

Come and visit us and try and tick off some of our winter 'cwtych list' as you explore the charm of Carmarthenshire during its cosy season.

- Learn how to **pronounce cwtych** like 'kutch', to rhyme with 'butch'!
- **Cosy up** in a cottage or a pub with an open fire
- **Hug someone** – a friend, your dog, a teddy, anyone .. it's so good for the soul and for warmth !
- **Get muddy** – maybe exploring a ruined castle in the mist or taking to the MTB trails, then heat your heat up in front of the fire
- **Tuck into** some tasty local food like a steaming bowl of cawl-Welsh stew
- Take a **long soak in a warm bath** or a hot tub with a view
- **Gallop** along a windswept beach or explore a coastal trail by foot, before tucking into a hearty pub lunch
- **Huddle up in a café** with a book .. 'a hug for the soul'
- **Walk up a mountain** for sunrise or sunset, with a flask of coco
- **Embrace the darkness** and go stargazing
- **Eat cake**, preferably Welsh like Bara Brith. It's comforting and the feeling of cosiness wraps around you like a big blanket
- **Mooch around a market town** for vintage gems and Welsh blankets
- **Have a winter picnic** – embrace the true wonder of nature and the warmth of sharing hearty food outdoors.
- **Watch a game of rugby** in a local pub and warm up on the feeling of community and passion
- **Don't forget your slippers** – sliding into your slippers after a long day is like stepping into your personal sanctuary signalling it's time to relax
- Write I heart Cwtych in the frost !