



www.hillfarmtintern.co.uk

info@hillfarmtintern.co.uk



Welcome Pack

Room With A View

We look forward to hosting you at Hill Farm Tintern. We hope the detailed information in this pack will help you plan for your visit. A hard copy will be made available during your stay. If you have any questions before arrival, please do not hesitate to contact us.

Welcome from Tom and Hayley Court

Welcome to a Hill Farm, our 15-acre smallholding overlooking the Wye Valley. It has always been our dream to run our own tourism business and in 2018, we were lucky enough to find the perfect place to do this. Tom is a local lad and met Hayley at university in Birmingham 20 years ago, studying Leisure and Tourism. Our daughters Daisy, 11, and Phoebe, 9, live at Hill Farm, and we have an older daughter Leia who is a professional dancer.

We also have two dogs – Arlo, a Hungarian Vizsla and Kika, a Spanish rescue Podenco. We love the outdoors and are passionate about environmental protection, supporting various environmental charities and our policy is to upcycle, reduce and reuse.

Hill Farm stretches over 15 acres and encompasses woodlands, paddocks and a stream. You are free to walk around but please close gates and keep dogs on a lead around the sheep. We have a public footpath separating the farm which leads you to a woodland area, and to the left of that another field and woodland.





How to reach Hill Farm

Hill Farm Barbadoes

Tintern, Monmouthshire

NP16 6ST

*Do be mindful of other guests, workers, children and dogs roaming on the tracks when you arrive and **please drive slowly on arrival at no more than 5mph.***

 **what3words** You can find us accurately using [what3words](#)

1. Download the what3words [app](#) and find Hill Farm using our unique three words: [///trample.reverted.stapled](#)
2. Tap the 'navigate' button, and then select your maps option (Google Maps, Waze etc).



Directions from Tintern Village:

From the main road in Tintern, take the turning next to the Wye Valley Hotel, signposted Catbrook and Trellech. Take the road up for about a mile and turn left signposted towards Catbrook.

After about 50 metres, turn left onto a forestry track called Barbadoes Woods. Go up the track (0.3 miles) past a house called Gurlus Grove and then turn left by the sign for Hill Farm. Drive down the track and along the drive until you get to a wood chip car park on your right and park up.

**VERY IMPORTANT: DO NOT TAKE THE TRACK LEFT AFTER HILL FARM,
AS THIS IS A DEAD END AND YOU WILL PROBABLY GET STUCK!**

Check In

Check in is between 4pm - 8pm. We can arrange a later self-check-in, but please advise us beforehand. Keep us updated with your arrival time by calling or messaging Hayley on 07826 557211.

When you arrive at Hill Farm, please drive into the farm and park to the righthand side of the studio opposite the house. Please then call or message us, and we will come out and show you around.

Check Out

Check out time is 10am. Please arrange to pay outstanding balance for any extras if purchased and leave the key in the door.

Room With A View

Our Room With A View contains the following equipment and furnishings. If you have any questions about how to use the equipment or in the unlikely event of a fault, please report it to a member of the Hill Farm team immediately on 07340 801476 (Tom).

- 2 single beds or a double bed, with all bedding (washed at 60 degrees between guests)
- Towels
- Toilet and shower
- Tables
- Chairs
- Cooking equipment
- Crockery and cutlery
- Fridge, microwave, electric hobs, toaster, kettle
- Some cleaning equipment including biodegradable antibacterial wipes, a washing up bowl, a washing up brush and tea-towels

Please remember to pack the following:

- Suitable walking shoes
- Torches
- Games
- Food and drink – no shops are within walking distance!



Television: To watch the TV, use the grey remote to turn on and adjust volume. If the digital box is not coming through, press the AV button and select 'Extension 1' by pressing the right arrow button. Then use the black remote to select channels and control digital box.

Wi-Fi Code: You should have no trouble logging into the main house Wi-Fi.

Wi-Fi: Vodafone8B5FA2

Password: AsmYCH3L6ARmYXhq

Ironing: If you would like to borrow an iron and an ironing board please ask.

Hairdryer: A hairdryer for the room is located in a bedside draw.

Fire Pit: There is nothing nicer than having a fire overlooking the fabulous view. We provide a fire pit and some wood to get you started and any extra wood is available to buy - just ask!

Electric Hob: The hob is simple to use. Please ensure that you clean any spillages.

