

Welcome to The Little Retreat



Checking In

We would like to welcome you to The Little Retreat and take this opportunity to give you a little more information about your stay with us at The Little Retreat

Guests should not travel to the retreat if they or anyone in their household has COVID-19 symptoms. Please let us know if there is any problems.

- Our check in time is from 4pm
- If you can text Amber on 07973373833 with your estimated arrival so we can meet you at The car park (please remember there is a 2m social distancing precaution in place) or if you prefer we have a self check in service where we can talk you though check in over the phone
- Our postcode is SA68 0PP.. if you head to the church in Lawrenny and drive through the church gates you will see the sign for The Little Retreat car park which is on the right just past the church
- There will be a trolley in the car park for you to take you bags to the domes/stargazers
- All the domes have smart tv's so you can login into your favourite streaming services
- The wifi code is Relax2020
- Don't forget to check in with the NHS track and trace app
- If you would like to preorder fresh sour dough croissants, breads, pastries (and pizza on a Friday) from the lovely sourdough bakery Hugtasty in the Village - Call Dani on 07966 095966



Checking out



- Check out time is before 10am
- All rubbish goes in one bin and is set up to the recycling center to get sorted
- If in a dome please empty the hot tub by simply pulling the plug
- Please leave the key in the door of domes or leave your stargazer door tied back if not raining
- Drop your trolley back at the car park



A few things to remember

- We have a quiet policy between 10pm and 9am so not to disturb other guests - all our structures are tents and the sound does travel

What to bring:

- Food & drink. You can arrange a delivery from Tesco's for the day you arrive or pick up on your way here
- Extra Towels - we provide one towel per guest but feel free to bring extras if you like
- Blankets for those nights sitting outside around the campfire
- Bring a torch as we also have a low lightening policy so not to disturb local wildlife and other guests
- If you're using one of our travel cots, please bring your child's own preferred bedding. All other bedlinen is included
- Wood and Charcoal can be bought on site for £6 per bag

What we provide:

- Bed linen
- Wood, kindling, firelights and matches (enough for each night stay and 1 hot tub) - DOMES ONLY
- 1 coffee pod for each adult per night stay - DOMES ONLY
- Fully equipped kitchen
- Handwash in the bathroom
- Heated towel radiator in the bathroom - DOMES ONLY

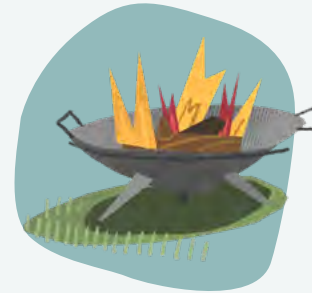
Bits and Bobs

Take a walk up to the **Old Castle Terrace** with the most stunning views over the estuary - and where the Lawrenny Castle once stood. Grab a packed lunch and head up to one of the picnic tables on the site



There is so much to discover in and around Lawrenny. Check out our what to do pages on our website - <https://www.littleretreats.co.uk/what-to-do> and eat

Our favourite walk is the scenic circular walk takes you through the steep-sided ancient oak woodland of Lawrenny, overlooking the main Daugleddau River and along the tidal creeks of Garron Pill and the Cresswell River. This is a great walk to do in any season and takes you past The Lawrenny Arms Pub and The Quayside Cafe and perfect timing once the hot tub is lit for a good walk then jump into the tub



Lighting a fire can be a bit of an art - we recommended you start your hot tub fire with a few logs on the bottom, then your kindling, then untwist your firelighters, light and pop on top on your kindling - leave the lid off until the fire is going well - then place lid on with the half moon showing



If you fancy learning some bushcraft skills why not check out <http://www.buzzardchrisbushcraft.co.uk/>

If you are looking for things to do head to our experiences pages on the website - <https://www.littleretreats.co.uk/experiences>

For your safety

There are CO monitors in all the domes and indoor kitchens , and each tent is provided with a fire extinguisher and fire blanket.

Hot tub Safety Rules

1. People with heart disease, high or low blood pressure, any serious illness or who are pregnant, should not use the hot tub without consulting their doctor first.
2. People with skin, ear, genital or other body infections should not use the hot tub to avoid spreading infection.
3. It is advised that children under the age of four should not use the hot tubs. Never allow children to use the hot tub unsupervised. Hot tub lids must be kept on and fastened down when not in use and steps to the tubs moved away
4. Please be aware that the heat of the water can speed up the effects of alcohol. therefore we recommended you do not consume alcohol when using the tubs
5. Do not immerse your head in the water as it increases the risk of infection (and you could drown).
6. Do not use electrical appliances near the water to avoid electric shocks.
7. Do not use any contaminants such as bubble bath, oils etc. in the water as they will affect the life of the tubs
8. The burner is protected by a guard and you should not make any attempt to touch the burner whilst lit or any of the surrounding metal
9. Never allow the water temperature to go over 40 degrees Celsius (36 for children) use the hose to fill with cold water should it get too hot)
10. We have zero drug policy. Any users found in possession of drugs or attempting to consume drugs will be asked to leave immediately.

Hot Tub User Instructions

1. Read and adhere to the above Safety Rules
2. Change into bathing costume, strictly no underwear or daywear allowed in the hot tubs
3. Shower with soap and water before using the hot tub to remove lotions, deodorants, creams etc.
4. Dip you feet in the water baths provided prior to entering the hot tub
5. Take care when entering and leaving the hot tub, the surfaces will be slippery especially when wet. Place 2 hands on the top rim when using the steps as these may also be slippery and unstable.
6. Depending on the water temperature, it is advised that you should not stay in the hot tub for longer than 15 minutes per 1 hour

Enjoy the crackle of the wood fire and soothing sensation of deep hot water

Useful phone numbers

Medical

Kilgetty Pharmacy - 01834 812600

Saundersfoot and Kilgetty Medical Centre, Main Surgery - Westfield Road Saundersfoot
Pembs SA69 9JW Tel: 01834 81511

Withybush Hospital - Fishguard Rd, Haverfordwest SA61 2PZ - Tel: 01437 764545

-
Dentist - Ring NHS Direct on 0845 46 47

Vets

Malthouse Vets, Malt Yard, Market Square, Narberth, SA67 7AU - 01834 218210

Taxi's

Carew Cabs -07873 224339

Gareths Cabs - 07825 888772

Kilgetty Cabs - 01834 450236

Amber's Number 07973373833

Nearest Food Shops

Lawrenny Community Shop - In the centre of the village
Groceries, Milk, Frozen Good, Beer and Wine

Tesco's Pembroke Dock - London Rd, Bierspool, Pembroke
Dock SA72 6DS

Coop Kilgetty - Carmarthen Rd, Kilgetty SA68 0YA

ALDI - Eastern Ave, Pembroke Dock SA72 4AA

Take Away Food in the Village

Hugtasty Sourdough Bakery and Friday Night Pizza
Call Dani 07966 095966 Instagram @hugtasty

Lawrenny Arms Pub - 01646 651367

Quayside Cafe - www.quaysidelawrenny.co.uk - 01646
651574