

FREE

Autumn/Winter 2023

Velfrey – Pembrokeshire's Award Winning Vineyard

Wild Gorse MAGAZINE

Wild Adventures | Epic Stays | Food | Inspirational Living | Wellbeing

©Mick Rock – Cephas Picture Library

Autumn/Winter 2023

Wild Gorse MAGAZINE

*Wellbeing
Wild Adventures
Epic Stays
Food
Inspirational Living
Events*

Say hello!

Email: info@wildgorsemagazine.co.uk

Tel: 07530875629

www.wildgorsemagazine.co.uk



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Welcome to our 2nd edition of Wild Gorse Magazine, for the Autumn/Winter 2023 season.

Celebrating all things inspirational, adventurous, edible and beautiful... where the wild gorse grows.

Born from our love of West Wales and that magical coconut scent of the wild gorse, that never fails to deliver on wonder and remind us that we're somewhere special, our little publication aims to inspire both locals and visitors alike.

Our incredible cover photograph is courtesy of Velfrey - Pembrokeshire's

award winning vineyard and is by ©Mick Rock – Cephass Picture Library. Read all about this extraordinary vineyard as well as many others inside.

Find out about exciting ways to relax and unwind, have some wild adventures on the West Wales coast and stay in some of the most epic of places. Find some great places to eat at local farms and beautiful cafes. Transform your living space with all kinds of wonderful interior design solutions and look out for some great events in the lead-up to Christmas.

Show your support of our wonderful contributors and follow them or give them a 'like' on their social media pages where you'll find regular news and updates.

We want to help be kinder to our planet, using print that looks after the environment. Wild Gorse Magazine is printed on opaque recycled paper using vivid vegetable inks. It is fully carbon neutral.

When you've finished enjoying it, please either pass it on to someone else you know will love it or recycle it.

We hope you enjoy it!



Scolton Country Spa offers a unique rural spa experience that makes the most of beautiful Pembrokeshire.

Whether you are local or on holiday, our rustic day spa is the perfect place to relax and unwind, surrounded by fields, woodland and wildlife.

You'll reap the benefits of our unique facilities – including outdoor vintage tin tubs, cold drench bucket showers and cedar barrel hot tub.

And you'll also enjoy all the features you'd expect to see, such as the indoor swimming pool, sauna and steam room.

Our indulgent treatments – ranging from massages, manicures and pedicures to facials, soaks and scrubs – are carried out by an expert team of therapists and will leave you feeling relaxed, refreshed and energised.

We've also put together a wide range of spa days and packages, to provide a complete spa experience for every taste.

And what better way to top off your day than a bite to eat and a drink? The spa's 'Cowshed Kitchen and Bar' offers light refreshments and sweet treats, as well as a range of locally sourced gins, craft beers, ales and ciders.



Find out more:

- www.scoltonspa.co.uk
- info@scoltonspa.co.uk
- 01437 732851



www.scoltonspa.co.uk

Scolton Country Spa | Scolton Home Farm | Bethlehem | Haverfordwest | Pembrokeshire | SA62 5QL

Our health and wellbeing hold the key to all kinds of benefits. Living in a world of expectation, running in the race to be the best and succeed in all that we do, many of us are guilty of neglecting our mental and physical wellbeing. Time is often that deciding factor. Me time or time for more work?

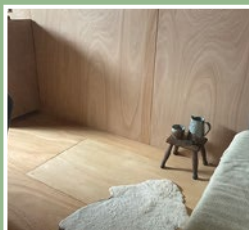
Recent studies have shown that exercise and rest not only aid physical health but mental health too. Even more powerful than that, 'Green Exercise' and the environment in which you unwind and exercise, play an important factor too. Many of us

understand the power of the great outdoors, that feeling of peace and being at one with nature. There are some truly incredible Welsh businesses out there who understand this too.

Try a coastal sauna overlooking the ocean, some complementary therapies in a unique space of true zen, or indulge in the ultimate country spa experience. For those exploring West Wales, what better way to do it than through the unique offerings of some of the most innovative down to earth folk our Welsh lands have to offer!

Katie Welsford | Noddfa Therapies

Noddfa, Pembrokeshire, SA43 3BP



Katie Welsford P.G.C.E, BA (Hons), VTCT, FHT is a complementary therapist who runs her practice from her space called Noddfa on the Pembrokeshire coast.

Noddfa is a Welsh word meaning a haven, a place of welcome & peace.



