

UPPER VALLEY
Cwmwr Uchaf – Farmhouse & Barns

Upper Valley Barns
Cwmwr Uchaf

Barns' Information

Upper Valley Farmhouse & Barns, Pen-y-bont-fawr, Oswestry, Wales SY10 0HP
M: 07824 876697
stay@uppervalley.co.uk
www.uppervalley.co.uk

UPPER VALLEY

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Upper Valley Barns - *Cwmwr Uchaf*
Pen y bont fawr
Oswestry
Wales
SY10 0HP
Tel: 07824 876697

Contents:

- Welcome to Upper Valley Barns - *Cwmwr Uchaf*
- General information
- Emergency information
- Places to shop
- Places to eat and drink
- Where to go & what to see
 - ❖ Lake Vyrnwy & Vyrnwy Falls
 - ❖ Llanrhaeadr Falls
 - ❖ Chirk Castle
 - ❖ Powis Castle
 - ❖ Centre for Alternative Technology
 - ❖ Lake Bala
 - ❖ Pennant Mellangell
 - ❖ Snowdonia National Park
 - ❖ Welshpool and Llanfair light railway
- Local walks
- Departure

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WELCOME TO UPPER VALLEY BARNs

These Barns are located on a working farm so please be respectful to the farm animals that you find around you.

Please keep your dog/s on a lead when walking around the farm and if there are cows in a field, we advise you not to enter that field, especially if they have calves with them.

Please leave gates as you find them, as they will be open or closed for a reason.

Please leave muddy boots in the boot trays provided and take your shoes off to go upstairs.

Finally, we hope you enjoy your stay here, please read the information to follow and if you have any questions or need any assistance please contact either:

Sarah Davies 01691 860432 – during your stay or if you have any questions while at the property or

Victoria Bray 07824 876697 – for information before your stay or to rebook.

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PARKING

Please park in front of the Barns, this should be sufficient for 4-5 cars. If you have extra cars please park considerately. Please be aware that there are often sheep on the track and occasionally children playing around the properties.

DOGS

Please ensure your dog/s are kept on a lead when out walking them. This is a working farm so live stock will be in the fields. If cows are in the fields, we suggest that you do not enter that field. Please clear up after your dog.

SHOES/WELLY BOOTS

Please ensure that all muddy shoes/welly boots are left outside or in the boot trays provided. Please remove shoes before walking on carpeted areas. Stains/marks that we cannot remove with general cleaning will require us to request a professional clean at the guests costs, this will be taken from the House Keeping Deposit.

HOT TUB

Please read the separate Jucazzi Hot Tub Safety Sheet for the HOT TUB for guidance. Guests use the Hot Tub at their own risk. Children should always be supervised and should NEVER be left unattended.

WI-FI

There is wi-fi in the Barns. The network is code is BTHub4-5KF8. The wi-fi code is 6cab38ae7d.

RUBBISH

There is a laminated list, for guidance, in the kitchen. General rubbish is collected every 3 weeks from the very large bin at the end of the track. We also have a glass recycling bin at the bottom of the track, this is collected weekly. Other recycling containers are in the Barns, these are collected weekly. Please recycle as much as you can.

Please ensure you take all your rubbish to these bins during and at the end of your stay. There are further recycling facilities in the village at the car park.

HEATING/HOT WATER/UNDERFLOOR HEATING

This is set to Auto. Please use the thermostats around the Barns to control the temperature. Hot water is on constant. For any assistance please call Sarah.

ORNAMENTS

Many of the ornaments and furniture in the Barns are precious and have been lovingly restored/refurbished. If you have small children with you and you do not feel that these ornaments are safe, please move them out of the children's reach

SMOKING

Smoking is not permitted anywhere inside the property. Please use the pots that are around the outside of the building for your cigarette ends.

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CANDLES

Please use candles responsibly. If you are using tea lights, please put them on something to stop any burns/fires. There are candlestick holders for larger candles around the property. Please try not to get wax on any of the furniture, and make sure that they are all extinguished before you go to bed.

