



Exmoor Escape

Emmetts Grange | 2nd – 5th June 2025



The Curious Curator



RESET *with* RACHEL



EMMETTS ON EXMOOR
A WEST COUNTRY WILDERNESS

The Retreat

Escape to Exmoor and remind yourself what it's like to 'live your best life'. You will be hosted by Victoria Irvine, the Curious Curator, who strives to 'live a thoughtful, adventurous and creative life' and Rachel Stanley-Evans, Reset with Rachel, a naturopathic health coach, who will teach us how to 'reset' ourselves.

Discover wild walks and swimming in clear clean water, forage for your lunch and eat delicious healthy food. You will meet Belinda Kirk who will teach you how to use adventure for wellbeing and Hannah Thomas, Herbs & Wild, who will show you how to make sourdough and master fermenting.

This trip is totally unique as is Exmoor itself.



Reset with Rachel

Rachel is a naturopathic health coach, ultramarathon runner, and wellness expert with a passion for helping others live vibrant, fulfilling lives. Her path into health and wellness began on the idyllic lake shore of Malawi, where barefoot runs with her dogs sparked a lifelong love of long-distance running. Over time, this passion grew into a deep interest in nutrition and holistic health, leading Rachel to retrain at the College of Naturopathic Medicine.

Rachel believes in the power of small, sustainable changes—like habit stacking and goal setting—to create lasting transformation. Her approach focuses on the connections between mindset, nutrition, and practical strategies to help people thrive. Combining science-backed principles with a friendly, down-to-earth style, Rachel makes wellness accessible and inspires action.

Reset with Rachel Workshop

Rachel's workshop is all about gut health, a crucial piece of the wellness puzzle. Designed to be a fun and interactive session, we will dive into:

- Why gut health is so important and how it affects mood, sleep, energy, weight management, and hormone balance.
- Simple strategies to reset your gut with clean eating, detox, stress management, and smart food choices.
- Personalised tools like the Wellness Tracker to help you create your own unique plan for success.
- By the end of the session, you'll leave with actionable steps to reset your gut and a clear path to feeling your best—inside and out!



The Curious Curator

Victoria Irvine curates events that inspire curiosity. Having holidayed on Exmoor for more than ten years, Victoria moved there with her family three years ago.

Victoria likes to embrace the elements through walking, swimming in the sea, horse riding, journaling and reading. Cooking and eating good food and are also important to her and she enjoys Exmoor's amazing local produce, some of which you will experience during this retreat. She loves community and talking to people. The Curious Curator has evolved through Victoria's love of all these things.

'To do the work, we need to rest, to read, to reconnect. It is the invisible labour that makes creative life possible.'

Victoria will take all bookings and organise all the fine details of this trip. She will be on hand every day and be able to share her wealth of knowledge in what Exmoor can provide for us both in entertainment and food.

www.thecuriouscurator.co.uk



Herbs & Wild

After graduating from Durham university with a degree in Biology and Psychology, Hannah trained at Ballymaloe Cookery School, Ireland, which she chose for its focus on using locally produced, seasonal and high welfare ingredients. It was there that she discovered and fell in love with sourdough baking, foraging and fermentation.

In 2018, Hannah, began Herbs & Wild as a supper club while working as a chef at The Ethicurean, a walled-garden restaurant near Bristol. The motive for doing this was to create something of her own and directly share what she is passionate about.

Hannah will take you on a foraging and fermentation journey and host a brilliant sourdough making workshop.

www.herbsandwild.co.uk



Belinda Kirk

Belinda is the leading voice promoting the benefits of adventure on wellbeing and author of the best-selling book *Adventure Revolution: The life-changing power of choosing challenge*.

An explorer in her own right, Belinda has walked across Nicaragua, searched for camels in China's Desert of Death, discovered ancient rock paintings in Lesotho, pioneered inclusive expeditions for people with disabilities, lead dozens of youth development expeditions around the world and gained a Guinness World Record for rowing unsupported around Britain. Belinda has managed remote trips for, amongst others, Bear Grylls, Ray Mears & Chris Ryan and is

Belinda is a fellow of the Royal Geographical Society and British Exploring Society. She is also an Ambassador for The Youth Adventure Trust.

Learn more about adventure and its benefits for wellbeing.

www.belindakirk.com



Emmetts Grange

Emmetts Grange is a private agricultural and moorland estate and at 1250 feet, it is the highest farm on the moor. Emmetts sits within the curtilage of the ancient village of Simonsbath which is the principal settlement in the civil parish of Exmoor. The main residence and the surrounding traditional farm buildings and courtyards were built in the 1840s by John Knight who had bought the entire Exmoor Forest from The Crown.

Our main base will be in the Georgian farmhouse with its extensive downstairs space. There are five double/twin rooms all with their own bathrooms. There is also a double-bedded studio annexe and a two double bedded cottage with shared bathroom.

www.emmettsonexmoor.com



What's Included

Guided Nature Walks: Immerse yourself in the great outdoors, including a special forage walk complete with a delicious al fresco lunch.

Wild Swimming Adventures: Take the plunge into stunning natural locations for an invigorating experience.

Gut Health Workshop: Discover the secrets to a happy, healthy gut with practical tips you can take home.

1-to-1 Wellness Session: Enjoy a personalised consultation with Naturopath Health Coach Rachel Stanley-Evans to focus on your unique health needs.

Seasonal Feasts by Herbs and Wild: Indulge in delicious, mouthwatering meals made with the finest seasonal ingredients, prepared by the talented Hannah from Herbs and Wild.

Sourdough Masterclass: Learn the art of making your own sourdough bread—delicious, wholesome, and deeply satisfying.

Fermentation Workshop: Explore the ancient craft of fermentation and create nutrient-rich, gut-friendly goodies.

Inspiring Talk by Belinda Kirk: Be inspired by this motivational speaker, adventurer, and advocate for living boldly.

Each activity is designed to reconnect you with nature, nourish your body, and inspire your wellbeing!



Prices & Booking

Contact victoria@thecuriouscurator.co.uk to book

£995 per guest shared accommodation (first come first served basis)

£210 single supplement

Based on a minimum of eight guests

For a smaller number we will have to charge more pro rata

Included

Accommodation for three nights

All meals & drinks

All workshops, talks, guided walks

Not Included

Massages

Insurance

Please note that all activities are at your own risk. We will ask you to sign a waiver form on arrival.

Reservations

If you would like to book or have any questions, please get in touch.

We require a 30% deposit at the time of booking and the balance will be due 4 weeks before the start date.