T: 07984 723865 | www.katiewelsford.com



Located on Oxwich Bay beach in the Gower, Swansea, Ty Sawna is a bespoke wood-fired barrel sauna. With ocean views like no other, this breathtaking sauna experience sits up to 8 people. Warm up and recharge then let the cool ocean be your plunge pool. Relax, socialise and reap the benefits of a sauna in a technology free, meditative space to quiet your mind, connect with nature and soothe your soul.

tysawna.co.uk



Known to reduce stress & anxiety, a visit to a steaming hot sauna, alternating with cool water plunging, is an exhilarating experience with proven benefits to your health and wellbeing. Add the utterly breathtaking Oxwich Bay beach to the mix and the ocean as your plunge pool and you'll get the Ty Sawna experience!

Wales' first beach sauna, this unique wood-fired barrel boasts a panoramic ocean view where you can relax and immerse yourself in the sight of the crashing waves and truly epic Gower sunsets.



Its unbelievable health benefits include alleviating muscle pain and inflammation, boosting immunity, improving skin and sleep quality and even helping aid in weight loss.

Need to detach from the stresses of everyday life and be a bit more mindful? Visit Ty Sawna!



The 'Balaenoptera acutorostrata'/Minke Whale

An inspirational life on the water unlocks a fascinating world. For this edition of Wild Gorse, we spoke with Ffion at Falcon Boats about her incredible life on the West Wales coast.

What kinds of wildlife can you see on your trips and when can you see them?

Spring and early summer are best for visiting seabirds whilst autumn is seal breeding season and the best time to see the seal pups. Autumn is also a good time of year to see interesting migratory birds as we are on the migration route for quite a few species of sea birds. Adult seals and porpoises can be seen year-round although we only tend to offer trips out of Fishguard in the winter.

Are there particular species that thrive best or that are seen more on the Pembrokeshire coast?

Ramsey is home to the largest Atlantic Grey seal breeding colony in Southern Britain. The Pembrokeshire Islands are also amongst the most important areas in the UK for breeding seabirds with Grassholm Island being home to the 3rd largest gannet colony in the world and Skomer and Skokholm boast the largest breeding colony of Puffins in Southern Britain. The islands are also home to over half the world's population of Manx Shearwater an ocean wandering bird that migrates between the UK and South America.

What do you love most about your boat trips and your connection with the ocean and its inhabitants?

I love the ever-changing moods of the ocean, the challenges it presents and sharing our amazing wildlife with other people. I always hope we can inspire people to care about this very special

environment.

How long do your trips run?

Our trips from St Justinians run from Easter to the end of October but for the last couple of years, we have also been running some trips out of Fishguard in collaboration with my brother at Thousand Islands. This enables us to offer some winter trips.

What has been your best experience?

There are so many to choose from. I think running an evening trip to Grassholm and the Smalls and returning at sunset accompanied by Risso's dolphins and Sheawaters on one of those rare glassy calm evenings.

Where is your favourite place to visit on your boat trips and why?

Heading out offshore to the Celtic Deep because you never know what you are going to encounter. It could be dolphins, whales or shearwaters, storm petrels or even bluefin tuna and blue or basking sharks. The not knowing at the beginning of the trip is as much a part of the experience.

What can people expect to see and experience on your trips?

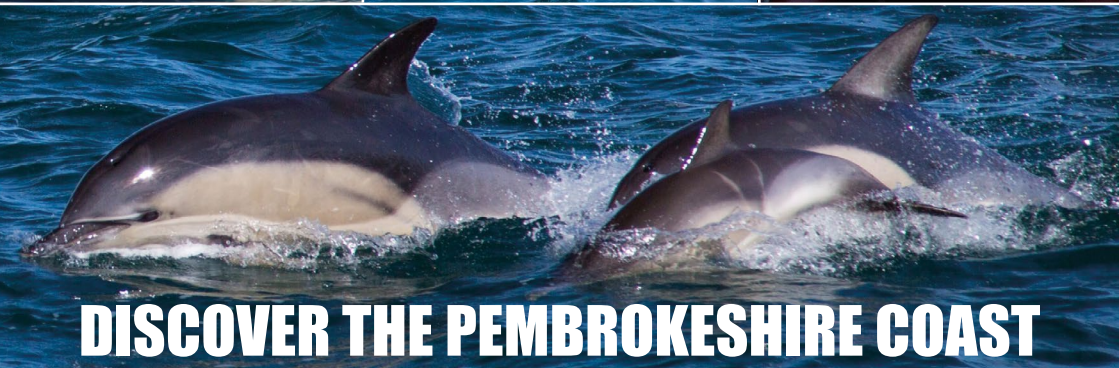
Depending on which trip and the time of year, you can expect to encounter seabirds, seals, porpoise and dolphins as well as some of our rarer land birds such as chough and peregrine. You will also see dramatic cliffs, deep gorges and sea caves, fascinating geology and some of the fastest tidal races in the country. We often get to glimpse some of the underwater life such as otherworldly jellyfish, kelp forests or spider crabs and anemones, even occasionally sunfish. Early morning and evening are always a lovely time to be out on the water.

