

# Relax, Recharge and Rejuvenate



Unique Relaxing Retreats  
In the Stunning Dee Valley

2025 Brochure



**'A very special experience. We felt looked after AND inspired'**  
- Amy K, February 2025

A Relax, Recharge and Rejuvenate retreat at Bron Y Graig is like no other: for one all-inclusive price you get your own spacious ensuite room, full board, with all the extras you'd expect in a hotel PLUS you have a schedule of relaxing events and activities to choose from to make your stay. Every activity is optional and offers an opportunity to socialize or to explore on your own, as part of the group or in splendid isolation. The range of activities has been hand-picked to help you recharge your batteries and rejuvenate your mind on a short 3-night break in a stunning location with a wonderful atmosphere. And if you want to upgrade your experience you can pre-book from a choice of massages, beauty treatments and excursions that will take your break to the next level.

### What we offer:

- A unique home from home retreat
- Your own spacious ensuite room
- Creative workshops and games
- Stunning walks and views
- Afternoon cream tea
- Film night with popcorn
- Breakfast in bed
- Yoga and Mindfulness
- Delicious home cooked food
- A wonderful atmosphere
- Abundant refreshments

### With optional extras\*:

- Massages
- Beauty treatments
- 'Shop till you drop'



Our retreat is *your* retreat: you choose what you do, when you do it, how you do it and whether you do it at all! We are just here to help: whether you want to be creative and learn a new skill or walk through nature and explore an area of outstanding natural beauty; whether you want to watch a film in your pyjamas, or play cards with new friends; whether you want to indulge in afternoon tea or lie-in with breakfast in bed (or both!). On our retreats you choose the level of your activity, sociability and mental engagement, each and every day:

- Fancy heading out for the day? Join a guided walk or explore Corwen and its surrounding area on your own;
- Looking to learn? Participate in the workshops and develop a new skill;
- Keen to socialise? Enjoy cosy post-dinner conversations and games in our comfy lounge.

**'Beautiful Wales, good food, great company'**  
- Phil , October 2025



## Creative Workshops

Every retreat offers a choice of workshops for you to get creative and explore a new skill. They are designed to be fun, group activities but allow individuals to work on their own if that is what they want or need at that time.

## Walks and Tours

Bron Y Graig sits in an area of outstanding natural beauty and all around us are picturesque and breathtaking walks, for walkers of all ages and abilities. We offer a guided walk to the ancient hill fort on the top of Caer Drewyn, as well as detailed guides for walks that you may want to explore on your own or in a small group. We also offer excursions to the Pontcysyllte Aqueduct (a world heritage site) and the market town of Llangollen.

## Food and Drink

All onsite meals and refreshments are part of the package and this includes both an afternoon tea and breakfast in bed, each to be taken on the day of your choice during your stay. The film night also includes popcorn and a choice of a hot or cold drink, and if you ever want an extra tippie you can purchase more from our licensed bar which is open every evening too.



## Itinerary

On arrival you will check into your room and have time to settle in, learn about the history of Bron Y Graig and relax. At an agreed time we will all convene in one of our lounges for a housekeeping meeting and tour of the grounds, before sitting down together at our group dining table to enjoy a hearty welcome meal and learn a little about each other. After dinner the time is yours but games, books, TVs and opportunities to explore Corwen are all available options.

The following morning, after a full breakfast, the first day's activities are scheduled and you can pick and choose to suit your mood and desires. Every day's schedule includes at least one creative workshop, one walk or tour, one yoga or mindfulness session, and one extra treat such as afternoon tea or film night. You have the option every day to have a buffet lunch in our dining room or to request a packed lunch so that you can venture out without being left hungry. And if you just want to chill in one of our spaces, that's fine too.

Throughout your retreat we have various local specialists set-up to provide the extras you have pre-booked—such as massages or beauty treatments—and these will be scheduled at appropriate times throughout your stay. Breakfast in bed can be taken on the day of your choice, and you have the whole of Bron y Graig's extensive grounds in which to find your own perfect space to relax.

Oh yes, and every Bron Y Graig retreat offers the chance to join a guided walk to the iron-age hill fort on the top of Caer Drewyn—just across the Valley from Bron Y Graig—from where Snowdonia is visible in the distance. It's invigorating and inspiring all in one go!

*'The healthy, home cooked meals were delicious and evening conversations with the other participants created a sense of belonging, often leading to new sources of inspiration'*

- Maria S, February 2025



‘Nic and Wendy have created a wonderful place to relax and be creative. A very special experience and I am already thinking about when I can go back.’

- Elspeth H, September 2024



## Superior Rooms

These are spacious ensuite rooms with a view across the Dee Valley. They all come with a large writing desk and a full range of toiletries, bathrobes, towels, tea and coffee making facilities, widescreen TV, hairdryer and other little extras.

## Standard Rooms (pictured)

These are slightly smaller than the Superior Rooms, but still fairly spacious and fully ensuite. They all come with a writing desk and a full range of toiletries, bathrobes, towels, tea and coffee making facilities, widescreen TV, hairdryer and other little extras. They have windows but not quite such a stunning view.



## Prices

### 3-NIGHT RELAX, RECHARGE AND REJUVENATE RETREATS:

SUPERIOR ROOM	£595 incl VAT [Second person supplement £345]
STANDARD ROOM	£545 incl VAT [Second person supplement £345]



*'It was a brilliant, stimulating holiday and I will definitely return'*  
- Jeni G, December 2024

## Your Hosts

Nic and Wendy bought the venue for our retreats, Bron Y Graig, in June 2022, with a view to developing a world-class retreat centre. Nic is currently completing a PhD at the Shakespeare Institute at the University of Birmingham and Wendy works full time at Bron Y Graig.

Before moving to Corwen, Nic was head of English in a large state secondary school in the south-east, and had also taught and managed at schools across the south of England including the Leys School, Cambridge, Wellington College, Berkshire, and Verulam School in St Albans. Prior to that he ran a theatre company that performed all over the UK. His journey began in the dark ages when he met Wendy while training to be an actor at Mountview Theatre School in London.

Wendy's career, post-drama school, was much more sensible: having already trained as an intensive care nurse, Wendy moved effortlessly into stage managing West End shows before marrying Nic and starting a family. In more recent years she was a senior manager in the NHS and ran several large care homes across Hertfordshire.

Nic and Wendy look forward to welcoming you on a relaxing, recharging and rejuvenating retreat at Bron Y Graig!



'A place to breathe and be yourself'  
- Joanne, March 2024

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## Bron Y Graig Retreat Centre

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