

**U-Turn Health® / FROOTEE™ Welsh Fruit Festival****2nd – 9th August 2026****Information Sheet/Terms and Conditions****Location, accommodation and travel**

1. The primary site for the U-Turn Health® 2026 Welsh Fruit Festival will be the Trigonos retreat centre in the Snowdonia (Eryri) National Park in North Wales:
<https://www.trigonos.org/>
2. Trigonos has 31 beds plus additional options for children to sleep on camp-beds or camping mattresses in the same rooms as their parents/carers.
3. Trigonos has space for 20 people camping in the West Field. Mobile toilets and showers will be provided.
4. There is no electricity in the West Field and it is not possible to drive vehicles to or park on the field. Parking will be in the main Trigonos car park.
5. The main Trigonos car park can only comfortably accommodate 20 vehicles. For this and for environmental reasons, attendees staying on the Trigonos site are encouraged to travel to Trigonos by public transport, taxi, and/or pre-arranged bus if possible.
6. Depending on numbers attending, it may be necessary for some accommodation to be provided off-site.
7. Off-site camping may be provided at the Talymignedd campsite (appx. 5-minutes-drive away): www.talymignedd.co.uk
8. Off-site hostel accommodation may be provided at the Snowdon Ranger Youth Hostel (appx. 15-minutes-drive away): www.yha.org.uk/hostel/yha-snowdon-ranger
9. The nearest train station is Bangor. Trains run regularly (Transport for Wales and Avanti West Coast) from London Euston, Manchester Picadilly, Cardiff Central, and Birmingham New Street. To get to Bangor by train from Liverpool, take the Merseyrail from Liverpool Lime Street or Liverpool Central and change at Chester.
10. The nearest airport is Liverpool. Manchester airport is also an easy train-ride away.
11. A bus or taxi will be arranged to take attendees from and to Bangor station.

Payment and refunds

1. A full refund of any monies paid is guaranteed for 14 days after initial booking (the date of payment).
2. After this, a 50% refund is available until the next instalment date.
3. After the next instalment date, any payments made will become non-refundable.
4. If cancellation is necessary after 14 days, or after the next instalment date, booking may be transferred to another attendee, or carried over to 2027.

5. Instalment dates are: 1st February 2026 and 1st May 2026.
6. The Early Bird rate will remain in place until 31st December 2025.
7. The Full rate will remain in place from 1st January 2026 to 30th April 2026.
8. The Late Booking rate will remain in place from 1st May to 31st July 2026.
9. Bookings will close at midnight on 31st July 2026.
10. Payment may be made in full at the time of booking (if you can afford this, it helps us with our financial planning), or in three equal instalments.
11. The first instalment at the time of booking secures your place at the current rate.
12. The second instalment must be paid on or before 1st February 2026.
13. The third instalment must be paid on or before 1st May 2026.

Event cancellation

1. In the event that the Welsh Fruit Festival has to be cancelled for any reason, refunds will be provided in accordance with the Terms and Conditions of the Event Insurance Policy.

Accidents and loss of property

1. U-Turn Health® Ltd and Trigonos will make every effort to keep you, your children, and your property safe. However, you will remain ultimately responsible for your own safety, for the safety of your children, and for the care of your own property while on-site, as well as during off-site excursions or while staying at off-site accommodation.
2. U-Turn Health® Ltd and Trigonos accept no liability for injury, death or loss of property occurring while engaging in any outdoor activities, whether on or off-site, including hiking, climbing, cycling/mountain biking, wild swimming, camp fires, tree climbing or camping. These activities are carried out at your own risk.
3. Parents and carers of children should note that the Trigonos site is open to the lake at the bottom, with no barriers. Children must be supervised by an adult when near or in the lake at all times.

Health and wellbeing

1. You are advised to declare any significant medical conditions on your booking form, and to inform the organisers of any medications you may be taking.
2. You are advised to inform the organisers of any allergies you have, especially food allergies, and whether or not you carry an EpiPen.
3. You should be aware that Trigonos is in a remote location and the nearest hospital is about an hour away by road. Ambulance transfer to hospital may take longer than this due to waiting times.
4. You should be aware that U-Turn Health® does not provide registered medical care and therefore cannot order investigations to diagnose specific diseases or prescribe drug or procedural treatments for you.

5. U-Turn Health® provides information and support in good faith but you remain fully responsible for your own decisions. It is never possible to guarantee any particular outcome and dietary decisions must always be taken after weighing up the potential risks and benefits. U-Turn Health® takes no responsibility for any adverse health outcomes you may experience during or after engaging with our services.