What's your most unusual sighting?

The most unusual sighting I have seen was a humpback whale.



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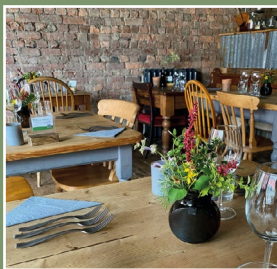
During the day we serve lunches, coffees, plus fantastic Really Wild cakes and Really Wild teas which are all made on site.

FORAGE the rugged seashore and coastline or the historic lanes around the Cathedral with our resident, award-winning educational foraging team. Discover exciting, beneficial uses for wild plants and seaweeds.



THE REALLY WILD EMPORIUM is situated in picturesque St Davids, in the heart of the Pembrokeshire Coast National Park, where our rescued, idiosyncratic Art Deco building is in the centre of Britain's smallest city. We are passionate about all things from nature and have a history of over 20 years championing foraging and the Really Wild™ here in Pembrokeshire.

SHOP on the first floor for eco-friendly gifts, food and drink containing ingredients or materials from nature, foraging equipment, or indulge yourself with the wonderful products researched, formulated and made traditionally by hand in the workshops behind the shop by the award-winning Really Wild Soap & Skincare Company. We also have an online shop.



STAY in one of our three stylish Airbnb rooms on the top floor.

EAT wild foods in our unique, award-winning Really Wild Restaurant. Let our creative and knowledgeable team introduce you to some innovative and distinctive flavours. Try our 6 course taster evening menus which cater for all diets.



The

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EAT ~ SHOP ~ FORAGE ~ STAY

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Always serving foraged and seasonal produce.
Tripadvisor's #1 place to eat in St Davids*

REALLY WILD FORAGING COURSES

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(Also home to The Really Wild Soap & Skincare Company)

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Advance booking essential for evening dining

24 High St, St Davids, SA62 6SD



*at time of writing



From our farm gate to your plate

Bedw from the Farmgate is a family farm and farmshop, producing eggs, meat, preserves, honey, fruit and vegetables, blankets & sheepskins, from our rare breed pedigree flocks, herds, orchards and kitchen gardens in Llangrannog and Brongest, West Wales.

The farm has been in the family for over 100 years. We still farm in a traditional, sustainable, non-intensive way, with the highest standards of animal welfare, to produce the best quality food and produce. We are very proud of our traditional ethical farming methods and our ability to work with and support many other Small Local and British Artisan Businesses.

Our Shop

Our farm shop is situated in a converted barn at our farm gate, on the outskirts of Llangrannog. Along with our own eggs, meat, fruit, veg and honey, we sell local organic bread, cakes, butter, cheese and yoghurt, sheeps cheese, flowers, some basic supplies, homeware and gifts.

By purchasing from us, you are helping support over 50 local small businesses. We

really appreciate you supporting our rural community.

Our Animals

Our pedigree Welsh black cattle are a small, native and quiet breed, but thrive in the wet and often windy weather. They mature on grass over thirty months, which develops a distinguished and intense flavour.



Our Hampshire Down sheep also thrive really well on our lowland pasture, producing succulent, sticky and tasty early spring lamb, hogget and mutton. We also keep Berkshire pigs, egg laying and table birds, duck and chicken. They are free range out on the paddocks and orchard. Eggs are available from the shop as well as ducks and turkeys. These are currently available from our farm shop as well as chicken and will be added to our website soon.



B E D W

FROM THE FARM GATE
LLANGRANNOG



WE ARE A TRADITIONAL
SUSTAINABLE FAMILY FARM
producing quality, high welfare, free range,
pedigree breeding stock, meat, hides
& blankets from our rare breed animals,
as well as produce such as eggs & honey.

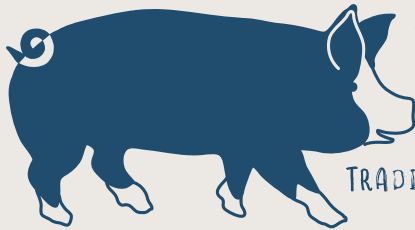
Our farm shop is in a converted stone building
~ literally at the farm gate!

