

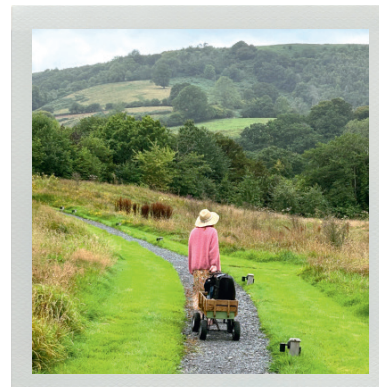


Weekend away

A RELAXING BREAK AT A RUSTIC CABIN
IN CARMARTHENSHIRE IS AS
MEADOW-SWEET AS ITS NAMESAKE

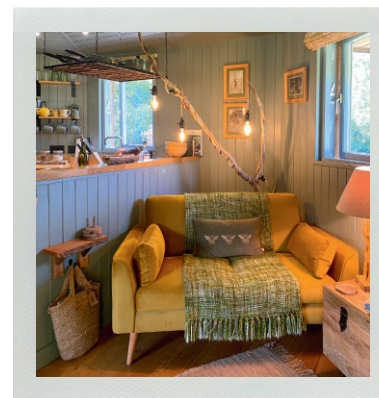
Words & Photography: **LOUISE GORROD**

With a busy workload and no big holiday on the horizon, a short escape was just what my husband and I needed. A couple of nights at The Cabin at Erwain Escapes, a secluded, hand-built cabin named after the Welsh word for the wildflower meadowsweet in Carmarthenshire, ticked all the right boxes. Promising no Wi-Fi, TV or Netflix, it offered a true rest from work and a digital switch-off. We could wash away our stresses in the sunken outdoor bath, enjoy long, light days in and surrounded by its wildflower meadow, and unwind in the evening while stargazing around the firepit. A stay that was peaceful, simple and grounding – and that made the most of the outdoors at this lovely, blooming time of year.

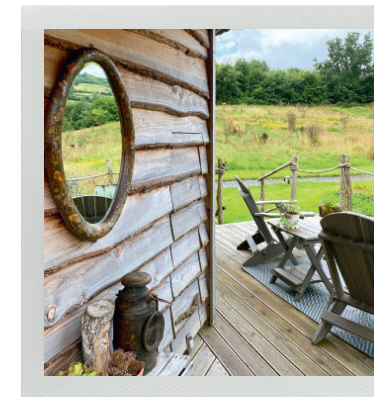


Where we stayed

On arrival, we parked the car and loaded our weekend bags into the waiting trolley, which we pulled through the meadow – blooming with buttercups, oxeye daisies, purple loosestrife and rosebay willowherb, among others – to the cabin (whose sedum roof was similarly starting to flower). The attention to detail from owners Angela and Ian is second to none. The deck that wraps around the cabin invites you to linger outdoors, with potted herbs and bird feeders thoughtfully placed to attract local wildlife – and sun loungers from which to watch them. Inside, the care continues: luxury pillows, local organic toiletries, a vase of fresh meadow flowers, and a welcome hamper stocked with Carmarthenshire apple juice, honey, eggs, butter and Welshcakes.



A wood-burning stove and basket of logs await cooler evenings, along with a generous supply of blankets and throws to snuggle under. A Roberts Radio provides gentle background music, enhancing the calm, and there's a small library of nature and wellbeing books to dip into. Every element of the cabin has been designed to help you switch off and sink into the peaceful rhythm of this special place.

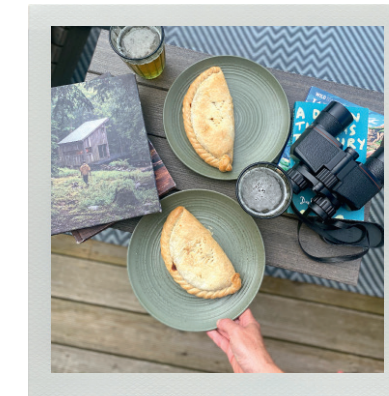


What we did

It was hard to tear ourselves away from the cabin for long, but we did make a couple of local outings. A short drive took us to Llandeilo, where we enjoyed a wander around colourful independent shops. Llandeilo is also home to Toast's only archive store, offering a selection of previous season styles alongside newer pieces, well worth a visit for fans of the brand. We



discovered a few excellent bakeries and delis, including Pitchfork and Provisions and Popty Bakery. For essentials, the community-run Cwmdy Shop is within walking distance of the cabin and stocks much of what you might need. Next door, the Cwmdy Inn is lovely for an early evening drink. Regular events are held here, too – folk nights, quiz nights, and even an annual beer festival.



What we ate

As we had a private firepit, barbecue and dining area just a short stroll from the cabin, we mostly cooked for ourselves. We lunched on pasties from Popty Bakery, with a local beer on the deck and enjoyed alfresco pizzas with chilled rosé around the firepit as the sun set. The Cwmdy Inn also serves food on Saturday evenings. The menu is simple but spot on – we ate a locally made pie

with fresh allotment vegetables. It's a friendly spot that reflects the community spirit of the village.

We also liked

The sunken outdoor bath was an unexpected highlight of our stay. Starting the day with a warm soak and a morning coffee, gazing out across the wildflower meadow, felt wonderfully indulgent. Another favourite spot was the hammock by the stream; a lovely place to read or simply doze. These thoughtful outdoor touches, combined with the serenity of the surroundings, made it easy to fully switch off. It's the kind of place that encourages you to slow down and savour every quiet moment, which is exactly what we came for.



The best thing

We left after a couple of nights feeling as refreshed as if we'd been on a 10-day beach holiday. A digital detox, combined with five acres of meadow to ourselves, did us the world of good. Erwain Escapes was more than just a weekend away; it was a real tonic, a proper reset, and a place we both agreed we'd return to again before too long. **S**

The Cabin at Erwain Escapes sleeps two, from £185 per night. erwainescapes.co.uk