



# **Cabin Manual**

Hello and a very warm welcome to Gwalia Farm.

We really hope you enjoy your stay at the Cabin on the Other Lake. Your hosts, Amy and Dee, are here to make sure you have everything you need to make your stay here fantastic. We want you to have a relaxing and wonderful experience that you'll be itching to tell your friends about!

If something is not right then please tell us now so we can put it right for you.

We don't want to bore you but there are a few things you'll need to know to ensure you maximise the cabin experience and have a grand time. There's guidance on lighting and using the hot tub, cabin stove and deck fire, some important safety stuff, plus some suggestions for nice walks and restaurants.

There are 4 messages we'd really like to reinforce for everyone's benefit!

- 1) You must wash thoroughly before getting in the hot tub and read the guidance. It is freshly filled with filtered spring water but not treated with chemicals. For your own health and wellbeing it's best to use the hot tub just once during your stay
- 2) Be really careful with fires – follow all guidance and never leave them unattended. In keeping with fire safety guidance, candles or paraffin lanterns are not permitted
- 3) The decking can be slippery when wet – don't run!
- 4) Everyone must pee sitting down on the compost loo to stop it smelling

Whatsapp or call Dee's mobile if you have any questions or feel free to call by the house.

Dee - 07980 861 640

Landline - 01650 511 377

Amy and Dee

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## Health and Safety

The most important thing to us is that you are safe and enjoying yourself. It's all pretty much common sense but we need to make sure we're telling you everything you need to know.

To this end, please be aware of the following information:

- The Cabin has a carbon monoxide and fire alarm. If an alarm goes off, open the door wide, leave the cabin and alert us.
- In the event of a fire, only tackle a blaze if safe to do so. Escape to a safe distance from the fire, call the fire brigade and alert us immediately. See fire safety notice displayed in cabin area
- Be very careful with fire, never leave a fire unattended. There is a fire extinguisher and fire blanket in the kitchen area. Contact us immediately in the event of any incident
- In keeping with government fire safety guidance, candles or liquid fuel lanterns are not permitted
- In keeping with fire safety guidance, smoking is not permitted in or around the cabin area, please use the field! A pot with sand is provided for safe disposal of butts. Vapes must be taken home with you - do not put them in the bins
- The gas bottle has a shut-off valve on top. In the event of any problems, turn it clockwise to stop the gas and alert us.
- The decking can be slippery when wet – don't run!
- Always wear the buoyancy aids provided whilst canoeing
- Swimming and canoeing are at your own risk – don't enter the water if you are not a competent swimmer
- A First Aid Kit is kept at the house
- Please read the relevant sections regarding hot tub use and safety. It is freshly filled with filtered spring water but not treated with chemicals. For your own health and wellbeing it's best to use the hot tub just once during your stay

## Cabin Facilities

**Bedding** – All bed linen, duvet and 4 pillows are provided

**Storage** – Please keep the cabin area a mud free space; leave muddy boots and wellies off the deck and shoes on the “parking” area inside. Numerous hooks are provided for clothes and there’s plenty of under bed storage

**Kitchen** - Cutlery, crockery, utensils, mugs, glasses, pans, cooking oil and basic herbs are provided

**Outdoor furniture** – Table and chairs for dining al fresco, plus an outdoor sofa. Each of the 3 sofa sections pulls out for extra relaxation

**Gas shower and solar lighting** - off grid luxury to make your stay as easy and simple as possible

**Phone / Device Charging** – USB sockets are provided, although we really recommend trying to unplug for your stay so that you can truly switch off and relax. We can keep your phones at the house if you really want a full digital detox!

**Entertainment** - Scrabble, playing cards, chess, draughts and checkers

## Extras

**Towels** – Soft, fluffy bath sheets and washcloths can be hired for £10 pp

**Wood and Kindling** – We provide kindling, firelighters, 4 bags of logs for the first night plus 1 bag of logs for each additional night of your stay. Extra wood can be purchased for £5 per bag, kindling £4 and bags of 8 firelighters are £1.50.

**Wifi** – No wifi is available at the Cabin. 4G is dependent on your network with 3 and Vodafone the best whilst EE and O2 are patchy. Ty Cemaes and The Penrhos Arms in Cemaes have good WiFi. Our home wifi network is “Gwalia” and password “leeksandneeps” if you’re passing by the house and need to get online

If there’s anything else you’d like then just ask and we’ll see what we can do.

## **Hot Tub Safety and Medical Conditions – IMPORTANT, PLEASE READ**

You must consult with your doctor before use if you suffer from diseases of the heart and circulation, have any immune deficiencies, are subject to fits, are pregnant or are taking drugs affecting the cardiovascular or nervous systems.