We believe in safeguarding nature for future
generations & in the benefits of small scale
local production.

C R O E S O !
W E L C O M E !

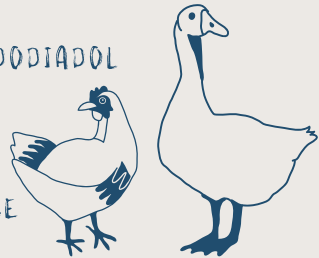


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www.farmgatellangrannog.co.uk



Their flagship ‘Velfrey NV’, a traditional method sparkling white wine, has been chosen by WineGB as one of the UK’s Best 100 Wines, following the award of a Silver Medal at the prestigious UK Wine Awards.

Their recently launched vintage sparkling rosé, ‘Rhosyn 2021’, is superb, with the delicate blush colour coming from classic Pinot Noir grapes grown at the vineyard.

Finally, the award-winning ‘Naturiol 2021’ natural white has been recommended in the national press by the UK’s leading wine experts.

Velfrey Vineyard – Pembrokeshire’s Award-Winning Hidden Gem

Velfrey Vineyard is a Visit Wales ‘Hidden Gem’ located near Narberth in the beautiful countryside of South Pembrokeshire. There are 4250 vines of three varieties which gently ripen on a sheltered, south-facing slope.

The vineyard offers tours, wine-tasting and delightful Welsh Grazing Boards throughout the season, from Easter until harvest time in early October. These have won a five-star rating on Trip Advisor and Google, as well as the accolade of the Visit Pembrokeshire ‘Croeso’ Award for Tourism.

But it is Velfrey’s wines which are the star of the show. The vineyard is the Food & Drink Wales Small Drinks Producer of the Year 2023, an honour granted in the face of stiff competition from a host of other quality producers of spirits, beers, ciders, wines and soft drinks.



The wines and gift vouchers for the visitor experiences are available to buy online at www.velfreyvineyard.com and are perfect for celebrating with loved ones or giving as a gift from West Wales.



Velfrey Vineyard

Pembrokeshire



Adopt a vine
packages



Award-winning
Welsh wines



Experience
vouchers

www.velfreyvineyard.com



Image credit: Dyffryn Conin Farm Holiday Let

With Autumn here and Winter looming now is the perfect time to experience West Wales at its most peaceful and possibly even more picturesque than ever. As the nights draw in, sunsets are equally if not more glorious, the stars shine brighter and the light as a whole is just different this time of year, more dramatic somehow. Budding photographers will find boundless inspiration all over this incredible location and its epic coastline.

So many of us choose to travel during the spring and summer months but a trip in the cooler months can be just as enjoyable. That feeling of wrapping up for a morning stroll, seeing the waves crashing onto the shoreline and then scurrying back to a cosy warm room with a fireplace, gives a wonderful sense of satisfaction.

This feeling of comfort is helped of course by staying in great accommodation. From a teeny tiny bungalow with everything you need in magical Little Haven, to an amazing family friendly farm house just a stones throw from beautiful Narberth and dreamy dog friendly cottages near Milford Haven, every type of epic stay is right here.

With plenty of incredible places to eat and try seasonal delights, shop and visit, if you're fancying a break away this Autumn and Winter, book a it now.

STAY AT 6 THE GLEN

6 The Glen, Little Haven, Pembrokeshire SA62 3UR



Escape to 6 The Glen, our "teeny-tiny" 1-bedroom coastal bungalow in Little Haven. Overlooking a wooded valley (glen) and only a 3-min walk to the gorgeous beach, & local pubs. Your perfect seaside getaway awaits!



Ant & Claire | Email: enquiry@stayat6theglen.co.uk
Availability & Booking: airbnb.com/h/stayat6theglen



Dyffryn Conin is a working farm conveniently located between Narberth and the Preseli Hills, a short drive away from beautiful beaches and miles of spectacular coastal path walks.



This comfortable and tranquil accommodation sleeps up to 8 people within 4 spacious bedrooms, it is dog friendly and has a large secluded garden to relax, unwind and dine alfresco.

Email: info@dyffrynconinfarmholidaylet.co.uk
www.dyffrynconinfarmholidaylet.co.uk



An Autumn/Winter visit to the magical Dyffryn Conin Farm Holiday Let, brings a new sense of perspective and plenty of cosy home comforts.

Relax with all of the family next to the log fire and see the wonderful local sights, like Pembroke Castle by night, lit up in all its glory or Narbeth, with its eclectic selection of shops and some incredible places to eat.



