

# Where the River Meets the Sea: A Holiday Refuge Where Life Moves Slower

FFOREST FARM, NEAR CARDIGAN (WALES, UK)

EMMA AND JAMES DONNELLY, MONTY (14) AND AGNES (12)



Each year, a busy family returns to the idyllic Welsh countryside to unplug from the noise and hit the reset button.

There are so many wonderful places around the world worth visiting for one's precious family holidays. So, it says volumes about a place when a family returns, time and again, year after year. Happy memories can become deeply rooted in such locations; the familiar sights, sounds, and smells of a favorite place weaving together with the new memories made on each return visit. The Swedes have a name for this sort of special place: a *smultronställe*, or "wild strawberry patch," a place of comfort and refuge, worth traveling to again and again, both physically and in memory.

For Emma and James Donnelly, their family's "wild strawberry patch" is fforest, a historic 81-hectare (200-acre) farm turned

nature retreat in idyllic western Wales. "It's a place where we can relax and live outside day and night," Emma says. "Our kids always make new friends there and they can basically just roam free; there is easy access to both the river and the sea, and the area has an abundance of wildlife. We've been drawn back almost every year, and it's the place that helps our family hit the reset button."

Located alongside the River Teifi, just inland from the wide beaches and hidden coves that look out over the Irish Sea, fforest was established in 2004, as a place to enjoy the simplicity, pleasures, and beauty of outdoor living. Its founders describe it as

