MAGICAL MIDLEFE METREAT WALES 2025

Monday January 6th - Friday 10th

Welcome to Wales!

Let me introduce you to an impressive, yet quirky property set in stunning countryside, teeming with wildlife.

Start to unwind as you journey up the hill and immerse yourself in creativity and nature whilst forming bonds with kindred spirits.

My aim is to ensure you all have a fabulous and memorable time.

Midlife Magical Metreats are immersive, but not over-earnest; life is for living to the max and star gazing (not over- zealous introspection or navel gazing).

And as you know when (Midlife) women come together…

MAGIC HAPPENS!

The Accommodation

Wern-y-Cwm Farm is a Grade II listed farmstead dating from 1570 that is situated on the Skirrid Mountain with far-reaching views. It is a few minutes from Abergavenny train station with just over 2 hour's journey from London, Paddington or Manchester or around 80 minutes from Bristol or Cardiff Airports.

Renovated as a labour of love project, keeping the original features whilst adding a dose of eclectic design, you will find fabulous detail around every corner of the properties, extensive gardens, and grounds.

The rooms have been converted from the historic farm buildings and vary in size and facilities; some are super large and luxe, others are comfortable, but smaller.

The rooms have been priced on their size but it will be on a first come first served basis

The rooms and the accommodation can be found here:
www.wonderfulescapes.co.uk

Please see last page for Names of Rooms and Prices

Our Five day , four night retreat will go something like this……

Day One: Slow Down

16.00 Check in, coffee & cake in The Great Barn. Welcome & Introductions 17.00 Tour of the farm grounds
18.00 Rest & change
18.30 Drinks on the Farmhouse Terrace

19.30 Supper in the Farmhouse Kitchen

Day Two: Relax

07.30 Breakfast in The Farmhouse Kitchen (continental buffet style from 7.30-9.00 to allow a swim/sauna if desired)

10.00 Yoga session in The Great Barn
11.30 Rest & Change (massage*)
13.00 Lunch in the Farmhouse (massage*)
14:00 Mindfulness walk round the gardens, swim/sauna or relax in The Greenhouse

17:30 Rest & Change (massage*)

18:30 Drinks in the Dairy (massage*)

19:30 Supper in the Farmhouse Kitchen 21:00 Fire pit & Story Telling

Day Three: Inspire

07.30 Breakfast in The Farmhouse Kitchen (continental buffet style from 7.30-9.00 to allow a swim/sauna if desired) (massage*)

09.30 Explore the farm grounds or swim/sauna if desired (massage*)

11.00 Guided Walk to the Hunter's Moon Inn (11th Century country pub)

13.00 Simple pub lunch
15.00 Trip to visit White Castle

16.00 Enjoy the Wern-y-wellness Garden (swim/sauna, time to relax)

17.30 Rest & Change
18.30 Drinks in the Greenhouse
19.30 Supper in the Farmhouse Kitchen

21.00 Stargazing from the Hot Tubs

Day Four: Empower

07.30 Breakfast in The Farmhouse Kitchen (continental buffet style from 7.30-9.00 09.30 Art workshop in The Great Barn (massage*)
13.00 Lunch in the Farmhouse Kitchen (massage*)
14:00 Guided Skirrid Hike

18.00 Rest & Change (*massage)
19:30 Drinks on the sunset terrace of the Great Barn

20:00 Formal Dinner in the Great Barn

Day Five: Embolden

07.30 Breakfast in The Farmhouse Kitchen (continental buffet style from 7.30-9.00 to allow a swim/sauna if desired)

10.00 Host's Farewells & freshly griddled Welsh cakes to take home

Catering

We will be offered a fully catered service with wholesome home grown, foraged or locally sourced ingredients. Most ingredients will be vegetarian, but included optional 'side dishes' of delicious locally farmed meat for those who would like to sample the local fare.

Day 1: Coffee & cakes, simple nibble sized hors d'oeuvres (with drinks*), 2 course supper

Day 2: Continental breakfast buffet, 2 course buffet lunch, simple nibble sized hors d'oeuvres (with drinks*), 2 course supper

Day 3: Continental breakfast buffet, 2 course pub lunch, simple nibble sized hors d'oeuvres (with drinks*), 2 course supper

Day 4: Continental breakfast buffet, 2 course buffet lunch, 3 course formal dinner
Day 5: Continental breakfast buffet, Welsh cakes to take home

Help yourself tea, coffee & cookies in each property kitchen.

Facilities & Activities:

- Rates includes accommodation, sustenance (food, hot drinks & snacks), hosts, sound bath, art workshop, cold water dip experience, guided Skirrid hike, trip to White Castle, guided walk to a simple pub lunch (buy your own beverages), hot tub, natural swimming pond, sauna, fire pits.

- Rates do not include daily room housekeeping, alcoholic and non-alcoholic drinks at the farm and at the pub lunch, and massage. Travel and transfers or a mini-bus hire if needed for transfers.

- The Wonderful team will include myself, one chef, and one or two hosts covering most times, however they may not both be on site at the same time and may not be staying on site overnight but will be available on-call. Naturally I will be there with you 24/7.

- Communal areas in the Dairy & Farmhouse, and shared shower rooms will be given a quick tidy & daily clean. Should you require daily room service to bedrooms and private bathrooms, this will be at an additional charge. Items not included:

- *Selection of reasonably priced alcoholic & non-alcoholic drinks to purchase from the
  Great Barn (Wern-y-Cwm water is included on the tables).

- Massages at additional charge of £70/60 minute session. The venue offers various therapies providing there are at least 4 consecutive pre-bookings. They can accommodate up to 5 bookings daily. Guests may need to drop out of one of the activities to attend. If taken during a lunch break, a meal will be plated up and held by.

  Monday check-in to the properties at 4pm and Friday check-out of properties by 10am (but use of the Great Barn till 12noon).

Rooms and Prices

The Farmhouse	Bed	Bathroom	Price
Peacock Loft	Superking	Ensuite - open plan	BOOKED
Tangier Blue	King	Ensuite	BOOKED
The Captains room	Twin	Shared Ensuite	£1250
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White Castle	Double	Ensuite	BOOKED
Pink Flamingo	Superking	Bathroom across hallway	BOOKED
Goosey Gander	Superking	Shared shower room	£1450
Push-me-pull-you	Double	Shared shower room	BOOKED

The Cider House		Bathroom	Prices

Master's Room	King	Ensuite - open plan	BOOKED
First Mate's	Superking	Smaller shared shower room with Crew Room	BOOKED
Crew Room	Bunk Bed	Smaller shared shower room with First Mates	Honor