

Wild Wellness at

GLENAYR FARM

• VILLAS • GLAMPING • WEDDINGS • RETREATS •

1257 WINDEYER ROAD, MUDGEE, AUSTRALIA



A bit about Glenayr Farm ...

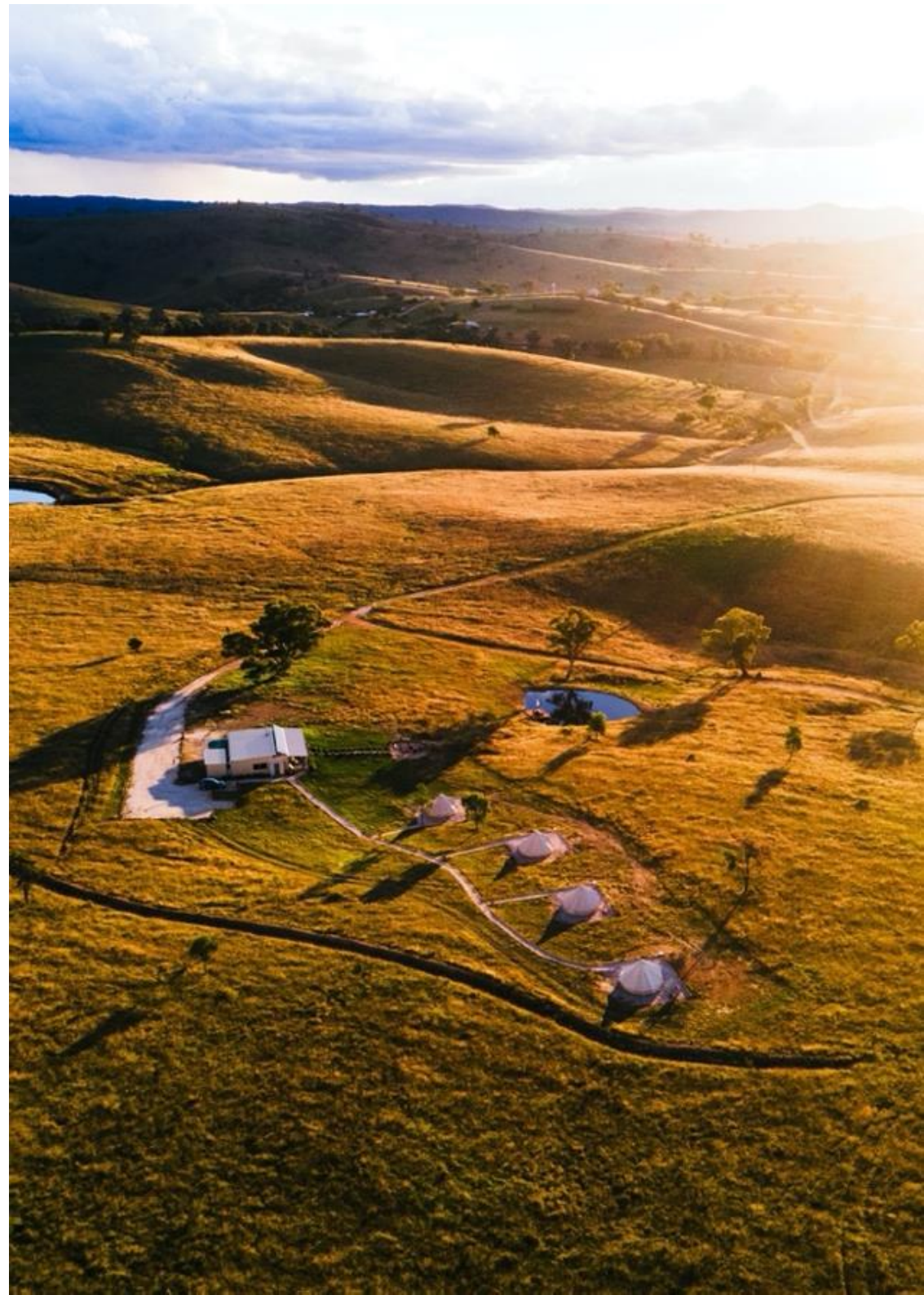
Your Ultimate Nature-Based Escape

Escape to Glenayr Farm, an award-winning, off-grid retreat nestled near the stunning Mudgee wine region. Set on a 320-acre sheep and cattle property, this secluded haven offers a truly unique experience.

