

# Cambrian Cottages accessibility guide

This accessibility guide is intended to provide key information about the accommodation that may be particularly relevant to guests who are less able. Please contact us prior to booking if you would like information that is more specific to your needs, we will be happy to help.

## Future plans to improve accessibility

We are committed to improving access over time for all our guests. All feedback is very helpful in informing us of ways in which we can improve access. We welcome any comments or ideas from you about access at this apartment and thank you for taking the time to do this. Please let us know in the most convenient way for you.

## Contact us

The owners, Peter and Libby Newth, live at the property and can be contacted during your stay by knocking on the side door to the house, contacted by phone / text on 07786 626010 or by email to [peter@newth.org.uk](mailto:peter@newth.org.uk) either before or during your stay.



## Y Lofft Stabl, Berllan, Gwyddgrug

### Introduction

- Y Lofft Stabl (the Stable Loft) is one of three apartments within a converted barn, next to the main house. The door on the left is the entrance to Y Lofft Stabl
- The apartment is on two levels and accommodates up to four people. There is an open plan living / dining / kitchen area featuring a wood-burning stove, and two bedrooms
- The apartment is surrounded by fields and has its own garden area. The windows look out over the valley and up to the Llanllwni mountain

- Access is from the A485 at Gwyddgrug along a single-track road and then down a track down to the house and barn
- Parking is provided for two vehicles, one in a general parking area and the second close to the apartment
- The apartment is on first floor level and has a ground floor entrance hall and staircase.

## Pre-arrival

- See our website listing for booking details
- Please contact us before booking if you have any specific access requirements or if you would like us to help you view the apartment remotely via a video call
- Location: our address is Berllan, Gwyddgrug, Carmarthenshire SA39 9BL

Our what3words address: made of 3 random words (every 3 metre square in the world has its own unique what3words address)

///songbirds.gilding.camped

<https://w3w.co/songbirds.gilding.camped>

246790,235083

Our grid reference: SN 47061 34864

## Getting here

- Arrival by car: there is easy access by motorway via the M4 and we are just 12 miles / 24 minutes north of Carmarthen by car. Follow the A485 north until you come into the village of Gwyddgrug and look out for a small chapel on the LHS. Just past this there is a single turning to the right. Take this turning and follow the single track road up the hill. As the road levels out, drive slowly and look out for a red post box on the right hand side that says 'Berllan' on it and follow the track on the right hand side down to the house and barns, where the guest parking is available

If you go past any houses on the left hand side you've gone too far! Continue along the road for a few hundred metres where you will be able turn and retrace your steps

Arrival by train: there are rail Stations at Carmarthen (Marches and West Wales lines), Llanwrda (Heart of Wales line) and Aberystwyth (Cambrian line). There is a taxi rank at both Carmarthen and Aberystwyth stations. Train details and booking can be found at [thetrainline](http://thetrainline)

Arrival by bus: there are frequent buses to Gwyddgrug. The T1 bus runs from Carmarthen to Aberystwyth via Lampeter. The bus takes around 37 minutes from Carmarthen and runs approximately every hour from 06.00 until 19.00 apart from Sundays when the buses run every two hours. See [Traveline Cymru](http://Traveline Cymru) for latest timetable

The nearest bus stop is approximately 650m from the property on the A485 in Gwyddgrug. A public footpath leads directly to the property through the fields or alternatively you can walk up the road as if you were arriving by car.

- Accessible taxis are available from:

Chris Cars - Alltynap Road, Johnstown, Carmarthen, SA31 3NE 01267 222002

T A R Cars - 5 Bro-ffion, Caerwedros, Llandysul, SA44 6BP 01545 560688

Blue Wave Taxis - Bryncoch Farm, Idole, Carmarthen, SA32 8DE 07810 341923



## Arrival and parking facilities

- Please get in touch to let us know when you are likely to arrive, so we can be there to show you where to park and take you into and around the property and answer any questions you may have
- You may park one vehicle outside Y Lofft Stabl in the unmarked gravel courtyard approximately 2m from the entrance to the apartment. A second vehicle may be parked in the general parking area, further away behind the barn.
- The key to the apartment is to be collected from the house or alternatively, let us know and we will leave the key in the apartment door for your arrival. A torch is recommended especially if arriving in the dark as there are no street lights here. The key is to be left in the apartment door on departure.

## Getting in and out of the apartment

- Access to the property is across an uneven cobbled path in front of the main entrance door. It is approximately 2m from the parking space to the entrance.
- The front door has a 920mm clear opening width and is manually opened.



Entrance door and cobbled path



Threshold to the entrance door

- There is a rubber mat at the entrance and a 150mm high step to the internal floor level

## Getting around the apartment



Tiled floor finishes and area rug

- The main accommodation is on the first floor
- There is generous circulation space around the apartment
- The floors are tiled throughout the entire apartment
- The open plan living area and each bedroom have an area rug



## Hall and Stairs

- The entrance leads into a ground floor hall area
- Coat hooks are provided in the hall and the door shown provides access to the garden area



Coat hooks and garden door



- From the hall, there are twelve 190mm wooden steps forming the stairs to the first floor
- The treads have a non-slip finish
- There is a wall mounted handrail on one side of the stair and a capping to the balustrade on the other side.



