

UPPER VALLEY
Cwmwr Uchaf – Farmhouse & Barns

Upper Valley
Farmhouse
Cwmwr Uchaf

Farmhouse
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

Cwmwr Uchaf – Farmhouse & Barns

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

Contents

- Welcome to Upper Valley Farmhouse - Cwmwr Uchaf
- On arrival
- 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
- Emergency information
- On departure

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

Cwmwr Uchaf – Farmhouse & Barns
WELCOME TO UPPER VALLEY FARMHOUSE

Please note that this farmhouse is located on a working farm. Please be respectful to the farm animals that you will find around you. Always leave gates as you find them. You may occasionally see the farmer Eifion Davies driving past on the tractor or quad bike.

IF YOU HAVE A DOG/S WITH YOU, PLEASE ENSURE YOU KEEP IT/THEM ON THE LEAD – THANK YOU.

Please leave muddy boots at the front door and take your shoes off to go upstairs!

We hope you enjoy your stay!

ON ARRIVAL

Key – (if not collected from Sarah Davies on arrival) you will find the key in the shed to the left of the house. The light switch is on the left as you enter the shed and the key is hanging on a nail above the door on the right as you enter the door.

Hot water – this is on the whole time. PLEASE DO NOT TOUCH ANY BUTTONS IN THE CUPBOARDS IN THE BATHROOM.

Heating is BioMass – please do not move/touch anything other than the thermostat. The thermostat is in the Hall – this will show what the ACTUAL temperature is in the cottage. The heating is on the whole time.

Please only turn the thermostat if you wish to turn the temperature up or down – i.e.: when you go to bed you might wish to turn the thermostat to the left to 18C or similar (this will set the new temperature) and when you wake up turn it to the right to 22C or similar for the day time (this will set the new temperature).

PLEASE DO NOT FIDDLE WITH ANY OTHER CONTROL IN THE COTTAGE as this will “up set” the whole system

Fires – we suggest you only light one fire at a time as if both fires are lit, this can sometime lead to the cottage becoming smoky. Both fires burn logs. Both fires should be started with paper, kindling and wood. It is best if you leave the door to the sitting room slightly ajar to maintain a good draw. Further wood is available in the shed (to the left of the cottage) at the cost of £5 per bag.

There are information leaflets about places to visit in the drawers of the chest in the hall. All information about the appliances (dishwasher, washing machine, cooker) are also located in one of the drawer.

Please note that there is no mobile phone signal at the house. The telephone in the house can accept incoming calls. The whole area is fairly patchy for mobile phone signals, I am afraid.

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

Cwmwr Uchaf – Farmhouse & Barns

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

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

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

Cwmwr Uchaf – Farmhouse & Barns

WHERE TO GO/WHAT TO SEE

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 and bicycles.

UPPER VALLEY

Cwmwr Uchaf – Farmhouse & Barns

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.

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

Cwmwr Uchaf – Farmhouse & Barns
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.

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

Cwmwr Uchaf – Farmhouse & Barns

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

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

Cwmwr Uchaf – Farmhouse & Barns
EMERGENCY INFORMATION

MEDICAL KIT:

There is a basic medical kit located in the left hand cupboard in the bathroom.

GP SURGERY:

Llanrhaeadr Medical Centre
Dolybont
Llanrhaeadr Ym Mochnant
Oswestry
SY10 0LJ
Tel: 01691 780202

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

Try calling NHS Direct for all other medical queries: 111

Eifion Davies, the local farmer lives in the first house as you turn left back onto the main road. The house is called Ty Nant. They also run the post office in Pen y bont fawr so you may meet her in there.

Victoria Bray 07824 876697 – contact for information before your stay.
Sarah Davies 01691 860432 – contact during your stay if you have any questions while at the property.

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

Cwmwr Uchaf – Farmhouse & Barns

ON DEPARTURE

- **PLEASE PUT THERMOSTAT TO 16C**
- **Switch off all lights and appliances**
- **Close all windows and veluxes**
- **Please turn off all plugs**
- **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 drive, 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 door and replace the key on its nail in the shed.**

Thank you!