

Due to the current climate, I have chosen to close the B&B in its usual format and am considering other options for the future (options I've been considering for a long time).

I am continuing to rent 2 cottages on the farm which are currently up and running. <https://www.cardigan-bay.com/llangrannog-self-catering-cottage/>

My parents opened the B&B at Morfa Isaf 50 years ago. Recent regulations have now changed the way this must be run.

I understand that we are allowed to have guests. How exactly that is meant to work is something I can sort of deal with in my head. However, in my heart, it simply doesn't sit right with me at all.

Yes, I would still be offering someone an ensuite room with a 4 poster bed and a beautiful view. Yes, the Ceredigion coastal path is right outside the front door leading to their own beach and yes we have locally sourced food cooked to order with our own spring water but I believe my parents' B&B and now mine is so much more than all of that. It's a whole experience as many have testified on our Trip advisor page.

https://www.tripadvisor.co.uk/Hotel_Review-g1118313-d1820323-Reviews-Morfa_Isaf_Farm_Guest_House-Llangrannog_Ceredigion_Wales.html

Current regulations do not allow for that experience in any way. For guests choosing to stay here in the current climate, it would now seem not just unengaging, hard work without any kind of reward (on either side) but hugely stressful too. All in all, this for me would result in a cold, clinical experience.

However, seen from a positive light, the Covid-19 virus and its lockdown have given me an invaluable opportunity to think about what I really do want to create in the future.

As far as the B&B is concerned, for a long time, I have been considering running retreats from here, not for groups but something much more intimate and tailor made for one or maybe 2 people. The perfect location!

My "real job" for many years has been as a professional musician and entertainer playing the piano and singing. Adding to my skill and love of being a metaphysical practitioner for the last 20 years, I have also fairly recently become a qualified counsellor and hypnotherapist. My therapy room (a log cabin) is here on the farm in a beautiful garden looking out onto Cardigan Bay.

The word retreat means different things to different people. Whatever your own idea of a retreat is, be it simple peace, off loading or sharing

some troubles, a bit of both, just walking, some walking and talking, you can be assured that only one person knows what's best for you...and that's you!

Our peaceful location surrounded by beautiful countryside and fabulous walks all lend themselves to a wonderful place where you can chill out and recharge your batteries.

If the idea of some time away from it all just for yourself appeals to you for some time in the future, do visit my website <http://www.morfaisaf.co.uk/> or feel free to telephone me with any of your thoughts or queries. Thank you for now.