Electricity Trip Switch: Recently our electrical system has become very sensitive and may trip during your stay. If this happens, please go to the white cupboard high up next to the window (you may need to stand on a chair to get to it) and turn the dial switch to on. Any problems give us a call.

Heating: The heating is on a set timer in the main house. If it gets too hot,



please turn your radiator off by turning the valve. If you are too cold, please use the electric heater. If you are still too cold, please message us.

Spring Water Supply: Water at Hill Farm is supplied by our own private spring.

Key Box Code: If we are not here when you arrive or when you leave, please collect or place the key in the key box outside the door. Currently the code is 1221.

Important contacts

Doctors

Wydean Practice, The Old Police Station, Tintern

Tel: 01291 689355

Hospital

For minor injuries, Lydney Hospital is the closest place.

Lydney Hospital, Grove Road, Lydney, GL15 5JE

Tel: 0300 421 8722

In an emergency, please call 999 for an ambulance or drive to The Grange University Hospital, Llanyravon, Cwmbran, NP44 8YN. Tel: 01633 493100

Pharmacy

Boots in Monmouth: 60 Monnow Street, Monmouth, NP25 3EN

Tel: 01600 713119



Room Extras

Please book extras in advance – except for wood, which you can buy on site throughout your stay.

Breakfast Box from Plump Hill Farm

Pork from our fabulous pedigree, rare breed Gloucestershire Old Spot pigs. Our pork is something very special, premium quality from happy free-range livestock, unrivalled from anything you will find in the supermarkets. Our produce is flavoursome, succulent and delicious - it tastes like meat used to taste!

What's in your breakfast box?

In your box you will find the following produce. We are a small producer which allows us the luxury of raising our stock with love, care and mollycoddles. It does, however, mean that all our produce is subject to availability.

- 4 pork sausages (Gluten free option available)
- 4 slices thick cut back bacon
- 4 eggs

Price: £12.00 (pre-order when booking)



Barbeque Box from Plump Hill Farm

Pork from our fabulous pedigree, rare breed Gloucestershire Old Spot pigs. Our pork is something very special, premium quality from happy free-range livestock, unrivalled from anything you will find in the supermarkets. Our produce is flavoursome, succulent and delicious - it tastes like meat used to taste!

If you prefer, we can offer lamb burgers and/or chops from our flock of pedigree, heritage breed Shropshire sheep.

What's in your barbeque box?

In your box you will find the following produce. We are a small producer which allows us the luxury of raising our stock with love, care and mollycoddles. It does, however, mean that all our produce is subject to availability.

- 2 burgers (pork or lamb)
- 4 pork sausages (Gluten free option available)
- 2 chops (pork or lamb)

Price: £22.00



Wood bags for the open fire

Available from Hill Farm. Prices start from £10.

Charcoal

£10 large pack and £4 small pack. Sustainable and locally sourced.

Wood-fired Pizza Nights - April to October, Wednesdays & Saturdays

£18 adult, £10 child - includes freshly picked salad and herbs (depending on when you stay). Pizzas are served in the spa area between 5-8pm or takeaway option available. Pre-booking essential.



Hill Farm Wellbeing

Hand in hand with living in nature, we are both passionate about health and well-being.

Hayley is a qualified yoga teacher and a massage therapist, whilst Tom is a trained forest guide and runs forest Shinrin Yoku sessions as recommended in The Guardian:

<https://www.theguardian.com/travel/2020/sep/06/forest-bathing-in-south-wales-wye-valley>

If you feel you would like to some relaxation time for the body and mind during your stay, please contact us and we can talk you through classes and sessions we offer. In the meantime, here are some suggestions of what is available to book:

Hill Farm Signature Wellness Experience

1 x Evening Sauna & Hot Tub Experience plus wood fired pizza evening

Enjoy an evening of tranquillity in the eco-spa, with an impressive view to boot! Look out onto Tintern and the Wye Valley and enjoy taking time to slow down in the handcrafted sauna and hot tub, enliven your senses and take a dip into the ice-cold plunge pool before returning to warmth. The team will serve your wood fired pizza and homegrown salad during the session at a pre agreed time. All dietary requirements catered for.



