buller is also home to Breathtaker on High Alpine Spa Retreat, Australia's highest day spa and a range of off-piste activities from cinema, to retail therapy and rock climbing.

Mt Buller prides itself on being environmentally friendly, with a wide range of environmental initiatives in place.

SNOW TIME



BEST RESTAURANTS

BONNIE DOON PUB - 03 5778 7335

The Bonnie Doon Hotel is perfect for families, couples and groups who want to live it up or simply relax on the banks of legendary Lake Eildon. Traditional delicious pub meals available for lunch and dinner 7 days a week.

BOUNTY BONNIE - 03 5778 7774

BEST KNOWN FOR - BBQ striploin, butternut, lemongrass, chilli chimichurri and crispy potato.

ABOUT BOUNTY

Find impressive culinary artisan creations paired with great wine at Bounty on Philip Street in Bonnie Doon. More than just dinner – dining here is an experience, amid modern rustic surrounds which set a relaxed and cosy scene for memorable meals; settle in at recycled timber tables with potted greenery softening the ambience and peruse a seven-course set Pan-Asian menu, delivering an authentic taste of High Country Victoria. Expect dishes such as hiramasa sashimi, soba noodles, roast sesame dressing and wasabi to start; before housemade prawn dumplings, chilli sambal, iceberg, leek and consommé.





BEST CAFE'S & SHOPS

THE PRODUCE STORE

The Produce Store - the place in town to eat, meet and relax. Using locally sourced products, while the wine houses 70 wines from around the region.

- 68 High st Mansfield.

WITCHES BREW CAFE

Iconic cafe located in the heart of Mansfield township serving hearty breakfasts, fabulous lunches and great coffee.

Renowned for home styled delicious food, friendly service and indoor/outdoor dining options available so call in - the brew team look forward to welcoming you.

- 28 High st Mansfield

DINDI NATURALS & CAFE

Dindi Naturals luxurious skincare and body products harness the power of rare native botanicals, Australian plant oils and pure essential oils to soothe, nourish and revitalise the skin. Dindi Naturals products are produced by hand in small batches in Murrindindi Shire, Victoria and are palm oil free, cruelty free and gentle on both the earth and you.

- 6572 Maroondah Hwy, Yarck

ROS RICHE WINERY

Pop in to visit us at the Cellar Door at the Magnolia, 190 Mount Buller Road Mansfield (bookings advised).
0448 900 541

A beautiful and historic location in a lovely garden setting, the Magnolia has been transformed into a gorgeous space where you can enjoy wine tastings and grazing style food, including cheese platters and our new range of pizzas.

BARWITE WINERY

Barwite Vineyards was established in the late 1990's about 10km north east of Mansfield in the Victorian High Country. We chose grape varieties with the express purpose of supplying high quality cool climate grapes to Orlando for their sparkling wines. However, as this area has a reputation for producing some of the finest aromatic wines in Australia we also planted 4.5 ha of Riesling vines, the king of the aromatic varieties. 03 5776 9800

BEST WINERIES





ART

@emilyflaniganartist

Born in 1975, I was raised in West Yorkshire in the North of England. I left home at sixteen to pursue a career in fashion, and spent 10 years travelling and working all over the world.

During this time I met my husband and moved to Australia in 2002, where after a brief stint on the Sunshine Coast, have resided in Melbourne ever since.

After dabbling in drawing and painting over the years, mainly as a hobby, secondary to a busy life working and raising a family, I finally had the time and opportunity to bring it to the fore. In the beginning I focused on portraiture, painting vibrant colorful acrylics of animals and highly detailed pencil portraits of people.

However, my most recent works have been strongly inspired by the haunting aura of the misty rain drizzled moor country of Northern England, reminiscent of my time growing up there, overlaid and melded with the stark, mesmerising beauty and sheer scale of the Australian landscape.

Presently my main medium is Acrylic paint, predominantly exploring the monochromatic nature of black and white, and the deep contrast between the two.

This is the focus of my "Ghost" series, which I have been exploring for a while. I am fascinated with finding the light, and seek to convey it in each piece of art I create. The movement of time, and how things change from moment to moment.

Contact and Enquiries:
instagram @emilyflaniganartist

HEALTH & WELLNESS COACHING



MUDITA
RETREATS
Est. 2018

Health & Life Coaching *with Carolyn*

Supporting women to reconnect with their health, vitality & authentic self.

Helping you create lasting change through holistic health, mindset, breathwork & lifestyle support.

- Reconnect with your body, calm your mind & regulate your nervous system
- Build healthy habits that support your energy, wellbeing & goals
- Create a life that feels balanced, purposeful & authentically you

Real wellness begins when
you reconnect with yourself.

1:1 COACHING • WELLNESS SUPPORT • MINDSET COACHING
BREATHWORK • HABIT BUILDING • LIFESTYLE BALANCE

ENQUIRE DURING YOUR STAY TO CONNECT



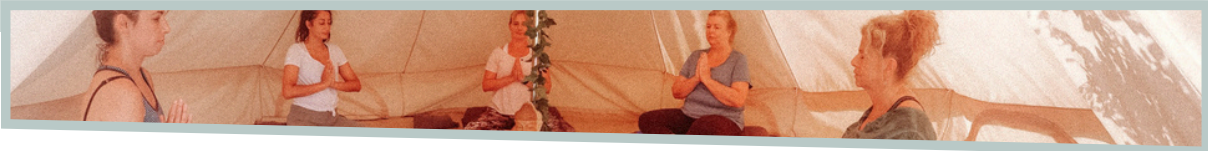
For as long as I can remember (and years before that too!), messages and education around health have been super confusing. We are the sickest, most overweight, most undernourished species on the planet.

After many years of being addicted to sugar & over drinking, suffering from horrible hangovers, brain fog, crazy hormones and insomnia, I know how out of control you can feel, and that change can be hard. But I also know it is possible to find the best version of yourself...where you are in control, so your mind, body and spirit will thrive.

My coaching provides all the tools and resources to help you achieve a higher level of health & well-being, especially when change is hard. Coaching is a relationship that facilitates growth and autonomous motivation and increases the capacity to change through visioning, goal setting and accountability. For more information check out my website or call or send me a message 0414670729.

MUDITA YOGA & WELLNESS RETREATS

 @healthcoachcaz



www.healthcoachcaz.com/mudita-retreats



YOUR CHECKLIST

Please ensure house is left tidy (as you found it) and all the appliances/heating is switched off. Any dirty dishes placed in dishwasher and switch on.

Fire place/pit extinguished.

YOUR CHECKLIST

Keys are to be returned to the lockbox using the same passcode.

YOUR CHECKLIST

Please take any excess rubbish with you, pickup any doggy poop and place bins on nature strip Monday evening (if applicable).

YOUR CHECKLIST

Check cupboards/drawers to ensure you don't leave any of your valuables behind.

YOUR CHECKLIST

Please secure both balcony and front gate as you depart and have a joyful trip home.

"AMAZING STAY"

"Thank you Carolyn for offering your relaxing house by the lake. We had so much to do and see and relaxing at the end of each day on the beautiful wide deck was heavenly. We looking forward to staying again some day."

Merideth

"WE WILL BE BACK!"

" Could not fault anything. The place was spotlessly clean, very modern and had everything! Such an amazing location, close to the boat ramp and right behind the pub. Every one had an awesome time. We will definitely book again."

Krystal



DON'T FORGET...

If you loved your stay at Mudita, please leave us a 5 star review.



Follow us on @mudita_bonniedoon

Thankyou!

MUDITA @ BONNIE
DOON

22 Hutchinsons rd
Bonnie Doon
3720

