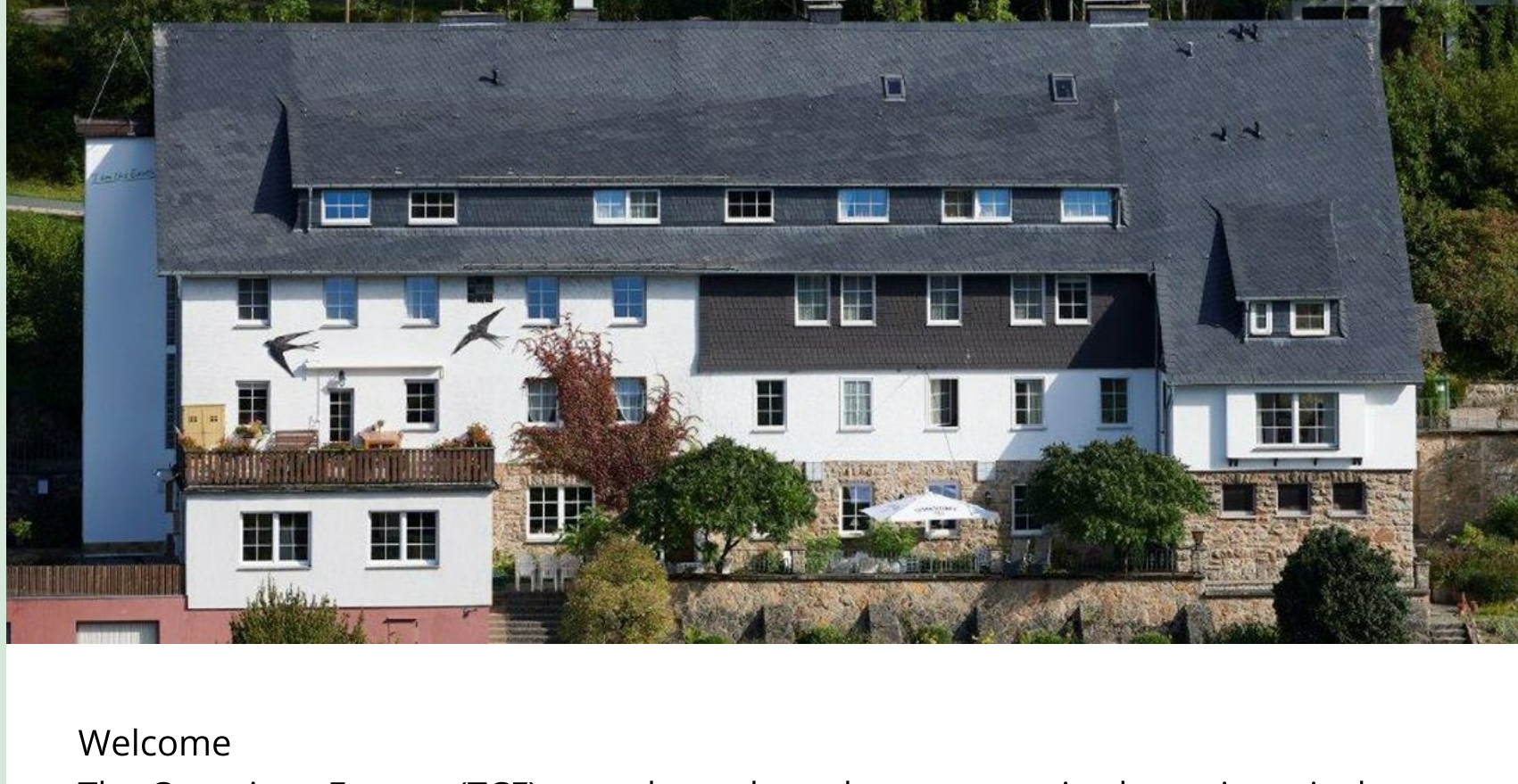


THE CONSCIOUS FARMER



Welcome

The Conscious Farmer (TCF) consults and coaches on organic, dynamic agriculture and food, based on a conscious lifestyle, using our motto: 'I am the earth'. Our consultants work worldwide with our home base, the TCF Training Center, located in the Sauerland, Germany. We are an open and independent platform for coaching, training, workshops, information and we offer accommodation. We are happy to keep you informed of our most recent developments.