1 x Shinrin Yoku session

Guided session by forest guide Tom; taking you on a sensory adventure through the woods introducing you to the ancient ritual of Shinrin Yoku and providing practical tips of how to adopt these techniques into your everyday life. A forest bathing session typically takes 3 hours.

1 x Woodland Yoga practice

A one hour session with hatha and yin trained Hayley in the beautiful woodlands at Hill Farm; practicing breathing techniques and movements for all levels of Yogi.

Price for Signature Wellness Experience bundle (for guests who have booked their accommodation) for 2 adults is £550. This includes:

2 x 50-minute massages

1 x Shinrin Yoku

1 x Woodland Yoga

1 x Eco Spa evening with pizza, salad and fizz



Sauna

£50 for 2 hours

Sauna is thoroughly cleaned in between guests with a gap in between bookings.

Sauna and Hot Tub experience

£250 - one family/group per session

Wood fired and spring water fed with stunning views overlooking the Valley.

Only one sauna and hot tub session available Monday - Thursday / Friday – Sunday. Sauna and hot tub are deep cleaned in between guests, with a gap in between bookings. If you book the spa, a health and safety briefing document will be given to you beforehand.

Woodland Yoga

£50 for 1 hour (up to 2 people) / £60 for 1 hour (up to 4 people)

Hayley is a fully qualified yoga teacher, teaching various classes at Hill Farm and around The Wye Valley. Suitable for families.



Shinrin Yoku (Forest Bathing)

2½ - 3 hours

£100 for 2 people / £120 for 4 people

A sensory woodland experience – the Japan art of Forest Bathing. Tom will show you how to explore the woodland through your senses, which has been proven to improve mental and physical health.

Massage Treatments

Prices start from £30 for a 25 minute massage

Hayley offers a range of massage treatments at Hill Farm, guaranteed to leave you fully blissed out.

To book, please contact Hayley directly on info@hillfarmtintern.co.uk or call 07826 557211.



For your Comfort, Safety and Wellbeing

Hill Farm Animals

We own two dogs, who are friendly, but please do not feed them.

Your Own Dogs

Well-behaved dogs are welcome at Hill Farm. This is a working farm, therefore dogs must not be let off leads if recall isn't good. In the unfortunate event an animal gets injured by a dog, owners must claim full responsibility and pay any vet bills. Guests with dogs must pick up their dog's poo (preferably a biodegradable bag, if not then a plastic bag will suffice) which must be left in the black bucket provided outside the room.

Strictly no dogs on furniture or beds.

Litter and Environment

Please ensure your stay at Hill Farm is as 'low impact' as possible, by not dropping rubbish and cleaning up your dog's mess. You may even decide to take a rubbish bag to collect some rubbish on your walks! Every little helps!

Please note that despite much litter picking, our lower woodland (across the path) has historical pieces of broken glass and metal on the floor. Please be careful and keep shoes on at all times.



In order to ensure everyone has an enjoyable stay at Hill Farm, please adhere to the following guidelines:

- There is a **speed limit of 5mph** on site and please be aware of other guests including children, dogs, and Hill Farm workers.
- Strictly no other people except for those staying at Hill Farm to visit the site during your stay, unless you ask for permission beforehand.
- All **property** you bring to Hill Farm is at your own risk.
- **Children must be supervised at all times.**
- **Well-behaved dogs welcome.** Please clean up after mess (bucket provided) and don't let dogs chase animals. Keep on leads if recall isn't good.
- **No smoking or vaping inside the room** and please put cigarettes in ashtray provided under the sink.
- **Please recycle rubbish** with bags provided, and separate glass, plastic, tins, paper and food (food bin provided). Be mindful of food being left around, as it will attract mice and rats.
- Non-recyclable rubbish to be put in bin provided.

- **Fires in designated fire areas or raised fire pits only.** Please supervise at all times and keep under control. The fire meeting point is at the car park and the extinguishers are kept outside the compost toilets nearest the house.
- **No burning of wood from drying piles.** We sell wood bags on site and give you some for your first fire.
- **No littering (including cigarette butts!)**
- **No glow sticks, balloons, Chinese lanterns, fireworks or anything else environmentally unfriendly.** We are an eco-site and reducing the use of single use plastic.
- **The ground is very uneven,** and steps can be dangerous - especially when wet – so please take care. Bring suitable walking shoes and flip flops for use in the shower.
- **Walking in woods is at your own risk.** Please be aware of falling branches and uneven ground.
- **No amplified music after 10pm** (we do have neighbours!)
- **Please close gates** if you open them and no walking on walls.
- Keep out of any outbuildings and private areas; and do not walk into the neighbours' areas.