At Glenayr, we welcome everyone—from individuals and couples to families, groups, and businesses. Whether you're seeking solitude for personal reflection, enjoying a romantic getaway, celebrating a special occasion, or hosting a memorable wedding, corporate event, or wellness retreat, Glenayr offers the perfect setting for all types of escapes.

Perfect for individuals, couples, or groups up to 16 guests (or 22 guests with additional accommodation for 6 in our bunkhouse), our accommodations includes 4 glamping tents and 3 boutique villas, one of which is an accessible 2-bedroom, 2-bathroom villa. Each accommodation features a private hot tub, ensuring you can unwind in ultimate comfort while soaking in breathtaking views, and clear skies perfect for stargazing and sunsets, or simply unwinding amidst nature's beauty.

With nature as your backdrop and wildlife at your doorstep, Glenayr Farm offers the ultimate escape to disconnect and reconnect with purpose.





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Why Wellness is so important ...

Wellness is no longer a luxury; it's a necessity.

In today's fast-paced, always-connected world, wellness and connection to nature have become essential for our mental, emotional, and physical well-being. As anxiety, stress, and mental health challenges continue to rise, the need for moments of stillness and rejuvenation is more critical than ever. Wellness is not just about physical health—it's about finding balance, clarity, and healing in our busy lives.

Nature offers a sanctuary for this, providing the perfect setting to unwind, reset, and reconnect with yourself. Research shows that spending time in nature reduces stress, boosts creativity by 60%, and promotes a deep sense of calm. It has been shown to reduce cortisol levels, alleviate anxiety, and improve mood by up to 40%, helping to restore emotional balance and mental clarity.

At Glenayr Farm, we offer a rare and special combination of wellness and nature—two powerful forces that work together to heal and rejuvenate and create a unique and transformative experience that's rare to find in today's world.

Start your day with Yoga or Pilates overlooking breathtaking views, indulge in our hydrotherapy spa or cold plunge, or relax in our traditional Finnish sauna. Enjoy a peaceful mountain hike or meditate while soaking in the distant rolling hills. Each experience is designed to nurture your mind, body, and soul, helping you step away from the stresses of daily life and recharge in a way that truly matters.

Take time to pause, breathe, and reset. You'll leave feeling renewed, restored, and ready to embrace life with a fresh perspective.

Wild Wellness...

Immerse yourself in a range of rejuvenating wellness experiences at Glenayr Farm. From soothing sauna sessions, invigorating ice plunges and deep relaxation in our hydrotherapy spa, every activity is designed to restore and revitalise. Whether you're hiking through picturesque landscapes, enjoying yoga sessions, or indulging in a relaxing massage, our offerings provide the perfect escape for your mind, body, and soul.

Included Wellness Amenities:

- ~ The Barn – a dedicated space for Pilates, Yoga, Breathwork, and mindfulness practices
- ~ Traditional Finish sauna, hydrotherapy spa, and cold plunge
- ~ Glenayr Farm hike through stunning landscapes
- ~ Unwind on the sun deck with sweeping views of rolling hills

Optional Add-Ons:

- ~ Massages and facials in the tranquil surroundings of our Wellness Suite

Wellness Benefits at a Glance:

- ~ **Hydrotherapy spa:** Relieves pain, improves circulation, detoxifies, reduces stress
- ~ **Traditional sauna:** Relieves pain, improves circulation, detoxifies, reduces stress
- ~ **Ice bath:** Eases fatigue and reduces inflammation, encourages being present
- ~ **Hot / cold therapy:** Naturally uplifts mood and alleviates pain
- ~ **Mindful walking:** Lowers stress, improves sleep, and enhances mood
- ~ **Yoga:** Increases strength, balance, and focus
- ~ **Pilates:** Core strength, alignment, boosts energy, supports overall body wellness
- ~ **Breathwork:** Reduces stress, increases focus, and energises the body
- ~ **Meditation:** Reduces anxiety, boosts immunity, and strengthens resilience

At Glenayr, every moment is an opportunity to reconnect, recharge, and experience true wellness in nature. Tailor your stay to suit your needs and leave feeling refreshed, balanced, and renewed.





Accommodation ...

Glenayr Farm can accommodate up to 24 guests in:

3 boutique villas all with private hot tubs

- ~ Villa Rose – 2 guests (King Bed)
- ~ Villa Merlot – 2 guests (King Bed)
- ~ Villa Blanc – 4 guests in an accessible 2-bedroom, 2-bathroom villa (Bedroom 1 has a king bed and bedroom 2 has a king bed that can be split into two single beds, based on your preference.)