TCF Consultancy



We regularly visit our customers and stay for several days. Together with the growers, in thorough collaboration, we often get to the heart of the matter.

We are somewhat proud to inform you that one of our customers managed to control the tomato rugose virus as well as the cucumber mosaic virus with the help of our custom-made hygiene protocol. Both viruses were eradicated, which was unprecedented for this customer!

In the same way, we make an annual pest control plans for growers, containing every possible pest and the corresponding biological control agents for each period. It is crucial to introduce the pest control agents preventively at the right time and in the right way. Together with the growers, our tailor-made preventative approach significantly reduces the costs of biological pest control.

And finally: at the moment, some of our customers are experimenting with Bokashi, an acidic compost created by a fermentation process. The short-term effect is attractive. The high acidity level makes many germs disappear. In our opinion, curative application is possible, but you are not building a vital and healthy soil. We at The Conscious Farmer go for a soil that can take care of itself:

biologically active, full of life.

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TCF Training Center



The groups we have hosted are always very positive about our facilities and the atmosphere in which they can work in.

Our spacious and light workshop and training area enables a wide range of activities. The comfortable rooms with their durable, solid furnishings, the 100% organic quality of everything and the cordial service of our hostesses are highly appreciated. On our terrace with the beautiful view on the village and mountainside and at our bar you can enjoy a cosy get-together. It is this 'total package' that contributes to a successful group stay.

The various recreational facilities for which our area is known offer many options for a multi-day group program. A small selection:

- Our B&B is registered as Qualitätsgastgeber Wanderbares Deutschland, a quality mark awarded by the Deutscher Wanderverband, the German Hiking Association. They call Sauerland Germany's most beautiful hiking area. We have put together beautiful routes, varying in level and duration.
- How about a canoe trip and raft building on the Diemel, the river that has kept its original course?
- From Willingen, a cable car travels high above the summit of the Willinger House Mountain (840 m) to the Hochheidetower. From there, you have a fantastic view of the Rothaar mountains.
- Board the tour boat on the Diemelsee reservoir. You will see the impressive dam from the water. You can also swim and fish in the lake.

When desired, we can provide an indoor session on the importance of healthy food, sustainable agriculture and lifestyle.

We will be happy to help you put together a program tailored to your needs. And, of course, we can book restaurants, excursions and the like for you.

Are you looking for a location for a weekend with the family? Are you a group of sportsmen going out, or a team of colleagues seeking to hold a professional training session? For an exceptional stay with unique added value, you have come to the right place.

[Continue reading →](#)

TCF Bed & Breakfast



It is almost summer in Sauerland! Time to go outside, become active and enjoy nature.

We are happy to welcome you and give you a good start for a few wonderful days. Hiking is possible right from our front door and we are happy to advise you on the many beautiful hiking routes in the area. If you are considering a multi-day hiking trip, you will find our fantastic three-day hiking packages [here](#).

The mountain bike season officially started in Willingen mid-April. Never tried it before?

In our area, everyone can enjoy this popular outdoor sport: from a leisurely family tour through the beautiful countryside to the most challenging freeride descents for the real diehard. The MTB ZONE Bikepark Willingen and Bikepark Winterberg have become unrivalled hotspots for mountain bike enthusiasts. Last year, we had guests who travelled all the way from France and even Spain to Willingen to enjoy its mountain bike facilities.

In Willingen there are plenty of mountain bikes for rent, also electric ones, so that you can experience our wonderful Upland region at any age and fitness level. There is something for everyone! And we are happy to help you hire all the equipment you need.

You can find more information on: wanderbares-deutschland.de and Bike Arena Sauerland: bike-arena.de

[Continue reading →](#)

Our motto

The Earth is not just a planet, it is also a being that exists within a greater system. We as humanity, are one with the Earth from our beginnings: we are the Earth.

[More about our motto →](#)

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