- We recommend you take out travel insurance for your stay at Hill Farm.
- Any problems, call Tom on 07340 801476 or Hayley on 07826 557211.

Feedback

Your feedback is always welcome in order to improve the experience of our guests.

Please consider leaving a review on Google or Facebook.

Please email info@hillfarmtintern.co.uk

Or call us: Hayley 07826 557211 / Tom 07340 801476

Thank you for visiting, we hope you enjoy your stay at Hill Farm.

Hayley and Tom Court



Tintern's Attractions, Pubs and Restaurants

Please check opening times of all venues before visiting.

Walking to Tintern from Hill Farm

You can walk to Tintern via a public footpath from Hill Farm and it takes around 10/15 minutes to bring you down to the Wye Valley Hotel. You then turn right, which takes you into the village and the A466 runs straight through. Walking to Tintern is downhill and therefore walking back up could take twice as long!

Food and Drink in Tintern and nearby

The White Monk, near the unmistakable Tintern Abbey, is a delightful tearoom selling delicious cakes, cream teas with a gift shop attached.

The Anchor, opposite the Abbey, is a large pub that serves food, cake and ice cream, as well as a selection of ales. It also has a good children's play area. www.theanchortintern.co.uk

The Filling Station is a small coffee shop popular with cyclists serving great coffee.

The Wild Hare is hugely popular, so booking highly recommended. This modern pub serves delicious home cooked food and caters for dietary needs. New to 2021: a coffee shop and gift shop.

www.thewildharetintern.co.uk



The Abbey Mill, also known as 'The Wye Valley Centre'. This was the original mill site serving Tintern Abbey, and now houses a coffee shop, restaurant and gift and craft shops. Would highly recommend their afternoon tea and cakes! www.abbeymill.com

The Rose and Crown is a popular pub for locals and Tintern's steak house. Jason and Sally offer home cooked food and a selection of ales nestled on the banks of the River Wye. We recommend sitting outside to take in the charm of Tintern. www.roseandcrowntintern.co.uk

The Wye Valley Hotel is a family run hotel and restaurant popular with tourists. They serve amazing food, and we can highly recommend the gluten free fish and chips! www.thewyevalleyhotel.co.uk

Parva Farm Vineyard is an award-winning vineyard which sells a range of Welsh wines and is open for tours. www.parvafarm.com

Local Shops and Supermarkets

[Abbey Stores](#) is opposite the Wild Hare in Tintern. A new local convenience store selling fresh bread, local produce and other groceries. They have a good selection, including gluten-free produce, and are hoping to get an alcohol licence soon.

Abbey Stores, Tintern, Chepstow, NP16 6SE

01291 680413



There is a **community managed eco shop in Brockweir** which sells a lovely range of local produce, including Tintern's famous cheese. Check out their website for more information: www.bandhvilageshop.co.uk

The nearest **supermarkets** are Lidl and Waitrose in Monmouth and Tesco and Lidl in Chepstow.

Things to do in and around Tintern

Tintern Abbey is easily Tintern's top attraction, welcoming 70,000 visitors a year. Tintern's Cistercian Abbey is an outstanding beauty and is the most well-preserved medieval abbey in Wales. It dates back to 1131 and was home to thousands of monks and was a hub of the Tintern community in its prime. The Abbey fell to ruin in the 16th century after King Henry VIII's dissolution with it (he apparently gave the lead roof away to his wealthy friends!). The Abbey opens daily 9.30am-5pm and the price for an adult is £8.30. There is no need to pay to enter unless you want to spend a couple of hours looking around as it's as impressive from the outside!

Tintern Railway Station opened in 1876 and closed in 1959. This railway station served Tintern on the Wye Valley Railway and received the prestigious green flag award in 2009 and 2010. Now, this popular attraction houses a railway museum, a café, a children's play area and regularly hosts events. Parking charges apply. Based on the A446 towards Llandogo on the opposite end of village to The Abbey.