HOUSE KEEPING DEPOSITS

We ask that the property is left in a tidy, clean and clear state so the cleaners can come in and start promptly. If they have to remove rubbish, wash up or clean up any excess mess your house keeping deposit might be at risk. Please see "Rules of the Barns" for further information. If there are any breakages, please leave a note or email Vicky – stay@uppervalley.co.uk and if any items go missing we may need to charge for these.

FIRE

In the event of a fire you will hear a loud alarm. **Leave your room immediately and leave all personal belongings behind.** Please gather away from the Barns/Farmhouse and leave access for the Fire Engines.

Please use the Emergency phone to call 999.

The full address is Cwmwr Uchaf – Upper Valley Farmhouse & Barns, Pen-y-bont-fawr, Near Oswestry, Wales SY10 0HP.

HAIR DRYERS AND TONGS

Please make sure that any hairdryers or hair straighteners/tongs are unplugged after use and not left unattended switched on. Please do not place them on the carpet when they are still hot – it melts them.

LOG FIRES

Wood is provided for the log fires (1 basket/fire). If you require more, please leave a donation of £5 per basket on the kitchen table when you leave. Please make sure that the fire guards are safely in place and that logs are laid so that they do not fall out of the fire.

VETS

Cain Veterinary Surgery in LLansantffraid

Tel – 01691 828205

Finally, we hope you enjoy your stay here, thank you for reading all the information above, and if you have any questions or need any assistance please contact either -

Sarah 01691 860432

Vicky 07824 876697

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SAFETY AND SECURITY

ACCIDENTS

In the event of a minor accident please find a FIRST AID box that is located in the kitchen. If the accident is more serious please note -

GP SURGERY:

Llanrhaeadr Medical Centre

Dolybont

Llanrhaeadr Ym Mochnant

Oswestry

SY10 0LJ

Tel: 01691 780202

Or

Doctors in Llanfyllin

High St,

Llanfyllin

SY22 5DG

Tel: 01691 648 054 or Out of Hours Service 08444 06 88 88

HOSPITAL:

Accident & Emergency Department

Royal Shrewsbury Hospital

Mytton Oak Road

Shrewsbury

SY3 8XQ

Tel: 01743 261000

Directions: Driving towards Birmingham and the M54, the hospital is off the A5, on the B4386

OR

Accident & Emergency Department

Wrexham Maelor Hospital

Croesnewydd Rd,

Wrexham

LL13 7TD

Tel: 01978 291100

Or try calling NHS Direct for all other medical queries: 0845 4647 or 111.

An ambulance can be called on 999. The full address is Cwmwr Uchaf (Upper Valley Farmhouses & Barns), Pen-y-bont-fawr, Near Oswestry, Wales, SY10 0HP, or use Sarah's address and direct them from there – Sarah's address is Ty-nant, Pen-y-bont-fawr, Near Oswestry, Wales, SY10 0HW, Tel - 01691 860432.

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PLACES TO SHOP:

Pen-y-bont-fawr - small grocery shop and post office

Llanrhaeadr - small SPAR supermarket, butcher, small grocery shop, post office

Llanfyllin - small SPAR supermarket, bakery, organic vegetable shop, butcher

Oswestry - Sainsbury's and other larger supermarkets

WHERE TO EAT/PUBS

Most of the villages in the area have pubs. The ones we know the best are:

| | |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pen-y-bont-fawr | The Railway Inn, small & cosy. |
| Llangynog | The Tanat Valley (friendly owners, open fire in winter) – can walk to this one over the top of the hill, from the cottage. |
| Llanrhaedr | The Plough Inn (free Wi-Fi) Wynstay Arms (lovely garden with swings for children) |
| Llanfyllin | SEEDS Restaurant (located on the high street) Tel: 01691 648604 Seeds is on the right hand side towards the end of the high street as you drive into the village. It's family friendly and serves fresh, simple food. |
| Llanfyllin | Nice chip shop (also on the high street, on the left) |
| Oswestry | The Walls Tel: 01691 670970 Lepone's Ristorante Italiano Tel: 01691 659965 |
| Llanarmon DC | Beautiful village high up on the hills, a short drive from Llanrhaedr. It has several good pubs! |
| Llanwddyn | The Tavern Bar at Lake Vyrnwy Hotel, Lake Vyrnwy Tel: 01691870692 |

