



Karuna Detox Retreats - Interesting local links

Though most require rest during their detoxifying fast, some enjoy going out for a breather. We hope you enjoy these local points of beauty and interest we have collected.

- The North Devon Countryside is a wonderful place of beauty and tranquility with a slower pace of life. You may wish to stay on in the area to explore Dartmoor, Exmoor and the **dramatic coastline** that makes North Devon a must at any time of year.
- **RHS Gardens Rosemoor web site** - Only a ten minute drive from Dolton.
- Also at Great Torrington. Dartington hand blown lead crystal glass, **factory shop and tour**.
- **The National Trust** - Beautiful houses and picturesque walks.
- **Exmoor National Park** - Stunning scenery on the Devon / Somerset borders.
- **Click here for North Devon news and useful information**.
- If art is your thing the **Broomhill Art Hotel, Contemporary Art Gallery and Sculpture Gardens**; and the **Burton Gallery and Museum** are both worth a visit.
- **Hatherleigh** is worth a visit, a classic example of Devon Market Town.
- Information on leisure activities, such as **Golf, cycling, walking, fishing etc**, in the Torridge Valley area.
- Or make a visit to Dolton's' own nature reserve by the banks of the river Torridge at **Halsdon**.

 [Click here for \(map\) location of Dolton](#)

Detox, De-stress & Rejuvenate
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