People with skin, ear, genital or other body infections, open sores / wounds, or those who have suffered from diarrhoea in the last 14 days, or are incontinent should not use the hot tub because of the possibility of spreading infection.

Do not use the hot tub while using or after using narcotics or other drugs that may cause sleepiness, drowsiness or raise / lower blood pressure. The heat of the hot tub water speeds up the effects of alcohol and can cause sleepiness, dizziness and unconsciousness. It's recommended not to use the tub immediately after a heavy meal.

Don't take breakable glass into the hot tub with you! We provide stainless steel glasses, please use these instead.

**Guests must wash thoroughly** before using the hot tub to remove lotions, oils, make-up or skin creams which can cause the water to become unhealthy. No contaminants i.e. shampoos, bubble bath, alcohol, oils etc. should be placed in the water as this can upset the water balance causing it to become unhealthy, unclean and could result in allergic reactions.

Please be aware that you use the hot tub at your own risk. We cannot be held responsible for your safety whilst you are using the hot tub. We reserve the right to charge you for any damage caused by your negligence and / or cleaning fee to those in breach of these guidelines. It is freshly filled with filtered spring water but not treated with chemicals. For your own health and wellbeing it's best to use the hot tub just once during your stay.

# Hot Tub Do's and Don'ts



## Do

- Read the medical guidelines in the manual before entering the hot tub
- Follow all instructions in the manual regarding lighting and using the hot tub
- Wash thoroughly with soap and water before getting in the hot tub – for reasons of safety and hygiene (both for yourself and others)
- Brush any dirt / grass from your feet before getting in
- Stir the water with the paddle to ensure an even temperature
- Take a large drink of water with you whilst in the tub
- Get out and cool down if you overheat or become dizzy
- Be careful getting in / out of the tub and be aware that decking can be slippery when wet



## Don't

- Light to stove if the water is below the top of the highest pipe
- Wander off whilst lighting the hot tub! It takes around 2 hours of constant attention and feeding with logs to get it up to the desired temperature on first lighting
- Don't wash in the hot tub. No soaps, shampoos or other contaminants should enter the hot tub water
- Don't smoke or eat or have glass in or around the hot tub
- Don't allow water temperatures to exceed 40°C.
- Don't touch the stove or chimney - they get very hot!

## Lighting the Hot Tub

- The water in the tub **must** be at or above the top of the highest connecting pipe before lighting the fire. If it's not, the stove might deform/melt which would be stressful and costly! Use the bucket if you need to top it up
- The hot tub will take around 2 hours to get up to temperature. It needs to be tended at all times.
- To lay the fire, place several bits of kindling inside the stove and light a fire lighter on top, adding another couple of bits of kindling.
- Add small logs gradually until the fire is properly alight.
- Keep the stove door closed and the vent in the open position
- Be patient - wait for a couple of minutes so that larger logs properly catch fire before adding more.
- Once the fire is well alight keep feeding the fire **regularly** with more logs. Don't leave unattended, you need to get the fire roaring and keep it roaring until the water reaches the desired temperature
- Stir the water using the paddle and check the temperature regularly. The water on top gets warmer than the water underneath
- Keep the lid on to help it warm up.
- Keep an eye on the water temperature using the floating thermometer. Body temperature is 37°C so you want it to be close to this or a tiny bit warmer. **Do not heat the water above 40°C.**



## Lighting the Cabin Stove

There's nothing quite like a real fire. If you've never used one before then we've put together this guide to help you light the perfect fire every time. It is important that there is adequate ventilation in the cabin. There is one vent a floor level in the wall under the bed, please keep it clear. Ventilation is also provided by the trickle vents in the window above the bed, please don't close them. If it's stuffy the window above the bed can be opened

- The fire will be laid and ready for you to light on arrival. Take a quick look at it so you know how to lay it next time.
- The air control **must** be open for it to light properly (turning the knob controls the air intake)
- Loosely scrunch newspaper and add this first, then a few small bits of kindling. Add one fire lighter on top and light it using the gas lighter.
- Once the kindling has caught fire add some more to get it roaring.
- This small stove only needs kindling, rather than logs
- You can reduce the fire / heat by turning the air intake to a more closed position
- If you need to have a quick blast to get the fire going again, open up the air intake
- **Use the glove provided when adjusting the air controls or opening the stove door**
- If the glass blackens, it can be cleaned (when cold) by scrunching up newspaper, wetting it a little and dunking it in ash, then rubbing the glass

- ## Lighting the Deck Stove

- This "Solo" stove is great for those evenings sitting out under the stars. It does a clever secondary burn so is smokeless when fully burning and produces little ash.
- It's positioned to be a safe distance from the deck sides and cabin roof - **it must not be moved from the position**
- Remove the lid and lay some kindling on the bottom metal plate. Place and light a fire lighter on top.
- Add a couple more bits of kindling and then some smaller bits of wood
- Once properly alight you can add larger logs, sit back and enjoy
- When the fire has died away completely replace the lid to prevent it filling with rain water

## General Lake Safety

**Don't swim / canoe alone and if you're in any doubt of your own swimming ability you should not enter the lake. Never canoe or swim in a thunderstorm.**

**Wild swimming and canoeing can be dangerous and carries the risk of drowning. If you don't feel comfortable taking this risk then please do not enter the water. By using the canoe or swimming you must understand that you are taking responsibility for your own safety.**

Don't drink alcohol and swim / canoe.