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WHERE TO GO AND WHAT TO SEE:

Please see Tourist Information in the hallway chest, in the drawers

LAKE VYRNWY & VYRNWY FALLS

About a 10 minute drive from the house is the stunning Lake Vyrnwy. There are plenty of things to see and do around the lake.

In 1881 the Corporation of Liverpool began work on a huge dam to create a new fresh water supply for the city of Liverpool. The project involved relocating the old village of Llanwddyn and rebuilding it further down the valley. The lake took two years to fill and the water first flowed to Liverpool in 1891. An official ceremony in 1910 conducted by HRH the Prince of Wales marked the completion of the works. Before the valley at Vyrnwy was flooded a large stone called "careg yr yspryd" (the ghost stone) had to be removed. This was of some concern to the villagers since the local legendary hero Dic Spot, was supposed to have trapped a mischievous goblin, called Yspryd Cynon (Cynons Ghost) in the quill of a pen and placed this under the stone for safety. When the stone was dynamited a large toad was said to have emerged. The water is now carried from the reservoir over 70 miles to Liverpool.

The drive around the lake itself is beautiful and well worth doing. The dam is spectacular particularly after a heavy rainfall when you can see huge chutes of water cascading down the lower part.

If you cross the dam and turn immediately left you will find a visitors centre with photographs of the old village and the dam as it was being built. There is also an RSPB centre and an observation point for watching birds. There are a few small shops and two cafes and an outdoor sculpture park.

If you drive around the lake on the right hand side you will pass Lake Vyrnwy Hotel on your right. This has a pub with a terrace boasting wonderful views over the lake and is a reasonable place to have lunch. The hotel also has a much pricier restaurant.

If you drive right round the lake to the end you will find a car park where you can leave the car and take the 25 minute walk across the fields to the waterfall. This is well worth doing. Wear appropriate footwear and take a picnic!

You can hire boats/kayaks from the Boat House on the Lake and bicycles from the local café.

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LLANRAEADR FALLS

Pistyll Rhaeadr

Nr Llanrhaeadr Ym Mochnant

Powys SY10 0BZ

At 80m (240 ft.) high Pistyll Rhaeadr is the UK's tallest single drop waterfall. The village of Llanraedr is about 6 miles from Pen-y-bont-fawr and is a small village with a few shops and three pubs. As you drive into the village and pass over the bridge there is a very narrow left turning. This is the road to the waterfall, which winds upwards for about another 3 miles. There is a café and car park at the bottom of the falls but we recommend parking off the road just before you reach there, as it is free. After parking you can wander up to the waterfall or even take the stunning climb to the top following a pathway to the right hand side. It's very steep but the views at the top are magnificent.

CHIRK CASTLE

Chirk Castle

Chirk

LL14 5AF

Wales

Tel: 01691 777701

Chirk is approximately 27 miles away and is a drive of just under an hour. The castle is open daily between February and November, except on Mondays and Tuesdays. The castle is also open on Bank Holidays and on Tuesdays throughout July and August.

Chirk Castle is a 700 year old marcher fortress, which commands fine views over the surrounding countryside. Roger Mortimer, Justice of North Wales for Edward 1, built it in the late 13th century. The castle was sold for 5,000 UK pounds to Sir Thomas Myddelton in 1595 and his descendants continue to live in part of the castle today. There is lots to visit including dungeons and delightful gardens. Also has a nice café.