Food and drink

1. The Welsh Fruit Festival is a celebration of the fruit-based low fat raw vegan diet.
2. All the food and drink provided will be 100% raw, vegan, and soya and gluten-free.
3. Most of the calories will come from fruit, with smaller amounts from vegetables, nuts and seeds.
4. Allergens that might be present include nuts (no peanuts), seeds (including sesame), celery and strawberries. Please indicate on your booking form if you are allergic to any of these, or any other plant-based allergen.
5. Attendees are politely asked not to consume cooked foods or animal products in front of other attendees.
6. Attendees are also politely asked not to talk about their consumption of cooked foods or animal products in front of other attendees.
7. Attendees are asked to appreciate that although we understand that not all those who come to the Welsh Fruit Festival are raw, or vegan, in their everyday lives, as a group we agree to maintain this special space for ourselves and for each other for the duration of the festival. This is respectful to those who do eat this way, and for whom it may be rare to experience a fully supportive social space, and it helps those who are in transition, or who wish to experience the health benefits of this dietary approach by doing it 100% for this period of time, to achieve their aims.

Alcohol, drugs and smoking

1. The Welsh Fruit Festival is a conscious wellness event, and as such it is an absolutely 100% alcohol, drug and smoke/vape-free zone. This is non-negotiable, and anyone found breaching this agreement will be asked to leave.
2. If you are a smoker or use vapes, and you do not wish to use this event as an opportunity to quit, you are still welcome to attend but you are asked to please use these products off-site. This will mean walking to the gate at the top of the car-park (it is not too far!). Please do not use cigarettes or vapes ANYWHERE on the Trigonos site. This includes in the woods and down by the lake.
3. If you are a smoker or use vapes, and you would like to use this event as an opportunity to quit, please do let the organisers know that you are doing this so that we can adequately support you. You may wish to bring a supply of nicotine patches.
4. Please note that the Welsh Fruit Festival aims to offer an environment free of addictive substances, and this includes caffeine and related substances (tea, coffee, chocolate, energy drinks). There will be no caffeinated beverages available at the Welsh Fruit Festival (including black and green tea, coffee, chocolate, cacao, energy drinks), and there will be no chocolate or cacao to eat either.

5. Please note that there will also be no salt or refined sugar (including coconut sugar, stevia, syrups) used in any of the foods or drinks offered at the Welsh Fruit Festival, or available on-site.
6. Attendees are advised to be aware that all of the substances mentioned above are potentially addictive, and if you stop consuming them suddenly you may experience unpleasant withdrawal symptoms. If you consume any of these substances in your daily life, to get the best from your experience at the festival you may wish to consider reducing or stopping them completely at least a few days in advance of your arrival.

Community

1. The Welsh Fruit Festival is administered by U-Turn Health®. U-Turn Health® is an ethical company with a social mission to raise awareness about the health benefits of the fruit-based raw vegan diet, and to provide evidence-based information products and support services to those wishing to experience those benefits.
2. FROOTEE™ is a trade name of U-Turn Health®. The FROOTEE™ umbrella includes FROOTEE™ Festivals and the online FROOTEE™ Community on Mighty Networks.
3. The Welsh Fruit Festival offers a physical community space for those who follow a fruit-based raw vegan diet (including fruitarians, raw vegans, low fat raw vegans and high raw vegans), those who are in transition, and those who would like to try the diet for a short period of time.
4. We aim to keep the event affordable and accessible for as many people as possible, and rely on the voluntary contributions of attendees who are able to help co-create the experience for ourselves and for each other. All attendees are encouraged to think about what they might be able to offer.
5. There will be a pre-arranged schedule of events, including learning activities, physical and outdoor activities, children's activities, day trips, food demonstrations and evening events. However, there will also be plenty of free time and space in the schedule for spontaneous happenings! Please feel free to bring any equipment along for any activities you may wish to offer in this spirit!!
6. And last but not least, all attendees will be asked to take a turn in the kitchen! This may involve things like washing, peeling or chopping fruits and vegetables, setting things out or clearing away after meals, or doing the washing up. This is not compulsory, but it is often good fun and a nice way of meeting people, you may learn some new kitchen skills, and it will help the event run smoothly if we all help out a bit.
7. U-Turn Health® (and the Welsh Fruit Festival) aspires towards sociocratic decision-making (also known as dynamic governance). This is characterised by a flattened hierarchy, decision-making by consent, and a governance structure based on circles. If you would like to join the planning circle, we have regular online Zoom events which are free for anyone to join.

We look forward to meeting you in August 2026!! 😊