A life ring is provided for emergencies. In the event of an emergency, shout very loudly for help and dial 999.

## Swimming

We love a bit of wild swimming so we're really pleased to be able to share our passion with visiting guests. The water is deepest (about 8ft) on the other side of the island, across from the cabin. It's just deep enough to swim all around the island. **Don't jump or dive into the water.**

## Canoeing

**Important - We can't get insurance anywhere for you to use the canoe!**

We're providing this because we think it's great fun and as responsible adults, think you're best placed to decide if you want to take the canoe out. The buoyancy aids are designed to fit any adult and are provided for your safety. Adjust the waist and crotch straps to fit and secure using the buckles.

The canoe is stored upside down to prevent it filling with water. Flip it over into the channel and hop in / out from there. Please return it to this position at the end of your stay. When getting in / out, keep a low centre of gravity and move one foot to the **middle** of the canoe and sit down. **Do not stand up in the canoe!**

It can be tied to the front of the decking during your stay but check the forecast! If it fills with rainwater it gets hard to manoeuvre and could cause injury to yourself or others.

## Showering

Please **only** use the biodegradable soap / shampoo provided, normal soaps can damage the sensitive environment.

Use the red lever to the right of the shower to turn the water on. The gas flame is controlled by the red dial on the boiler. The blue dial on the boiler controls the flow of water. For the hottest water turn the flow (blue) down and the gas (red) up. There is a temperature readout on the boiler; keep the temperature below 40C for a safe shower.

## Lighting, Battery & Solar Panels

Solar powered lighting is provided throughout the cabin. The decking light switch is immediately on your right, low down, as you step onto the deck. There are additional decorative fairy lights which are on a sensor and have their own battery/panel, these come on automatically at dusk. USB rechargeable head torches are provided for getting to and from the cabin. It would be really helpful if you could leave the rechargeable torches / lights charged, charging cables are in the box under the bed.

The Charge Controller in the Kitchen shows the current charge state of the battery in %. It would be great if you could keep an eye on this and try to keep the charge as high as possible by switching lights off when not needed (e.g. overnight) and limiting charging if the battery drops below 50%.

**Candles and liquid fuel lanterns are not permitted due to government safety regulations.**

## Beware of the Animals!

Our cats are farm cats and live outside to catch mice. They love attention and cuddles and are very good at picking up scraps, are expert scavengers and will beg. **Please don't feed them or let them into the cabin!**

There is of course other wildlife and we ask that you don't feed (on purpose or by accident!) Frequent / seasonal visitors include squirrels, foxes, badgers, rabbits, ducks, geese, mice etc.

## Fridge

A large coolbox with ice blocks is provided. These can be changed during your stay if required. The freezer is kept in our "supply shed" close to the other guest cabin. From the main double gate by the parking layby, turn left through the gate and proceed through the next gate straight ahead. Turn right and follow the fenceline down towards the large black water tank, the shed is between the two tanks. Put the old blocks in to refreeze when taking replacements. This freezer is only for ice blocks, please don't store anything else here.

## Food Storage

There are also other animals around who might munch on your food in the night if given the opportunity so best to keep it tucked away in the large black plastic trunk provided

## Cooking

**Gas stove** - the stove runs off propane gas. Both rings can be used at the same time. To turn on the stove, push in and turn the knob to the left and light using the separate gas lighter provided. You may need to keep the knob pressed down for a while whilst it first ignites.

In the unlikely event the gas runs out we have a spare bottle so let us know. In an emergency there is an "open / close" knob on top of the gas tank (behind the cabin). Please use it and call us if you are worried.

## Suggested Walks

### To the Pub! (and shop)

1.5 miles downhill to get there and it's the same uphill route back.

From the parking layby, turn right and follow the road past the house, past a sharp right bend and up to the top of the hill. Bare left and keep following this road downhill. Don't turn off and you'll hit the village of Cemaes.

At the bottom of the road (at the main road) turn right and the Penrhos Arms is 20m away - enjoy a well-deserved pint! Ty Cemaes, the shop with a cafe, is directly opposite the pub.