POWIS CASTLE

Powis Castle

Welshpool

Powys

SY21 8RF

Telephone: 01938 551944

Info line: 01938 551929

The castle is located 1 mile south of Welshpool, about a 45 minute drive from the house. It is open on Thursdays, Fridays, Saturdays and Sundays. Wonderful gardens.

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CENTRE FOR ALTERNATIVE TECHNOLOGY

Centre for Alternative Technology
Machynlleth
Powys
SY20 9AZ

General Enquiries: 01654 705950

The Centre for Alternative Technology aims to inspire, inform and enable people to live more sustainably. Built in an old slate quarry in the foothills of Snowdonia the visitor centre has 7 acres of interactive displays, organic gardens, a café, shop and adventure playground. The centre is open most days between 10am and 5.30pm. The cliff railway runs between 1st April and 1st November.

LAKE BALA

The drive from Pen-y-bont-fawr to Lake Bale winds through Llangynog and up over a magnificent mountain pass. At four miles long and a mile wide, Lake Bala is the largest body of water in Wales. In Welsh the lake is known as “Llyn Tegid” which means Lake of Serenity. There are many water sports available at the lake including yachting and kayaking. There are steam trains running along the shore. The train gives wonderful views of the lake and surrounding scenery. The town of Bala has a market day on Monday.

There is the National Whitewater Centre for water sports nearby, opened in 1986. The centre is known by canoe enthusiasts as an excellent destination for white water rafting. www.snowdoniaguide.com

PENNANT MELANGELL

The beautiful church of Pennant Melangell is situated two miles from the village of Llangynog at the Head of the Tanat Valley.

The first church is said to have been founded in the 7th century by Melangell, the daughter of an Irish king, who dwelt in the valley as a hermit. One day the Prince of Powys came hunting and a hare took refuge under Melangell's cloak. The prince's dogs fled howling and deeply impressed by her goodness, the prince gave the whole valley to Melangell as a sanctuary. Pennant Melangell has been a place of pilgrimage since this time and Melangell herself is the patron saint of hares.

Parts of the church date from the 12th century although it was partially rebuilt in 1990. Inside the church is a 15th century oak screen with carvings relating the story of Melangell and Prince Brochwel. The church tower contains a small shop and on the first floor is a display of old photographs of the area.

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SNOWDONIA NATIONAL PARK

Snowdonia National Park is under an hour's drive away. See the Rough Guide to Wales for more information! (there is a copy on the top shelf of the small bookshelf in the back hall). This is so much to do in this area. At high season it is best to book.

WELSHPOOL AND LLANFAIR LIGHT RAILWAY

The Welshpool & Llanfair Light Railway Preservation Co. limited
The Station
Llanfair Caereinion
Welshpool
Powys SY21 0SF

Tel: 01938 810441

A 16 mile return journey by narrow gauge steam railway through beautiful Welsh countryside. The railway was opened in 1903 to connect the town of Welshpool to the rural community of Llanfair Caereinion.

LOCAL WALKS

Walk 1: From house up the valley. From front door turn left through gate, up track. Follow track round the back of the house and right up the valley. Turn left and come back towards house through fields.

Time: 40 mins

Terrain: track and field. Can be muddy

Walk 2: From house to Llangynog . Turn right out of house and follow track as far as it goes. Continue straight on through fields and aim for gate at top of valley. Follow path over the top and down steep path to the village of Llangynog. Have refreshing drink at the Tanat Valley pub.

Time: 1 hour to 1 and a half hours

Terrain: Very steep in places

NB not suitable with little children.

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ON DEPARTURE

- PLEASE PUT THERMOSTAT TO 16C
- Switch off all lights and appliances
- Close all windows and Veluxes
- Please check you have taken all your belongings.
- Please dispose of your rubbish at the end of your stay. There should be rubbish bins at the end of the track, where the new house is being built by the road. Please recycle as much as possible. There is also a recycling centre in the car park in Pen y bont fawr (second turning on the left after the Railway Inn pub)
- And finally, lock the doors.

Thank you, we hope you had a lovely time.