



## Directions to Karuna Detox Retreat

You are making your way to Karuna Detox Retreats at **Ham Farm, Dolton, Winkleigh, Devon, EX19 8QT**  
[Click Here for a map to Karuna Detox Retreats](#)

*Note: Arrivals 5-6pm first Friday. Please notify us if you're arriving later. Departures 9 am following Friday.*

*If you arrive after 7.30pm, you will find us gathering in the far end of the pool house: Follow your way downhill, keep the cottages on your left, and turn right around the indoor swimming pool block. At the far end of this building, you will see us gathered.*

If you need to contact us on your way to Ham Farm,  
call **01805-804614 (leave a message, we will call you back)**

### ARRIVAL BY TRAIN

**Destination: Exeter, St. David's** train station. Aim to arrive around 4 pm to catch a taxi (approx. 50 min. from Exeter) or a bus (approx. 70 min. from Exeter) for the remaining journey, to arrive in Dolton around 5pm.

*National Rail Enquiries:* [www.nationalrail.co.uk](http://www.nationalrail.co.uk) tel. 08457 48 49 50 – times and fares

*First Great Western:* [www.firstgreatwestern.co.uk](http://www.firstgreatwestern.co.uk) tel. 08457 000 125 – tickets, info., offers.

*The Train Line* – buy tickets online at [www.thetrainline.com](http://www.thetrainline.com)

**Note: You can arrive later on Friday, but not earlier!**

### BUS & TAXI

**First Red Bus** (no. 315) leaves Exeter St. David's at **17.10 pm** and arrives at Dolton at 18:25.

We are happy to bring you from Dolton (5 min. from Ham Farm), **please email us well in advance to arrange this.** [Click here to view Bus Timetable to Dolton](#)

**'Capitol City' Taxis (01392-434343)** leave from Exeter St. Davids (4 seater £55, 6 seater £80- pre-arranged with **Pete** in the office). In order to benefit from this fixed rate (which is around £10 less than meter price) you need to mention in the office that you are going to 'Karuna Retreats' in Dolton and that you are requesting the fixed price above. Please make sure you have cleared this with the office and the driver before your journey to avoid misunderstandings. *Note: It is best to have a print out of directions for the taxi driver in case they are not familiar with the way.*

**'Beacon Coaches' (01805-804240)** have 4 seaters (small luggage) for £48 outside of school times (8-9am and 3-4pm) It will be around £10 dearer within these times (as they bring in additional help). 8-10+ seaters (mini bus with loads of room) costs £68 outside of school times and £75 within these times. These same charges apply to/from **Exeter St. Davids train station** or **Exeter airport**. If you wish to connect and share from airport and train station, add £8 to the quote.

**AIRPORT** – Nearest airport is Exeter airport. You can take **Bus 56** (Exeter PlusBus) to/from the airport and Exeter St. David's train station. Dep. Times are 0705 then 08:15-18:15 every hour (these times are from Train station to Airport), journey time is around 25 minutes.

### BY CAR

In general, if ever in doubt, chose the road that leads to *Winkleigh*, then from there the road to *Dolton*, and from there these directions are fool-proof to Ham Farm. Note: the AA route planner directions **end** at Dolton village, not at Ham Farm so please bring these directions with you **IN ADDITION**.

Find your way to the **southern end of the M5**, and follow these instructions:

1. Take the **A30**, sign posted **Okehampton**
2. After about **16 Miles**, there is a slip road off, going to (Whiddon Down), follow signs to **Torrington A3124**.
3. After **500metres** make a sharp **RIGHT** opposite the **POST INN pub**, follow signs to **North Tawton** and **Torrington**.
4. At **North Tawton**, turn **LEFT** at the T-Junction, for **A3072**



5. After **500 Metres** turn onto the **A3124** again.
6. Follow signs for **Torrington** and **Winkleigh**.
7. After 3miles turn onto the **A3124** for **Torrington**
8. At **Winkleigh** follow signs to **Torrington**
9. After **5 Miles** you come to a four-road crossway called the Beacon – With a petrol station on your right, Turn **LEFT** toward **Dolton**
10. Go straight through Dolton village, keeping the **church on your right**. Go **down** a steep hill, and **up** the other side.
11. Turn **LEFT** at the top into **HAM FARM**. You are now in the driveway.
12. Where the road forks, go **Left** to park, and look for our welcoming staff in Grove cottage (marked by our logo above).

### Leaving Ham Farm driving towards the North (Bristol) or East (London)

1. Turn **Right** when leaving Ham Farm, heading for **Dolton** village.
2. Go **straight** through the village.
3. After 2 miles you come to the main road with the **petrol station**.
4. Turn **Right** here towards **Winkleigh**
5. After **5 miles** on this road, you will see the sign for **Devon Motor Company**
6. Turn **Right** just after this sign, towards **North Tawton**.
7. After another **5 miles** turn **Right** at the T-junction towards Exeter (A30) on A3124
8. After **100 yards**, turn **Left** at the T-junction towards Exeter (A30) on A3124
9. After **half a mile**, turn **Left** at the T-junction towards Exeter (A30) on A3124
10. After another **half a mile**, turn **Right** at the crossroads towards Exeter (A30) on A3124
11. After **5.5 miles**, turn **Left** at the T-junction towards Exeter (A30) on A3124
12. **Half a mile** down here is the **roundabout** to join the **A30 towards Exeter**.

### Leaving Ham Farm driving towards Exeter St.David's Train Station

1. Turn **Right** when leaving Ham Farm, heading for **Dolton** village.
2. Go **straight** through the village.
3. After 2 miles you come to the main road with the **petrol station**.
4. Turn **Right** here towards **Winkleigh**
5. After **5 miles** on this road, you will see the sign for **Devon Motor Company**
6. Go straight on here for Exeter.
7. Keep going straight until you pickup signs for **St.Davids Train Station**.