### Up the Common, 20 mins

Don't go home without taking this quick walk. It's only a couple of hundred metres up to the top and you get a great view across the valleys towards Cadair Idris and beyond.

From the parking layby, turn right towards Gwalia House and at the bend in the road take a left through a large wooden gate and up the track. This hillside is common grazing land so please obey the usual countryside rules, leave gates as you find them.

Follow the track up the hill-side - there are lots of sprawling badger sets here and you can see their tracks and latrines (they're very organised and clean animals!).

Retrace your steps back down the hill.

### “Round the Block”

A nice (hilly) 3 mile walk (also a good run) all on single track road which loops around Gwalia.

From the parking layby, turn left and then sharp right to follow the road down a big hill. At the bottom of the hill turn left which takes you back uphill for about a mile.

A long uphill now and you'll pass a converted chapel and then a farm and the next junction you come to is a T-junction at the top of a steep hill. Turn left and keep going on this road.

You'll pass another farm and the turning to Cwm Cae, then at the next junction turn left to go downhill again all the way back round to Gwalia.

## Local Information

### Taxis

Mach Taxis – 01654 702048

Peter's Taxis - 07969 997039

### Nearest Pub - Penrhos Arms, Cemaes – 01650 511243

Less than 2 miles down the road, this pub serves bar meals and has a beer garden

### Nearest Shops - Ty Cemaes, Cemaes

Local shop and cafe for yummy supplies and a cuppa (closed Wed, Sat pm, Sun)

Co-op, Machynlleth is our nearest supermarket

### Recommended Local Restaurants (booking ahead is advised)

**The Brigands Inn** – 01650 511999 – 6 miles from Gwalia on the road to Dolgellau. Good for a Sunday Lunch. For good hearty pub fare in a character-filled, wonky beamed pub.

**Black Lion Inn** – 01654 703913 – Derwenlas, 3 miles west of Machynlleth. It's really tasty!

**Cross Foxes** - 01341 421001 Near Dolgellau (8 miles) and a beautiful drive to get there. It's not far to the Torrent Walk from here so nice to combine with a walk.

### Things to do and Places to Visit

See our website for a full list of suggestions / maps – <http://gwaliafarm.co.uk/about/dyfi-valley/>

## Departure

All good things must come to an end! Check out time is 10am. We would really appreciate it if you would strip the bed and leave kitchen cutlery, crockery, utensils and pans clean and as you found them.

We'd really like to see you off personally and ask for your feedback on your stay so we can make sure we're getting better all the time. If you're leaving earlier than 10 then feel free to stop by the house to say goodbye, otherwise we'll come over to the cabin just before 10 for a quick chat.

## Emergencies

In the event of an emergency get to a safe place and call 999.

We can be found at the farmhouse or call: -

Dee - 07980 861 640 or Landline - 01650 511 377

A first aid kit is located in the front porch of the farm house.

## Doctors

Our local GP, Dyfi Valley Health, can be contacted on [01654 702224](tel:01654702224). Out of hours assistance is available from the NHS, dial 111. In a medical emergency dial 999.

## Local Garage

Station Garage, Llanbrynmair – 01650 521264

## Petrol Station

Mallwyd - 6 miles

Texaco, Machynlleth - 9 miles

Charging Point - Machynlleth Town Car Park

## About Gwalia Farm

### Organic, Environmentally Sensitive Family Farming since 1979

#### 1979 – The First Wave

Since coming here in 1979, Livy and Harry Chandler's aim was to produce as much food as they could and to minimise the family's impact on the environment. Vegetables and fruit grew in the garden, delicious eggs laid by free range hens and milk from the goats. Gooseberry, blackcurrant or damson jam was made from fruit grown in the garden.

When they first arrived here the smallholding was just rough grass and rushes, very wet and boggy. In 1984 our neighbours dug out a lake and made it watertight. The stream was diverted so there's a constant flow of water in and out. Within 2 years self-seeded birch and willow appeared around the lake, including the larger trees at the edge of the water. Now about half of the trees are self-seeded. In 2001 a second lake was dug with the hope of creating an inviting space for waders and wildfowl.

#### 2013 - The Second Wave

In 2013 Livy and Harry were joined by their returning daughter Amy (who left home in 1999) and her wife Dee. Amy and Dee have developed the business at Gwalia by creating the Lake Cabins. Building on the wonderful work done by Livy and Harry, they are continuing in the environmentally sensitive and organic approach.

The gardens have been restructured and a large polytunnel was erected in 2019 which is a fantastic addition to the smallholding. We continue to grow a variety of fruit and veg and also keep animals. Cabin on the Lake opened in 2014 and Cabin on the Other Lake was added in 2023.



