

An aerial photograph of a rural landscape. In the foreground, there are rolling green hills and fields. A dense forest of trees runs across the middle ground. In the background, a small village with several houses and a church is visible. The sky is clear and blue.

Little Retreats Wales

luxury geodomes

Set in the upper walled
garden of Lawrenny Park

The Old Potting Shed, Lawrenny, SA68 0PW

Welcome



Guest
Information

We hope you enjoy your stay

www.thelittleretreatswales.co.uk



A NOTE FROM THE LITTLE RETREAT

ESCAPE THE ORDINARY

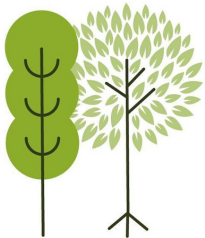
Little Retreats Wales is a place to escape, to relax, restore and reconnect with nature

Discover the magic of lawrenny and it's surrounding area.

We hope you find everything you need in our little brochure but please dont not hesitate to get in touch if you need anything during your stay with us.

We operate under The Woodland Champions Club license and a member of each party must become a member to join.. For you FREE membership please sign up [here](#) - a tree is planted for every member who signs up.

Woodland Champions Club are the only Natural England Exempted Organisation to be able to select sites for members to stay on with the main objective being to create woodlands and promote outdoor recreation. Become a member and gain exclusive access to their glamping sites and support their work planting woodlands



**Woodland
Champions Club**
CREATING WOODLAND CAMPSITES

Adrian and Amber

Founders of The Little
Retreat Wales



ABOUT LAWRENNY

ESCAPE THE ORDINARY

Lawrenny is on a peninsula of the River Cleddau estuary upriver from Milford Haven where it branches off towards the Cresswell and Carew Rivers and is in the Pembrokeshire Coast National Park

Lawrenny developed around fishing, boat building and as a staging point for quarried limestone extracted from quarries upriver.

In the 1830s there were 422 inhabitants and there was a ferry over the Cresswell River.

Racing stables in the village provided Wales' first and only Grand National winner, Kirklandat Aintree in 1905.

Lawrenny also played a role in the World War II as a base for Supermarine Walrus seaplanes and a training centre, known as HMS Daedalus II, operated by the Fleet Air Arm.

This is a lovely leaflet about some of the history of Lawrenny - [Click here](#)

There are a number of beautiful walks such as the scenic circular walk takes you through the steep-sided ancient oak woodland of Lawrenny, overlooking the main Daugleddau River and along the tidal creeks of Carron Pill and the Cresswell River. This is a great walk to do in any season and takes you past The Lawrenny Arms Pub and The Quayside Cafe:

Here are 3 beautiful walks in and around the village

[Lawrenny Walk Map](#) -

[Cresswell river walk](#)

[Carew/Cresswell Quay](#)

You can also visit The parish church of Saint Caradoc is a grade II* listed building founded in the 12th century and altered considerably since, principally in the 19th century. The tower was added in the 15th century

Adrian and Amber
Founders of The Little
Retreat Wales



CHECK IN

IMPORTANT INFORMATION

INSTRUCTIONS: Guests should not travel to the retreat if they or anyone in their household has COVID-19 symptoms. Please let us know if there is any problems. We will send you an email with all details a week before you arrive will Map and codes

- CHECK IN TIME IS ANYTIME AFTER 3.00PM
- HEAD TO YOUR DESIGNATED CAR PARK SPACE
- HERE YOU WILL FIND YOU KEY SAFE
- ENTER CODE AND UNLOCK TO GET YOUR DOME KEY
- ANY PROBLEMS PLEASE PHONE AMBER 07973373833
- THERE WILL BE A TROLLY AT THE CAR PARK TO HELP YOU TAKE ALL YOU LUGGAGE TO THE DOME
- YOUR WIFI CODE WILL BE ON THE COFFEE TABLE
- YOUR WELCOME HAMPER WILL BE IN THE FRIDGE WITH MILK, BREAD, LOCAL JAM, TEA AND COFFEE



CHECK OUT

IMPORTANT INFORMATION

INSTRUCTIONS: Guests should not travel to the retreat if they or anyone in their household has COVID-19 symptoms. Please let us know if there is any problems. We will send you an email with all details a week before you arrive will Map and codes

