

The local Area

Shiatsu-Wales is located in one of the loveliest areas of the UK. Find out more about the coast and country here.

Relax - revive - enjoy!

The ancient hills and coast of West Wales have been a refuge since before the Romans came. Iron-Age forts, cromlechs and standing stones attest to this heritage and to the wild, indomitable spirit which infuses this land.

The cliffs and beaches of this coast are famous throughout the UK for their unspoilt beauty, magical light and ever-changing weather! Llangrannog, once a ship-building centre, has been a popular holiday village since the 19th century on account of its sheltered, golden, sandy beach.

Dolphins and seals are often seen from the cliffs, and buzzards wheel above the valley. Wild flowers grow in abundance - the hedgerows are full of wild honeysuckle and roses and the woods of anemones, bluebells, foxgloves and ferns.

This is an ideal place for nature-lovers, and we can show you all the best walks. It is also wonderful for fishing and surfing, and in the high season there are many tourist attractions in the surrounding area.

Llangrannog has two pubs on the sea-front and two cafes, both serving good food. There is only one shop, however, and a bus only twice a week outside the summer season, so you will need a car to get the most from your stay.

Llangrannog has much to offer in the summer, but there are a lot of people around to share it with you and our holiday apartment is let for most of the summer. For this reason we prefer to receive Shiatsu guests between October and April, when you can have the beach to yourself; enjoy the ebb and flow of the tide and the fresh, clean air - in the anticipation of a cosy evening by an open fire.