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*Wales of a time. tranquillity
and easy access to the coast*

Valley view

Cefnmeurig, an old farmhouse in a lovely Welsh valley, has been beautifully modernised to suit self-catering softies. It's three miles from the A40 and 20 minutes from Carmarthen.

STYLE AND COMFORT Facilities include a Smeg fridge-freezer, Rangemaster oven and dishwasher. The storecupboard is stocked with balsamic vinegar, herbs, spices and choccy biscuits. The lounge has leather reclining chairs and sofa, log fire, Sony music station, flat-screen TV and DVD. Three double and one single bedroom, all en suite with mountains of towels. One bathroom has a Jacuzzi, all have fluffy bathrobes and organic Celtic soaps, lotions and potions.

GREAT OUTDOORS? Large garden with barbecue, a table-

tennis barn, lots of lovely coastal walks. There's an excellent deli in St Clears three miles away and the posh market town of Narbeth is not far. Several good local restaurants and lots of pubs.

SPLASH OUT ON Dinner for six cooked by local caterer Henrietta Hensher. She took over the kitchen and produced buttermilk pancakes with cockles, leeks and Carmarthen ham, local beef with pigeon breasts and asparagus in wild garlic sauce and rhubarb flummery. It cost £25 a head without wine and Henrietta cleared it all up afterwards.

WHAT'S THE DAMAGE? Cefnmeurig sleeps seven and costs £660 per week, including a welcome hamper. Call 0292 089 9280 or visit www.visitwestwales.com. □