CHECK OUT IS BEFORE 11AM

PLACE SHEETS, PILLOWCASES AND DUVET COVERS
IN THE BAGS PROVIDED

DROP YOUR KEY BACK INTO THE KEY DROP BOX

DROP YOUR TROLLEY BACK AT THE CAR PARK

WHERE TO EAT



www.littleretreatswales.co.uk | © 2020

LOCAL RESTAURANTS

Lawrenny Arms

Just a 10 minute walk away - Lawrenny Quay, Lawrenny SA68 0PR
01646 651367

Lawrenny Arms are currently doing take aways please call for more information

Quayside Cafe

Just a 10 minute walk away - Lawrenny Quay, Lawrenny SA68 0PR
01646 651574

Quayside is a multi-award-winning tearoom set in the heart of the National Park, with a reputation for serving the best of local Pembrokeshire produce, in an idyllic waterside setting.

Carew Inn

Just a 10 minute drive away - 1 Picton Terrace, Carew, Tenby SA70 8SL
:01646 651267

Across the road from the medieval castle next to the river, Carew Inn is one of Wales's best kept secrets. Mandy & Rob Scourfield have recently celebrated 28 years in their family run pub and have been quietly building a reputation in Pembrokeshire for quality real ales and home cooked food

For more restaurants go to <https://bit.ly/Pembrokeshirebest>.

PLACES TO VISIT



PLACES TO VISIT

Pembrokeshire Coast National Park

Pembrokeshire Coast National Park is the only national park in the UK to be focused primarily along dramatic coastline. Yes it's a feast for the eyes, abundant in wildlife and rare flora and fauna, but it also has numerous monuments and sites of historic interest. There's never a dull moment here.

Visit Tenby

A Victorian seaside town with picture-postcard qualities, the rise of Tenby came with ringing medical endorsements for its health-giving properties. It remains a major attraction for young and old. Tenby's Castle Beach was even awarded 'Britain's Best Beach 2019' by the Sunday Times. The monastery on Caldey Island, just a short boat ride from Tenby, is also well worth a visit.

Carew Castle and Tidal Mill

There's a unique feel to Carew Castle. Its unusual setting has something to do with it, overlooking a millpond measuring over 23 acres. Its subsequent gentrification as a rather splendid Elizabethan country house demonstrates the rich and colourful heritage of the castle, which has recently undergone major renovation.

PLACES TO VISIT

The Preseli Hills

Clear days in the Preseli Hills offer views as far as the Wicklow Mountains in Ireland. Stones from the area are believed to have been transported 180 miles to Stonehenge and new research also suggests that people from West Wales may have helped in its construction. Numerous Neolithic burial chambers, stone circles and Iron Age forts offer an intriguing insight to the great history of these hills. While you're there, step back in time with a visit to Tafarn Sinc, the highest licensed pub in Pembrokeshire. The pub has a fascinating history and continues to uphold traditions of the area to this day. And their Sunday lunch is pretty good too

Stackpole nature reserve

Stackpole nature reserve is a beautiful stretch of coastline offering varied attractions including stunning beaches like Barafundle Bay, contrasting with the picturesque Bosherton Lakes near Stackpole Court. There are many activities including kayaking and coasteering, as well as plenty of delicious local produce to sample in the Boathouse at Stackpole Quay.!

PLACES TO VISIT

Freshwater West

What makes your perfect day out at the beach? Plenty of space to run about? Rockpools to discover mysterious sea creatures? Sandcastle building heaven? Or a bit of surfing action? A wide, sandy beach, Freshwater West ticks all the boxes. It's popular with experienced surfers due to the strong currents. Foodies will love the award-winning Cafe Môr beach food shack. If it all seems a bit familiar, the beach has also starred in Harry Potter and the Deathly Hallows – Shell Cottage was built here as the home of Bill Weasley and Fleur Delacour

Ramsey Island RSPB reserve

Ramsey Island near St Davids is a natural haven featuring dramatic 120 metre high cliffs, where guillemots, razorbills, kittiwakes and fulmars nest. Peregrine falcons cruise along the cliffs, families of choughs zip in and out of the numerous caves, while the distinctive 'kronk' of the raven can also be heard..