4 glamping tents

- ~ 4 bell tents sleeping 2 guests each in a king bed that can be split into two single beds, based on your preference.
- ~ Champagne Tent (being our top and most private tent) offers something very special 'Sleeping under the Stars' where sleeping and stargazing merge into a magical experience that will linger in your memories for ever. You can choose to sleep in the tent or under the stars.

Bunkhouse

- ~ Two interconnecting rooms: one with a queen bed, the other with two bunk beds (double on the bottom, single on top). Best used for facilitators

Please note

In total we have 8 rooms. 3 rooms have king beds, and 5 rooms offer flexible bedding configurations with split king-size beds—ideal for people sharing a space while maintaining personal comfort and privacy.

Premium linen and towels are provided, along with a curated selection of Leif body products—including shampoo, conditioner, soap, and body balm—for a touch of luxury during your stay.

Wild Wellness Retreat Itinerary ...

Day 1:

2:00 pm: Arrive at Glenayr Farm, welcome drinks, site tour, and settle in.

3:30 pm: Meet everyone and set your intentions

4:30 pm: Welcome Yoga / Pilates / Breathwork

7:00 pm: Enjoy a beautifully styled dinner party, prepared by your personal chef and hostess, an experience that Glenayr is renowned for.

8:30 pm: Unwind around the campfire or enjoy quiet time in the hot tub.

Day 2:

6:30 am: Early morning Yoga/Pilates/Breath-work, Stretch, and Meditation

7:30 am: 1.5-hour wellness experience including sauna, guided cold plunge, and hydrotherapy spa

9:00am: Breakfast to fuel your day

10:30 am: Hike across Glenayr Farm's secluded hills, taking in panoramic views. Visit the restored Gold Miners Hut

12:30 pm: Enjoy lunch with everyone

2:00 pm–5:00 pm: Free time (enjoy the sauna, hot tub, spa, explore, nap, read or book a massage)

5:00 am: Sunset Yoga/Pilates/Breath-work

6:00 pm: Enjoy dinner with everyone

8:00 pm: Unwind around the campfire or enjoy quiet time in the hot tub

Day 3:

6:30 am: Early morning Yoga/Pilates/Breath-work, Stretch, and Meditation

8:30 am: Breakfast, reflection and farewell

10:00 am: Retreat concludes—farewell Glenayr Farm. We recommend enjoying the scenic journey home through the charming towns of Rylstone and Kandos for a coffee break, followed by a late lunch at a picturesque apple farm in Bilpin

Return home restored, reconnected, and recharged.





Pricing ...

Your Retreat Includes:

- ~ 2 nights' accommodation in a Glamping Tent or Villa (share or enjoy solo)
- ~ Personal Meet & Greet upon arrival
- ~ Welcome pack with personal blanket, eye mask, slippers, gratitude book
- ~ 2 dinners, 2 breakfasts, 1 lunch + snacks, tea & coffee
- ~ Enjoy all meals in a beautifully styled setting that Glenayr Farm is famous for
- ~ Welcome Yoga / Pilates / Breathwork
- ~ Early morning Yoga / Pilates / Breathwork, Stretch, and Meditation
- ~ 2 ½ Wellness session including Pilates / Yoga / Meditation / Breathwork, followed by sauna, hydrotherapy spa and guided cold plunge
- ~ Guided 1-hour farm hike

All-inclusive pricing ranges from \$500 to \$1,800 (per person) depending on accommodation and number of guests per room

Pricing (per person):

- ~ **Villa Rose / Merlot – King Bed** (2 people to share King Bed): \$1,200 p/p
- ~ **Villa Rose / Merlot – King Bed** (1 person exclusive in a King Bed): \$1,800 p/p
- ~ **Villa Blanc – 2-Bedroom Villa:**
 - Bedroom 1 (2 people to share a King bed): \$1,000 p/p
 - Or bedroom 1 (1 person exclusive in a King Bed): \$1,500 p/p
 - Bedroom 2 (2 single beds): \$1,000 p/p
- ~ **Glamping** (2 people to share a tent in 2 single beds): \$700 p/p
- ~ **Glamping** (1 king bed / tent to yourself): \$1,000 p/p
- ~ **Bunkhouse** (One queen bed to share; double bed to yourself, single top bunk to yourself): \$500 p/p

We'd love to reserve your spot! Please email us your full name, email address, mobile number, and your preferred accommodation. We'll get back to you with all your booking details and payment instructions so you can secure your place and start looking forward to your stay.