Visit the nearby and now quieter beaches, perfect for a picnic, many of which are dog friendly. Or simply unwind and take in the immediate surroundings of this wonderful and spacious property, with its glorious ever-changing gardens which reflect the seasons perfectly.



Book your out of season break now!

Love Pembrokeshire? Let us Spoil You



Dogs welcome



Leave your worries behind
Disconnect from the world
Park your cares at the door
Rejuvenate your soul
This is YOUR time

Quote: WildGorse for 10% off
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Super-comfy beds



Atlantic Rollers



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Cosy up to our Log
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See what our guests think of our cottages



"Never have we ever stayed in such a warm, welcoming, well-equipped cottage and we've stayed in a huge number"



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|---|----------------------|
| 5.0 OUT OF 5 <small>Ratings from 8 reviews</small> | Cleanliness 5.0 |
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| | Condition 5.0 |
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| | Value 5.0 |
| 100% of guests recommend | Customer Service 5.0 |

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"We were recommended this place & it didn't disappoint"



| The Coach House | |
|---|----------------------|
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| | Comfort 5.0 |
| | Condition 5.0 |
| | Location 5.0 |
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| 100% of guests recommend | Customer Service 5.0 |

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No plastic ✓

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www.sixfootandclean.co.uk

The right aesthetic in any given space can mean so much to our frame of mind, from the colour of our walls to the layout of our furniture, the textures and feel of our textiles and décor, those little things that say this is your space and this is what you love. And this doesn't just stop at home, an office space too can feel inspiring and actually increase work production, when the feng shui has been given consideration.

Art can often hold the key to balance and positivity within any space, it can uplift lift you, spark creativity,

transport you to your favourite places or simply make your space feel like home. There is a deep synchronicity between art and wellbeing.

Our 'Inspired Living' section is designed to showcase the creative businesses that are based throughout West Wales, whose products and work can transform any space.

If you are on the hunt for unique gift ideas this Christmas, you're in the right place!



Every Item has a story

*I work with reclaimed wood,
and love how even my newest
items have provenance.*

Selling becomes "sharing the story".

It's not just a clock.

It's a "talking piece"!

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www.jilljones.co.uk

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available from
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online.*

*Ideal Christmas
gift!*

All major cards
accepted



Visiting Narberth? Ty Crefft are the exclusive Narberth stockists for Jill Jones prints, framed prints, cards and even have originals in their new gallery space!



Jill Jones, West Coast Studio, Talbenny, Haverfordwest, Pembs SA62 3XB



Jill Jones Fine Art

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Working Studio and Gallery based in Talbenny, Haverfordwest.

Large selection of originals, Giclée prints and greetings cards. Commissions welcome.

Jill Jones supplies galleries across Wales, and also provides art classes booked to order.

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Heading to Solva? You'll find a selection of Jill Jones cards and prints in this beautiful new Interiors shop, Seaforth Home.



e: art@jilljones.co.uk t: 01437 781386





“After an amazing summer season nestled in the harbour village of Solva, our SEAFORTH home store is a Cwtch of coziness!

We are getting ready for the autumn and winter season, hand making our countryside collection of artisan British tweed cushion designs, including Mr fox, hares, harvest mice and swooping owls.



Gathering inspiration from the flora and fauna around the hillsides and coast of Pembrokeshire we have put together our lovely cosy wool blankets from Wales, gorgeous rustic plum and teal coloured candles and vintage gold & glass candle holders to bring that hygge feeling in from the outside but with a welsh Cwtch twist.

A new collection of porcelain jugs, heart shaped bowls and votives, handmade for us in Solva, have just arrived. We also have Welsh wool scarves and stunning handmade veg tan leather bags & goods, all made locally. Pretty sterling silver jewellery compliment our collections with starfish, acorns and dragonfly's always amongst the favourites.”



SEAFORTH
HOME

19 Main Street | Solva | Pembrokeshire | SA62 6UU

www.seaforthdesigns.com



Showcasing Wales & The Borders are delighted once again to bring to you A Taste Wales Winter Festival held at The National Botanic Gardens of Wales in Carmarthenshire.

With over 100 exhibitors from food, drink artisan crafts and entertainment. The perfect place to start your Christmas shopping, there will be something for everyone.

Supporting small independent handmade businesses is the whole ethos of our event and each of our talented makers is truly unique.

If you would like to apply to trade at this event please visit our website:

www.showcasing-wales.co.uk

or email:

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TILL
4PM**

**18TH & 19TH
NOVEMBER 2023**

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