PLACES TO VISIT

Whale and dolphin watching

Harbour porpoises are easily spotted from the coast of Pembrokeshire, while there are several boat trips into the deep waters nearby, where you can come across the bottlenose dolphins that live in these waters, as well as thousands of visiting dolphins in the summer months. Huge fin whales and smaller minke whales can also be seen.

Family Attractions

There are a huge number of family attractions with 30 minutes drive from the retreat including:

Folly Farm - www.folly-farm.co.uk

Manor House Wildlife Park - www.manorwildlifepark.co.uk -

Oakwood Theme Park - www.oakwoodthemepark.co.uk

Dinosaur Park - www.thedinosaurpark.co.uk

Clerken Hill - <https://clerkenhill.co.uk>

Heatherton World of Adventure - www.heatherton.co.uk

Hanger 5 - <https://hangar5.wales>

Carew Karting - <https://carewkarting.co.uk>

For more activities go to www.visitpembrokeshire.com

DISCOVERY



BOOK AN EXPERIENCE

If you fancy discovering something new why not book one of the following experiences with one of our local experts::

Local Foraging, Plant Identification, Heritage Walks
Garry Thomas 07791091908

Painting and drawing workshops
[Louise Burdett Art - Studio@louiseburdett.com](mailto:Studio@louiseburdett.com)

Art and Lino Printng Workshops -
[Diana Brook - dianabrook.com](http://dianabrook.com)

Spoon Carving -
[Lee John Phillips - 07966029481](tel:07966029481)

BushCraft Workshops -
www.buzzardbushcraft.co.uk

Personal Training and wellbeing classes- Amber Lort-Phillips 07973373833

Fishing, Foraging and Feasting - Matt Powell
[/www.fishingandforagingwales.co.uk](http://www.fishingandforagingwales.co.uk)

Wild Swimming - Laura Owen Sauderson
www.weswimwild.com

RELAX



www.littleretreatswales.co.uk | © 2020

JOIN THE BIG E-TREAT

ALL GUESTS HAVE FREE ACCESS TO OUR ONLINE PLATFORM THE BIG E-TREAT

DOWNLOAD THE APP AND PLUG INTO YOUR SMART TV

Put together your own personal retreat for the weekend

Enjoy access to

Our mini at home retreats

A host of fitness and yoga classes

Local foraging walks

Wellbeing classes such as breath work, meditation, gong baths, self care advice,

Cookery demos and so much more ..





USEFUL CONTACT NUMBERS

ESCAPE THE ORDINARY

Amber - 07973373833

Lawrenny Arms - 01646 651367

The Quayside Cafe - 01646 651574

Taxi's

Carew Cabs - 07873 224339

Gareths Cabs - 07825 888772

Kilgetty Cabs - 01834 450236

Medical

Kilgetty Pharmacy - 01834 812600

Saundersfoot and Kilgetty Medical Centre, Main Surgery - Westfield Road Saundersfoot Pembs SA69 9JW Tel: 01834 81511

Withybush Hospital Fishguard Rd, Haverfordwest SA61 2PZ - Tel: 01437 764545

Dentist

Ring NHS Direct on 0845 46 47

Vets

Malthouse Vets, Malt Yard, Market Square, Narberth, SA67 7AU - 01834 218210

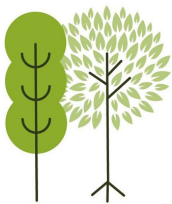
Nearest food shops

awrenny Community Shop - In the centre of the village - Groceries, Milk, Frozen Good, Beer and Wine

Tesco's Pembroke Dock - London Rd, Bierspool, Pembroke Dock SA72 6DS

Coop Kilgetty - Carmarthen Rd, Kilgetty SA68 0YA

ALDI - Eastern Ave, Pembroke Dock SA72 4AA



**Woodland
Champions Club**
CREATING WOODLAND CAMPSITES

Adrian and Amber

Founders of The Little
Retreat Wales



ESCAPE
THE
ORDINARY

little
retreat
Wales