

23. The Island in the Dommel

Kasteel Eckart, Nuenenseweg 1, Eindhoven (Woensel-Noord)

THE HAPPY SPOT

The Heerlijkheid Eckart was once an island in the Dommel river. The area has been inhabited for a long time. The oldest artifacts found there are 10,000 years old. You can walk freely through the beautiful grounds along the castle, coach house, canals, bridges, castle farm and inn. Take your time to enjoy the peacefulness there. Today, the estate is a residential park (Eckartdal) and part of the Lunet care organization. 2,500 employees and 1,100 volunteers work together to ensure that people with intellectual disabilities have a safe, pleasant and active environment in which to live in Southeast Brabant.

WHAT MAKES US HAPPY HERE?

The feeling of an island. Peacefulness. Every man has a story. Beautiful lanes. A very special village. The pond next to the carriage house. A quick peek in the chapel. Bunnies snuggling in the fields. Meeting people. Paying attention to the cycle of life.

THE HAPPINESS TIPS

EVERY MAN HAS A STORY

- Every resident on the estate has his or her unique story. You are welcome in the main lodge for **meeting new people**. The Herberg (lodge) is open weekdays from 9:00 to 21:00, and on weekends from 10:00.
- The Kasteellaan leads you straight to the castle. In the front and to the left is a large round table. Sit here for a while. This place has **a rich history**. Just like you. Imagine the table as “The Great Pie Of Your Life.” Divide the pie into eight slices. Envision that four of those slices represent four major phases or events in your life so far. How satisfied are you with them? Now focus on the other four slices. Envision that these are four phases or events that you consider important for your future. How can you effectively connect your past with your future?
- Behind the wall of the cemetery is a **quiet bench for contemplation**. It faces out toward five symbols in stone. Why are the four seasons depicted in five images? It is a humble place in which to think about the cycle of life and about people who have passed away. Reflections such as these are an integral part of life.

EVEN MORE HAPPINESS

Stroll the Eckart trail through the variegated Eckartbos (forest) and the Lage Heide (low-lying moorlands, 8 km). Start at the gate by the Dommel river that runs along the Eckartdal residential park on Amazonelaan in Eindhoven. Free parking is available on Amazonelaan.