The Wye Valley Greenway runs along the disused Wye Valley Railway. The path offers walkers and cyclists a sustainable way to visit the beautiful lower Wye Valley and area of outstanding natural beauty via the spectacular 1km Tidenham tunnel. www.wyevalleygreenway.org

Wye Valley Experience offers bike and canoe hire.

www.wyevalleyexperience.co.uk

Wye Valley Sculpture Garden is opposite the Railway Station. This organic garden celebrates art, plants and wildlife.

Kingstone Brewery can be found next door to the sculpture garden. Kingstone Brewery is Tintern's own microbrewery that produces real ales, available to purchase.

Ravensnest Fly Fishery offers trout fishing in Tintern's tranquil forestry surroundings. Many options available and we can also arrange a discount.

Tourist Information: Forest of Dean and Wye Valley Tourism is based in Coleford and covers the whole area of The Wye Valley and Forest of Dean. They have a fantastic website with comprehensive information on all the attractions. The website provides downloadable maps and guides. www.wyedeantourism.co.uk



Cycling, walking, canoeing and climbing is also popular in Tintern, and again the tourist board (www.wyedeantourism.co.uk) can give you up to date information and maps on popular bike trails, walks and areas for climbing. Canoeing on The River Wye is a very popular pastime and most companies operate from Monmouth.

Walking

The Wye Valley's most popular walk is the **Offa's Dyke path**, which runs 177 miles following the English/Welsh border. Ramblers generally choose to walk part of the path, which takes you through magnificent scenery and gives you a glimpse of native wildlife. Downloadable maps on the Offa's Dyke and other walks can be found at www.wyedeantourism.co.uk

Walking is an absolute must in and around Tintern and with so many hidden places to explore, it's no wonder the area has been so popular with walkers for hundreds of years in this Wye Valley – an Area of Outstanding Natural Beauty. We are close to both the Wye Valley walk and Offa's Dyke path.

Offa's Dyke Path

The outstanding and famous Offas Dyke trail explores both spectacular scenery and the history of the Anglo-Welsh border.

Wye Valley Walk

A lovely and breath-taking 136-mile walk along the Wye goes through meadow and orchard, from ravine gorges cloaked in woodland to rugged and remote uplands. Obviously you may choose to walk a section of it!

The Devils Pulpit

This is a walk which takes you high up above Tintern to the 'Devils Pulpit' where traditionally the monks thought the Devil was trying to lure away the young monks from the Abbey. Spectacular views over the Abbey can be seen from here. The walk continues with another spectacular view coming out of the woods and down into Brockweir, where there is a lovely country pub for rewards and refreshments. This is a 2/3 hour walk of medium difficulty.

Wordsworth Walk

Here is where it is thought Wordsworth wrote his famous 'Poem written a few miles above Tintern'. This is a lovely walk from the Whitestone Forestry car park. It is a beautiful circular walk with stunning views and benches inscribed with lines from Wordsworth's poem. There is an optional diversion to the hidden waterfall, which is believed to come from the healing springs of Trelleck. This is a 45-60 minute walk and is classed as easy or medium difficulty. It is about 2 hours if you walk directly from Hill Farm up the Catbrook Valley.

365 Steps

This is a beautiful circular walk with spectacular views from the Eagles nest lookout. Starting from the lower Wyndcliff Forestry Commission carpark, this takes you up past the upper Wyndcliff carpark then onwards on the Wye Valley walk up to The Eagles Nest. On a sheer rock cliff, magnificent views over both Severn Bridges and the entire Severn and Wye River estuaries. Then backtrack to a path descending the historic 365 Steps which take you back to the car park through the hanging forest (trees growing perpendicularly out of the rocks) with much interesting flora, fascinating rock formations and badger and fox dens along the way. This is a medium difficulty walk and takes about 1 hour from the car park. From Hill Farm it is about 2.5 to 3 hours.

The Brockweir Loop

This is a shorter and easier walk for those who would just like to walk for an hour. This takes you halfway up the hill with wonderful views over the Wye Valley and is a nice woodland stroll. This is classed as easy, although there is a bit of a climb at the beginning.



Tintern Old Station

A lovely stroll along the river, outside our front door, the Wye Valley Walk goes through St. Michaels Church (the church originally affiliated with the Old Rectory) and then back through Tintern Old Station, with a lovely tearoom, tourist information centre, wooden carvings of King Offa, Merlin and others, and a children's play area. This is classed as an easy walk although it can be muddy if there is a high tide. It is 45 mins to one hour.