Stairs

## Kitchen / Dining / Lounge Area



Kitchen area

- Open plan kitchen / dining / living area
- Slate worktop 895mm high
- Sink 895mm high to rim with lever tap
- Electric fan oven and induction hob with extractor fan above
- Fridge with icebox, cordless kettle, toaster, microwave, dishwasher
- Ceiling lights and lighting above worktop.



Dining table

- Wooden dining table 700mm high with a minimum 590mm clear knee space underneath on all sides.
- Four straight back chairs with a 465mm seat height.





Wood burning stove next to the dining area



Living area

- Open plan area with kitchen shown to the right
- Dining area with sofa and armchair beyond and wall mounted TV
- Door to bedroom 1 shown at far end next to the stair to the ground floor
- Door into bedroom 1 is 800mm wide.

- L shaped three-seater sofa with arm on right hand side, 490mm seat height.
- Low coffee table



Sofa

- Arm chair, 490mm seat height.



Arm chair

- Wall mounted TV (subtitles available) opposite seating area



TV



## Bedroom 1



Bed, chairs used as bedside cabinets and bedside lights

- King sized bed 650mm high
- Two bedside cabinets with wall mounted bedside lights above
- Light switches for bedside lights and main lights within easy reach of bed.





- Dressing table is 815mm high with 615mm knee space



Dressing table

- Dressing table chair 465mm seat height



Dressing table chair

- Wardrobe with 1610mm high hanging rail on the right hand side and shelving and drawers on the left hand side



Wardrobe and rail



## Corridor

- The short corridor provides access from the kitchen / dining / living room to the shower room (shown on the left) and second bedroom (shown straight ahead).
- The door to the shower room is 10m from bedroom 1 and 1m from bedroom 2.



Corridor, Bed 2 ahead



Shower room door

- Door into shower room is 785mm clear width and opens out into the corridor.

## Shower room



Overall view of shower area



Basin

- Basin height is 885mm with lever tap.



WC

- WC seat height is 400mm with large flush button behind the toilet.





Shower arrangement



905mm wide opening into shower



25mm step into shower

- Door into the shower is 600mm wide
- Step into the shower is 25mm high
- Shower controls are 905mm high
- Can be used just with the handset or as a drench shower.



## Bedroom 2



- Two single beds with 3' mattresses, heights 600mm
- Beds can be set up together to form a Super king bed if required
- Light switches for bedside lights within easy reach of beds
- Shared bedside table
- Hanging rail 1659mm high (shown below)
- Bedroom fire door has a door closer





- Dressing table 600mm high, there is no knee space
- Mirror above the dressing table
- Straight back chair. Seat height is 465mm.



Dressing table and chair

## **Garden and other outside spaces**

- The apartment has its own garden area which is laid to grass with a graveled seating area
- The fields around the barn extend down the hill to a river at the bottom. The access to this is via a steep rough track and across a small bridge. You are welcome to explore this area if you are able to.

## **Assistance dogs and pets**

- Assistance dogs and well behaved pets are welcome at this apartment. Water bowls are available on request. Please bring your own pet towels and pet bedding
- The garden area is currently only partially enclosed / not gated and therefore pets will need to be kept on a lead at present
- Adjacent to the garden is an open field area with a footpath running through this. Dogs can be exercised in this area. Please pick up after your dog and leave in the bin provided adjacent to the house or let us know if you wish to make alternative arrangements.

## **Good to know**

- The apartment is nice and warm with central heating and hot water from air source heat pumps
- A wood-burning stove is provided in the open plan kitchen / dining / living room for cosy nights in front of the fire
- The property has mains electricity and mains water
- Mobile signal is normally quite good on most networks. The Wifi within the apartment can also be used for Wifi calls / Whatsapp etc.
- All lighting throughout the apartment is dimmable apart from in the shower room
- The light switches are typically 1200mm above the floor and sockets typically 500mm above the floor
- There is a good level of colour contrast between the floor and the skirtings / walls and between the door, frame and walls and between the door handles and the door
- The wall and floor finishes used are low in volatile organic compounds (VOC's) and natural materials have been used where feasible for the conversion and furnishings
- In the event of a fire, it is the responsibility of the guests to evacuate the building. If required, the windows are a secondary means of escape and can be operated by turning the handle through 180 degrees. Please note the handles require two hands to open as they are fitted with a child safety feature. Please let us know if you have any specific access requirements in this respect.



## **Equipment at all apartments**

Cambrian Cottages aim to expand the list of accessible equipment / items available at each apartment. At present these currently include:

- Hypoallergenic pillows and pillow / mattress protectors
- Beds have natural fillings
- Curtains within easy reach
- Chair and sofa with armrests
- Good reading lighting
- Cordless kettle
- Easy tin opener
- Easy jar opener
- Non-slip mat for shower
- Information available in large print on request

Please let us know at the time of booking if you have any specific requests.

## **Specialist equipment**

Other specialist equipment such as wheelchairs, bath seats, toilet frames etc. may be available for loan or purchase from the local Red Cross loan centre. Please check this out before booking the apartment and contact us if you require further information.

[redcross borrow a wheelchair](#)

[redcross hire a toilet aid](#)

The centres include:

- Mid Wales Health and Mobility Project, Cardigan 01239 615 686
- British Red Cross Mobility Aids Service 01554 749374